

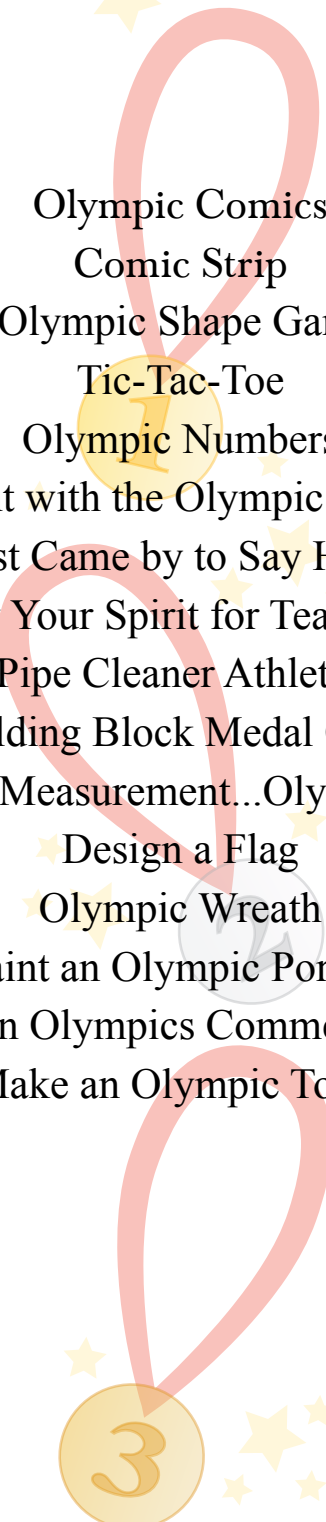
WINTER OLYMPICS

ACTIVITY BOOK





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OLYMPIC COMICS

By Sue Bradford Edwards

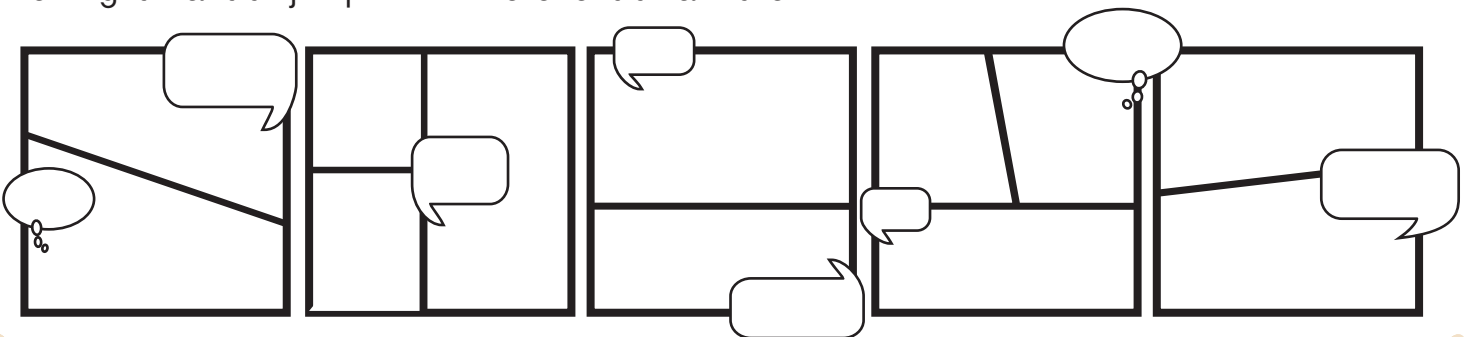
Keep your child occupied during the lulls between Olympic events with a comic strip-styled project. This activity will help kids understand that every story, whether fiction or nonfiction, has a beginning, middle and end. Incorporating stick figure art makes the process quick and twice as fun.

What You Need:

- Paper
- Black marker

What You Do:

1. Use the black marker to draw a five-panel comic strip on a piece of paper. You can choose either a vertical or a horizontal orientation.
2. As you and your child watch the Olympics, ask him questions such as: What happened at the beginning of this event? How did it end? What happened in the middle?
3. Hand him the comic strip and point to the first panel. What would a stick figure be doing in this panel? Give him time to draw what he described.
4. How did it end? Can he tell you where to draw the ending in this sequence? If not, help him choose the last panel. Give him some time to draw the stick figures he needs to illustrate the ending
5. Ask him: What was the most important thing that happened in the middle? Where would it fit into the action? Should it go right after the beginning, right before the ending or in the very middle? Where he decides to draw will vary depending on his answers.
6. Help him decide what should go in the remaining panels. What else happened that was exciting? Was there a moment when you thought another athlete would win?
7. If your child enjoyed this activity, draw several more strips for him. He might want to use them to tell the story of say, speed skating at this year's Winter Olympics. Or, he might want to jump from one event to another.



COMIC STRIP



OLYMPIC SHAPE GAME

By Sue Bradford Edwards

Get your child involved in the Olympic Games by playing a shape game. Soon he'll be avidly searching for circles, triangles and squares. If he can fill in the grid first, he'll be the Gold Medal Winner. The best part about this 'I Spy' style game is that your kid won't even realize he's honing his observational skills.

What You Need:

- White paper
- Black marker
- Crayons or Markers

What You Do:

1. Before you get your child involved, draw a tic-tac-toe grid on one piece of paper. In each space, draw a simple shape such as a circle, triangle, square or rectangle.

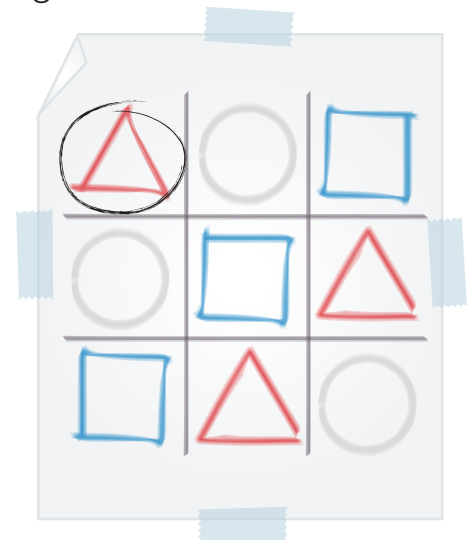
2. Make a second, identical sheet for yourself.

3. Decide ahead of time how you want to play this round. Does he have to get three in a row (like tic-tac-toe) to be the winner, or does he have to find all nine shapes? Vary this according to energy level and attention span.

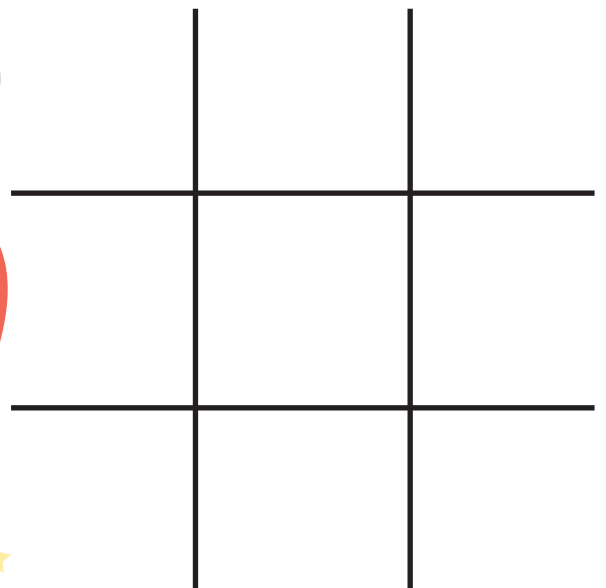
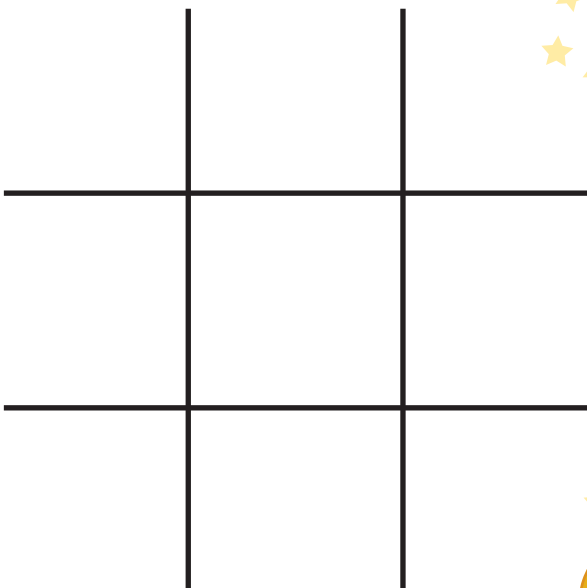
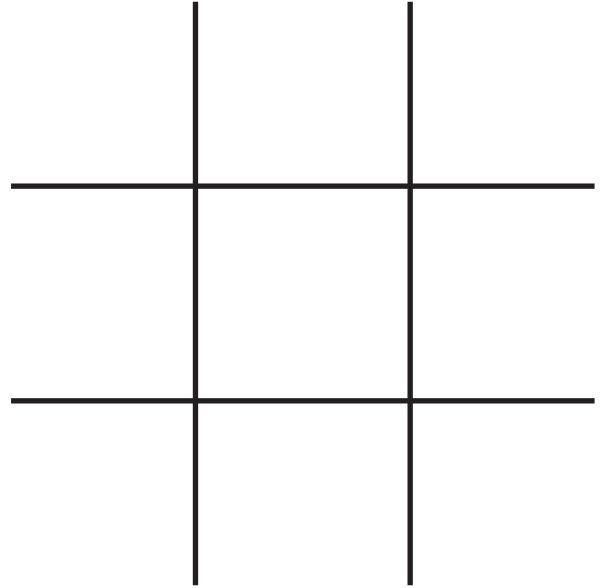
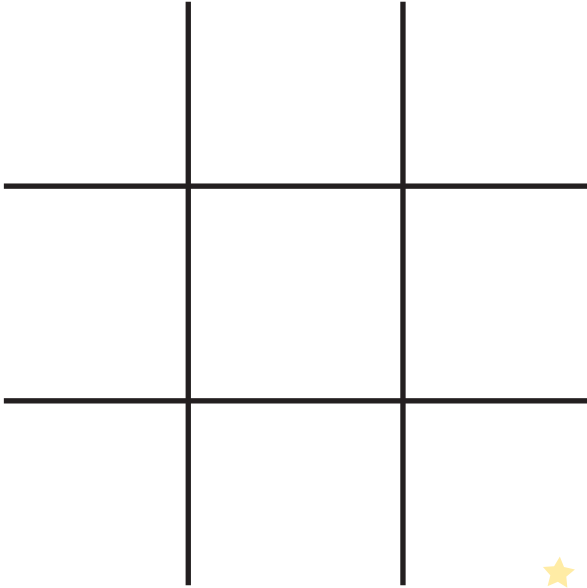
4. Now it's time to get your kid in the game. Turn on the Olympics and tell your child to watch closely. When he spots something that's one of these shapes, he'll color his shape to match. Here are some example of shapes you might encounter when watching the games: Hockey pucks and curling stones are circles, signs posted up around skating rinks are rectangles, and triangular flags mark the ski run.

5. Watch and draw. Whoever finishes coloring in the shapes on the grid first is the Gold Medalist!

6. Get the whole family involved. You can also put a different spin on the game by having whoever finishes first read off his items. When more than one person has the same item, everyone should cross it off. Who has the most items left?



TIC-TAC-TOE



OLYMPIC NUMBERS

By Sue Bradford Edwards

Numbers are everywhere in the Olympics, from lane numbers, to scores, to what place a team finishes. Help your child, a newbie to the world of numbers, wrap his mind around the numbers he sees on the screen as you watch various Olympic events. All you'll need is a cake pan and a cup of rice to exercise his number recognition skills.

What You Need:

- Cake pan
- Cup of uncooked rice

What You Do:

1. Pour the rice into the pan and place it in an accident-proof location wherever your family watches the Olympics. As various numbers come up on the screen, point them out to your child. Encourage him to point numbers out as well. Can he name the numbers that he sees?
2. After he has pointed out several numbers, pick one, perhaps the number 9, that he can consistently identify. Give him the pan of rice. "Write" the number with your finger. Then shake the pan to erase the number.
3. Ask your child to write his own 9 in the rice. Did he get it right? If not, write another 9 beside his. Help him compare the two, pointing out what he got right and what he needs to adjust.
4. Erase the numbers and let him try again.
5. Once you have repeated steps 2 – 4 with several numbers that he knows fairly well, pick out a number that is less familiar and go through these steps again. Continue to play until you're all numbered out.
6. Variation: Write a number in the rice and challenge your child to find it on screen during the broadcasting of an event or while watching a video of an event online.

PAINT WITH THE OLYMPIC RINGS

By Sue Bradford Edwards

Olympic Rings are everywhere –from shirts to jewelry to countless posters. Help your child get into the spirit of the games by making a poster of his own filled with rings to celebrate the arrival of the Games.

What You Need:

- Large piece of white paper
- Pencil
- Five toilet paper tubes
- Poster or tempera paint in the Olympic colors (blue, black, red, yellow and green)
- Five small paper bowls or plates to use as paint trays
- Newspaper to protect the work surface



What You Do:

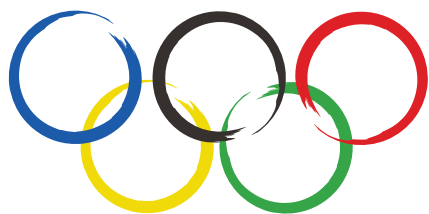
1. Cover the work area in newspaper to make clean up easier.
2. Help your child put blue paint on one of the paper plates, black on another, until all five colors are represented.
3. Show your child a picture of the Olympic rings. Explain to your child that you want him to use the design of the

Olympic rings to inspire him to create his own Olympic painting. You might want to show him some famous geometric minimalist paintings from artists such as Wassily Kandinsky, Piet Mondrian, and Kazimir Malevich. How does your child want to duplicate the rings in his painting? He can overlap his stamps, making dense color. Or, he can spread them out for less intense color.

4. When he has figured out how he is going to arrange or replicate the rings in his painting, have him dip the end of a toilet paper tube into one of the paint trays. Now he can use the toilet paper tube like a stamp. Dip, stamp, and repeat.

5. After he's experimented with one color, encourage him to use the rest of the colors.

6. Your child can paint additional competitors using this same pattern or by coming up with a unique pattern of his own. Soon he'll have an entire gallery of Olympic ring art to share with family and friends.



JUST CAME BY TO SAY HELLO

By Joy Bernardo

Kindness is one of the most important qualities a person can possess. Show your student that it's easy to be friendly to people from different countries with this multicultural activity. Kids are often more apt to learn new and different languages because their brains are at a point in development where they can easily pick up new linguistic information. As we grow older, it becomes a lot harder. Now is the best time to teach your kid how to greet others in a few different languages.

- What You Need:**
- Cardstock or notecards
 - Markers
 - These websites: <http://www.wikihow.com/Say-Hello-in-Different-Languages>,
 - <http://www.omniglot.com/language/phrases/hello.htm>

What You Do:

1. Talk about the different ways that you say "Hello" in your language.
2. Ask your child how she thinks Olympic athletes say "Hello". Is there a general "hello" that can transcend language barriers? A handshake? A hug? A smile?
3. Using the notecards or cardstock (cut in half or in quarters if you're using full pages of cardstock) and markers, make flashcards for different ways to say "hello" in different languages.
4. On one side, put the name of the country and/or draw the flag of that country.
5. On the other side write "Hello" in that country's language.
6. Practice calling out "Hello" to the different contestants on TV in their own languages. The neighbors might think you're crazy, but that's okay.

Take it Further:

Make up your own way of saying hello. We came up with: "Halllooooo!" followed by a handshake and a smile.

Talk about the different ways that you say hello to your family versus the ways that you say hello to your friends or acquaintances. Is there a difference? Why or why not?



SHOW YOUR SPIRIT FOR TEAM USA

By Sue Bradford Edwards

While watching the Winter Olympics, you'll see flags everywhere. People wave flags when their teams compete. They wear flags on their shirts and coats. Some people even paint flags on their faces. Help your child show her enthusiasm for Team USA by turning her name into a flag.

- What You Need:**
- White paper
 - Pencil
 - Crayons, make sure you have both red and blue
 - Ruler

What You Do:

1. Help your child write her name in big, block letters on white paper. You can use bubble letters or letters with straight edges. Encourage her to make the letters as close together as possible.
2. Show your child a picture of the U.S. flag. What colors does she see? Help her pick out the crayons she will need (red and blue) to turn her name into a flag.
3. Help your child use the ruler to draw the blue field in the upper left hand corner of her name. The field will probably stretch across multiple letters.
4. Let her take the time to color this field in blue, but remind her to only color the letters. The space between the letters should be left white.
5. Use the ruler to draw the stripes. There are thirteen stripes on the US flag (6 white and 7 red) with a red stripe at both the top and the bottom. Your drawing may not be big enough to include all thirteen stripes, but you can create the look of our flag by including at least 5 stripes.
6. Have your child color in the stripes, starting with a red stripe at the top. When your child is done, she can display this banner with her name and show her support of Team USA throughout the Olympic Games.



PIPE CLEANER ATHLETES

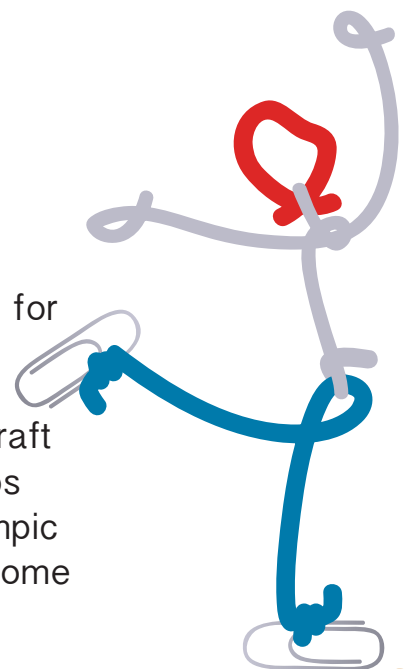
By Sue Bradford Edwards

The Winter Olympics are all about movement and speed. Help your child capture the moment by making her own Team USA Winter Olympic athletes and work on her fine motor skills at the same time. All you need for the fun to begin are pipe cleaners, craft sticks and cardboard.

- What You Need:**
- Pipe Cleaners in red, white and blue or any colors of your choosing
 - Scissors
 - Craft sticks
 - Paper clips
 - Cardboard
 - Felt scraps
 - Markers

What You Do:

1. Before she gets started, your child will need to decide what kind athlete she wants to make. Perhaps she's a fan of the fast-moving luge or the spectacular ski jump. Maybe one of the skating events appeals to her. For this activity we decided to create a skater.
2. Help your child use a red pipe cleaner to make a circle for the skater's head. Trim the pipe cleaner as needed and twist the ends together to form a circle.
3. Now you'll use a white pipe cleaner for the body and arms. Cut one piece slightly longer than you want the body to be. Cut another to the correct length for the arms. Near one end, twist them together to hold the arms in place. The short section above the arms is the neck. Secure it to the head.
4. Use a blue pipe cleaner to make the legs. Cut to the correct length and twist onto the bottom of the body.
5. Twist the feet around two paper clips to add skates.
6. Gently straighten the limbs and spine and position them just so for a graceful figure skater or a sleek speed skater.
7. If your little one is having fun, make additional athletes using craft sticks for skis, cardboard for snowboards or sleds, and felt scraps for a figure skater's skirt. Soon your child will have a host of Olympic athletes ready for competition and all with high hopes of taking home the gold.



BUILDING BLOCK MEDAL COUNT

By Sue Bradford Edwards

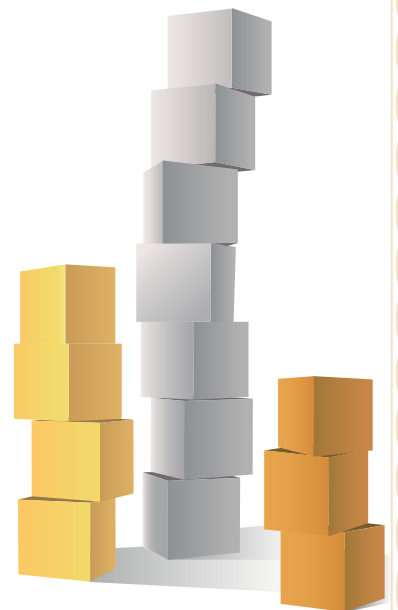
Because numbers are an abstract concept, they can be hard to grasp. In addition to having to learn that the number three can be applied to medals, athletes and sports, your child also has to learn how to compare numbers. Make these relationships (less than, equal, and greater than) visual by making a 3-D bar graph.

What You Need:

- Building blocks in three colors
- We used yellow, white and orange.

What You Do:

1. Before getting started, check the medal totals for Team USA. For the purposes of the activity let's pretend that the USA has 4 gold medals, 7 silver medals and 3 bronze medals.
2. Help your child count out the correct number of blocks for each medal. We used yellow for the gold medals, white for the silver, and orange for the bronze. Explain that you want to compare the amount of two different types of medals.
3. Stack the blocks by color and arrange them in order (gold, silver, bronze). As you do, explain to your kid that the yellow stack represents the gold medals won by the USA, the white is the silver, and orange represents the bronze medals.
4. American athletes have earned different numbers of each medal. Can your child look at the stacks and tell you which medal the USA has the most of, or is the greatest number? If not, explain to him that the biggest number will also be the biggest, or tallest, stack.
5. Emphasize the concepts of "greater than" and "less than" by having him compare the yellow stack (gold medals) to the white stack (silver medals). Which medal stack is smaller? What does this mean?
6. Encourage him to explain the ideas to you in his own words.
7. Now compare the white (silver) stack to the orange (bronze) stack. Which one is representing a greater number of medals?
8. Last but not least, compare the yellow stack (gold) to the orange stack (bronze). Which is the greatest? Ask him again, what exactly does "greater than" mean? How about "less than"? Finally when would we say one stack is "equal to" another?



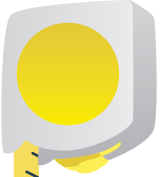
PRACTICE MEASUREMENT...OLYMPIC STYLE!

By Sue Bradford Edwards

Learning to measure with a tape measure or other ruler takes practice. In this activity, we supply the measurements of several things from the Winter Olympic Games. Which is longest? Which is shortest? Challenge your child to use a tape measure and sidewalk chalk to mark the right distances and compare.

What You Need:

- Driveway or sidewalk or other concrete or asphalt surface
- Sidewalk chalk
- Tape measure



Measurements (see below)

3 inches: width of an Olympic hockey puck

4.5 inches: width of a biathlon standing target

16 ½ inches – 18 inches: length of a man's speed skating blade

9 feet: length of a 2 man Olympic bobsled

12 ½ feet: length of a 4 man Olympic bobsled

12 feet: width of a curling house (target)

What You Do:

1. Take your child outside. Explain that you are going to figure out how big some of the objects, structures, and props featured in the Olympics really are.
2. Use the sidewalk chalk to draw the zero line on the driveway.
3. Ask your kid which he thinks is bigger, a hockey puck or the targets used in biathlon? Ask him to show you on the tape measure. Help him use the tape measure to mark both of these measurements, starting with the one he think is bigger. Was he right?
4. Now have him show you on the tape measure his prediction for the length of the blade speed skate. Give him the minimum and maximum lengths for a speed skate. Help him measure both lengths and mark them on the driveway.
5. Now for some longer lengths. Which is bigger, a bobsled or a curling house (target)? Have him measure out and mark the target. Now have them measure out and mark a luge sled and a skeleton sled. Which is longer?
6. Give him some additional practice in taking measurements with the tape measure. What are the lengths of different people's feet? How wide is the sidewalk? How tall are you (have him mark your head and foot when lying down)?

DESIGN A FLAG

By Joy Bernardo

One of the best parts about the Opening Ceremony is getting to see all the people from different countries around the world who are participating the Olympics. For each country, there's a flag bearer. The variety of colors and designs on the flags is remarkable. Each flag too, has a history behind it. Teach your kid a little bit about different cultures with this worldly activity.

- What You Need:**
- Printouts of various flags, or plain white paper
 - Markers
 - Crayons
 - Colored pencils
 - Wooden dowels or sticks
 - Tape

What You Do:

1. Talk about the various flags that you see on the Olympics. What colors are they? Why do you think countries might have chosen the colors they did?
2. Bring out a globe and talk about the locations of the countries. You can also discuss the historical background and climate. You may want to focus on the flag(s) from your family's heritage and/or the American flag.
3. Print out the flag or draw it on a sheet of paper.
4. Color it in as you are watching the Olympics and rooting for your favorite competitors.
5. Attach the flag to the end of the dowel with tape and wave it high in the air as you root for the athletes from your favorite countries.

Take it Further:

Talk about the different colors and shapes and shapes on the flags and what they may represent.

Talk about the different countries and why there might be more athletes from a particular country. Also discuss why countries from certain areas of the world may be underrepresented. Show her a copy of your country, province, or state flag. If she could make a flag for your city, what would it look like? What would she put on it and why?



OLYMPIC WREATH

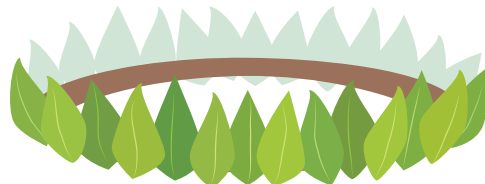
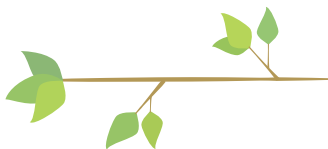
By Lisa M. Cope

If an Olympic athlete won an event during the ancient Olympic Games, a wreath woven out of olive branches —symbolizing peace in ancient Greece—was placed upon his head. Times have certainly changed, but we can still pay homage to this ancient tradition by making a modern-day version of this wearable wreath. Your kid will learn a little something about the ancient Games while he enjoys this fine motor skill-boosting craft that uses nature as its featured material.

- What You Need:**
- Construction paper (white, green, or brown would be best),
 - Stapler
 - Scissors
 - Glue
 - Leaves (green ones if you can find them, or small delicate twigs)

What You Do:

1. Cut a 2-inch wide strip of the construction paper, utilizing as much of the length as possible.
2. Measure the circumference of your child's head using the strip and staple it together away from your child's head—so that it fits snugly.
3. Have him go outside and pick the leaves he wishes to use. The traditional wreaths were green, but he can choose leaves of any color, or even twigs, for his headpiece.
4. Show him how to use the glue to attach leaves along the headband until there are more leaves visible than paper. Encourage him to overlap the leaves and twigs. If he can't find enough leaves outside, invite him to cut out leaves using different shades of construction paper and adhere them to the headband.
5. Make sure to let the leaves dry before he wears the headpiece, so they don't fall off. Once it has dried completely, place the crafty crown upon his head! Have some pretend-play fun by encouraging him to imagine what an ancient Greek Olympic ceremony might have looked like, and then try re-enacting it.



PAINT AN OLYMPIC PORTRAIT

By Erica Loop

Does your child aspire to be an Olympic superstar? Does she love downhill skiing, ice skating or even snowboarding? Help her discover more about the sport she loves by creating a portrait of herself as an Olympic athlete.

Dig a little deeper by encouraging her to think about clothing, setting and character, and take a look at the sport's history. What did a skier in the 1950s wear? How has ice skating evolved? What year did snowboarding become an official Olympic sport?

What You Need:

- White drawing paper
- Pencil
- Tempera paint
- Thin paintbrush

What You Do:

1. After your child has chosen her favorite winter sport, ask her to think about what she would like to wear in the self-portrait. Her image will be the primary focus, but she should also draw a background that is connected to the sport. She will be the character (wearing a costume), and the background will be the setting.

2. Have your child begin drawing herself in her chosen sports costume. Younger children may have a difficult time drawing a human figure. Use photos or pictures to remind her of what she will need to draw, and where. Try suggesting that she breaks the figure down into shapes. For example, her head is an oval.

3. She can now add a matching background. Examples include snow-covered ski slopes or an ice skating rink.

4. After the pencil drawing has been completed, your child can now paint her self-portrait. Include a lesson on color theory by providing only the three primary colors (red, blue and yellow) and white. Ask her to paint large areas first, and then fill in the smaller details.

5. When the paint has dried, display this athletic portrait in the family home. If your child enjoys multiple sports, ask her to make one for each activity.

6. As an extension, add a small piece of paper to the bottom of the portraits and keep track of the countries that have won medals in that specific sport.



BE AN OLYMPICS COMMENTATOR

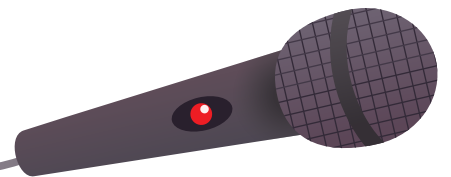
By Dina Brooks

Is your verbose little one enthralled by sports? The Winter Olympics are right around the corner, and there will be wall-to-wall coverage of scores of different events. Doing live commentary, remembering players' names, and utilizing sports lingo may not be as easy as it looks! This activity will stretch her comfort zone, hone her presentation skills, and encourage her to think on her feet.

- What You Need:**
- Toy microphone or paper rolled up to look like one
 - Live or taped television coverage of a sport being played
 - Video Camera (it doesn't have to be real!)
 - Someone in charge of the video camera

What You Do:

1. Before recording anything, have your kid practice active-listening and observe some professional sports broadcasters at work.
2. To prepare, your child can tune in to television or radio coverage of a couple Olympic events. Have her pay close attention to the reporters' diction, tone of voice, speech patterns, and the information that's being delivered.
3. When she's ready, turn on the television and play the sporting event your child is going to cover.
4. Have the camera operator count down, "Three, two, one, and we're live!" Then, with microphone in hand, your child can take a stab at reporting what she sees. It's tougher than it looks, so keep encouraging your child and be willing to record multiple takes.
5. When your child has a segment that she is satisfied with, play it back so she can enjoy seeing herself on camera. Kids get a big kick out of hearing their voices played back to them, especially since they typically think they sound much different in person.
6. By the time she's done recording, your child will have practiced her speaking skills, as well as how to handle pressure, maintain poise, and forge ahead—despite those tough hurdles or little stumbles she may experience along the way.



MAKE AN OLYMPIC TORCH

By Rose Garrett

The Olympics present the perfect opportunity to learn about other countries, gain an appreciation of peace, and draw inspiration from athletic achievement. But they're also a great time for some Olympics crafts that will keep your child from spending all his time glued to the set. Before the Games even begin, there is the ceremonious journey of the Olympic torch. Passed from hand to hand, and country to country, the torch burns brightly as a symbol of the enduring tradition of the Olympics.

- What You Need:**
- White poster board
 - Packing tape
 - Blue marker
 - Red, yellow and orange tissue paper

What You Do:

1. Roll up the poster board until it is roughly the right size and shape to serve as the torch. Note which edge you want to be on the inside.
2. Apply a piece of packing tape to the inside of the cone, where the paper overlaps. Once secure, apply more pieces of tape until the cone is sturdy.
3. Have your child decorate the torch with Greek designs such as the "key pattern," and drawings of athletes skiing, skating, and swimming. Let your creativity run wild!
4. Once you've decorated your torch, it's time to set it alight using flame-colored tissue paper. Select one sheet each of red, orange, and yellow, and insert them into the open top of your torch. Spend a minute arranging the paper so it looks flame-like. Then, tape the bottom of the paper to the interior of the torch as best you can.
5. Now it's time to carry the torch!

