



For People Who Care for Young Children

OLYMPIC-SIZED LEARNING

Torino, Italy will soon bring us the Winter Olympics, starting February 10, with athletes from over 80 countries. Together with your group, spark the Olympic spirit with your own fun winter Olympic games. Invite children to take part in an opening ceremony with homemade flags, marching around the room to the Olympic theme song and most important, racing a foil torch. If possible, watch some of the Olympics on TV together. Also try some of these activities.

▲ Search magazines for pictures of outdoor activities such as sledding, tobogganing, skating, skiing, and any other winter sports you can find. Show the pictures and talk about them with children.

- *What is happening in each picture?*
- *What kind of clothing do you for each activity?*
- *What equipment is used?*

- *How many people do each activity?*
- ▲ If there is snow outside, have a snowball-throwing contest. Who can throw the farthest and who can come closest to a mitten or log?
- ▲ No snow? Don't worry! Make homemade snowballs out of white socks filled with packing bits. Sew the ends or knot securely. Have a snowball toss inside or out.
- ▲ Hide a winter glove or mitten somewhere in the room and see who can find it first. Give clues by telling children whether they are "hot" (near the glove) or "cold" (far from the glove).
- ▲ Challenge children to place small packing bits on spoons and try to carry these tiny "snowballs" across the room without dropping them.
- ▲ Head outdoors for some homemade sledding. Flatten a

large cardboard box. Make holes in two corners on one end. Holes should be at least 3 inches from the edge. Thread a rope through the holes making a handle for the sled. Take children for rides as you pull the sled. No need to worry if you don't have snow—this box will slide on sand or even smooth grass.

▲ Sing this Olympic song together (Tune: "The Oscar Mayer Theme Song"):

*Oh, I wish that I could be in
 the Olympics,
 I wish that I could skate and
 have some fun.
 For if I could skate in the
 Olympics,
 I'd win the gold and become
 number one!*

You can change "skate" for other types of Olympic activities such as ski, sled, curl, play hockey and so on.



OLYMPIC PROJECTS

THE OLYMPIC TORCH

The Olympic torch bearer runs to light the Olympic cauldron to start the games during the opening ceremonies. Children may take turns carrying a pretend torch to let the games begin in your program.

You'll Need: cardboard paper towel tube
▲ construction paper ▲ plastic cap from a laundry detergent bottle ▲ heavy tacky glue or low-temperature glue gun (ADULT USE ONLY)

What to Do:

1. Cover the towel tube with construction paper (any color children choose; aluminum foil could also be used).
2. Glue the plastic cap (open end up) to the top of the cardboard tube.
3. Next, help children draw and cut out paper flames from orange, red and yellow construction paper.
4. Glue or tape the flames inside the detergent cap with the edges of the flames pointing up in the air.

FLAGS OF NATIONS

Show children pictures of flags from countries around the world. There are pictures in encyclopedias and on the Internet.

www.flags.net/index.htm

Talk about the colors and designs you see on each flag. Put out construction paper in different colors. Let children create flags using crayons, markers, stickers and other decorating materials. Hang the flags where everyone can see them.

OLYMPIC RINGS FLAG

The Olympic flag is a special flag. It has five interlocking colored rings (circles) on a white background. The rings represent the five major land areas (continents) of the world. The rings are interlocked to show friendship among the nations.

You'll Need: large white sheet of paper
▲ construction paper: red, green, black, yellow and blue ▲ glue ▲ circle template or small bowl to trace around * scissors

What to Do:

1. Invite children (working together) to cut five large ring shapes out of colored construction paper.
2. Arrange the rings interlocking on a plain white sheet of paper, gluing these in place. Hang it on the wall to bring the Olympic spirit to your program.

MAKE SOME MEDALS

Your children will feel like "winners" when wearing their own Olympic medals.

You'll Need: cardboard ▲ aluminum foil (You can buy gold foil in craft stores.) ▲ crepe paper or ribbons ▲ tape ▲ stapler

What to Do:

1. Cut large circles from the cardboard.
2. Let children cover the circles with foil to make medals.
3. Tape any extra foil on the back.
4. Cut crepe paper or ribbon to fit loosely over the child's head. Staple the medal to the ribbon.



Olympic Snacks

Edible Olympic Torch

You'll Need:

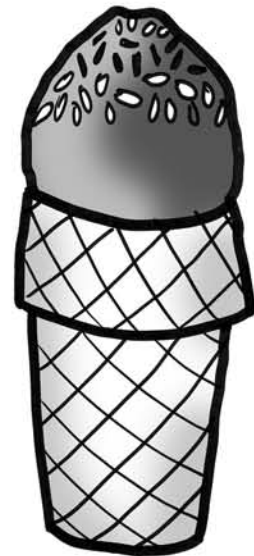


1 sugar ice cream cone for each child

lemon, orange or raspberry sherbet



sugar sprinkles
in yellow, orange and red

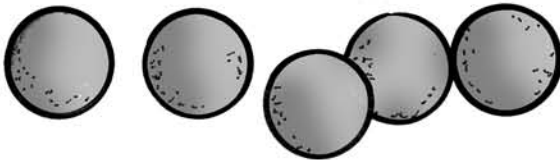


What to Do:

1. Give each child a cone filled with sherbet.
2. Invite them to sprinkle on the sugar to resemble the torch's flame.

Olympic Emblems

You'll Need:



5 vanilla wafer cookies for each child



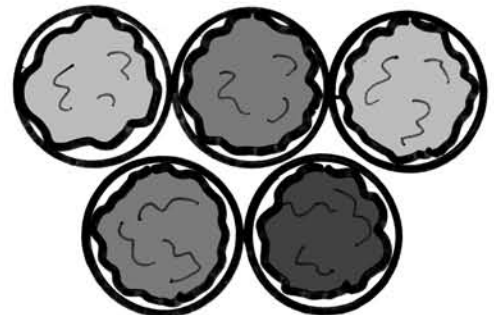
vanilla frosting



food coloring

What to Do:

1. Place the vanilla frosting into five separate bowls.
2. Color each bowl as follows: red, blue, yellow, green (yellow & blue food colors), black (combine red, green, blue and yellow food coloring).
3. Spread each cookie with a different color frosting. These represent the colors in the Olympic rings.



In February at Familytlc.net

TODDLERS

Movement—Tunnels

TWOS

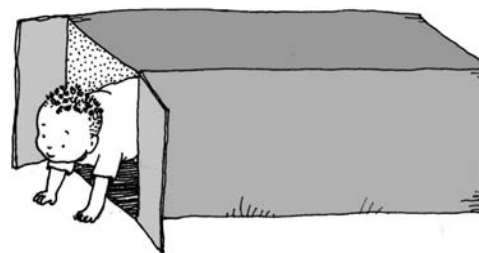
Games—Bicycles in the Air

THREES AND FOURS

Games—White Sock Snowballs

FIVE TO SEVENS

Sports—Skating Race



INFANT CARE: Play Time**

It's true that play is baby's work. Playtime is everyday, all day, everywhere, and anywhere! A baby, from six to 12 months, is ready, full of energy, and learning new skills all the time. Play helps him learn about the world and make sense of what's going on around him. At the same time, the baby is developing his motor and language skills.

A baby can now play on his own with you close by. Place a few toys he enjoys within easy reach and watch him go! He will love it that you are watching and encouraging him.

The baby also needs you to play with him to show him how things work and to describe what is happening. When you play together with the baby, he will get more involved and play longer. So join in the fun!

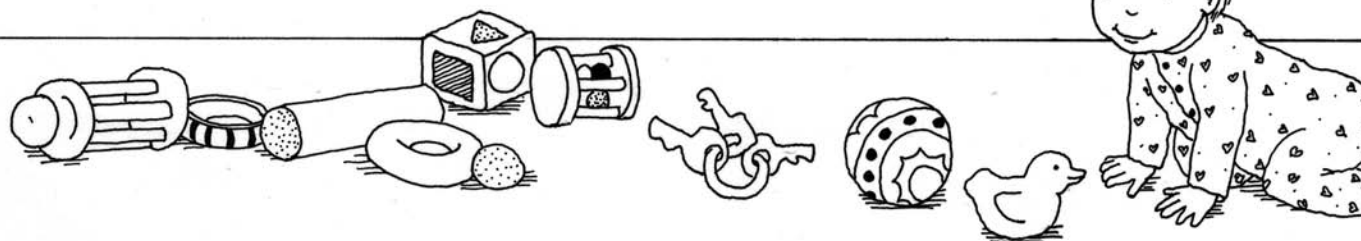
A baby's eagerness to play can be a part of your everyday care of him. Be playful with him. Songs, nursery rhymes, finger plays, silly faces and noises, as well as a few toys in the diaper bag come in handy when he is upset and in need of distraction.

The baby is fascinated that objects disappear and reappear. After all, he is trying to figure out where you are when you are not with him and whether or not you will be back! This is prime time for peek-a-boo games of all sorts. Use your hands, a scarf, and a stuffed toy. Cover your face. Cover the baby's face if he's comfortable with this.

A baby needs toys that he can hold on his own, toys that show him cause and effect, and toys that he can begin to stack and move. Soft cuddly toys are wonderful to hold and play with as well.

A baby loves copying you. Give him lots of opportunities when you play together. Clap your hands. Shake your head. Stamp your feet. Bang two small blocks together. Stack two blocks on top of each other. Take all the blocks out of a plastic container one by one. Show him how and, soon he will copy your actions.

**Adapted from
<http://www.familytlc.net>



Ideas: familytlc.net

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