

# **Move, sing and spy under the same sky**

## **KA229 Erasmus+ project 2018-2020**



Methodology collection by Rauhalan päiväkoti, Finland  
Winter Wonderland 12. – 14.2.2020

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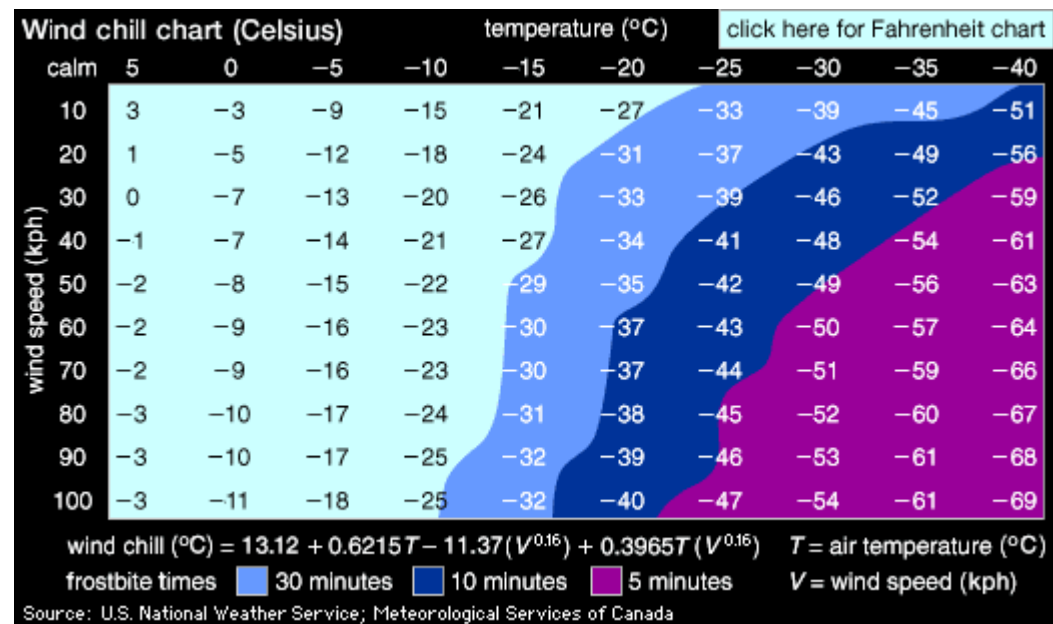
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# 1. Project introduction

We call our professional meeting as Winter Wonderland. We wanted to show our colleagues how we manage in hard weather conditions and enjoy being outside with children. The weather just wasn't such as wintry as we hoped, unfortunately. That's why we had to do some activities a little bit other way than we first decided to do.

In winter the weather might be very hard also in southern Finland. Wind increases feeling chilly and exposes you to frostbites. Here you can see how the wind effects in temperature.



You can protect yourself from frost by dressing properly. Here are some tips for it.



## 2. Goals

Our pedagogical goals for the activities are:

Learning by doing

Increase children's  
interest in physical  
activities

Artistic  
experiences

Cooperation with  
families

Connection with  
nature

### 3. Methodological collection

#### 3.1 Physical activities

##### 3.1.1 Skating



Skating is a good exercise for balance, strength and spatial perception. Our main goal of skating is joy of moving, after all.

Beginners can use skating aids like these to avoid falling.

More advanced skaters can slip between cones and exercise braking.





### 3.1.2 Outdoor gym

Almost everything you do inside, you can do it outside as well. Here are some examples:



Parachute plays



Circuit dances



Obstacle courses

At your visit in Finland we had lack of snow and we couldn't show you these activities. But these are good exercises too.



Making  
snowmen



Playing in the  
snow



Sledding hill



## 3.2 Art

### 3.2.1 Sugar painting

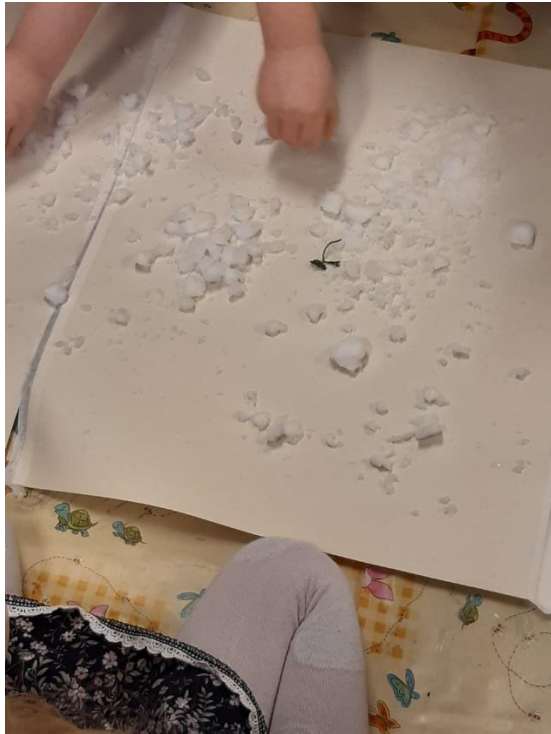


Cook 1 dl of water with 2 dl sugar. Let the sugar melt. Cool the liquid.

Paint a watercolor paper with the sugar liquid.

Drop watercolor drops on the paper.

### 3.2.2 Snow painting



Put some snow on the paper. Paint the snow with watercolors. Let it dry.

You can also dye snowbanks outdoors and make winter art. Put watercolors into plastic bottles e.g. ketchup bottle and spray colors here and there. The hole must be very small, so you can spray it easier.

### 3.2.3 Ice disks and bricks



Put flowers, leafs etc. on a paper plate. Put a stripe on the plate. Add cold water.



If you want, you can dye water with watercolors or with candy color.



Put the plate to freezer over a night. Hang frozen disks on trees.

If you have minus degrees outdoors, you can use this same method and make ice bricks. Put water and decorations into juice cartons and freeze them outdoors. You can build walls and even little castles with these bricks if you just have them enough.

### 3.3 Science

#### 3.3.1 Cones

- You need 3 bowls and cones.
- Fill one bowl with hot water and one with cold water. Leave one bowl empty.
- Put one cone in to an each bowl.
- See what will happen.



#### 3.3.2 Body temperature

- You need cloves and a thermometer
- Put the cloves to your hands.
- Check your temperature from your hands after you have worn the cloves for a while.

#### 3.3.3 Experiments with snow and water

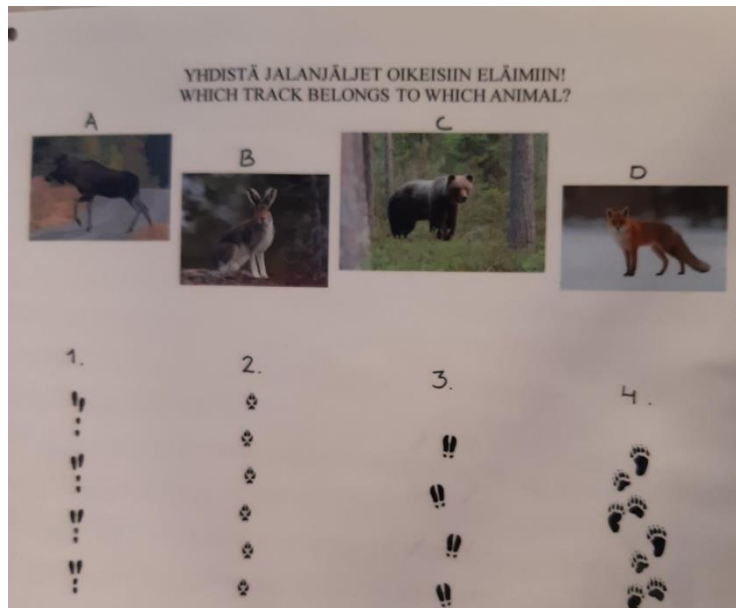
- Take a bowl of snow in room temperature and let it melt. Look how little water comes.
- Fill the transparent jar halfway with water. Mark the waterline. Freeze the water and look what will happen to the waterline.



### 3.4 Cooperation with families

We arranged an evening event to the children, parents and Erasmus+ partners nearby the Loviisa's historical mill. With this event we wanted to encourage the families to spend time together outdoors and get them be involved in the Erasmus+ project.

There was an orienteering track in the dark forest. We had questions about Finnish nature. The questions were hidden in the forest and marked with reflectors. Every team had to seek the questions with flashlights.



Mikä näistä on suomen kansallisiintu?  
Which is these birds is national bird of Finland?

FLAMINGO



JOUTSEN/SWAN



PÖLLÖ/OWL



LÖYDÄTKÖ NÄMÄ PUULAJIT TÄÄLTÄ HARJULTA? JOS  
LÖYDÄT ANNA PUILLE HALIN JA YRITÄ NIMEÄ PUUT!

CAN YOU FIND THESE KIND OF TREES SOMEWHERE  
HERE? IF YOU DO, GIVE THE TREES A BIG HUG AND TRY  
TO FIGURE OUT THE NAME OF THE TREES!

A



B



C



Kuvassa on suomen neljästä vuodenaajasta kolme, mikä puuttuu?  
Here you can see three of four seasons, which one is missing?



MIKÄ KUVAN ELÄIMISTÄ NUKKUU TALVIUNTA?  
Which of these animals sleeps during winter?



MIKÄ ELÄIMISTÄ EI ASU METSISSÄMME?  
Which of these following animals doesn't live in Finnish forest?



Kuvassa on sekä kuusen käpy, että männynkäpy. Tunnistatko kumpi on kumpi?

Here you can see pine cone and spruce cone. Do you know which is which?



OSAATKO NIMETÄ KUVAN PUUT ?

Can you name all the trees?



Löydätkö nämä suomalaiset kasvit tms. täältä metsästä?  
Can you find all these items from the forest?



MUSTIKAN VARPPI / Blueberry



PUOLUKKA / hibernian berry



KÄPY / pine cone



### 3.5 Kungsbacka children's farm

Last day of this professional meeting we made a trip to children's farm Kungsbacka. The aim of the trip was to increase the spirit of togetherness. We wanted our “city kids” get new experiences and to know domestic animals as well.



