

# How to Kit



## Lifelong Learning: It's a Trip!

2012

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## Celebrate Literacy in the NWT!

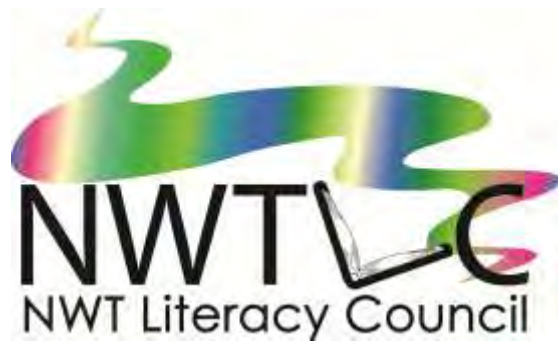
### Acknowledgements

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Thank you to Lynn Malcolm for creating this resource.

Contact the NWT Literacy Council to get copies of this resource. You can also download it from our website.



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## Celebrate Literacy in the NWT!

### Other How to Kits & Literacy Activities

This *How to Kit* was developed to help organizations celebrate literacy in the NWT. It is one in a series of *How to Kits* that you can download from the NWT Literacy Council website at [www.nwt.literacy.ca](http://www.nwt.literacy.ca). You are welcome to photocopy and use the activities in your programs, or adapt them to your needs. You will also find other activities on our website that you are welcome to download and use.

*Other How to Kits you will find on our website:*

- 1-2-3 Rhyme with Me
- Community Book Swap
- Family Reading Party
- Games Night
- Literacy Treasure Hunt
- Pyjamas and Book Party
- Reading Circles and Story Extenders
- Scattergories
- Storytime on the Radio
- Family Literacy Activities Night
- Book Making
- Literacy Games for Adults
- Get Caught Reading & Other Promotion Ideas
- Election
- Environmental Print Games
- More Literacy Games
- Read for 15
- Writing and Publishing Children's Books
- Literacy Survivor
- Writing Contest
- Plan a Family Fun Day
- Learning through Play
- Music and Literacy
- Writing Ideas
- Making Family Books
- Comics and Graphic Novels
- Involving Families in Children's Learning
- Literacy Activities for Holidays – Thanksgiving, Halloween, Christmas, Valentine's Day, Easter, Birthdays
- Puppet Making
- Culture and Traditions
- Books in the Home
- Facilitating a Workshop
- Talking Books
- Family Math
- Family Cooking
- Readers Theatre
- Family Literacy Activities Night 2
- Word & Picture Bingos
- Plan a Family Literacy Fair
- Storysacks
- Science Fun
- Reading with Your Child DVD
- TV Free from A to Z
- Puppets
- 20 Outdoor Family Literacy Activities
- Nutrition and Literacy
- Active Literacy
- Learning in Everyday Life
- Culture Days

## Celebrate Literacy in the NWT!

### Lifelong Learning

We created this *How to Kit* for learners and travellers of all ages. Everyone loves to travel. In this kit, you will find many ideas for fun activities that will help you learn as you travel. These ideas will allow you to make the most of your trip. It is simple information that will set the tone for the trip before you leave. There is a lot to learn while you travel, no matter your age. Don't wait until your child is bored! Start your trip with us!



**The Parts of this Kit**

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## Celebrate Literacy in the NWT!

### Before You Leave on the Trip

Travelling is fun and there is a lot you can do before you leave. The first thing to do is to think and talk as a family about other trips you have taken.

- Questions to ask:
  - “What was your favourite trip? Why?”
  - “What didn’t you like about our last trip? Why?”
  - “What is one thing we can each do better on this trip?”
  - “Where would you like to go next? Why?”
- Look at photo albums from other trips
  - Pick your favourite picture and talk about what you smelled, how your body felt, and what you heard.
- Watch videos from your trips.
- Look at a map or an atlas and point out where you went and where you would like to go. Do you go to the same place every year?



## After You Decide Where to Go

After you and your family agree on where you would like to go, it's time to get ready for the trip! One way to do that is to go online. You can learn a lot about where you are travelling from the internet. Here are some websites that will help:



- **AuroraMax:** Watch the northern lights in Yellowknife, Northwest Territories
  - <http://www.asc-sa.gc.ca/eng/astronomy/auroramax/connect.asp>
- **Kimmirut Webcam:** Look at the weather in Kimmirut, Nunavut
  - <http://www.kimmirutweather.com/>
- **Maggie's Earth Adventures:** Travel website with reading and videos
  - <http://www.missmaggie.org>
- **How Airports Work:** A behind-the-scenes look at airports
  - <http://science.howstuffworks.com/transport/flight/modern/airport.htm>
- **Canadian Geographic:** Fun facts about Canada
  - <http://www.canadiangeographic.ca/kids/fun-facts/default.asp>

## Take a Reading Road Trip!

After you learn about where you are going from the internet, take a reading road trip with your children.

- **Talk about it!**

- Talk about what you learned from the internet about where you are going.



- **Decorate!**

- Hang up flags, pictures, words in another language, posters, road signs, banners, and maps.

- **Read!**

- Explore where you are going by reading about these places in books. (See examples on the Resource page).
- Take a Google Lit Trip by reading a book and following along on Google Maps: <http://www.googlelittrips.org/>

- **Travel Agency**

- Set up a "Travel Agency" together with travel magazines, tourist pamphlets, and items from other trips. Your children will be able to recognize words from places where they have already been.

From: <http://childhood101.com/2011/11/literacy-spot-45-take-a-reading-road-trip/>



## Help Your Family Get Ready for the Trip

Before you leave, you need to act out and talk to your family about what will happen on the trip. This is especially important for the new and scary parts. You need to tell them exactly how you will get there. You can read stories or show them videos. You can talk to them about how everyone should act. You can print off a map so they can colour where you are going.



- **Ages 0 - 3**
  - Tell them about the trip a day before.
  - Tell them exactly what will happen from start to finish.
  - On the day you travel, talk to them about what will happen next.
  - At age 2, let them pack their own small carry-on. This will make them feel good when they are far from home.
  
- **Ages 4 - 5**
  - Act it out! Pretend that you are going through security. Help them put their toy through the x-ray machine.
  
- **Ages 6 +**
  - Tell them about the trip a month before.
  - Let them help you get ready for the trip.
  - Learn a few words in the local language.

From: <http://www.deliciousbaby.com/travel/family-travel-tips/preparing-your-kids-for-the-trip/>

## A Countdown Calendar

Make a countdown calendar to teach your children about waiting to spend money, saving for a trip, and budgeting while on the trip. They can add a paper coin or bill to the calendar each day, while saving that amount in a piggy jar to spend on the trip. This calendar will help them become excited about the trip! It will also help them learn about counting days and money.

### Here is what you need:

1. A copy of the calendar (see pg. 13)
  - Have them write the month.
  - They can change or colour the picture, add a border, stickers, etc.
2. Copies of the coins (see pg. 14) and a place to put them (an envelope, jar, etc.)
  - \$2 for younger children, \$5 for older children
3. A jar or piggy bank and the total in bills or coins.
  - Total:  $\$2 \times 15 = \$30$  or  $\$5 \times 30 = \$150$
4. Double-sided tape
5. Pins to hang the calendar.

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### What to do:

1. Show your children the calendar. Talk to them about why you are using it.
  - For younger children, start two weeks before the trip, and for older children, start a month before the trip.
  
2. The calendar
  - Hang it at their height.
    - The fridge or by their bed are good places.
  - Put lines of double-sided tape across all the days you will be using.
  - Mark the day you leave with a big star!
  
3. Decide about the best time to use the calendar:
  - First thing in the morning? After chores are done? Before bed?
  
4. At the time you decide:
  - Help your child stick one coin on the day's date.
  - Help them put their real money in the piggy jar.
    - You can use this money as a reward.
      - For example, if they do not do their chores that day, they do not get their coin.
  - As you do this activity ask them:
    - "How much money is on the calendar?" (Help them count).
    - "How much money will you have by the trip?"
    - "How will you spend this money?"
    - "How many days have we been saving?"
    - "How many days before we leave?"
  
5. When you are on the trip:

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- Let them hold their bag of money. Explain that is all they have for the trip.
  - Talk about how they will spend their money.
  - What is something big that they really want which will use all of their money?
  - How many little things can they buy with their money?
  - How can they make their money last for a long time?
- You can choose to award coins every time they finish a book!
- Every time they ask “Are we there yet?” take away a coin!

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## MONTH of

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

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## 10 Ways to Teach Your Children to Pack

It is important for children to learn how to pack. They will need this skill in the future. They should try packing on their own so they can learn from their mistakes.



### 1. You can do it!

- Encourage your child to start packing their own bag.

### 2. Let them know

- Tell them about the trip so they can think about what they need.

### 3. How much?

- If they are young, they can draw what they need for each day.
- If they are older, keep it simple:
  - Number of days = Number of shirts

### 4. Make a list

- Teach them how to make a list. They can draw pictures of what they need.
- Check the list. If they are missing something, give them a hint.
- Ask: "What is the last thing we do before bed? What do we need?"

### 5. Special bag

- Help them pick one special bag for regular trips, like sports.
- Write their name on the bag

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### 6. What goes in the special bag?

- Talk to them about what should stay in the bag.
- Teach them to keep these things in the bag.

### 7. Play dress-up!

- Pretend to get dressed for the weather and talk out loud about each thing they are putting on.
- Look in the mirror while you are doing this.
- Ask: "Did we miss anything?"

### 8. Busy Bag

- Ask: "What will you do during a break?"
- Teach your child to plan ahead and pack a busy bag for waiting times.

### 9. Check mark!

- As each thing goes into the bag, have them check it off on their list.
- Say it out loud: "Camera! Check. Teddy! Check."

### 10. Oops!

- Your children need to make small mistakes. That way, they will learn for next time.

From: <http://www.drrobysilverman.com/parenting-tips/self-reliance-10-ways-to-teach-children-how-to-pack-their-own-bags/>



## Tips for an Airplane Carry-On

Try to keep the carry-on as light as possible. Carry everything in a backpack so your hands are free for your kids. Separate your fluids into a ziplock bag. Attach some karabiner clips.



- **Important**

- Passports and travel papers
- Emergency contacts
- Immunization or medical records if you need them
- Cameras, iPods, or electronics
  - Sometimes these items go missing from checked bags
  - You and your child can play with these on the plane

- **Babies**

- Two times more diapers than you think you will need. You never know!
- Medicines, with the dose written on the bottle.
  - Don't forget pain killers!
- Plastic bags for diapers or dirty clothes
- A change of clothes and a new shirt for you
- Pyjamas if you want them to sleep on the plane

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- **Snacks**
  - If you are travelling with a child under 2, you are allowed to take small containers of milk, formula, juice or baby food on the plane. Let the airport security people know you have them.
  - Favourite foods: cheese, dried fruit, cheerios, puffed wheat.
    - Remember: no nuts!
  - Gum or a hard candy for takeoff and landing
  
- **Busy Bag**
  - A separate bag with quiet toys, books, and music for the plane
  - A magazine or book for you.
    - Can send your child on “treasure hunts” in the magazine, looking for a colour or a word
  
- **Comfort**
  - Their special blanket
  - A jacket or sweater in case it is cold



From: <http://www.deliciousbaby.com/travel/family-travel-tips/packing-with-kids/airplane-carryon-for-babies-toddlers-and-kids/>

## “I’m Going on a Trip!”

This game helps your child understand language by listening to the first sounds in words.

1. The first person starts by saying that they are going on a trip to a certain place. They will take with them a thing that starts with the same letter as the place.
  - **Example:** “I am going to Edmonton and I am taking an elephant.”

2. The second person repeats what the first person said and adds something else that starts with that letter.

- **Example:** “I am going to Edmonton and I am taking an elephant and an earring.”



3. Continue the game until someone can't think of a word or makes a mistake. That person drops out. The last person left is the winner!

**Hints:** Depending on the age of your child, you can make this game harder or easier using the letters of the alphabet, a colour, an animal which lives where you are going, things that roll, etc. Try to see if your children can guess the pattern!

From: <http://www.sil.org/lingualinks/literacy/implementationliteracyprogram/howtoplaytheiamgoingonatrigam.htm>

## Make a Trip Journal

Writing in a journal is important. It will help children learn how to use words to show what they are thinking. It will help them remember where they went on the trip. They will feel happy when they look at their journal after the trip.



### What you will need:

1. A big spiral-bound hard cover notebook or sketchpad
  - Hard cover is better because they can write wherever they go.
2. A box of crayons or washable markers
  - Pencil crayons can be messy when they are sharpened.

### What to do:

1. Each day of the trip, write the date and draw a picture.
  - The date is important because this will be a treasure in the future.
  - What they did, where they went, a map, how they felt, the weather, etc.
  - You can also attach souvenirs like tickets, pictures or pamphlets.
2. Write about the picture.
  - Adults or older children can write for young children.

## **“I’m a Little Airplane”**

Sing this song to the tune of “I’m a Little Teapot.” When they sing this song with you, they will learn about rhyming words. It will make the plane ride more fun. Try to add more lines to the song together! Can you change it for a car or a boat?



### **I’m a little airplane, way up high**

Hold hand up to forehead to shade eyes looking into the sky and point with other hand.

### **With my great big silver wings, watch me fly**

Hold arms out like wings and tilt them side to side.

### **When the pilot tells me, I’ll come down**

Hold hands over both ears like you’re holding the radio headphones that pilots wear.

### **Swooping and gliding, to the ground**

Hold arms out like wings and spin in a circle, then kneel on the ground.

From: <http://www.dltk-kids.com/crafts/transportation/m-songs-airplane.htm>

## Help for Car/Plane Sickness

Car or plane sickness happens when the eyes and the inner ear get mixed up. The inner ear tells the brain that the body is moving, but the eyes tell the brain that the body is not moving. The brain gets mixed up. Here are some tips to help with the sickness:

- Eat peppermints.
- Eat ginger snap cookies, ginger tablets or gingerale.
  - Eat a couple before you start the trip and while you are driving.
- No reading in the car.
- Focus on the front.
- Try Seabands – wrist bands with a small metal button that presses into the inside of each wrist.
- Sit in the middle of the backseat.
- Pick a spot as far away as you can see and focus on that.
- Breathe deeply through your mouth.
- Drink fresh water and eat soda crackers.
- Try Queasy Pops – special motion sickness lollipops.
- Place a cool cloth on the forehead.
- Put an ice pack on the back of the neck.
- Wear wrap-around sun glasses.
- Take Benadryl or Dramamine 1.5 hours before you leave.
  - Ask a doctor before taking or giving any drugs!



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### If these tips don't work:

- Keep a bottle of Febreze to get rid of accident smells.
- Never travel without a big tub of wet wipes!
- Keep an empty 3-pound butter tub in the car with the covers.
  - In case of an accident, you can re-cover the tub until you reach a place you can empty and rinse it out.
- Keep an extra change of clothing easily available for all travelers.



From: <http://www.momsminivan.com/article-barf.html>

## When You Get Home

There are a lot of fun things that you can do when you get home from your trip. You can read about and make some of the foods that you ate while you were on your trip. A good place to read about the food that you ate is on the Health and Social Services website of the Government of the Northwest Territories:

- Inuit traditional food:
  - <http://tiny.cc/7ivdhw>
- Dene and Metis traditional food:
  - <http://tiny.cc/ehvdhw>

Try the recipe on the next page!





## ***Boiled Moose Ribs with Potatoes and Carrots***

### **What you will need:**

- 12 moose ribs
- 5 large potatoes
- 5 large carrots
- 2 tsp salt
- Water

### **What to do:**

1. Clean and wash the caribou ribs. Cut in half if you want.
2. Put the ribs in a cooking pot. Add enough water to cover them
3. Put them on the stove or fire and heat them until they boil. Turn down the heat to medium.
4. Add the salt and cover the pot with a lid.
5. Cut the potatoes in half and the carrots in four. Add them after the meat has boiled for 1 hour.
6. Boil until the vegetables are tender.
7. Add the salt and serve.

## Take a Nature Walk

Discover where you live! There is a lot to find and learn about in your own backyard!

### Nature Walks:

#### 1. Leaves

- Try to look at and find as many different types of leaves as possible.
- Make art with your leaves.
- Put your leaves between pieces of waxed paper and iron at a low temperature.

#### 2. Fallen logs

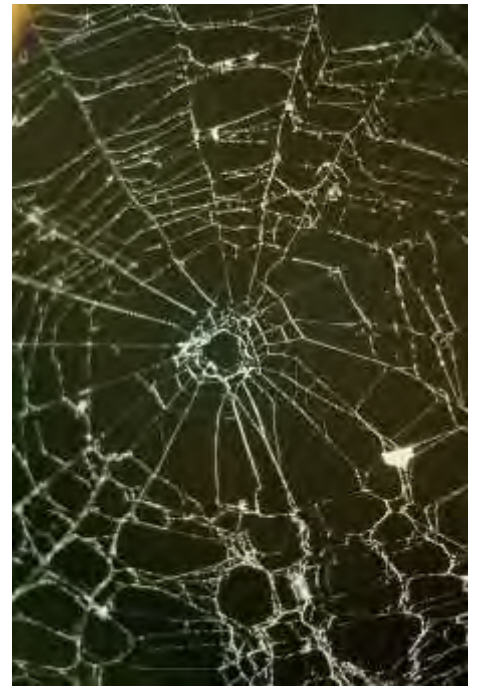
- Turn them over and see what kinds of fungi and bugs you can find.
- Explain that these creatures are helping turn the tree back into soil!

#### 3. Homes

- Where do bugs or animals make their homes?
- Look for spider webs, dead trees, hollow spots in trees, holes in the ground, under logs or rocks, etc.

#### 4. Water

- Where does the water stay?
- Look for puddles, streams, ditches, hollows in rocks and curled up leaves that collect rain.



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### 5. Sounds

- What can you hear?
- Wind in the trees, birds, planes, cars, bugs, etc.

### 6. Birds

- Where are the birds? Where have they been?
- Look for nests, scratches in the ground, droppings.



### 7. Magnifier

- Take a closer look!
- Veins on a leaf, tree bark, rocks, grass, flower seeds.

### 8. Rocks

- Collect a few for your garden.

### 9. Food

- What could be food for people or animals?
- Look for leaves, grass, berries, roots, small animals

### 10. Animals hiding

- When animals hide, it is called **camouflage**.
- How do the insects and animals you see hide?

### 11. Bark

- Use paper and crayons to make a bark rubbing.
  - Hold the paper against the tree and rub the long side of the crayon against the paper.

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- Close your eyes and feel the bark on different trees. How do they feel different? The way they feel (smooth, bumpy, etc.) is called **texture**.

### 12. Wind

- Which way is the wind blowing? What has the wind blown over?

From: <http://bringinguplearners.com/2007/11/04/19-can-do-nature-walk-variations/>

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### Resource Page

*Airport* by Byron Barton  
*Arctic Adventure* by Skye Waters  
*Bear Dream* by Will Hobbs  
*Down The Yukon* by Will Hobbs  
*Far North* by Will Hobbs  
*Flight from Bear Canyon* by Anita Daher  
*Flight from Big Tangle* by Anita Daher  
*Follow that Map! A First Book of Mapping Skills* by Scot Ritchie  
*Myth of the Barrens* by Bren Kolson  
*On the Trail of the Bushman* by Anita Daher  
*Planes Board Book* by Byron Barton  
*Racing for Diamonds* by Anita Daher  
*Reaching North* by Jamie Bastedo  
*Sila's Revenge* by Jamie Bastedo  
*The Inuk Mountie Adventure* by Eric Wilson  
*The Land of Snow* by Skye Waters  
*The Mask on the Cruise Ship* by Melanie Jackson  
*Tracking Triple Seven* by Jamie Bastedo  
*Trapped in Ice* by Eric Wilson