



# KIWI CAN WEEKLY FUN SHEET

## Kiwi Can Theme Term 3

### Resilience

Resilience means being able to cope with challenges (difficulties) and bouncing back up to give it another go.

While in lock down, the challenges that we face could be a range of different things such as;

1. Missing your friends
2. Not being allowed to play in certain areas
3. Struggling to get along with your siblings

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

### KIWI CAN CATCH PHRASE



**"FACE YOUR CHALLENGES HEAD ON  
THAT IS WHAT WILL MAKE YOU STRONG"**

### Leader Profile

Kia ora Tamariki, as you all probably know, my name is Tabby, I've been teaching with Kiwi Can for under a term, I'm missing all the schools where I usually lead, and also all of you awesome children! And I can't wait to see all of you when the restrictions are lifted. Keep safe and have fun, and remember to be kind to each other, Tabby.



## Home Baking

# Microwave mud cake

### Ingredients

4tbsp self-raising flour  
4 tbsp caster sugar  
2 tbsp cocoa powder  
1 medium egg  
3 tbsp milk  
3 tbsp vegetable oil or sunflower oil

A few drops of vanilla essence or other essence (orange, peppermint, also work well)  
2 tbs chocolate chips, nuts, or raisins etc (optional)

### Method

#### Step one

Add 4 tbsp self-raising flour, 4 tbsp caster sugar and 2 tbsp cocoa powder to the largest mug you have (to stop it overflowing in the microwave) and mix.

#### Step Two

Add 1 medium egg and mix in as much as you can, but don't worry if there's still dry mix left.

#### Step Three

Add the 3 tbsp milk, 3 tbsp vegetable oil, or sunflower oil, and a few drops of vanilla essence and mix until smooth, before adding 2 tbsp chocolate chips, nut or raisins. And mix again.

#### Step Four

Centre your mug in the middle of the microwave oven and cook on high for 1 ½ -2 minutes, or until it has stopped rising and is firm to touch.

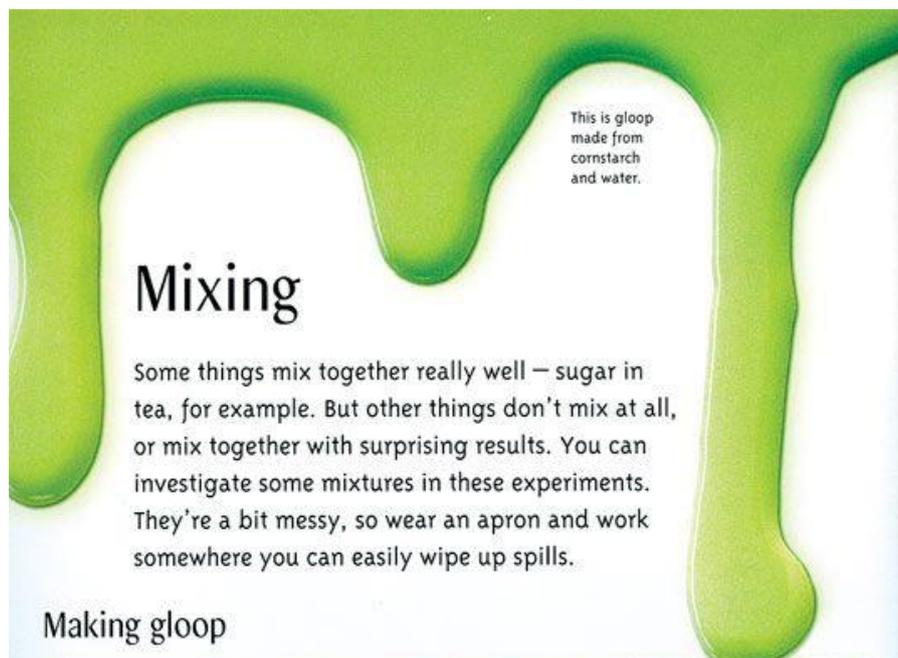
## KNUCKLE BONES-KNUCKLE STONES

Starting with one or two stones, practise throwing and catching, for example, throw and catch on the back of the hand, throw and pick up one from the ground and catch the thrown one before it hits the ground. The game is increased to playing with three stones, then four, and finally with five.



## Art

# GLOOP



This is gloop made from cornstarch and water.

## Mixing

Some things mix together really well – sugar in tea, for example. But other things don't mix at all, or mix together with surprising results. You can investigate some mixtures in these experiments. They're a bit messy, so wear an apron and work somewhere you can easily wipe up spills.

### Making gloop



1. To make gloop, put two cups of cornstarch into a big bowl. Add a cup of water and a drop or two of food dye.



2. Mix the cornstarch, dye and water with your hands. It will take a few minutes to blend them all together.



3. Roll some of the mixture into a ball between your hands. What happens when you stop rolling?



4. Punch the mixture. How does it feel? Hold it up and let it dribble through your fingers. How does it feel now?

### What's going on?

Cornstarch is made of lots of long, stringy particles. They don't dissolve in water, but they do spread themselves out. This allows the gloop to act both like a solid and a liquid.

When you roll the mixture in your hands or apply pressure to it, the particles join together and the mixture feels solid. But if it is left to rest or is held up and allowed to dribble, the particles slide over each other and it feels like a liquid.

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## GKQ

1. What is the Maori name for pig?
2. What colour is Kakariki?
3. What letter comes after D?
4. Who is Piglets best friend?
5. What city is Auckland zoo In?
6. What is the yellow part on the inside of an egg called?
7. What's the 10<sup>th</sup> letter of the alphabet
8. How many zero's are there one thousand
9. What is the name of the cowboy in Toy Story?

## Game

### The Floor is Lava !



**Players:** Two.

**Difficulty:** Easy.

**Time:** Endless.

**What you will need:** Permission from Mum and Dad (or whoever owns the house) that it is OK to climb on the furniture.

**HOW TO PLAY** – This is an ongoing game, which works best when sprung upon people in the room/area at random times.

Simply, one person yells: “The floor is lava!” and then starts counting down from five.

Every other person must be completely off the ground by the time the countdown reaches zero.

What, or who, they climb on is up to them, but if any part of them remains on the ground then they’ll be burnt to a crisp.

**LEVEL-UP** – The game can continue if you challenge other players to get to a certain place without touching the ground.

Watch as each player creatively devises a plan for crossing the dangerous lava without stepping down and burning their toes.

### Answers to GKQ

1. Poaka
2. Green
3. E
4. Winnie the Poo
5. Auckland
6. Yolk
7. J
8. 3
9. Woody



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

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