

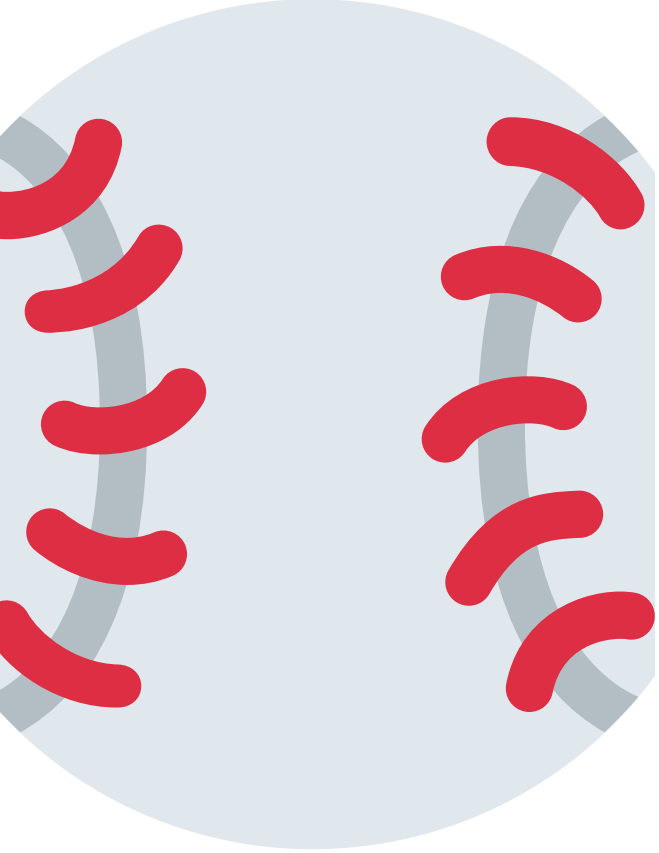


# True North Olympics (Ages 4-7)

## Warm Up: Opening Ceremony Art

**Equipment:** Markers, construction paper, glue, tape, etc.

**Description:** Have your child make up their country's name flag and uniform by using any arts and craft supplies you have around the house. If you really want them to go out all you can have them create an olympic torch and mascot. Ideas for olympic crafts can be found [here](#).



Have your child walk around your house (inside or out) reenacting the opening ceremonies. We encourage playing music or providing them with household objects (pots and pans) to create a beat they can march to.


## Activity: Olympic Events



**Description:** The events below are just suggestions, you can add or remove events as you please:

**Limbo Competition:** Setup an object for your child to limbo under (bar, string, measuring tape, etc). Start higher and after each successful limbo go lower and lower.


**Balance Beam:** Setup a line of tape on the ground, have your child balance household objects on their head while walking on the line (teddy bear, tupperware, etc). Assign points to each item and add up the total score at the end.



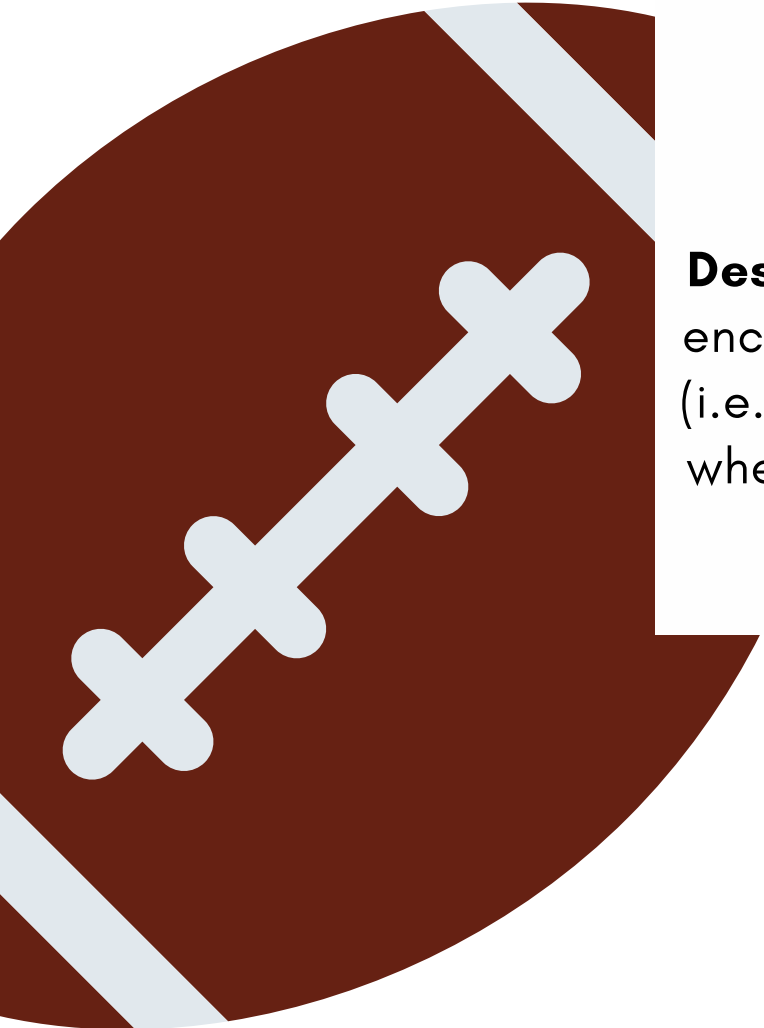
**Gymnastics:** Create a simple routine for your child to follow (summersaults, cartwheels, jumping jacks). Play a song of your child's choosing and have them perform the routine, have judges score the routine out of 10 (create scorecards for the judges to reveal after the routine).

**Dizzy Dash:** Outline a small course for your child to run through (hallway or backyard), use household items to create obstacles (pillows, chairs, tables, boxes, etc). Start by having your child spin around 5 or 10 times, after spinning they then must complete the obstacle course. Time them to see how quickly they can complete the course.

**Lava Leap:** The floor is lava! Setup pillows and blankets around the room, show your child the order in which they need to complete the course. On GO they must see how quickly they can complete the course without stepping on the floor.



## Cool Down: Medal Ceremony



**Description:** Have your child create medals to be handed out at the end of the olympics. We encourage rewarding medals for behaviour and aspects you can control as opposed to results (i.e. sportsmanship, best flag, best uniform, etc). If you only have one child create a ceremony where you can reward them with a prize or a medal, really build up the ceremony maybe even creating a podium for them.

