

May 18, 2020

Dear StrongStart Families,

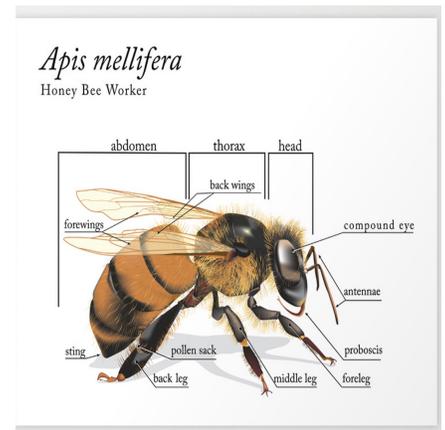
As children explore gardens and digging in soil, they are discovering a world of insects and worms. These small creatures may look a little scary, but most of them are harmless and they all have important jobs in nature. In this week's newsletter we've put a focus on some insects your children might be discovering. Through observation, play and discussion around these creatures, fears will transform into fascination. We hope you enjoy the activities and fun facts we have put together for you.

Virtual Hugs and Distant Toe Taps

Ms. Irina, Ms. Laura and Ms. Marian

Here are some facts about bees.

- Bees have 6 legs, 5 eyes, 4 wings, 2 feelers, one stinger and one long tongue.
- Parts of a bee; wings, antenna, head, thorax, abdomen, leg.
- Their home is called a nest which is built by bees in nature in trees
- Honey bees live in hives (or colonies).
- The members of the hive are divided into three types: Queen, Workers and Drones.
- It takes 21 days for an egg to develop into an adult bee.
- A family of bees is called a colony with up to 50,000 bees living together in a hive.
- There are 20,000 species of bees.
- Bees can see all colours except red.
- Bees have 170 odorant receptors, which mean they can smell really well!
- In one collection flight a bee will visit 50-100 flowers collecting nectar.
- A honey bee beats their wings 200 times per second and can fly 25km per hour.
- Bees will only sting if they feel they are in danger.
- Over the past 15 years, in some areas, up to 90% of bees have disappeared.



Songs:

Baby Bumble Bee

Cup hands together swinging them back and forth

I'm bringing home my baby bumble bee
Won't my mommy be so proud of me?
I'm bringing home my baby bumble bee
Ooh Ow It stung me

Rub hands together

I'm squishing up my baby bumble bee
Won't my mommy be so proud of me?
I'm squishing up my baby bumble bee
Eew yuck, it's all over me!

Pretend to lick hands

I'm licking up my baby bumble bee
Won't my mommy be so proud of me?
I'm licking up my baby bumble bee

Mmmmm Yum Strawberry!

Rub Tummy

Here is the Beehive

Hold hand over other hand

Here is the beehive but where are all the bees
Hiding away where body sees
Here they come flying out of their hive

Have fingers come out as you count

One, two, three, four, five

Do actions of bees

Buzz up high, Buzz down low

Buzzing fast, buzzing slow

Buzz to the left, Buzz to the right

Hold hand over other hand

But sleep at night

Bees Here and there

Pretend finger is the bee and "tap" the parts of the body

Bees here, Bees there,
Bee, Bees everywhere!
Bzzz, Bzzz, Bzzz

Bees on my shoulders,
Bees on my toes,
Bees on my belly and,
Bees on my nose!

Bees on my arms
Bees on my lips
Bees on my knees and
Bees on my hips!

Bees here, bees there,
Bees, bees everywhere!
Bzzz, Bzzz, Bzzz



Arts and Activities

Bee puppets *(use for bee songs)*

Materials needed:

Cardboard from cereal or cracker box

Yellow and black felt pens

Scissors

Glue

Popsicle stick

-Cut one large circle for bee body

-Cut three smaller circles the same size

-Colour one small circle and the large circle yellow

-Draw black stripes on the large circle or

-Cut strips of black paper and glue black strips onto large yellow circle

-Glue small yellow circle to make head

-Glue two remaining circles to create wings

-Draw face on bee

-Glue on antennae

-Tape a small stick onto back of bee



Honeycomb picture (bubble wrap and paint)

Materials needed:

This will be messy so cover table with plastic tablecloth or do outside

Bubble wrap

Yellow Paint

Paint brush or small foam roller

Paper

- tape corners of bubble wrap down so it doesn't move while painting
- Roll or paint on bubble wrap
- Place paper over painted area and gently rub
- Remove and let dry



Gathering "nectar"

Materials needed;

Styrofoam Egg Carton (clean)

Eyedropper or spoon

Water with a yellow food colouring added

Empty cup

Tray

- Divide coloured water throughout the egg carton
- Have child use eyedropper to take up coloured water and transfer to cup
- Place materials on tray, have a towel nearby to clean up any water spillage outside of tray.

Tasting Honey

Put honey in a small bowl

Cut slices of apple

Crackers

Let child dip apples and crackers into honey

Discuss taste, texture, sweet, sticky



WARNING Honey is not safe for babies younger than 18 months of age. Most of pediatricians advise against giving honey to a child below 18 months as there are serious health risks.

“Dirt” Playdough

You’ll need:

$\frac{3}{4}$ cup Hot Coffee OR Hot Strong Tea

2 cups Flour

$\frac{1}{2}$ cup salt

Used Coffee Grounds from coffee

Directions

1. Combine Flour and Salt in a medium bowl
2. Stir in coffee grounds (if you are using)
3. Add $\frac{3}{4}$ Cups of hot Coffee or strong Tea
4. Stir and knead until a smooth dough is formed
5. Bake sculptures in the oven at 300F for 30-45 minutes



*create a “bug sculpture or whatever child is thinking of

*can be used as a “base” for toy bugs also

*Store extra dough in airtight container or plastic zip bag

*To preserve the sculpture after baking, brush with 1-2 coats of shellac or white glue.

Earth Worms

Earthworm Hunt: Take your children on a nature walk to search for earthworms. Use a spade to turn over the soil and let the children look for worms. Put the worms into a plastic container with enough damp soil to cover them.

Then start to observe:

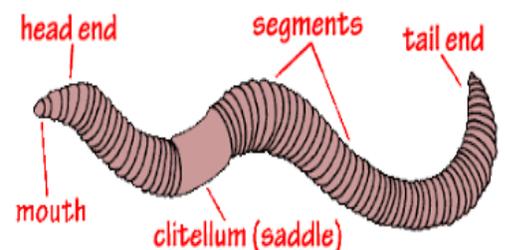
Place a worm on top of some soil and let children watch what it does.

How does the worm move?

What color is it?

What does its skin look and feel like?

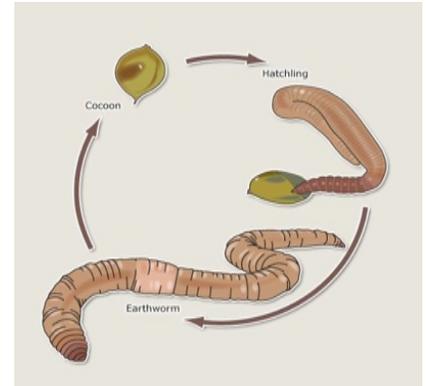
What do you suppose the worm does in the soil?



Lifecycle of a worm

Explain to your child that a worm hatches from an egg that is inside a cocoon in the soil.

The worm is very tiny when it is born, and many worms hatch from one cocoon. A worm only has a mouth and eats soil. Little piles of digested soil from an earthworm can be found near the opening of the worm's tunnel. These piles are called castings.



Why is Messy – Sensory Play so Important?

Sensory play is important for young children, as it provides endless opportunities to develop and learn. All types of play are essential for a child's development and early learning. Sensory play helps children to develop and improve their gross and fine motor skills, co-ordination and concentration. It also helps them to learn how to work co-operatively, use their senses to discover their environment, develop their imagination, creative thinking, and ability to problem solve and experiment with solutions.

Spaghetti Worms in Dirt sensory play.

Digging for Spaghetti Worms in Dirt is a simple sensory activity that only takes a few moments to set up. It's exciting, it's messy and the kids will have so much fun catching all the slippery and slimy spaghetti worms with tweezers and putting them into a jar.

Materials needed:

You will need slightly wet sand/soil from the garden, a large container or tray and cooked spaghetti. Let child use tweezers for the development of fine motor skills but this is optional. Slightly hide the spaghetti worms on the top layer of the sand/soil because too much sand/soil can be too heavy and may break the spaghetti worms as they are being dug out.

Let's Play

Prompt the children to:

- Use their hands to squeeze, squish and dig out the spaghetti worms from the soil.
- Use the tweezers to catch the worms and place them into a container.
- Count out loud as each worm is caught and placed into the jar.
- Measure the different lengths of the worms such as "this worm is the longest or shortest, or most thin or fat"



Worm-Track Prints

Materials:

*Paper

*1 or 2 colours of Paint in bowls

*String or yarn OR cooked spaghetti

Encourage children to make their string crawl and wiggle like real worms.

Drag string or spaghetti through the paint and then drag across paper to look like worms have slithered across and made tracks!



Lint Roller Worm Pick Up



Materials needed:

Pipe cleaners

Lint roller

Pair of scissors

Bowl

-Cut pipe cleaners into two-inch sections. Slightly bend in the pipe cleaners. To soften sharp edges.

-give your child a lint roller and ask them to pick up the pipe cleaner worms with the lint roller, then pick them off and put them in a bowl.

This activity is promoting fine motor skills and colour identification (you can ask them to pick up specific colours. Number recognition (ask them to collect a Specific number of “worms”)

Little Wiggle Worm Song

Tune of Eensy-weensy spider

The little wiggle worm (wiggle your finger)

Went crawling underground. (wiggle finger under other hand)

Down Came the rain (wiggle fingers downward)

And then mud was all around. (open arms wide)

The rain filled their tunnels (open hand; move fingers together)

And pushed out the little worm. (push worm through other hand)

And soon the puddles on the ground (make an O shape for a puddle with your hand)

Were the only place to squirm. (wiggle worm into the puddle)

ANT (insect) BODY

Sung to the tune of Head, Shoulders, Knees and toes

Head (Point to head.)

and Thorax (Point to chest.)

Abdomen abdomen, abdomen (Point to stomach.)

Head, and thorax, abdomen

eyes (Point to eyes.)

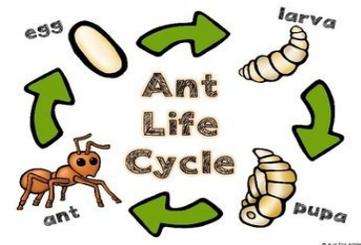
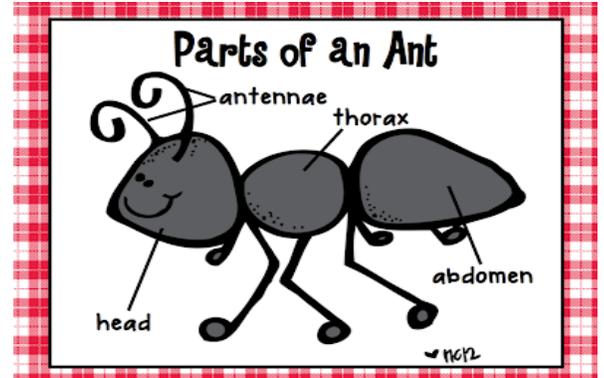
mouth (Point to mouth.)

And antennae, two (Stick 2 fingers up.)

Six legs (Wiggle 3 fingers on each hand.)

And there's an insect for you!

(Leave off a verse each time you sing and hum.)



Do ants like human foods? (science observation)

Ants like to show up at picnics! Try this when your outside having lunch with together.

Place several bits of different types of food onto a tray

The foods that we placed on our tray included:

small crumbs of bread

shredded cheese

raisins

small chunks of walnut

honey

Place the tray of food on the ground and wait to see if any ants come along.



This picture shows what may happen after just a few minutes or even hours.

Talk with your child about why the ants went to the tray. Observe

which food they are gathered around the most or not at all.

Count the ants! Can you see if the ants are carrying the food

away?



“Ants in Pants” Fingerprint Art:

Cut the shape of a pair of pants from blue or any colour of construction paper. Kids can use their fingers to make ant “bodies “– head, thorax and abdomen, and then draw lines for legs.



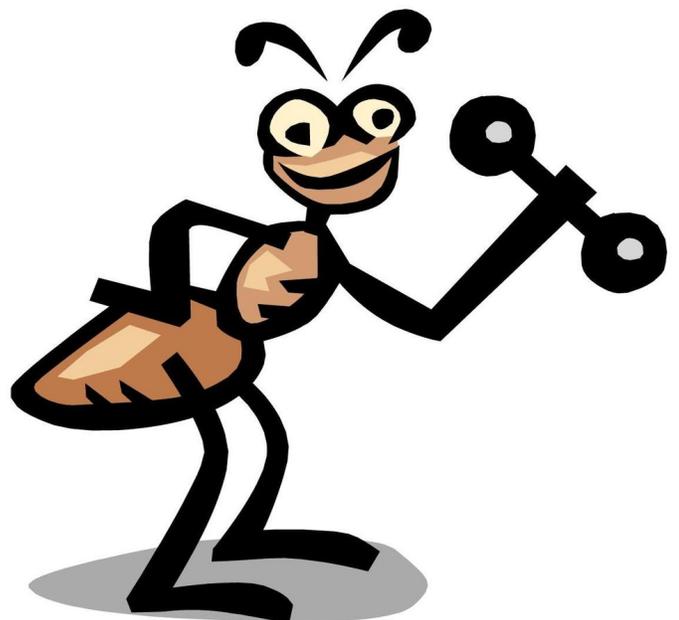
JOKE - An old saying is: that if you are a fidgety person, (always in motion) you have “ants in your pants”! HA HA HA

The Ants Go Marching

Traditional action song

The ants go marching one by one,
Hurrah, hurrah.
The ants go marching one by one,
Hurrah, hurrah.
The ants go marching one by one,
The little one stops to suck his thumb,
And they all go marching down
Into the ground to get out of the rain,
BOOM! BOOM! BOOM!

Two...tie his shoe...
Three...climb a tree...
Four...shut the door...
Five...take a dive...
Six...pick up sticks...
Seven...pray to heaven...
Eight...shut the gate...
Nine...check the time...
Ten...say "THE END"



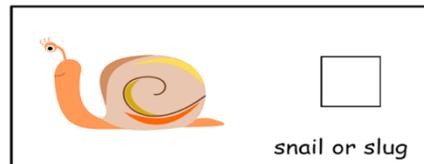
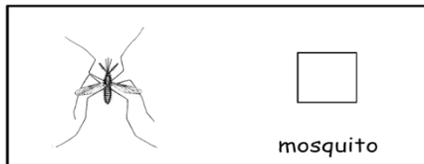
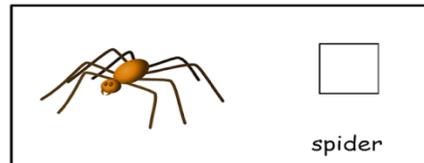
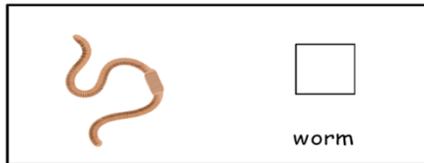
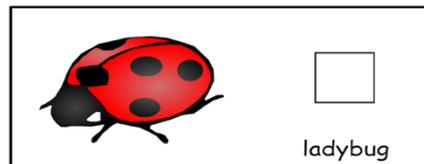
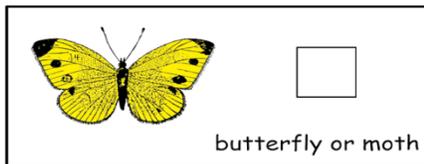
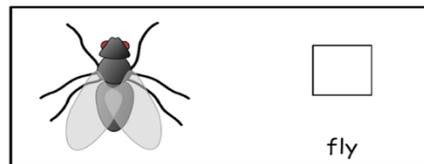
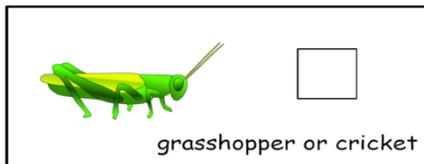
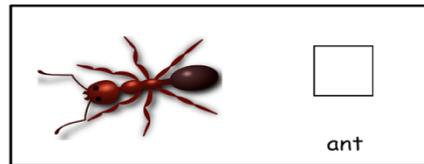
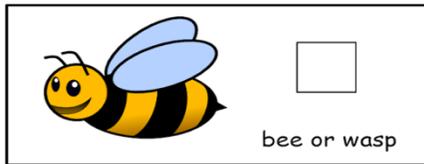
Bug Hunt – Give children pipe cleaners that they can twist into a magnifying glass shape. Let them use these to hunt for bugs on the ground.

*They could also use clipboards to draw insects that they find outside.

*you could use the picture list below on your clipboard



BUG Scavenger Hunt!



Snack: "ANTS ON A LOG"

LOG- celery (cleaned and cut)

FILLING-Cream cheese or peanut butter (or any nut butter)

ANTS-Raisins, or (craisins, nuts, oats, marshmallows, or berries)

Spread filling in celery cavity, add "ants" on top, ENJOY!



Stress relief for all ages

Be one with nature! What does it feel like to walk on the ground with no shoes on like a bug or insect!

Health Benefits of Grounding

- improved mood
- improved sleep
- reduced pain
- reduced stress
- improved wound healing
- improved immunity
- reduced inflammation

rebellion.us

grounding or earthing refers to direct skin contact with the **surface** of the **earth**.

The effects of grounding (earthing) on inflammation, the immune response, wound healing, and prevention and treatment of chronic inflammatory and autoimmune diseases. J Inflamm Res. 2015;8:83-96.

Try this with your children on an open grass field or beach. Check the area for sharp objects. Talk to them about what it feels like. What they like, or do not like about wearing bare feet!