

Introduce the Olympics. Discuss the difference between the winter and summer Olympics. Discuss when each one takes place. Discuss the different events that take place between the winter and summer Olympics.

In February 2018 the Winter Olympics will be held at Pyeongchang, South Korea, with the opening ceremony on 9th February and the closing ceremony on 25th February. There will be 102 events in 15 sports, with an estimate 100 nations taking part.

Pyeongchang's mascots are Soohorange and Bandabi, a white tiger and Asiatic black bear. The white tiger is considered Korea's guardian animal, and is closely related to Korean mythology. The mascot represents trust and protection and the strength of the athletes. Bandabi the bear is a symbol of strong will and courage. Here are some of the events: bobsled, luge, skeleton, ice hockey, figure skating, hockey, speed skating, curling, skiing (cross country and downhill), ski jumping, snowboarding etc.

## **SOCIAL**

### **Olympic Video Clip**

Here is a YouTube clip that introduces the children to the Olympics using the 2018 mascots.

<https://www.youtube.com/watch?v=vxE8v72B6xU>

**Target: peer discussion**

### **Olympic Video Clip**

This clip shows a clip of the actual athletes participating in the sports.

<https://www.youtube.com/watch?v=HkKBdlA6JdY&t=41s>

**Target: peer interactions**

### **Story of the Olympic Rings**

<http://www.planetsmarty.com/2016/04/story-of-olympic-rings-free-printable.html>

**Target: sharing ideas**

### **Collage of Flags**

Materials needed: paper, variety of miscellaneous arts and crafts items, scissors, glue etc. The children make a collage of their own flags. Offer the children pictures of flags of all of the other countries that participate in the Olympics for inspiration. Discuss what the Canadian Flag looks like. Post all of the flags up on the wall.

**Target: sharing ideas**

### **Read a book on the Olympics**

*Dukes Olympic Feet* by Ellie Crowe

*How to Train with a T-Rex and win 8 Gold Medals* by Michael Phelps

*Alphabet Olympics* by Michelle Stacey Sjodin

*Tacky and the Winter Olympics* by Helen Lester and Lynn Munsinger

*Winners Never Quit* by Mia Hamm

**Target: taking turns**

## Indoor Curling

This can be done on either a linoleum floor or a table. Use 2 pieces of paper to create the curling rings. Tape the paper to each end of the table or a specific distance apart on the floor. To make the curling rocks fill ice cube trays up with water. Put a small piece of colored tape on the top of each ice cube, so the children know which ice cubes “curling rocks” are theirs. Give each child 4 to 6 ice cubes to shoot down the table. So put the same colored tape on 4 to 6 ice cubes. Have the children take turns to slide the ice cubes across the floor or table to try and get them to stop on the piece of paper landing in the rings.

**Target: taking turns**

## PHYSICAL

### *Gross motor*

#### Winter Yoga

<https://www.kidsyogastories.com/winter-olympics-yoga/#comment-6427>

**Target: full body movement**

#### Figure Skating

Pick a card which represents a figure skating element. (Picture cards are at the bottom of the page). Play music and have children try and do the move shown on the card. When the music stops, everyone falls down. When the music starts up again, children resume skating. Continue the game until the end of the song.

**Target: balance**

**Olympic Events** (*you can do a few of these all in one day, you can do the summer Olympic activities one day and the winter ones another or you can do a different one every day*)

*Tennis:* Use Fly swatters and balloons to play. **Target: eye hand co-ordination**

*Hockey:* Use pool noodles and beach balls to hit the ball from one side of the room to the other. **Target: eye hand co-ordination**

*Basketball:* Use a preschool basketball hoop set you already have or provide baskets or bins and balls to bounce and throw into the bins. **Target: muscle co-ordination**

*Ice Skating:* Secure waxed paper around the children's socks and let them skate on a carpeted area. **Target: balance**

*Jump the Hurdles-* set up some pool noodles as hurdles or create something else for the children to jump over. Even a few pieces of tape of the floor can be used to jump over. **Target: balance**



### *Pompom hockey*

<https://www.pediastaff.com/blog/physical-therapy-idea-of-the-week-pom-pom-hockey-9348>.

**Target: eye hand co-ordination**

### ***Fine Motor***

#### **Table Top Hockey**

A cookie sheet works well for this activity as well and provides more playing space. The cookie sheet ice can also be used for other activities such as pompom curling, doll skating etc.

<http://www.toddlerapproved.com/2010/02/mini-olympics-ice-hockey-and-figure.html>

**Target: grasping**



#### **Olympic Torches**

Materials needed: Paper, crayons, stickers, tissue paper in yellow, red and orange. The children decorate the paper with crayons and stickers.

Roll the paper in a cone shape, with their colored side on the outside and tape or staple in place (this is the torch holder). The children crumple up one piece of each color tissue paper and insert into their torch.

<https://alphamom.com/family-fun/holidays/olympic-medal-cookies/>. There are also instructions for Olympic medal cookies that the children would enjoy!!

**Target: finger manipulation**

#### **Handprint Olympic Rings**

<https://www.pinterest.ca/pin/366973069608662606/>

**Target: finger manipulation**

#### **Olympic Ring painting**

<https://happyhooligans.ca/olympic-ring-art-project-kids/>

**Target: grasping**



#### **Olympic Skiing**

<https://theinspiredtreehouse.com/olympic-skiing-visual-motor/# a5y p=129004>

**Target: hand eye coordination**



### **INTELLECTUAL**

#### **Olympic Ring Lego**

<http://www.toddlerapproved.com/2012/07/olympic-fun-lego-ring-sorting.html>

**Target: sorting**



#### **Olympic Color Mixing**

Provide bingo daubers of a variety of colors.

Encourage the children to press colors over each other.

"I wonder what color you will have if you make a red dot on top of the yellow dot?"

**Target: cause and effect**

### **Olympic Fireworks**

Here's what you need:

3 clear glasses (one large, 2 can be smaller).

Fill the large glass 3/4 full with warm water.

In the smaller glasses, place 3 tablespoons of vegetable oil and a few drops of food coloring (choose 2-4 different colors) Quickly pour the contents of one of the small glasses into the large glass of warm water and observe!

(Some of the food coloring will remain in the vegetable oil until it gets heavy enough to fall through the oil. When it does, some will go to the bottom of the glass and then "fly" up to the top as it pops).

To see a demonstration of this click on this link

<https://www.youtube.com/watch?v=JgNOuNh0Okq>

**Target: cause and effect**

### **Ring Match**

Here is the template. You can either have the children use bingo dabbers in the matching colors of the rings or provide the children with pompoms in the matching colors.

<http://www.makinglearningfun.com/Activities/Olympic/OlympicRingMagnetPage.gif>

**Target: matching**

### **Ski Matching**

<https://www.icanteachmychild.com/ski-matching/>

**Target: matching**

## **CREATIVE**

### **Speed Skating**

Prepare an obstacle course. Give each child two empty Kleenex boxes. Have them place the boxes on their feet to skate around the obstacles. *Variation: Organize a team obstacle course. Divide the group into two teams. Set up two identical obstacle courses side by side. When the first child of each team has completed the obstacle course he must return to touch the following team member's hand.*

**Target: problem solving**

### **Training Center**

Set up some obstacle courses and games for your Olympiads!

Kleenex boxes for skating; hockey equipment; add other activities as space allows.

Also, we need to eat healthy to be healthy! Provide healthy play food for the children to prepare!

**Target: imagination**

### **Pass the Torch**

For this game you need music that is fast, slow and in between. In advance, make a torch--roll paper into a cone shape and staple paper flames to it!

Start slow music and begin passing the torch from person to person, when the music stops, they freeze. Now play faster music and pass the torch faster! Keep this activity free style. If passing the torch around is too difficult for the developmental stage of your group then have an activity where everyone has a torch and they move in their own way and then stops when the music stops. Encourage the children to move to the speed of the music. **Target: creativity**

### **Blow Skiing**

<https://www.activityvillage.co.uk/blow-skiing>

**Target: Problem Solving**

### **Olympic Ring Toss**

<http://www.kidspot.com.au/things-to-do/activity-articles/olympic-fun-make-an-olympic-hoopla-game/news-story/6fb37e4bdc3e1725df4df53ef6f4ab7c?#.UAJqOYAZINM.pinterest>

**Target: eye hand coordination**

## **EMOTIONAL**

### **Sensory bin**

<http://www.playlearneveryday.com/2016/07/olympic-inspired-sensory-bin.html>

**Target: senses**

### **Aerials**

Show the children a Youtube video of the aerial skiing. Provide the children with a small slide and a variety of soft stuffed animals. The children can slide the stuffed animal off of the slide and then toss them into the air having them do different spins and twists. Make sure you have a lot of open space for this activity.

**Target: independence**

### **Bobsled Races**

You can put the flags of the different countries on the cars instead of the name of the country.

<https://www.makeandtakes.com/who-will-win-the-downhill-bobsled-race>

**Target: independence**

### **The Skier**

Place bottles on the ground leaving a certain distance between them. Children pretend to be skiers and slalom around the bottles. The bottles mustn't fall!

**Target: independence**

### **Make a Medal**

There are many different activities to make medals for the Olympics. Find one that suits the age and abilities of your children

**Target: independence**

### **Snowball Toss**

Children stand on a line and throw their snowballs in the direction you indicate. They must attempt to throw them as far as possible. Use a measuring tape to determine how far they went. Variation: Make Set up two baskets. The object of the game is to throw as many snowballs as possible into the basket in a certain amount of time.

**Target: self - confidence**

### **COOKING**

*Remember there are minimum food group requirements for meals. If the Olympic snack doesn't contain the minimum number of food groups you will have to add other items to meet the requirements.*

### **Olympic Snacks**

<http://turquoisetulipsandbliss.blogspot.ca/2012/07/let-games-begin.html>

Include the children in the snack preparation

**Target: taking turns**

### **Popcorn in Torch Cups**

Make air popped popcorn with the children. Season to taste.

While the popcorn is popping, have the children color a piece of paper. Roll it into a cone shape. Tape in place and staple the bottom closed. Serve popcorn in torches!

VARIATION: Use ice cream cones for torches to serve the popcorn in! Totally edible snack!

**Target: cooperation**

### **Preschool Olympics Theme Fruit Ring Pizza**

Ingredients: Large chocolate chip cookies (make these with the children from your favorite recipe!); cream cheese to spread on the cookies and fruit to decorate the rings: blueberries, blackberries; strawberries; pineapple or banana; kiwi

<https://www.tasteofhome.com/recipes/olympic-rings-fruit-pizza>

<https://happyhooligans.ca/olympic-ring-art-project-kids/>



Cards for the Figure Skating activity

