

# SEASONAL RESOURCE SHEET

Summer is the perfect time for children and families to engage in fun-filled activities. There are a variety of activities that can be enjoyed during this season, ranging from outdoor adventures to indoor games. The long summer days provide ample opportunities for investigation and exploration. With a little creativity and planning, you can create a summer filled with fun and excitement for your children and family. Here are some ideas for summer activities that are sure to keep your children and family entertained.

## Include the BC Early Learning Framework in your practice!

**As you embark on your summer adventures, take notice when children find wonder in moments and things around them. Ask yourself:**

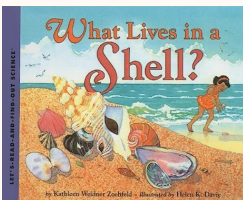
- How might I provide opportunities to extend or build on these joyful encounters? (Pathway: Joy in relationships with people, places, materials, and ideas, p.69).

**When you have opportunities outside, think of:**

- What are the local Indigenous stories of the land? In what ways might the stories be different from those you know? (Pathway: Reconnection to land and place, p.78)
- What practices do I cultivate that enrich and deepen children's relationship with place, land, and the creatures and forms within it? (Pathway: Inter-relationships of humans and natural environments, p.90).

## BOOKS

*“Explore a book...”*



An informative book about animals that live in their shell. By asking thought-provoking questions, discussions around this book can flourish.

*...then extend it with one of our Library resources!”*



**06582 What Lives in a Shell?**

**Below are questions you may ask children:**

- How do animals who live in shells move?
- Inquiry on movement and spatial perception; personal space can also be discussed as shells can relate to individual's safe space.
- How do you think animals who live in shells take care of their home? How do you take care of your home?
- Inquiry on responsibilities and daily routines of children
- Where do other animals live?
- Inquiry on habitats can be discussed to further investigate
- How is your home similar or different to the animals who live in shells?

## ACTIVITIES

### Frozen Sensory Play

Frozen sensory play is a type of play that involves using frozen objects to stimulate a child's senses, such as touch, sight, and sound. It is a fun and engaging way for children to explore their senses and develop their cognitive, physical, and emotional skills.

<https://www.mombrite.com/frozen-flowers-sensory-ice-play/>



To set up a frozen sensory play activity, you will need to freeze various objects, such as small toys, plastic animals, natural materials like leaves or flowers, or even colored water in ice cube trays. You can also add food coloring or other sensory materials like glitter or sand to the water before freezing to add more visual and tactile stimulation.



Once the objects are frozen, you can provide them to children to play with in various ways. For example, they can use tools like spoons or brushes to chip away at the ice and uncover the objects inside, or they can use their hands to explore the different textures and temperatures.

## Reduce stress and increase overall well-being...Find a SIT SPOT!

A designated, regularly visited location in nature, where someone can sit quietly, observe their surroundings, by becoming more attune to the sights, sounds, sensations, rhythms and patterns around them.

The concept comes from the practice of nature awareness, where one seeks to deepen their relationship with the natural world.



## SONGS

(Wheels on the Bus tune)

The fire at camp goes crackle crackle pop  
Crackle crackle pop  
Crackle crackle pop  
The fire at camp goes crackle crackle pop  
The whole camp trip long

The rain on our tent goes pitter pitter pat  
Pitter pitter pat  
Pitter pitter pat  
The rain on our tent goes pitter pitter pat  
The whole camp trip long

The sun on our face feels so warm  
Feels so warm  
Feels so warm  
The sun on our face feels so warm  
The whole camp trip long

Try these variations:

The birds in the trees go tweet tweet tweet  
The camp leader says, "Let's go hike!"  
The moon at night glows so bright  
The water in the river goes whoosh whoosh whoosh



**33354 Campfire Set**

## ACKNOWLEDGEMENTS

<https://silvotherapy.co.uk/articles/sit-spot-and-nature-connection>

<https://www.mombrite.com/frozen-flowers-sensory-ice-play/>

<https://nature-mentor.com/sit-spot/>

<https://creativeclassroomcore.com/sit-spots-quiet-nature-observation/>