



KIWI CAN WEEKLY FUN SHEET

Kiwi Can Theme Term 2

Resilience

Resilience means being able to cope with challenges (difficulties) and bounce back. While in lock down, that could be a range of things from:

- being bored
- not getting a turn on the X Box when you want to
- not getting your own way

Can you tell someone this week how you think you have shown resilience over the last month at home.

Catch phrase

Kiwi Can says.....

“Challenges we face, we will not fear.

Step up your game, to get you there”

Leader Profile

Kia Ora Everyone!

My name is Shayle Pilcher.

I have been a Kiwi Can Leader for just over a year now and I work at Peria School, Taipa Area School, Kaingaroa School, Matauri Bay School and Te Kura o Hato Hohepa Te Kamura at Waitaruke.

I look forward to seeing everyone when it is safe for us all to return to our schools, in the meantime, take care, be kind and be safe.

Nga mihi

XX



GKQ

1. How many weeks are there in one year?
2. How many days are there in February when it's a Leap year?
3. What season is it at the moment?
 - A) Summer
 - B) Winter
 - C) Autumn
 - D) Spring
4. Which moon phase will be next?
 - A) Full Moon
 - B) New Moon
5. Name 2 different, green vegetables that start with an S and are good to grow in April-May?
6. Name 2 different, green fruit that are falling off the trees now?

Exercise Deck

Grab a deck of cards.

Use only the number cards –take the picture cards out.

Each suit is linked to an exercise.

- ♦ Squat
- ♥ Star Jump
- ♣ Sit Up
- ♠ Press Up

Play as a group in a circle or as an individual

Place cards in a pile, in the middle of the circle, face down.

Take turns to flip the top card over.

Altogether, do the exercise associated to the card. The number of times you need to do the exercise depends on the value of the card. Eg. 5 Heart = 5 x Star Jumps or 8 Diamonds = 8 x Squats etc.

Play for 5 - 8 minutes, age appropriate.

Remember to practice your **Resilience** skills, if you get tired....keep on going until the end of the 8 minutes, pace yourself, don't have to rush.

Variation: Could possibly use a dice??

Art/Craft

- 500g Plain Flour
- 250g Salt
- 250ml Water

- Mix into a dough
- Roll out then press in handprints
- Bake in oven on lowest temp 3-4 hours
- Paint then varnish to seal 😊



Outdoor/Indoor

Musical Statues

Need more than one player.

One person plays music, others dance around while music is playing.

Stop music, when music stops you must freeze. While the music is stopped the person playing the music may give an instruction for the others to do when the music restarts. Practice **Resilience**. Eg. Act like you are nearly finished climbing to the top of Mount Cook, nearly at the finish line of your cross country race, catching your biggest fish or simply lay on floor and be as still as you possibly can.

Share turns at playing the music and dancing/acting.

DIY CRAFT

How to make Flexagon

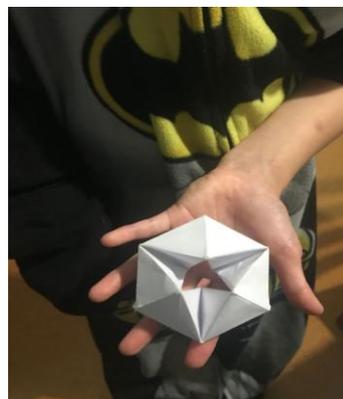
<https://www.youtube.com/watch?v=kgNXylezwks>

The above link will lead you to the instructions to make this cool as Flexagon.

I helped my 7 and 8 year olds make one and we were so impressed by how amazing they are.

All you need is paper, a pen and a ruler.

I hope you enjoy as much as we did!!



Answers to GKQ

1. 52
2. 29
3. C - Autumn
4. Full Moon
5. Silverbeet, spinach
6. Feijoas, pears

It would be awesome if you can take photos or videos of you and your children completing any of these activities and private message our face book page or email me on tracy.walker@dinglefoundation.org.nz or so that we can share onto our face book page.

Here is the link to our page: <https://www.facebook.com/KiwiCanFarNorth>