

Discovery

This week we will be looking at shadows. Shadows are formed when something blocks the path of light. Light travels in straight lines so when something blocks it the light can not reach the other side. We have looked at this in class. To start children should draw a representation of this.

Next, children should pick an object, it can be anything (including a person). Put that object on a spot outside and draw around its shadow. DO this once an hour for 6 hours to see how the shadow changes. Take pictures or draw a visual representation of this.

Write up what you found – include why you think the changes that are happening are happening and if you think this would be the same at all times of the year and why.

Make a Sundial

Materials needed:

Empty soup or coffee can

Dirt, rocks, or sand

Stick or dowel

Piece of cardboard or sturdy paper

Pencil

Before clocks were invented people would use the sun to tell the time. People used sundials that told the time based on the shadows made by the sun.

To make your own sundial, fill an empty soup or coffee can with dirt, sand, or rocks. Place a long stick or dowel in the middle of the can so that it is securely standing.

Place the cardboard in a spot outside that will be sunny all day. Put the can in the center of the cardboard. Every 30 minutes or every hour mark where the shadow of the stick is. Write the time beside the mark.

At the end of the day you will have a clock to tell you the time based on the shadows. What do the marks look like? Is there a pattern? Test your sundial on another day. Is it still accurate?

Wellness Wednesdays

Below are a list of activities which will help you get the most out of your wellness Wednesday. Try to complete them all.

Physical Activity

https://www.youtube.com/watch?v=hKRR7_igyLo

<https://www.youtube.com/watch?v=H6knY50atdk>

Mental Health

The Mindful Jar

This activity can teach children how strong emotions can take hold, and how to find peace when these strong emotions feel overwhelming.

First, get a clear jar (like a Mason jar) and fill it almost all the way with water. Next, add a big spoonful of glitter glue or glue and dry glitter to the jar. Put the lid back on the jar and shake it to make the glitter swirl.

Finally, tell the children to:

“Imagine that the glitter is like your thoughts when you’re stressed, mad or upset. See how they whirl around and make it really hard to see clearly? That’s why it’s so easy to make silly decisions when you’re upset – because you’re not thinking clearly. Don’t worry this is normal and it happens in all of us (yep, grownups too).”

Now put the jar down in front of them.

Now watch what happens when you’re still for a couple of moments. Keep watching. See how the glitter starts to settle and the water clears? Your mind works the same way. When you’re calm for a little while, your thoughts start to settle and you start to see things much clearer. Deep breaths during this calming process can help us settle when we feel a lot of emotions.

Children can now list some of the emotions they have experienced recently and with a clear mind around each emotion write what caused it and how they could handle the emotion.

Family Relationships

These are always important, not maybe more than ever. Your task today children is to help make lunch. You will prepare it with a member of your family, for all of your family. Good luck.