

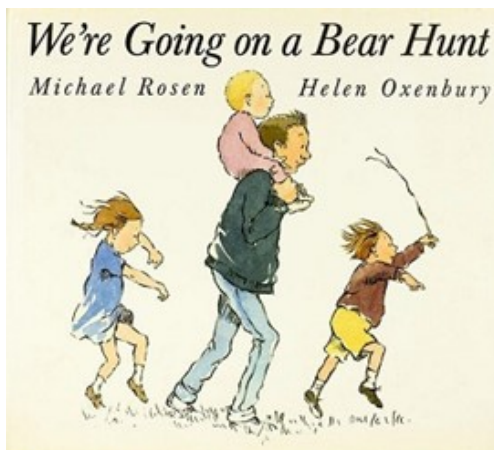
YMCA CCRR

Seasonal Resource Sheet

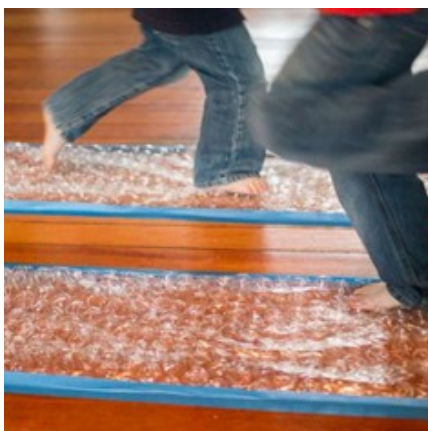
Summer 2021

Warmer days, longer days and clear skies are all signs that summer is here! When we take our play outdoors, it is not just children who can benefit from it, but adults as well. Outdoor spaces provide us with new ways to connect to the natural outdoors! When we play outdoors, we have opportunities to enjoy animals, insects, trees, the sky and to breath in fresh air. Here are some explorations for you to think of as you spend time outdoors with the children in your care.

Infant/Toddler



Going on a Bear Hunt: “We’re going on a Bear Hunt. We’re going to catch a big one! Will you come too?” If you are looking for ways to spice up your walks, *We’re Going on a Bear Hunt* just might help! You can read the book with your child(ren) and plan your own Bear Hunt. Young children love repetition and movement. This activity can be done outside or inside.



Bubble Wrap Run: Sensory is a big part of young children’s learning, the bubble wrap run invites children to explore play using their whole bodies! Young children may want to crawl on it and be amazed by the sounds, we can practice running, walking and trying new moves to see how we can hear it pop! You may also want to provide open-ended materials on the bubble wrap run that also make sounds. Pots, pans, blocks and etc.



Ministry of
Children and Family
Development

3-5 Year Olds

Make a house with shoe boxes: shoeboxes are great open-ended materials for children to explore. Their flexible nature allows for children to test ideas, try new ideas and create anything their heart desires. This is a great activity that can be done both inside and outside. It might be interesting to see how you and your children can spend time developing and bringing more complex ideas together!



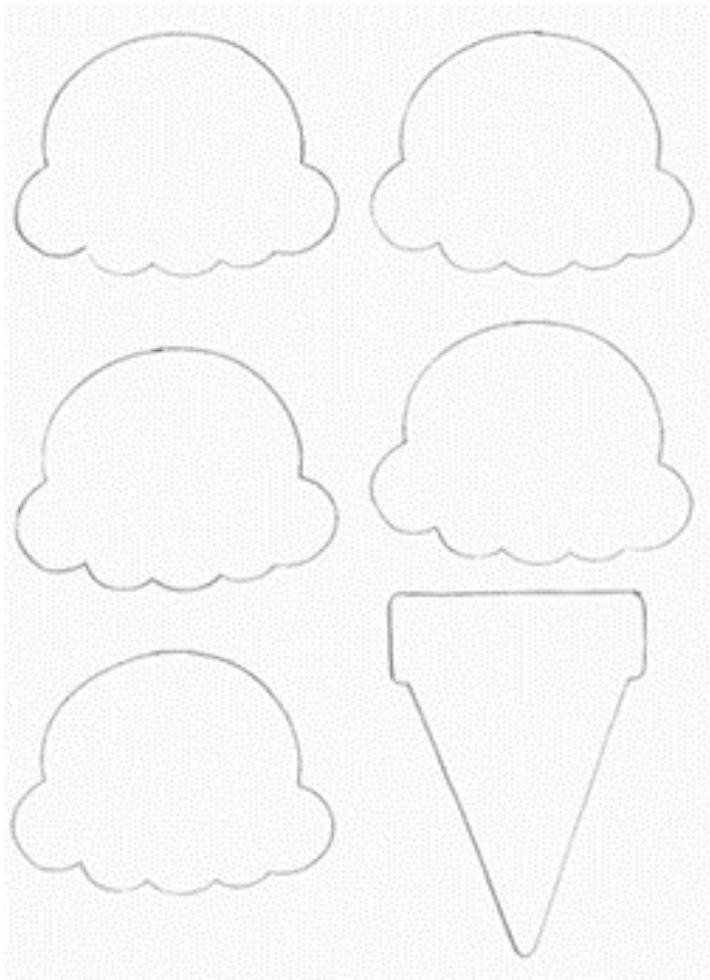
Bike Maps: Take a bike ride with the goal of finding certain numbers or letters on signs. Plan your route using a map and if appropriate, kids can calculate distance and speed or simply time segments of the trip.

School Age

Silent Disco: Everybody puts on their headphones and dances around to the music of their choice. Don't forget to film the shenanigans for posterity! You can also decide if you would like a theme to make the silent disco a little bit more interesting!



Water balloon fun: what better way to cool down and practice letters all at the same time? The process is what makes this so fun, filling up the water balloons and putting up the letters. You can take turns picking up the water balloon, making a word and throwing it to watch the water splash!



Ice Cream, Ice Cream

Nice and crunchy.
Then we need some ice cream,
Sweet and yummy,
Scoop 'em on; stack 'em on'
Up to the sky.

We love ice cream; my, oh my!
First comes vanilla,
Cold and sweet. (white felt ice cream scoop)
Then comes chocolate (brown scoop)
A delicious treat.
Here's some strawberry; (red/pink scoop)
Orange sherbet, too, (orange scoop)
A super-duper scooper cone
Just for you!

One scoop, two scoops,
Three scoops, four.
We love ice cream
Let's have some more!

*Repeat and change
the ice cream flavour
to your favourite!*

Five Little Birds

by Shelley Lovett

Five little birds sitting in a tree.

Can you count them with me?

1...2...3...4...5...

One flew away then there were four

(Repeat until all the birds have left)

No more little birds sitting in the tree

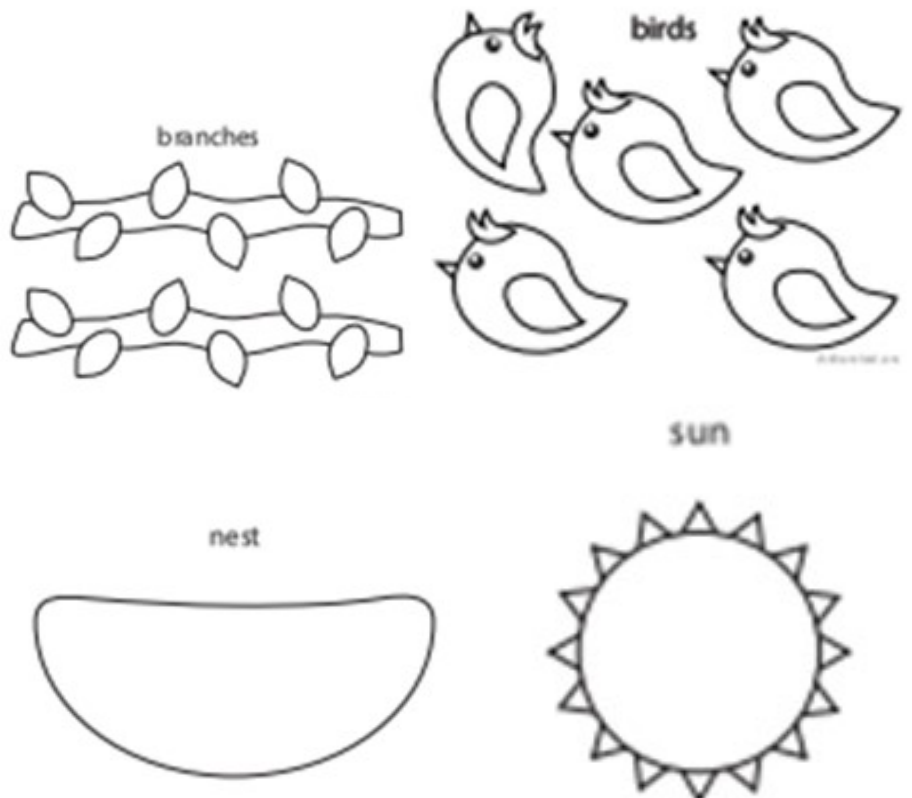
Soon the little birds flew back.

They were happy as can be.

Can you count them with me?

1...2...3...4...5...

Five little birds sitting in a tree.

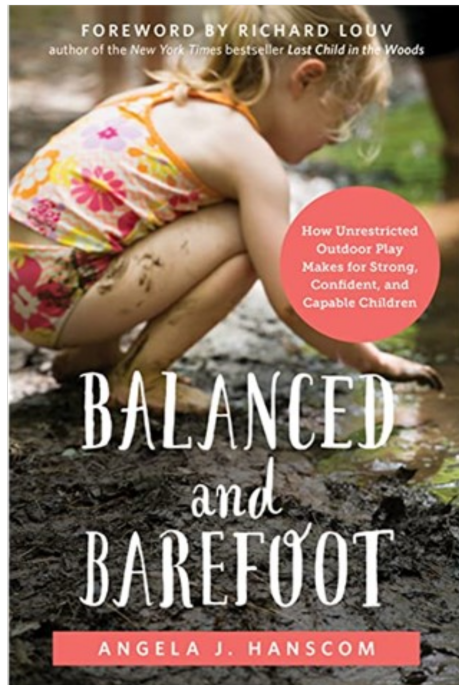


Ministry of
Children and Family
Development

Resources

“A pediatric occupational therapist and founder of TimberNook shows how outdoor play and unstructured freedom of movement are vital for children’s cognitive development and growth, and offers tons of fun, engaging ways to help ensure that kids grow into healthy, balanced, and resilient adults.”

“*Last Child in the Woods* is the first book to bring together a new and growing body of research indicating that direct exposure to nature is essential for healthy childhood development and for the physical and emotional health of children and adults. More than just raising an alarm, Louv offers practical solutions and simple ways to heal the broken bond—and many are right in our own backyard.”



The International Bestseller That Launched a Movement

LAST CHILD in the WOODS



Saving Our Children from
Nature-Deficit Disorder

RICHARD LOUV

AUTHOR OF *OUR WILD CALLING*
and RECIPIENT OF THE AUDUBON MEDAL

***Our Early Learning Resource Library is open for curbside pick-up/drop off.
Please contact us for an appointment!***

Tri-Cities CCRR
1130 C Austin Ave.
Coquitlam, BC
T: 604-931-3400

Burnaby/New West. CCRR
4460 Beresford St.
Burnaby, BC
T: 604-294-1109

New West. Satellite CCRR
208-245 E. Columbia Street
New Westminster, BC
T: 604-931-3400

Check out our Early Learning Library Catalogue at
<http://www.ymcastrongfoundations.org/Programs/Child-Care/Early-Learning-Resource-Library>



Ministry of
Children and Family
Development