



Spring into Action

Grades 3-5 Well-being

Children are naturally active and creative. Many children love to make up songs and rhymes, create dances, tell and act out stories, draw, colour, build, and move their bodies. In this learning plan you will find a selection of activities that will encourage your children to express themselves creatively and to get up and move!

Our French Immersion students and English language learners are encouraged to use words and phrases they know to express themselves in their additional languages as much as possible.

Materials

- Paper, pencils, crayons or coloured pencils, markers
- Music for listening (online videos, CDs, mp3s, etc.)
- Optional: playdough, acrylic paint, small paintbrushes
- Optional: access to TumbleBooks through [NB Public Libraries](#) with a [free library card](#)

*This learning package offers a series of activities on two themes: **Express Your Creativity!** and **Move Your Body!** Try to complete an activity from each theme every day.*



Express Your Creativity!

Soundscape



Do you know any poems about spring? Write one yourself! Create a short poem in French or English describing what you see, hear, smell and feel during springtime. Choose words that help your reader see, hear, smell, and feel the things you are describing in your poem. Illustrate your poem with drawings or paintings.



Perform your poem! Look around your house for objects you can use to add sound effects. For example, blowing across the mouth of a jug could imitate the sound of the wind. Dripping water into a bucket could sound like rain. Ask a family member to help you perform the poem with sound effects. Record your performance and send it to a friend or relative.

Rock Out

Find some smooth rocks outside. Clean them with water and dry them carefully. Now they are ready to turn into decorative art. Using permanent markers or acrylic paints, decorate your rocks with patterns, faces, animals, insects, food, or any designs you can imagine. Once your rock art is dry, use it to decorate a windowsill, deck, lawn, or garden.



Express Your Creativity!



Musical Storytelling

Listen to a piece of instrumental music (music that has no words). As you listen, close your eyes and use your imagination to create a picture in your mind of what is happening in the music. What story is the music telling?

Suggested musical selections:



- **Spring** by Antonio Vivaldi
- **Spring Song** by Felix Mendelssohn

Feel free to use other pieces!

Listen to the same music again, but this time draw a picture or write the story you imagined.

New Life

If you have a camera to use, take a photo of newly sprung flowers outside. No camera? No problem! Take a picture with your “mind’s eye.” When you get back home, draw, paint, or use playdough to model the flowers you saw.



Read about your favorite animal and its baby. What is the baby called? Draw or paint a picture of the mother and baby or model them with playdough.

Don't have any playdough? You can make your own with [this recipe](#).

Express Your Creativity!

13 Moons

For generations, many First Nation Peoples have measured the year by a cycle of 13 full moons. Each moon can be seen for 28 days, and each has its own name related to what is happening in nature during its cycle. The names and characteristics vary from Nation to Nation.

Information on 13 Moons

- [Maliseet Nation Radio Inc.](#)
- [Muskrat Magazine](#)

Discover more about a First Nation's 13 Moons and write down how each moon is described. Create a calendar of 13 moons.

Draw or paint each moon, using colours and pictures that show its characteristics.

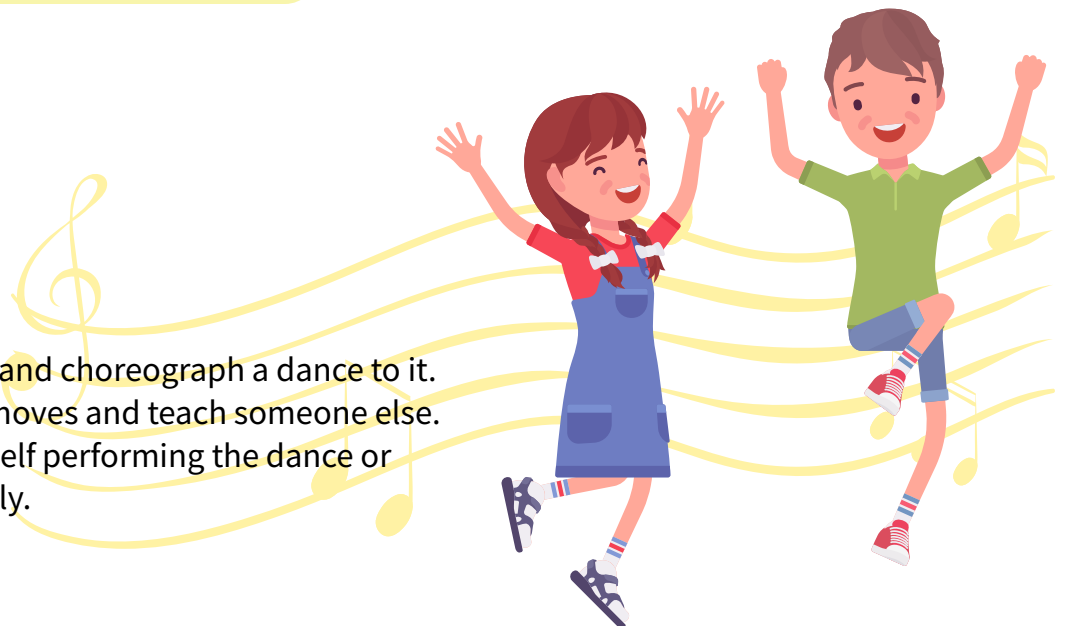


Catchy Tune

Choose a favourite short tune and make up new (French or English) words for it on the subject of "spring." Perform and teach it to your family. Record yourself singing your spring song and share it with others.

Dance Moves

Choose a favorite song and choreograph a dance to it. Write your own dance moves and teach someone else. Record a video of yourself performing the dance or perform it for your family.



Express Your Creativity!

Walk and Observe

Grab a paper and pencil and go outside for a walk. Use your senses and record what you observe: What do you see in nature and in your neighbourhood? What do you hear, smell, and feel? Make a list of the spring changes that you notice.

When you get home, write about your spring walk. Remember to use:

- descriptive words.
- details that help the reader experience what you did.
- full sentences and paragraphs.

When you're exploring nature, remember:

- **Leave no trace of your visit**

Make no damage, leave no litter.

- **Be a respectful observer**

Watch and listen, but don't do anything that might harm the plants and animals or prevent them from living their lives uninterrupted.

- **Gather with great care**

Only handle plants and animals that you know to be safe.



Plan Ahead

Read books (or online books) about spring. Write about what you are looking forward to doing in spring and summer. Plan a day adventure: Where will you go? How will you get there? What will you need to bring? What will you do?



Move Your Body!

Jump into Action

Before you jump into action, find your pulse. Use two fingers to press gently on your wrist, slightly to the side of your throat, or on your upper arm just above the elbow crease. Using a clock or stopwatch, count how many times your heart beats in one minute. This is your **resting heart rate**. Write it down: My resting heart rate is ____ beats per minute.

Now, choose a jumping rhyme (two examples are provided for you). Use a real or imaginary jump rope to jump to the rhyme. For how long can you jump?

Check your heart rate again. Write it down: My heart rate after jumping is ____ beats per minute. What changes do you notice and why?

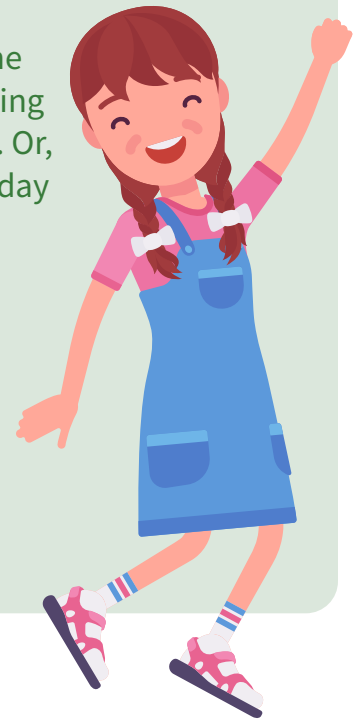
Create your own jump rope rap. Write it down so you remember it for another day.

Jumping Rhymes

I can jump, I can hop, how many jumps before I stop? 1, 2, 3, 4...
(Keep counting and jumping as long as you can!)

Apples, peaches, pears and plums.
Tell me when your birthday comes:
January, February...

(Keep naming the months and jumping as long as you can. Or, stop on your birthday month.)



Spring Cleaning



Gather some items you need to tidy up and put them in a pile. Now get a laundry basket or bucket and put it on the other side of the room. Set a timer for two (2) minutes.

One at a time, pick up an item from the pile and put it between your knees or feet. Jump over to your basket and drop the item. How many items were you able to gather in two minutes? Which items are most challenging to hop with?

Move Your Body!

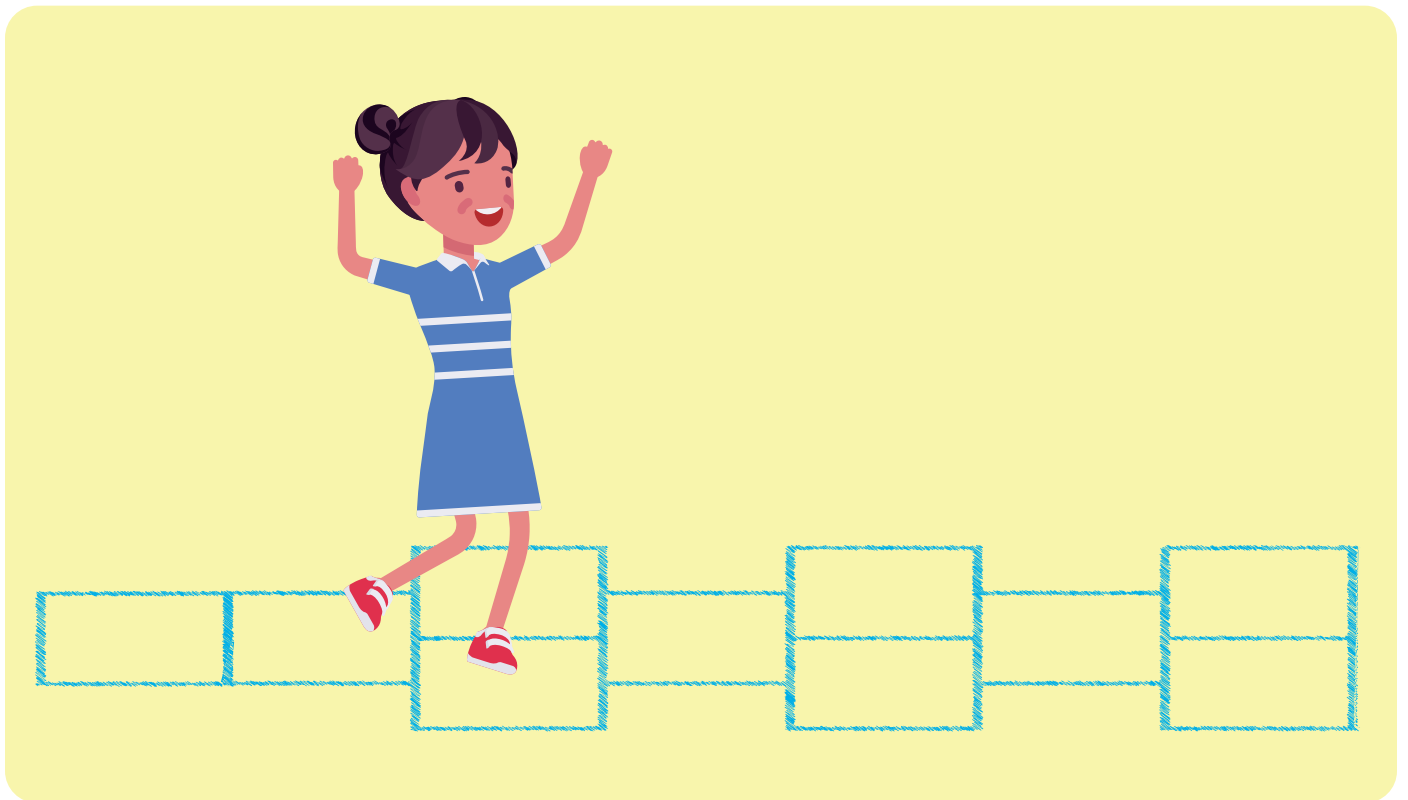
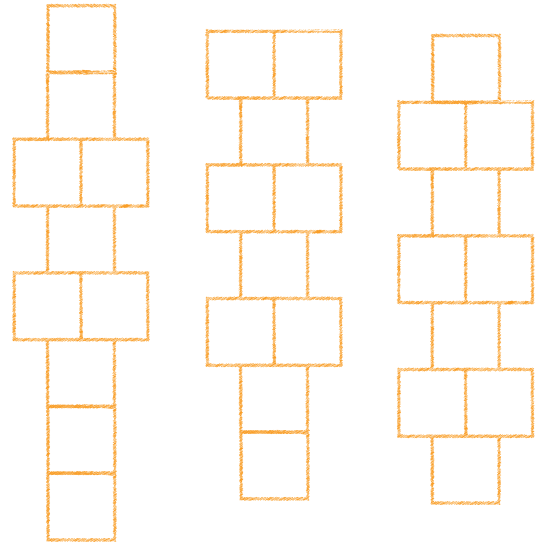
Hopscotch with a Twist

Using chalk or masking tape, create your own indoor or outdoor hopscotch with ten (10) squares. Use a ruler or an object to measure the sides so that all your squares are the same size. Try one of the hopscotch styles **pictured here** or make up your own!

Instead of numbers, label the ten squares with the following ten letters: **a, e, i, r, l, n, o, m, p, s.**

Toss an object (such as a small stuffed animal or toy) into a square and hop to that square on one foot. Pick up the object and throw it to another letter. Spell a word with all the letters you hop to, for example, rail, ramp, nose, etc.

How many words can you spell?



Move Your Body!

Spring Spell-and-Move

Each letter in the table matches an exercise. Spell some spring words by completing the exercises that go with each letter of the word. Here are some words to try:

1. Spring
2. Flower
3. Birds
4. Butterfly
5. Rainbow

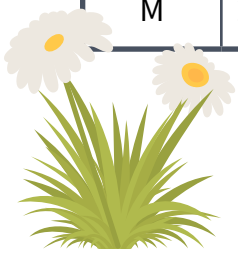


Which word is the easiest to complete? Which word is the most challenging? Why?



How many more spring words can you think of? Create an exercise routine based on the spelling of your five (5) favourite spring words.

A	10 jumping jacks	N	5 squats
B	10 forward arm circles	O	5 frog jumps
C	10 backward arm circles	P	5 supermans (lie on belly; lift hands and feet)
D	10-second imaginary jump rope	Q	15-second running on the spot
E	10-second dance	R	5 jumps side to side
F	5-second backward crab walk	S	10-second walk on your knees
G	5-second forward crab walk	T	10 toe touches (bend at the waist)
H	5 spins	U	5 bear walks
I	5 long jumps	V	5 steps on tiptoes
J	5-second balance on right foot	W	5-second balance on left foot
K	5 hops on one foot	X	5 steps on heels
L	10 push-ups	Y	5-second balance on 3 body parts
M	20-second plank	Z	5 jumps forward and back



Example: Spell “Bat” by doing

B: 10 forward arm circles

A: 10 jumping jacks

T: 10 toe touches

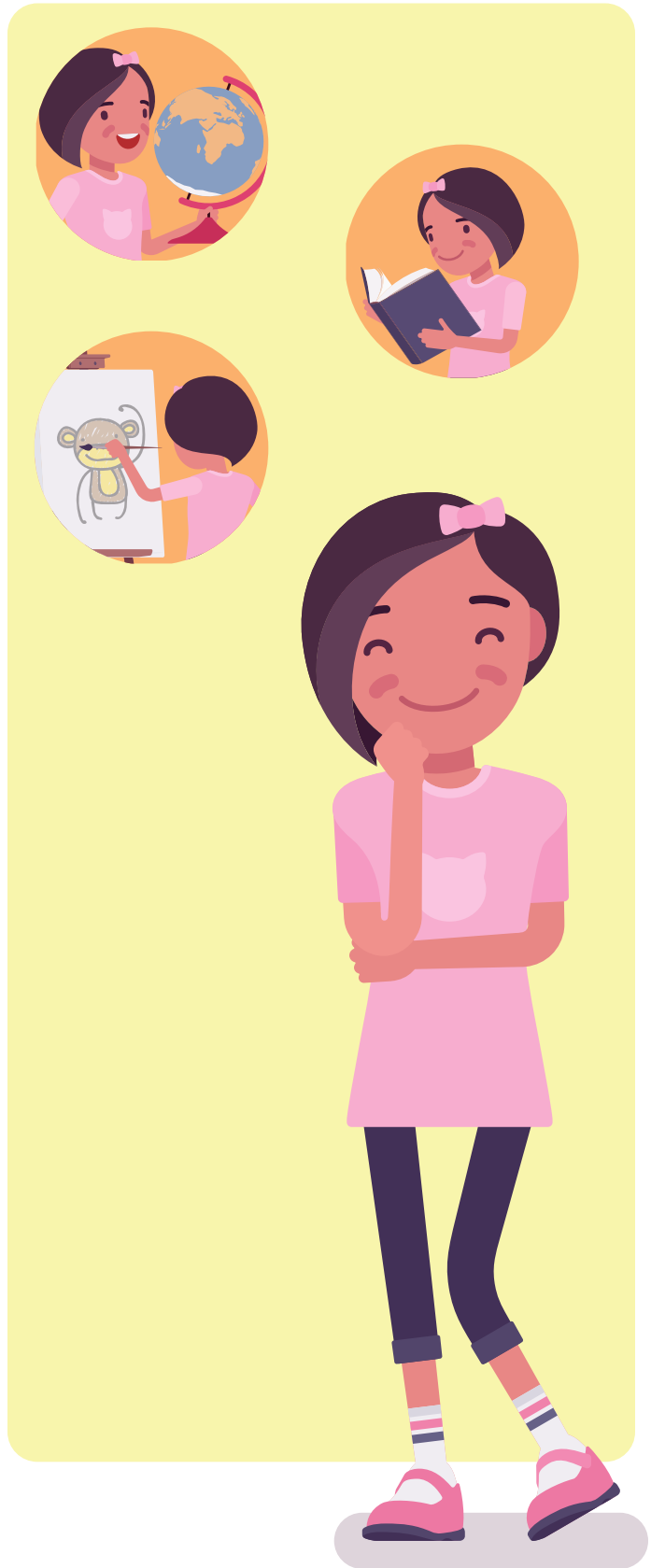
Move Your Body!

Rolling Reflection

Roll a die or pick a number between 1 and 6. Read the question below that matches your number and write down your answer:

1. What makes me happy?
2. What can I do to stay calm?
3. What is something I like about myself?
4. What am I good at?
5. What can I do to help my family today?
6. What can I do to help myself today?

Roll your die again. Set a timer for the number of minutes indicated on the die and get in a comfortable position. Close your eyes and practice your breathing. Breathe in slowly through your nose and out through your mouth. Whenever you feel anxious or worried, remember to practice your breathing.



Move Your Body!

Scavenger Hunt

Can you find all of these items in your home? A printable list is available below.

Each time you find one object, move in a different way to find the next one (for example, hop, jump, gallop, swim, crawl, twirl, etc.)

Once you've finished the hunt, create your own **outdoor** scavenger hunt for your family to complete.

- An object that is soft
- Three healthy foods that start with the letter “b”
- An object that is squishy
- A book with three letters of your name in the title
- An object with wheels
- $2 \times 3 = \underline{\quad}$ items that are green
- An object smaller than a quarter
- Something you can make music with
- An object longer than one metre
- An object you can balance on



Indoor Scavenger Hunt

- An object that is soft
- Three healthy foods that start with the letter “b”
- An object that is squishy
- A book with three letters of your name in the title
- An object with wheels
- $2 \times 3 = \underline{\quad}$ items that are green
- An object smaller than a quarter
- Something you can make music with
- An object longer than one metre
- An object you can balance on

Chasse au trésor pour l'intérieur

Un objet doux

Trois aliments sains qui commencent par la lettre « b »

Un objet qui est spongieux

Un livre avec trois lettres de ton nom dans le titre

Un objet avec des roues

$2 \times 3 = \underline{\quad}$ objets verts

Un objet plus petit qu'une pièce de 25 cents

Un objet avec lequel tu peux faire de la musique

Un objet plus long qu'un mètre

Un objet sur lequel tu peux te tenir en équilibre