

November



Learn It Rubbish Removers

Demonstrate to children how the kidneys filter out waste from the blood in their bodies. Using a mason jar, cover the top with a coffee filter and wrap a rubber band to secure the filter so it stays at the top of the jar. In a second mason jar, mix water, a drop of red dye, and glitter or sand. The filter is your kidney, the glitter or sand would be considered waste, and the water is blood. Carefully pour the mixture over the mason jar with the coffee filter. Ask children what they observed.

Laugh About It

How do bees get to school?
On the school buzz!



? Fun Fact

Your kidney filters about 600 - 800 cups of fluids a day.



Create It Fizzy Paint

You will need baking soda, vinegar, and liquid tempera paint. Add 1 tablespoon of baking soda to a container and then about a teaspoon of liquid tempera paint. Add water and mix until desired consistency. The children can paint their pictures using the baking soda paint. Place the pictures on an easy-to-clean surface. Ask them to watch as you drop vinegar with an eye dropper or lightly spray with a spray bottle. They will be amazed at the fizzing paint and mixing colors.



Play It Bean Bag Balance

Each child will get a bean bag and will need room to move or walk. Show the children what it means to balance. Can they balance the bean bag on their head and stand still? What about walking with it on their head? Try balancing it on different parts of the body like hands, arms and shoulders.

Eat It Citrus Sunshine Salad

Baby spinach
Mandarin oranges
Raspberry vinaigrette



As part of a lunch or supper, have children scoop $\frac{1}{2}$ cup of spinach and $\frac{1}{4}$ cup of oranges onto their plate. They can then drizzle one to two tablespoons of salad dressing over their salad.



Read It

Sophie's Squash by Pat Zietlow Miller

The Girl Who Makes a Million Mistakes: A Growth Mindset Book for Kids to Boost Confidence, Self-Esteem and Resilience by Brenda Li

What Do You Do With a Chance? by Kobi Yamada (Author) and Mae Besom (Illustrator)