

March Virtual Choice Board & Activities

International Women's Day gift

In honour of International Women's Day, you and your mentee may choose to make a gift for a woman who inspires you and/or someone you are grateful for (I.e. mother, sister, your mentee/mentor, etc.). This gift could be a picture of some kind (either a drawing or painting). This could also be accompanied with a letter/card with a few sentences telling the recipient why they are an important woman in your life. The picture (gift) could be anything that you think they would like/appreciate. A possible idea could be the International Women's Day symbol (as seen below)!



International Women's Day

Grow a Rainbow Experiment



Material needed:

- 2 cups (plastic or glass)
- Paper towel
- Markers

Step 1: Fill up both cups half way.

Step 2: Cut a strip of paper towel so it's a long piece. (rectangular shape).

Step 3: At both end of the paper towel color the tips with the markers (rainbow)

Step 4: Place the end of the paper towel in the cups but make sure that the water is touching just the tips where it was colored.

Then watch your rainbow grow!

Here the link to this activity with a video instruction:

<https://www.thebestideasforkids.com/grow-a-rainbow-experiment/>

Clover Colors



What you need:

- Paper
- Watercolor paint
- Paintbrushes
- Water and containers
- Black sharpie

What to do:

- Draw a boarder on the paper.
- Draw an x on the paper
- At the end of each line draw half a heart on one side of line and half a heart on the other.
- Continue to do this for the lines on the x to create a shamrock.
- The make four sections in the background
- Decide on colors and shade in the leaves the fill in the background with two primary colours using the watercolor paint.

Full instructions:

<https://kinderart.com/art-lessons/drawing/clover-or-shamrock-color-mixing/>

Tissue Paper Clovers



Materials:

- tissue paper
- glue
- pencil
- cut out of clover

This activity has individuals gluing tissue paper on top of the four-leaf clover cut out/drawing. You need to cut tiny squares of the tissue paper to begin. Then, using a pencil, place it in the middle of a square, pinch the paper and place glue on the bottom. You then place the glued paper onto the shape and continue until it is covered.

Coffee Filter Butterflies



Materials needed:

- Coffee filter
- Pipe cleaners
- Markers
- water

This simple activity will be great when the spring season arrives. With the markers you need to color one side of the coffee filter, then add just a few drops of water onto the coffee filter until you see the colors spread (making sure it's not getting soaked). Then tie the middle part with a pipe cleaner.

Sponge Butterfly Printing



This is a fun and easy spring art idea for mentors and mentees to do using household items!

Materials:

- Paint and brushes
- Kitchen sponges (1 sponge per butterfly design)
- Hair elastics
- Paper

Full instructions:

<https://www.thecrafttrain.com/butterfly-printing/>

Virtual Vacation

Omg! You Need to try this with your mentee! Take a virtual walk through cities and locations around the world- look for clues and try to guess where you are!

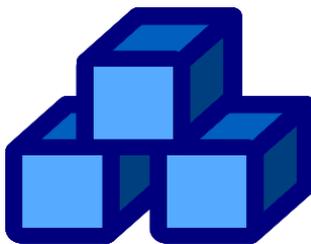
Link: [City Guesser - Can you guess what city you're in \(virtualvacation.us\)](http://www.virtualvacation.us)



Virtual Art and Design Activity

Explore and build things virtually using the design process from this website:

[Build Virtual Building Blocks | Art & Design Activity for Kids | Toy Theater](#)



Roblox Online Game

Try this popular online game platform with your mentee! You will need to sign up for an account which is free and it is a safe platform with parental controls enabled. Check with your mentee's guardian before they sign up.

Link: [Roblox](https://www.roblox.com)



Spring Mad Lib FUN



Try making a mad lib with your mentee (see link) or try the ones below together to create a fun story together.

<https://www.google.ca/url?sa=i&url=http%3A%2F%2Ftheinquisitivemom.com%2F2016%2F03%2Fmake-your-own-mad-lib.html&psig=AOvVaw1R41-YW8F3v1wVhevAcojt&ust=1612364388674000&source=images&cd=vfe&ved=2ahUKEwidIK3Gu8vuAhWdA50JHUaqBjYQr4kDegUIARC5AQ>

1. _____(person) went to the store to pick up _____(object) for a St. Patrick's Day party. There were green things everywhere! There was a green _____(object- singular), some green _____(object-plural) and green _____(object). On the way out of the store, a _____(person/object/animal) stopped them from leaving the store. _____(Person/object/animal) told them they must buy one more thing before heading out. This thing was _____(object) and it was very important for a good party. However, _____(person – same as first line) did not have enough money to buy this thing and so, they decided to trade _____(object/objects) for it instead. The store agreed to trade and let _____(person – same as first line) take this item home. Once they got home, they began to decorate for the party. They put out a _____(object-singular), _____(object-plural) and _____(object- plural). After an hour, guests were beginning to join the party. These guests included a friendly _____(person/object/animal), a famous _____(person/object/animal) and their best friend, _____(person/object/animal). Soon after the party began, _____(person- same as first line) realized they forgot the most important thing for a good party: _____(object- same as 5th line)!
2. My friend Lucky is _____(adjective) and _____(adjective). We met one day at the _____(place) while I was _____(verb-ing) with some other friends. Lucky may be a _____(adjective) name, but he says he likes being different. He told me that after it rained I could _____(verb) to the _____(noun) of the rainbow, I'd find where he _____(verb-ed) a _____(noun) of gold. If I found it, I would be _____(adjective) and _____(adjective). I am so _____(adjective) that Lucky is my friend.

3. Every year in _____(month), people celebrate Irish heritage by _____(verb) the color _____(color). Some people wear _____(adjective) hats with a _____(noun) on them. Others wear _____(color) _____(adjective) ties, or _____(adverb) colored _____(noun). _____(Article of clothing) and pins that say " _____(verb) me, I'm Irish!" are popular. The color _____(color) is associated with St. Patrick's Day partly because Ireland's nickname is "The _____(adjective) Isle" and also because of the _____(number) leaf _____(noun), symbol of _____(adjective) luck.

4. Dear _____(person's name),

I am writing this email to inform you that something funny happened at _____(place) today. When I was _____(verb) the trash pit, I stumbled upon a _____(animal) doing push-ups and _____(an exercise). This _____(noun) was dressed in a bunny costume. It had a large _____(part of face) and a cute _____(adjective) tail. I asked this _____(vegetable) head what it was doing by the trash cans? He replied, "I am training for the Easter Day _____(activity). Rabbits always win, so I thought I would _____(verb) like one and maybe finally win!" I said, "Well good luck! I hope you _____(verb) like the _____(noun)!"

5. Spring is a season with lots of rain and _____(colour) and _____(colour) flowers. _____(Adjective) _____(animals) chirp in the trees and many _____(adjective) baby _____(animals) and _____(animals) are born. Before it rains, the sky turns _____(colour) and _____(noun) starts _____(verb-ing) from the sky. Grab a _____(colour) umbrella and a pair of _____(adjective) _____(colour) rain boots and _____(verb) in puddles. If you're _____(adjective), you might see a rainbow!



“Spring” Into Action!!!!

Below are some 4 quick exercises you can do together with your mentee virtually to help them “Spring” Into Action. This will help encourage and demonstrate to your mentee that there are fun ways to stay active during this time and they might be more interested in giving it a try if you are doing it together. I think we can all agree it is so much more fun to work out with a pal.

1. 20 giraffe kicks
20 lunges
20 heel kicks
20 jumping jacks
10 cat stretches

This link shows how to do these stretches:

<https://www.pinterest.ca/pin/15692298691572023/>

2. Spell your name workouts are also a great idea!

Fit activity for kids what's your name?

SPELL OUT YOUR FULL NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A FAVORITE CHARACTER'S NAME OR A FAMILY MEMBER'S NAME.

- | | |
|---|--|
| A jump up & down 10 times | N pick up a ball without using your hands |
| B spin around in a circle 5 times | O walk backwards 50 steps and skip back |
| C hop on one foot 5 times | P walk sideways 20 steps and hop back |
| D run to the nearest door and run back | Q crawl like a crab for a count of 10 |
| E walk like a bear for a count of 5 | R walk like a bear for a count of 5 |
| F do 3 cartwheels | S bend down and touch your toes 20 times |
| G do 10 jumping jacks | T pretend to pedal a bike with your hands for a count of 17 |
| H hop like a frog 8 times | U roll a ball using only your head |
| I balance on your left foot for a count of 10 | V flap your arms like a bird 25 times |
| J balance on your right foot for a count of 10 | W pretend to ride a horse for a count of 15 |
| K march like a toy soldier for a count of 12 | X try and touch the clouds for a count of 15 |
| L pretend to jump rope for a count of 20 | Y walk on your knees for a count of 10 |
| M do 3 somersaults | Z do 10 push-ups |

3. Brain Breaks: Play this video and do the actions to the song in the middle of session to help break up the structure and have some fun.

[Brain Breaks - Action Songs for Children - Move and Freeze - Kids Songs by The Learning Station](#)



4. -12 side bends (each side)



- 10 knee hugs (per leg)



-20 squats



-30 seconds running in place

9A

9B



-20 jumping jacks

