



Mini Art & Activity Book



Sledging

By Diane L. Henderson

High hills,
Spins & spills.
Thrills & chills.
Sloping snow.
Here we go!
We're sledging!
Gliding, riding,
Slipping sliding
We're sledging!

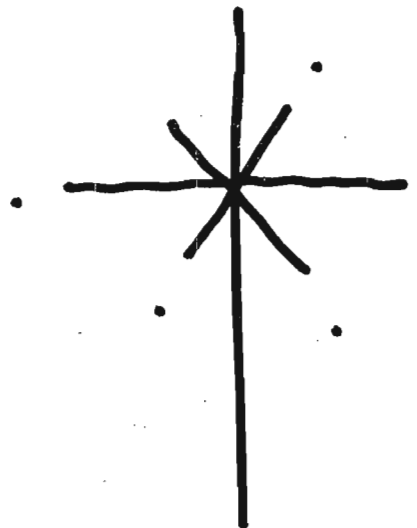
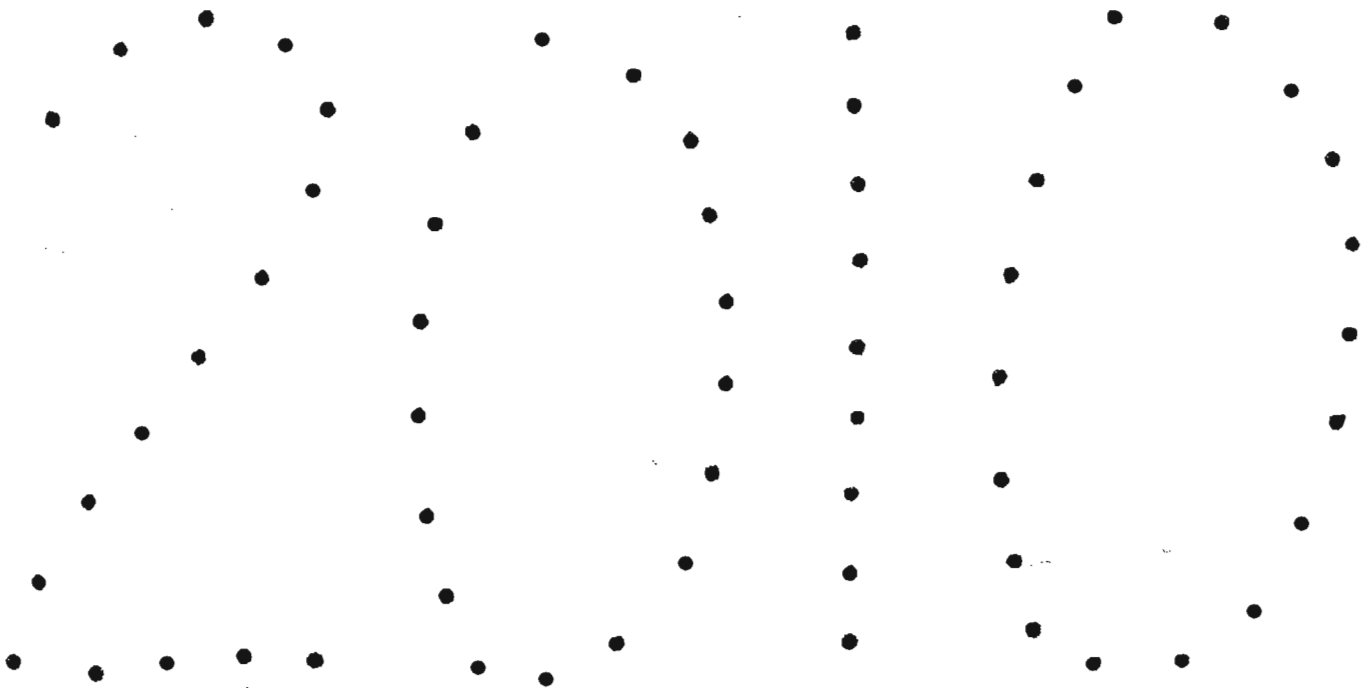


Happy New Year!

Welcome back!

I missed you.

I hope you had a great vacation!



Stuffed Hibernating Paper Sack Bears

Background:

- In January we get to the letter P.
- To celebrate we have a Winnie The Pooh Pajama Day and all come dressed in P.J.'s
- A.A. Milne's birthday is also in January.
- Everything I do is themed around Winnie the Pooh.
- Because of copyrights, I cannot share Winnie the Pooh themed stuff with you, but use the idea and run with it.
- One thing you can do is use my teddy bear bag idea and do this fun hibernation idea.
- The bears have long been hibernating since November, but since November is such a quick and busy month, I don't have time to do much with that science theme then so I cover it in January with this project.

Materials:

- Brown paper lunch bags
- Brown construction paper
- Crayons
- Scrap paper
- Stapler
- Scissors
- Glue sticks
- Extra Large black plastic garbage sack

Directions:

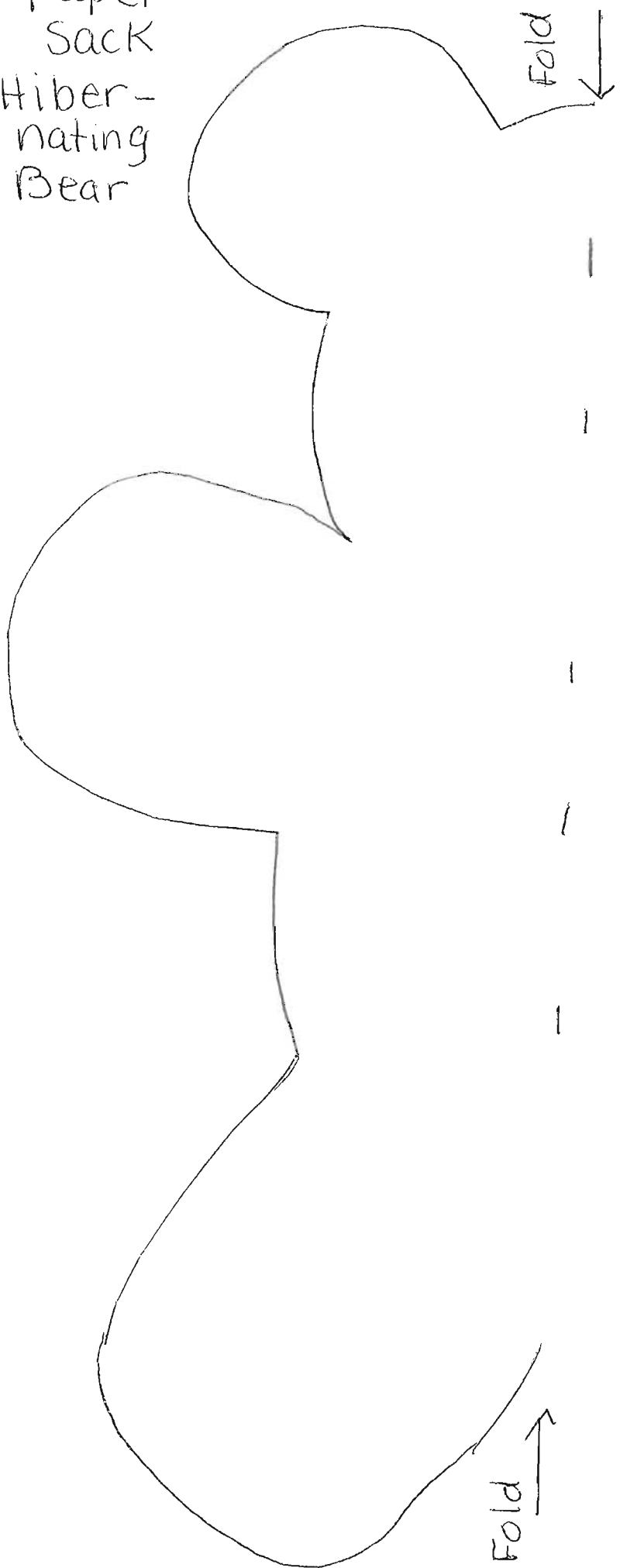
- Run of master
- Fold papers.
- Keeping their paper folded, students cut out two bears.
- Draw a sleeping bear on one side.
- Draw an "awake" bear on the other.
- I make stickers with the bear awake and sleeping. One sticker says Winter hibernation. The other says Springtime awakening! You can either make stickers or type the words and have your students glue them to their bears.

- Students glue their bears to the front and back of a brown paper bag.
- Children write their name on the bottom of the bag.
- Students crinkle up 4 pieces of scrap paper.
- Child puts the scrap balls inside their bag.
- Staple bag shut.
- Make sure their name is on the bottom of their bag.
- I have my students say: "*Good-night bear. Go hibernate.*" And then they toss him into the big black plastic garbage bag.
- I tie up the garbage sack. We hang a "*Hibernating 'til spring. Do not disturb!*" sign on the bag.
- I put it in my storage closet 'til March 20th when we'll take the bag out and wake up the bears.
- As a math extension I make a sleeping teddy bear and we add a paper chain each day our bears are sleeping, including 2 chains for the weekend days.
- This is a nice pairing to our other paper chain where we take away a paper chain each day. One gets shorter as we subtract and the other one gets longer as we add!
- This paper chain also shows an ABAB or ABC color pattern. The children love seeing how long it gets.
- There are a lot of stories you can read that go along with the bears hibernating as well as pajama day. I read several of each.



The first day of
Spring
is March 20th.
How many days
will our bears
hibernate?

Paper
Sack
Hiber-
nating
Bear



I Wonder In The Winter Graphing

Directions:

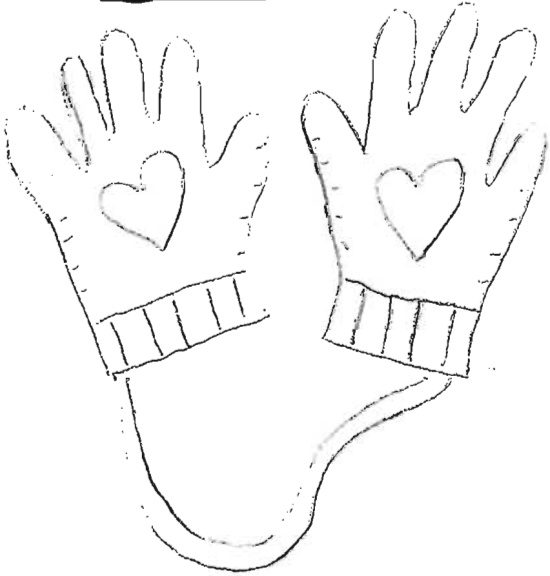
- Here are 10 graphing sheets.
- Use one a day.
- Run off a copy of each.
- Tape a sheet of paper to the bottom.
- This can be as simple as your morning question.
- Read it to the children and have them sign their name to the appropriate picture sometime during the day.
- I laminate the pages and make a class book for one of our January books.
- You can also make name labels and do as a whole group question & answer time.
- Call on a child and have them come and put their name label under the appropriate answer picture.
- I have also used their school picture and glued that to the appropriate column.
- You can use stickers or a stamp and then write the child's name next to the symbol.
- I try to do something a little different for each page.
- Before I assemble them into a book, I display the pages in the hallway.
- I've provided a cover incase you want to make them into a class book.
- Enjoy! ☺

Wonder
In The
Winter

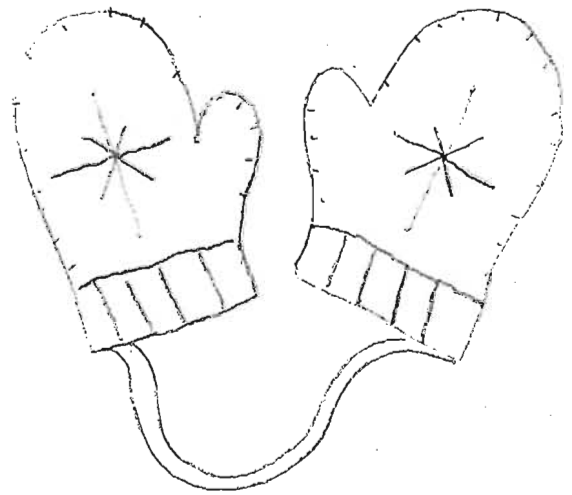
A Class
Graphing Book

I Wonder In The Winter...
Do You Like GLOVES or
MITTENS better?

gloves



mittens



I Wonder In The Winter...
Would you rather be OUTSIDE
playing or playing INSIDE?

outside

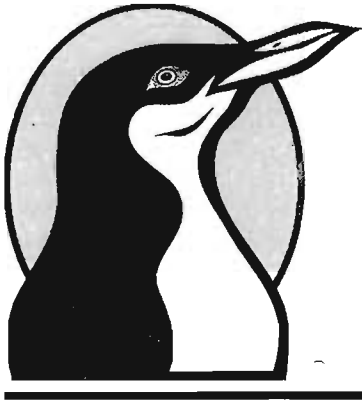


inside

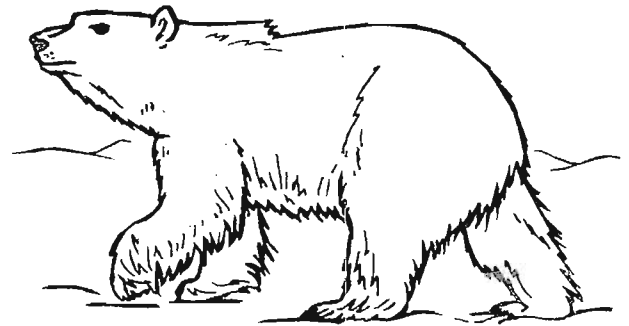


I Wonder In The Winter...
Do You Like PENGUINS or
POLAR BEARS better?

penguins



polar bears

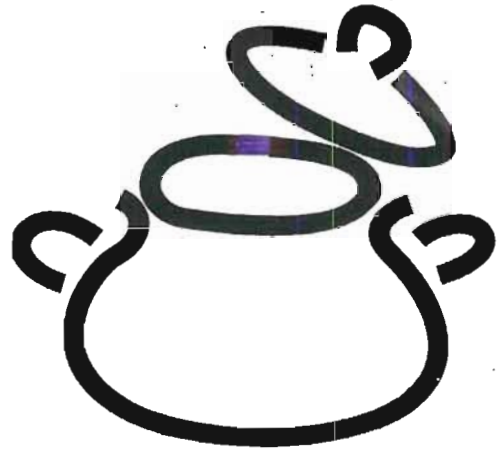


I Wonder In The Winter...
Would you rather have a cup of hot
chocolate or a cup of chicken
noodle soup?

cocoa



soup



I Wonder In The Winter...
Do You Like Making a
SNOWMAN
or a SNOW FORT Better?

snowman



snow fort



I Wonder In The Winter...
Do You Like ICE SKATING
or SLEDDING Better?

ice skating

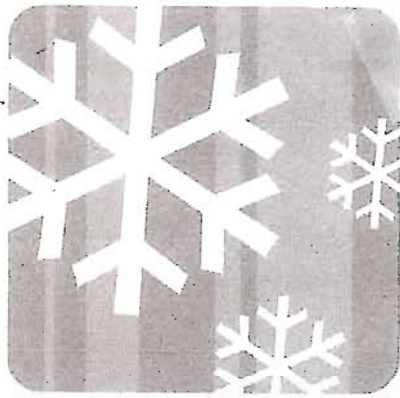


sledding

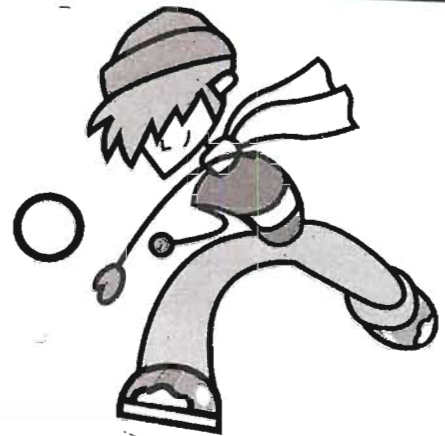


I Wonder In The Winter...
Do You Like SNOWFLAKES
or SNOWBALLS Better?

snowflakes

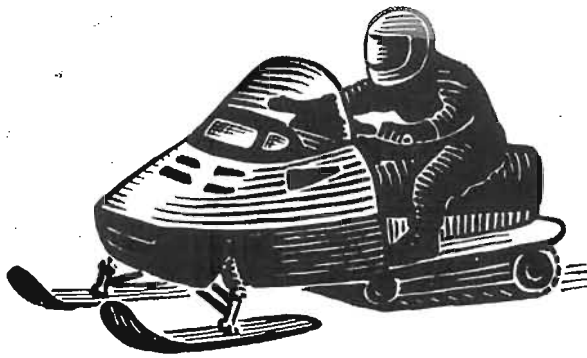


snowballs

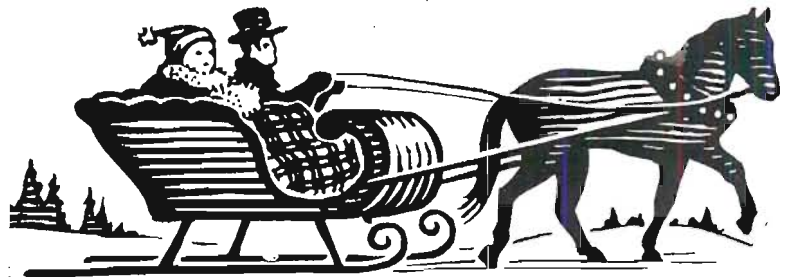


I Wonder In The Winter...
Would you rather ride on a
SNOWMOBILE Or In A Horse
Drawn Sleigh?

snowmobile



sleigh



I Wonder In The Winter...
Would you rather watch a
SNOWBOARDING Event Or A
DOWNHILL Skiing Event?

snowboarding



skiing

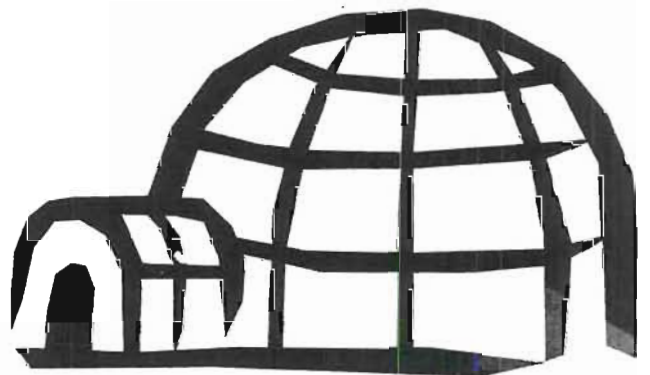


I Wonder In The Winter...
Would You Rather Be Playing On
Top Of A Snow Bank
Or Inside An Igloo?

snow bank



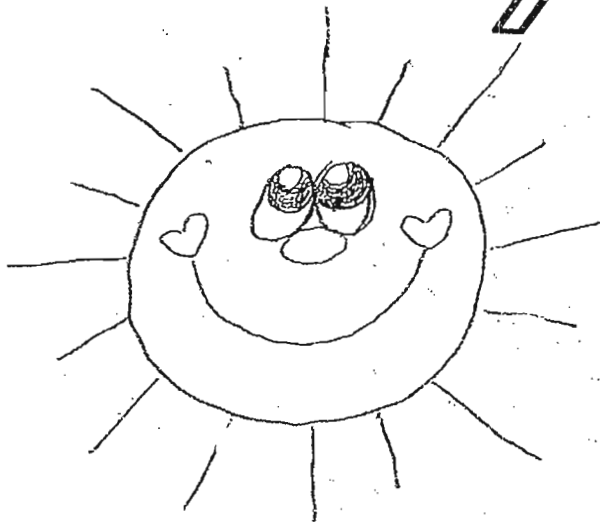
igloo



Snowy



Sunny



Fast Facts & Ready Research

Polar Bears

- Polar Bears make their home in the Arctic Ocean and the surrounding area.
- They are the world's largest land carnivore sharing their title with the largest land predator with the Kodiak Bear.
- Polar Bears can reach heights of 8 to 9 feet tall!
- A Polar Bear can tip the scale and weigh in at over 1,500 pounds.
- The average male is about 800 pounds.
- Females are half that size.
- Although a Polar Bear is born on land, it spends most of its life on the ice. That's also where it gets its name from "maritime bear".
- They bordered on extinction when their numbers declined to almost 5,000.
- With excellent conservation efforts they are now up to about 40,000.
- However, they are still on the endangered species list. There are stricter hunting quotas and laws put on the Arctic people as hunting the Polar Bear is an important part of Arctic custom and culture, but it is Global Warming that is truly causing most of the problem for the Polar Bears precarious predicament.
- Constantine John Phipps was a scientist who first described the Polar Bear and put them in the same species as the brown bear. They've stayed that way ever since.
- The Inuit people call the Polar Bear Nanook.
- PB's have a keen sense of smell.
- Their main meal is a seal.
- They can smell a seal den miles away!
- They are strong swimmers and can swim on average 6mph, and stay submerged for almost 2 minutes.
- Their skin is black under their white fur to catch and absorb heat from the sun, and they have almost 4 inches of blubber under their fur to keep them insulated and warm. They overheat at anything higher than 10° C.
- Unlike black and brown bears, Polar bears do not hibernate, but are active year 'round. They do fast when the ice is unfrozen and they cannot get at the seals during the late summer and early fall season.
- Courting takes place on the ice in April and May. The males fight with each other over the females.

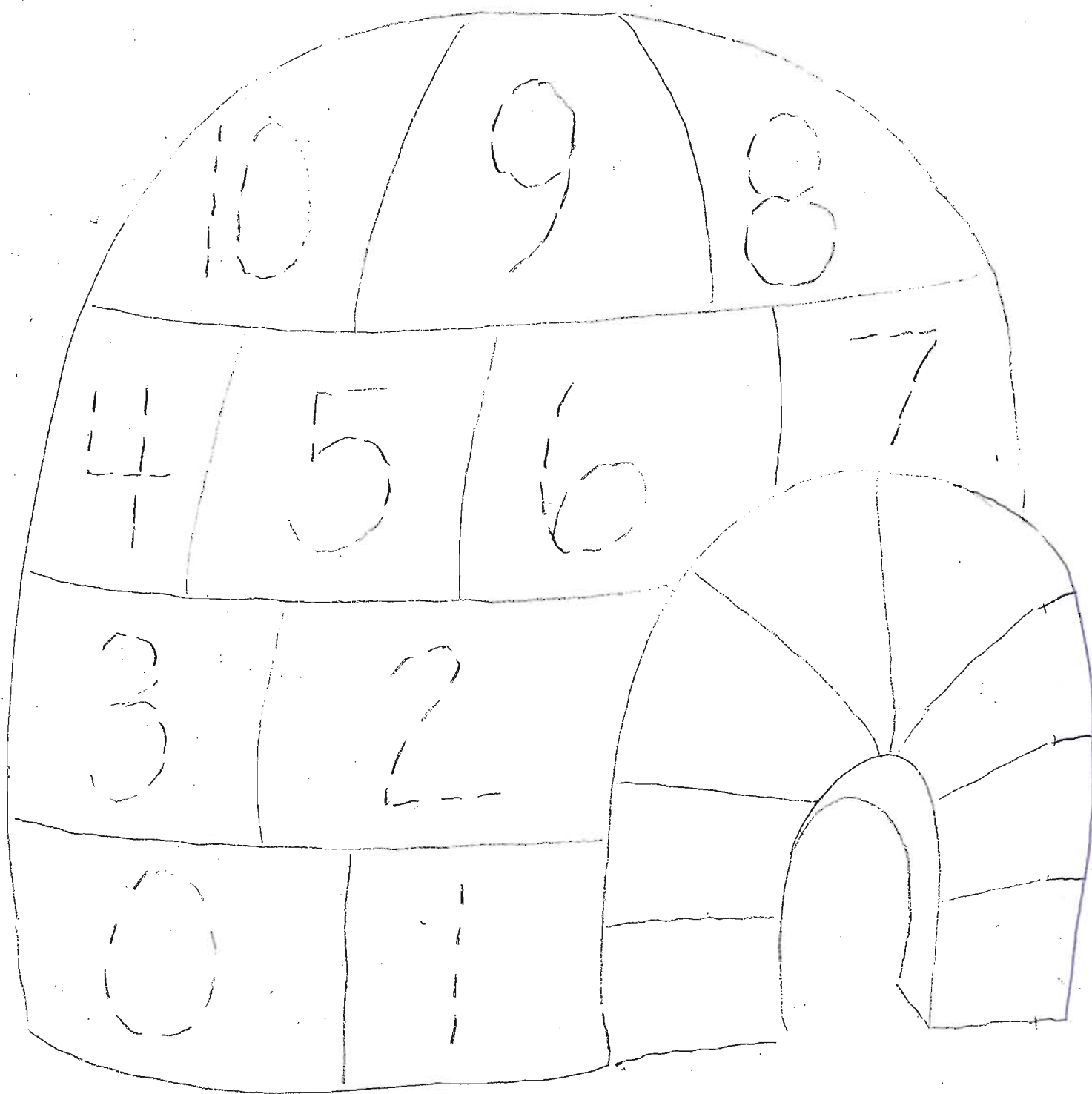
- Mothers gain as much as 100 pounds each month, often doubling in size.
- Most mother Polar bears make their maternity dens in the fall on land, if they do not have one inland there are a few in snow drifts on the ice. There they'll stay 'til November to February when usually pair of cubs are born blind at about 2 pounds. Mom nurses them 'til they are about 22 pounds (Between mid February to mid April depending on when they were born) and then the family comes out of this semi-hibernation and heads out to the ice. She is fiercely protective and will keep her cubs with her 'til they are almost 2 years old.
- Polar bears rarely live past the age of 25. The oldest ones on record are in their 30's. The oldest one is in the zoo in her 40's.
- Polar bears die in the wild because they are injured and can't hunt, or are too old to hunt and starve to death.
- Today polar bears can be seen as a popular logo. Such as on Canadian coins like the "Toonie" (two-dollar Canadian coin).
- Canada also has the bear on their license plate. Alaska has the polar bear on a lot of their memorabilia as well.
- The mascot for Bowdoin College in Maine is the Polar bear and the PB was also the mascot for the 1988 Winter Olympics when they were held in Calgary.
- Companies like Coca-Cola, especially during the winter time use the polar bear in some of their commercials, and the polar bear is a popular fictional and non fictional character as well in many children's literature books. Have you read any of those books? Can you name some?
- What other facts can you find out that I haven't mentioned about the Polar Bear?

Igloo Mania!

I Spy A Number!

Please play "I Spy" with me.

TRACE the number then trace the lines AROUND the number.



Ted On A Sled

Background:

I make these on my Winnie The Pooh P.J. day

They would go nicely if you have a bear-hibernation themed day.

Materials:

- Brown construction paper for teddies
- Multi-colored construction paper for toboggans
- Purple and Gold glitter
- Glue sticks
- Scissors
- Pencils
- School pictures

Directions:

Prep:

1. Run off copies of school photos and cut into ovals
2. Cut a variety of colors of toboggans.
3. Toboggans run the length of an extra large sheet of construction paper and are 3 inches wide.
4. I make 3 of each color so that I'm sure I have a variety of colors represented on my bulletin board.
5. I tell my students I will be catching quietly working students who will come up and choose a toboggan. The more you are quietly working the better your color choice.
6. I write their name on the back of the toboggan so that I can later glitter glue them when I have time.

The next day...

1. I remind students to keep their teddy folded and cut him out, making sure they don't cut the "glue tab" off.
2. I cut one off to demonstrate.
3. I review the word symmetry again. We blow on mine just for fun, I unfold it, and wahla (!) we have a teddy bear.
4. They look for their photo and glue it to the middle of the teddy's head.

5. They look for their name amongst the glittery toboggans, fold their teddy tab down, put glue on the tab and then glue it to the LEFT side of their toboggan.
6. Using a pencil they roll the RIGHT side of their toboggan and then gently unroll it so that it looks like a sled.
7. They bring it to me and we staple them kitty-wampus on the bulletin board.
8. You can hang your b. board with just a plain background for an easy up, or add some pizzazz by cutting that flat winter “snow” you can buy that people use to drape and lay their villages on.
9. It goes on sale before and after Christmas and cuts easily. I cut it into several snowy hills, staple them to the b. board and have a place for the toboggans to slide. I typed up a poem I wrote and put it in the middle.
10. White paper spritzed with silver glitter spray looks lovely too. This year I put a snowman tapestry in the middle and simply stapled the toboggans around it. Took about 5 minutes.
11. I read several sledding stories to go with this activity as well.
12. We also sing the song *Slip & Slide* that I made up. Words below.

Slip & Slide

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By Diane L. Henderson

To the Tune of *Jingle Bells*

Gliding through the snow
On a brand new, bright red sled
Down the hills we go
Please don't bump your head.
Children laugh and squeal
In the sparkling light
Oh what fun it is to slide
Down the hills of white!
Slip and slide
Zip and glide
Laughing all the way
Oh what fun it is to ride down the hills today!
Slip and slide
Zip and glide
Laughing all the way
Oh what fun it is to ride
Down the hills today! Hey!

Background:

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They would go nicely if you have a bear-hibernation themed day.

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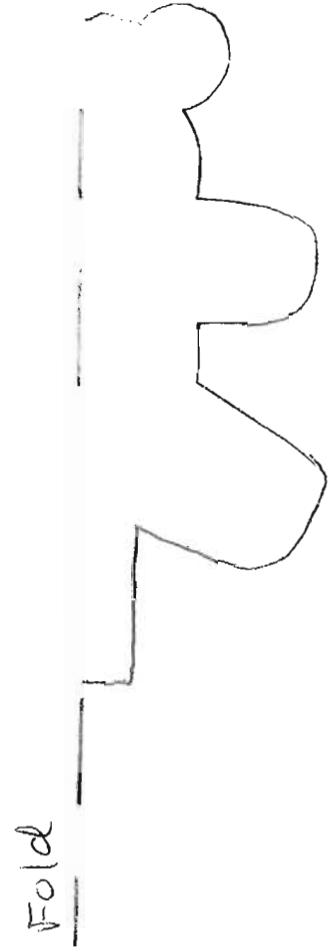
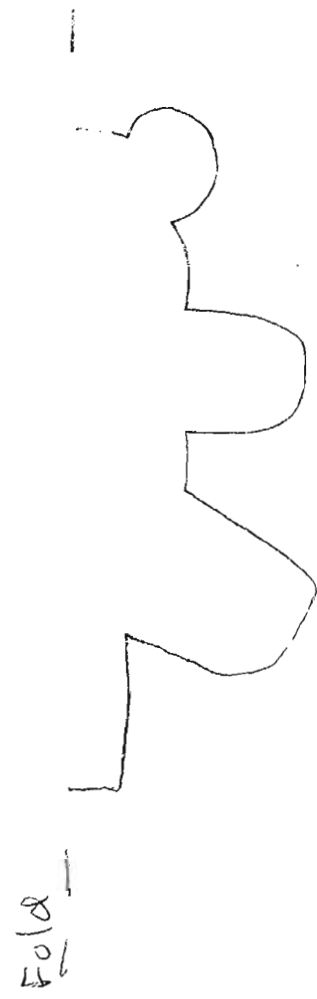
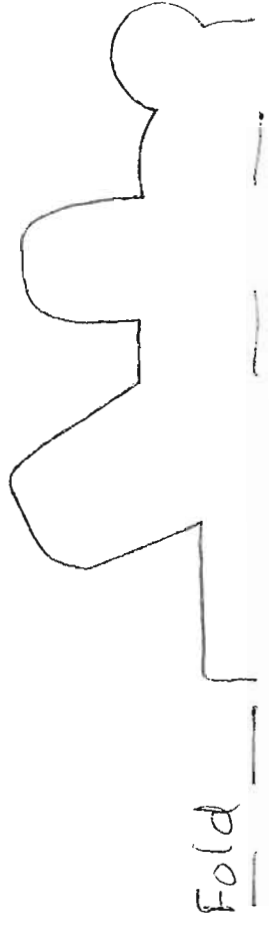
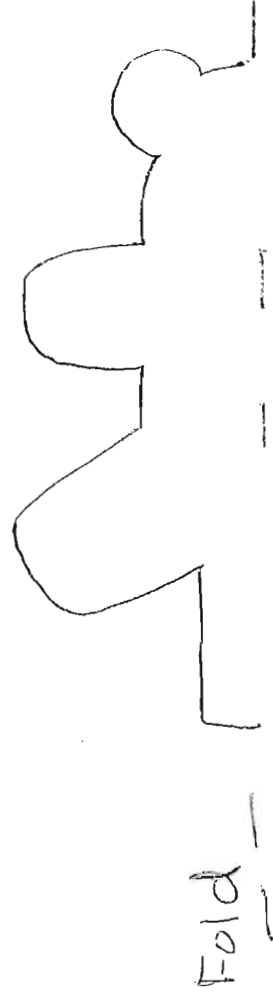
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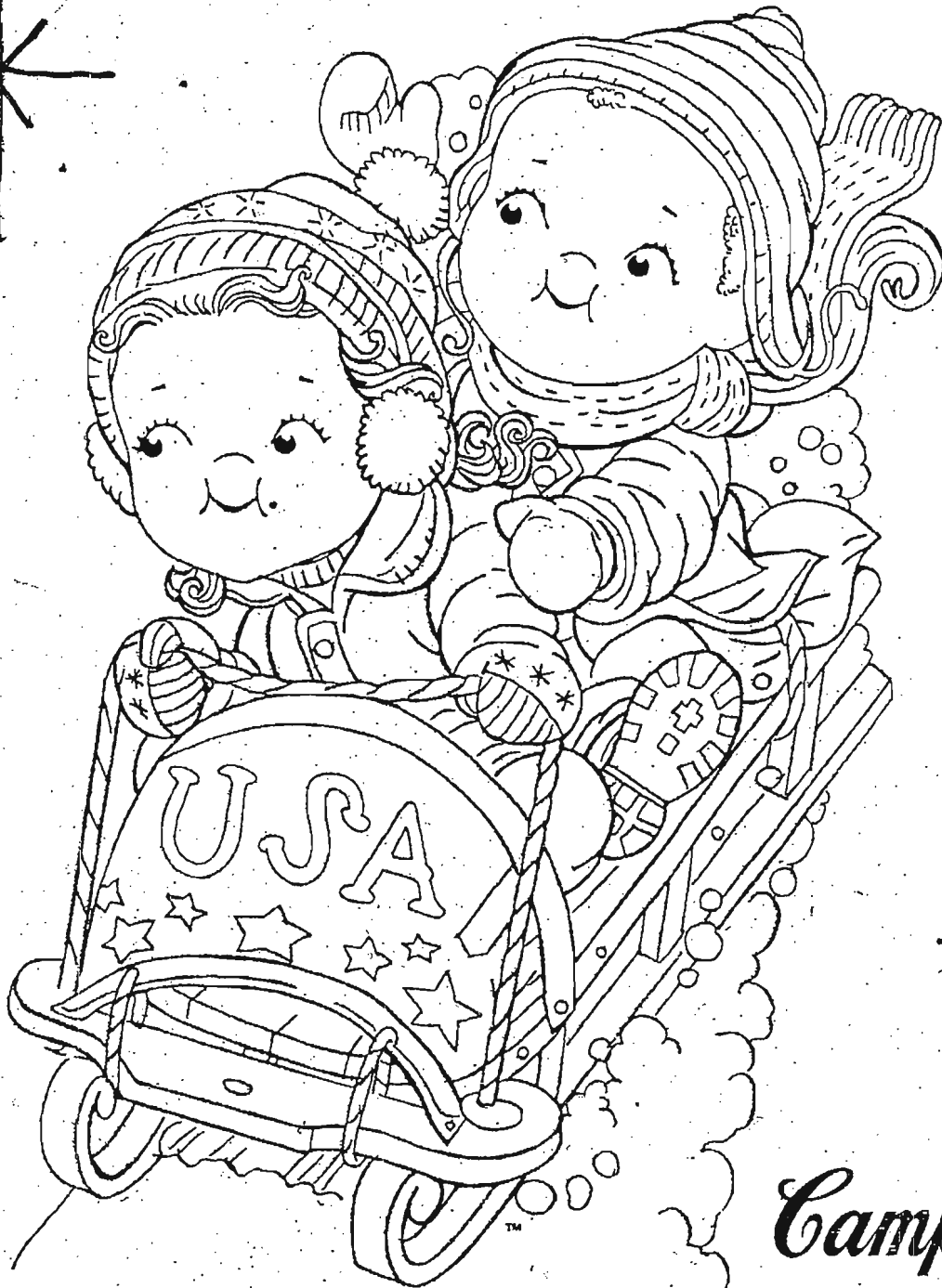
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Brown Paper

Happy National Soup Month!

Is an mmm mmm good student!



Campbell's.

Please save labels for our school. Volunteers send them and Campbell's gives us money to pay for equipment and fieldtrips.

For more information go to <http://www.labelsforeducation.com/>

Don't Scan
already in
January

as a word
Document

Dear Families



Happy National Soup Month!

As part of our multi-cultural and geography studies, we will be “traveling” to China on our magic carpet ride during Story Time. We will be reading the folktale **Stone Soup**. The children will be actively taking part in the story adding ingredients to my big soup pot.

As a celebration of the month and just because it's a nice healthy snack for a chilly January day, I'd like to make our own version of *Stone Soup* called *Friendship Chicken Noodle Stone Soup* and I need your help.

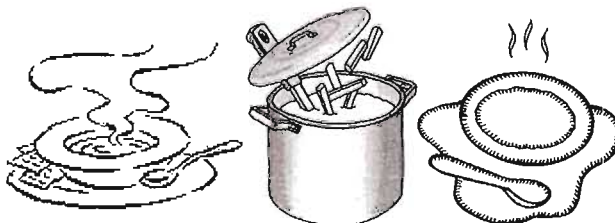
- ❖ Please send a can of chicken noodle soup to school on or before _____.
- ❖ Please write your child's name on TOP of the can.
- ❖ If at all possible please send in **Campbell's Soup** as we save the labels to earn money for our school.

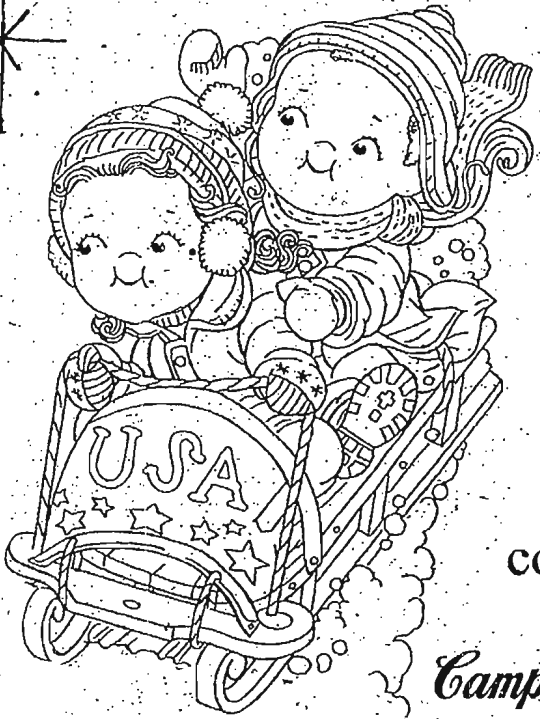
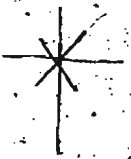
Each child will then dump their can into my huge crock pot for a wonderfully delicious heart-healthy snack after a chilly recess.

Please choose a “different” kind of chicken soup as we have a lot of children and a nice variety other than just plain noodles is always exciting. They have chicken gumbo, chicken and rice, chunky chicken, spiral noodles, ABC noodles, stars, dinosaur, princess, as well as many licensed cartoon characters etc. And of course we do need some regular noodles too! It's fun for your little one if you let them choose.

Thanks in advance for your time and cooperation in making our day extra special.

Educationally Yours,

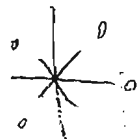
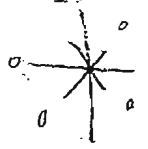




Campbell's

Just a friendly reminder...

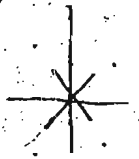
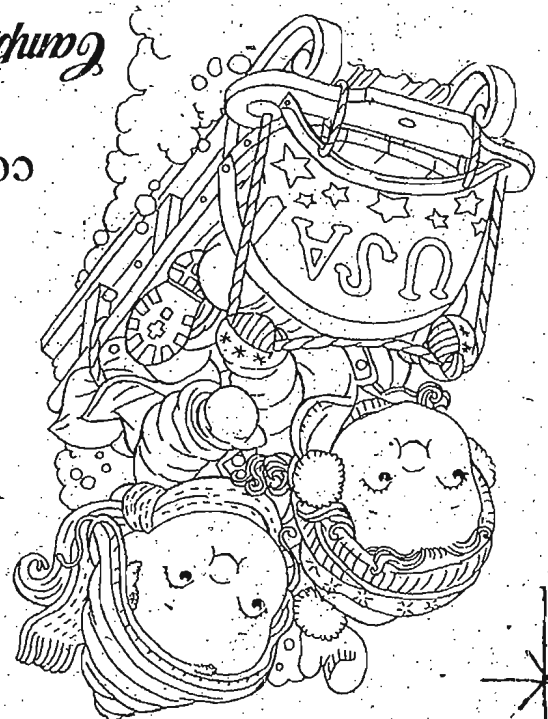
Your child has not brought in their can of chicken noodle soup to make our Friendship Chicken Noodle Stone Soup and I don't want them to feel left out. Thanks in advance for your time and cooperation in making our day extra special.



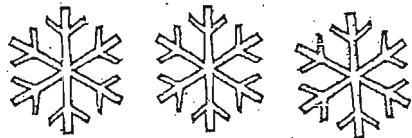
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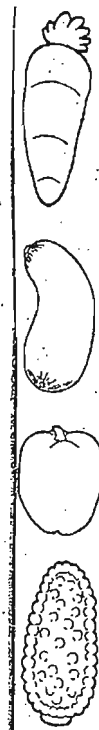


Soup Is Mmmmm Mmmmm Good!



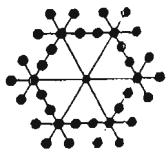
Mmmmm! Mmmmm! Good!

- ❖ January is not only "snow" much fun, it's *National Soup Month!*
- ❖ To celebrate, Mrs. Henderson read *Stone Soup*.
- ❖ Each of us got to add a plastic play-food ingredient to her big black kettle, including a stone to make Stone Soup!
- ❖ The stone wasn't really magical.
- ❖ The moral of the tale was that everyone working together made a difference in each other's lives.
- ❖ Alone, everyone would have gone hungry, combining the little they all had, made a delicious soup where everyone was full.
- ❖ We had fun. Ask me to retell the tale to you!
- ❖ We made our own Stone Soup too.
- ❖ We called it "*Friendship Chicken Noodle Stone Soup*"!
- ❖ Everyone got to dump their can of chicken noodle soup into Mrs. Henderson's 2 big crock pots.
- ❖ It was a great snack after recess. One student got the Lovely polished agate in their soup and got to keep it.
- ❖ Mrs. H.'s family's favorite veggie soup recipe is on the back.
- ❖ If you'd like to make some for our family I'll help.
- ❖ One of the students asked: "*What's a recess-sup-pee?*"



Alliterative ABC Student YUK Soup. Wanna Taste?

Aaron's Avocado
 Alex's Applesauce
 Andrea's Anchovies
 Avery's Asparagus
 Bradley's Broccoli
 Breanna's Banana
 Brian's Baked Beans
 Caleb's Corn Cob
 Carly's Cooked Carrots
 Carter's Candy Corn
 Christian's Cauliflower
 Diane's Donut
 Elliana's Eggplant
 Fraser's French Fries
 Gabby's Grapefruit
 Hannah's Hot Dog
 Isaac's Ice Cream
 Jaydin's Jell-O
 Jennalynn's Juice
 Jeremiah's Jellybean
 Katie's Kumquat
 Kelli's Kale
 Lindsey's Lobster
 Mayco's Mud Pie
 Mickenzie's Marshmallows
 Mikayla's Macaroni
 Nancy's Noodles
 Nick's Nutty Nougats
 Olivia's Olives
 Parker's Pineapple
 Quentin's Quail Meat
 Roberto's Rutabagas
 Sergio's Salami
 Skylynn's Sausage
 Thomas' Turkey
 Tyler's Tamales
 Ursula's Unicorn
 Vicente's Veal
 Wyatt's Wiggle Worms
 Xavier's Xylose
 Yolanda's Yams
 Zachary's Zucchini



Happy National Soup Month!

The children and I had a wonderful time making "Stone Soup" (Friendship Chicken Noodle) as a fun culmination to the reading of an old folk tale entitled *Stone Soup*. Ask them about it! My personal favorite soup to make is vegetable soup. I thought you'd like the recipe.

DIANE'S Recipe for Vegetable Beef Barley Soup

☺ Enjoy ☺

A Delicious and nutritious labor of love.

History:

After 20 years of making this, I finally reached "perfection" in 1997. I even wrote it down, as so many people wanted the recipe and I wanted to hand it down to my daughter Kelli. I "invented" this soup-stew in 1976 when I was just married. It has been a hearty and healthy favorite by everyone I have shared it with.

Preparation Time:

Allow yourself at least an hour preparation time. More if you use fresh vegetables as they all need to be cleaned, cooked, and diced first.

To cut down prep time I use canned vegetables and then slice everything into bite-sized pieces.

Directions:

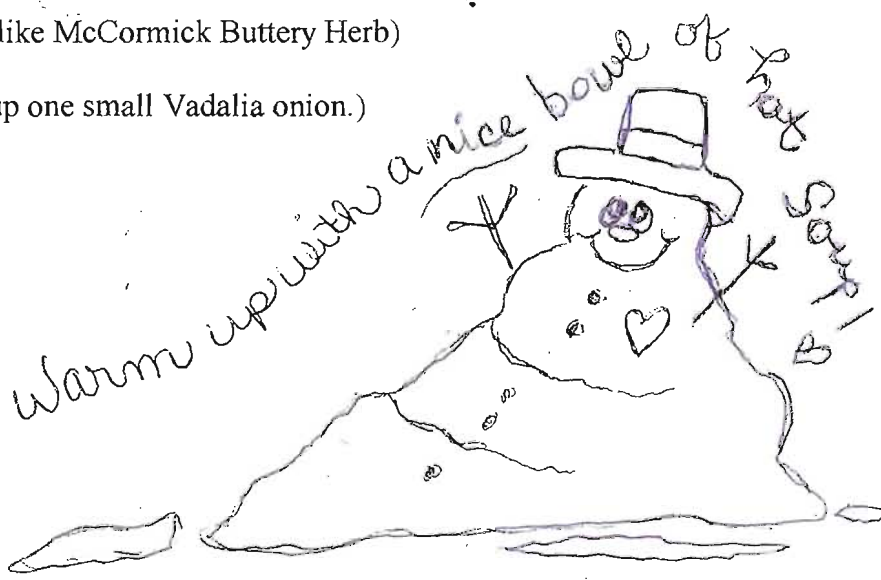
1). In a humungus soup kettle (stainless steel works best) "dump" this great stuff in: Keep the flame on low to simmer while you add ingredients.

"Dumping" Ingredients:

- 2 jars 26oz chunky pasta sauce. (I like Prego with meat flavor)
- 1 can chicken broth
- 1 can beef broth
- 2 cups grated sharp cheddar cheese

Drain all liquids from canned vegetables

- 1 28oz can of diced tomatoes
- 1 14oz can of diced tomatoes
- 1 can carrot slices (diced in 1/4^{ths})
- 2 cans pieces and stems mushrooms
- 1 can sliced potatoes (diced in 1/4^{ths})
- 2 cans of regular cut green beans
- 1 Tbsp lemon juice
- 1 Tbsp Vegetable seasoning (I like McCormick Buttery Herb)
- 1 Tbsp celery flakes
- 1 Tbsp minced onion (or dice up one small Vadalina onion.)
- 1 Tbsp chives
- 1 Tbsp parsley flakes
- 1 Tbsp brown sugar
- 3 Twists fresh ground pepper
- 4 cups warm water
- 1 14oz bottle Heinz ketchup
- 1 tsp soy sauce



- 1 Tbsp Instant (low sodium) Dry chicken broth (I like Wylers)
- 1 Tbsp " " " " Dry beef broth (" ")
- 1/8th teasps caraway seed
- 1/2 tsp sweet basil crushed
- 1/2 clove garlic minced
- A pinch of thyme
- A pinch of cilantro
- 1 bay leaf (take out when soup is done)

Extra touches:

- I have also added **cabbage** (pre cooked 'til soft) and diced **zucchini**.
- I don't care for **peas** or **corn** in my soup, but if you do add a can of each.
(Now you know why this is why you need a "lobster-size" pot to make this!)

Tip: It freezes well. I share with neighbors and friends and then freeze small-Tupperware-bowl portions for me.

More Directions/ingredients:

- 2). Stir, Stir, Stir
- 3). While this is simmering:
 - In another pot follow the directions on the **barley** box. (Cook one entire box.)
-I like *Quaker Oats Quick Barley Best*.
- 4). When done "dump" in with the rest of the goodies and stir well.
 - Pound til tender **1 and 1/2 to 2 pounds of boneless beef** round for **stir fry**.
-This costs more than soup or stew meat, but it tastes much better.
- 5). Dice into bite-sized pieces and...
 - Add **meat tenderizer**, 3 Tbsp **ketchup**, 2 pats of real **butter**, and **Seasoning Salt**.
-I like *Big Boy's* and *Mrs. Dash*.
- 6). Cook in the microwave or in fry pan until done.
- 7). Pour liquid into another glass bowl.
- 8). Dump meat pieces into the pot and.
 - Dice up **6-7 stalks of celery**, cook in the above meat juices.
- 9). Micro wave until soft.
- 10). Add to the now, very full pot. ☺
- 11). Turn up the heat to medium.
- 12). Stir constantly so you don't scorch the bottom.
- 13). Simmer 'til hot.

Have fun cooking, eating, and sharing with those you love!

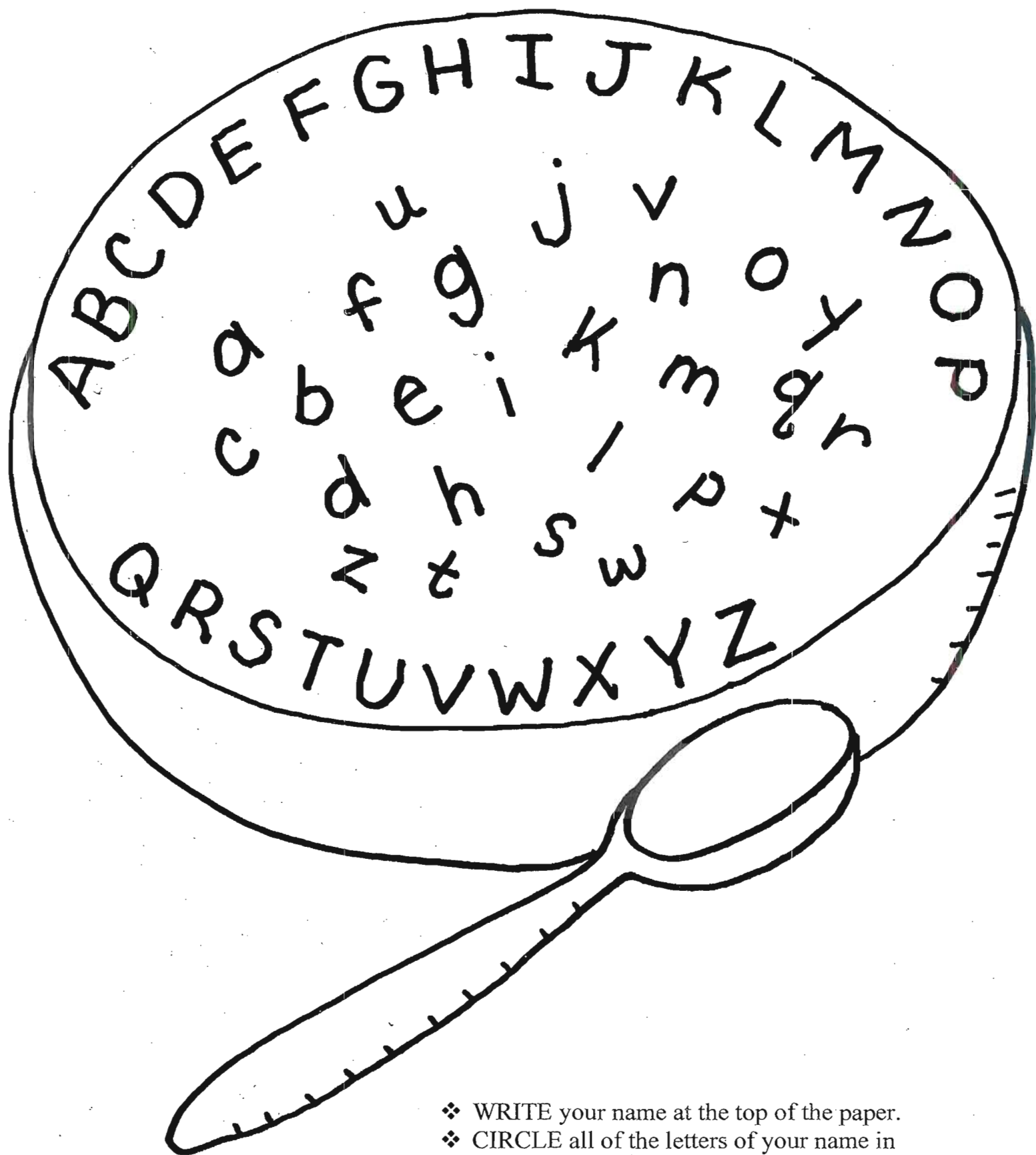
I serve in small bowls placed on saucers with **Keebler Butter Crisp crackers** or **sour dough croutons** on the side.

I also like to sprinkle the top of the soup with just a little **grated cheddar cheese**, and a sprig of fresh **parsley**.

Bon Appetite!

Diane





- ❖ WRITE your name at the top of the paper.
- ❖ CIRCLE all of the letters of your name in this bowl of alphabet soup.
- ❖ TRACE the OVAL shape of the bowl and spoon.

Friendship Stew

What kind of stew would beef stew be
If every vegetable were like a pea?
"It wouldn't be great," said a carrot, "You see,
The people would miss the color of me."
Said onion, "I flavor with just the right touch.
If onions were peas, stew wouldn't be much."
"It wouldn't feed many," said the potatoes with ease.
"We're bigger and much more filling than peas."
"It would be a disaster," they were quick to agree,
"For every vegetable to be like a pea!"
What kind of world would our world be
If every person were exactly like me?

-Mary Nelson



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Teacher: _____

Date: _____

