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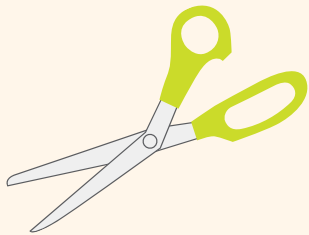
# **SOGO @ Home Journal**



adventure  
running

# I have done my weekly...

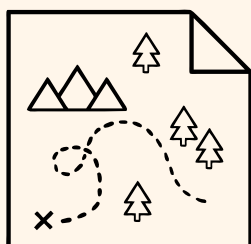
Indoor Craft



Indoor Activity



Outdoor Activity



# For Parents

Each week will focus on a different outdoor skill with an indoor activity and craft to accompany it. We recommend printing the journal pages and putting them in a binder.

There is a weekly checklist to fill out, or the monthly calendar to print.

There will be new weekly challenges posted every Monday, with a "for parents" page as well explaining that week's activities :)

There are additional resources and crafts at the end of each weekly activity.

Please email [access@sogoadventurerunning.com](mailto:access@sogoadventurerunning.com) if you have any questions, comments or suggestions!

Please feel free to share!

# Month of \_\_\_\_\_

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
	I have downloaded my new SOGO activity				I have finished my SOGO activity!	
	I have downloaded my new SOGO activity				I have finished my SOGO activity!	
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# Week 1

## A is for Animal



### **Indoor Craft: Make an Animal**

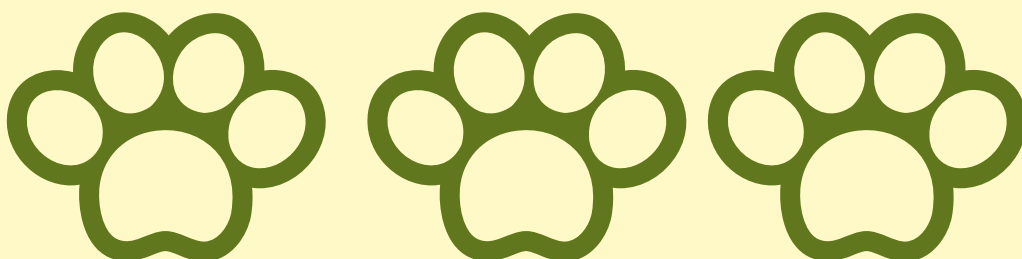
Make an animal! In your journal, you can choose from a snake, an elephant, a polar bear, a giraffe, a fish, or a caterpillar!

### **Indoor Activity: Matching Animals to Their Homes**

Choose a picture to print out from the activity booklet. Print out the page of animals after it. Glue the animals onto the picture!

### **Outdoor Activity: Animal Walk**

Go for a walk outside pretending to be different animals. Then go on a walk to find where different animals live.



# Parent Page



Hello parents!

This week's activities are focused on animals. There are three activities - a craft to make your own animal, a matching game and an outside game.

The make-your-own-animal focuses on fine motor skills by cutting, painting and gluing. If you don't have a lot of craft material handy, you could paint or draw an animal too!

The matching game aims to develop critical thinking skills by figuring out where to place the animals, as well as fine motor skills by cutting out the shapes and gluing. If you have the supplies, you could also laminate these, put it on a whiteboard and use magnets.

The outdoor game is all about getting outside, being silly and having fun! The different animals that kids can be work on movement, flexibility, balance and creativity! What other animals could they pretend to be? If you have sidewalk chalk, they could jump over lines or into chalk circles while they're being that animal as well.

Please email [access@sogoadventurerunning.com](mailto:access@sogoadventurerunning.com) if you have any questions or suggestions!

# Make an Animal

Cut out these cards to stick in your journal!



## Giraffe

<https://www.gluedtomycraftsblog.com/2017/03/paper-handprint-giraffe-kid-craft.html>

You will need:

Yellow/Black Cardstock\* Marker or Pencil\* Basic Paper Craft Scissors\* Thick Tacky Glue\* Brown Pom Poms\* Large Wiggle Eyes {two per craft}

### Directions

First grab your yellow cardstock.\* Trace your child's hand and arm on the yellow cardstock.\* Trim out and discard leftover cardstock.\* Next grab your black cardstock.\* Cut out TWO black circles that will be placed on the "horns" of the giraffe.\* Go ahead and glue them to the tips of TWO fingers.\* Now you are ready for the embellishments!!! Go ahead and glue your brown pom poms all over the handprint cutout.\* Finish off the Handprint Paper Giraffe craft by drawing on a face and adding some wiggle eyes for it to see!\* Then set in an undisturbed area for it to dry completely, before displaying proudly!!!\*



## Snake

<http://raisinglittlesuperheroes.com/paper-chain-snake/>

You will need:

Green Card Stock (2 sheets), Yellow Card Stock, Scissors, Stapler and Staples, Glue, Googly Eyes, Red Balloon

### Directions

Fold one sheet of the green card stock in eighths. Then, they folded the piece of paper in half again to create eight sections. Repeat Step 1 using the yellow sheet of card stock. Cut on the lines of both the yellow and green pieces of card stock so you have eight strips of paper for each color. Fold a green strip of paper around and staple it. Loop a yellow strip through the green hoop and staple it. Repeat the process till all of the strips of paper have been used. Cut one large and one small rounded triangle out of the other sheet of green card stock. Glue the large triangle onto the end of the paper chain for the snake's head. Glue the small triangle onto the other end of the paper chain for the snake's tail. Glue the googly eyes onto the large triangle. Glue the red balloon onto the large triangle for the snake's tongue.





## Polar Bear

[https://www.simpleeverydaymom.com/polar-bear-handprint-craft/?utm\\_medium=social&utm\\_source=pinterest&utm\\_campaign=tailwind\\_tribes&utm\\_content=tribes&utm\\_term=936301394\\_41457166\\_105037](https://www.simpleeverydaymom.com/polar-bear-handprint-craft/?utm_medium=social&utm_source=pinterest&utm_campaign=tailwind_tribes&utm_content=tribes&utm_term=936301394_41457166_105037)

### You will need:

Colored card stock (in blue and light blue), White card stock, Black marker, Pink marker, Glue stick, Scissors, Foam sticker snowflakes

### Directions

Trace your child's hand on a piece of white paper. Cut out the handprint and set aside.

Draw a polar bear's head onto the thumb. Use the pink marker to draw in the polar bear's inner ear and cheeks. Use the black marker to draw the claws onto the bottom of the polar bear's feet.. Cut out icebergs from the light blue card and glue onto the dark blue card. Use the black marker to make water lines on the blue piece of card stock. Place glue along the back of the polar bear handprint and glue it onto the large iceberg. Place the foam snowflake stickers all around the paper for decoration.



## Elephant

<https://www.craftymorning.com/paper-plate-elephant-kids-craft/>

### You will need:

Paper plate, Scissors, Glue, White paper, Black sharpie, Paint/sponge

### Directions

Start by cutting the design shown on the side. Sponge paint it with blue or pink and let dry. Cut out two eyes and glue them on. Use the extra piece of paper plate that you cut off and cut it skinnier. Glue it on to make the elephant's trunk!





## Fish

<https://kidfriendlythingstodo.com/easy-paper-plate-fish-craft-for-kids-kid-friendly-things-to-do/>

You will need:

Paper plate, paint sponge, brush, scissors, large wiggly eye, glue

### Directions

Paint the paper plate and let it dry. Cut a large triangle out of one section of the painted paper plate.

Use the triangle you just cut out of the plate to make a fishtail on the opposite side of the cutout portion. Glue it to secure. Glue the eye above the mouth. If you want, you can decorate with cupcake wrappers, tissue paper, or cellophane paper to make scales or more fins



## Caterpillar

<https://homeschoolpreschool.net/caterpillar-preschool-craft/>

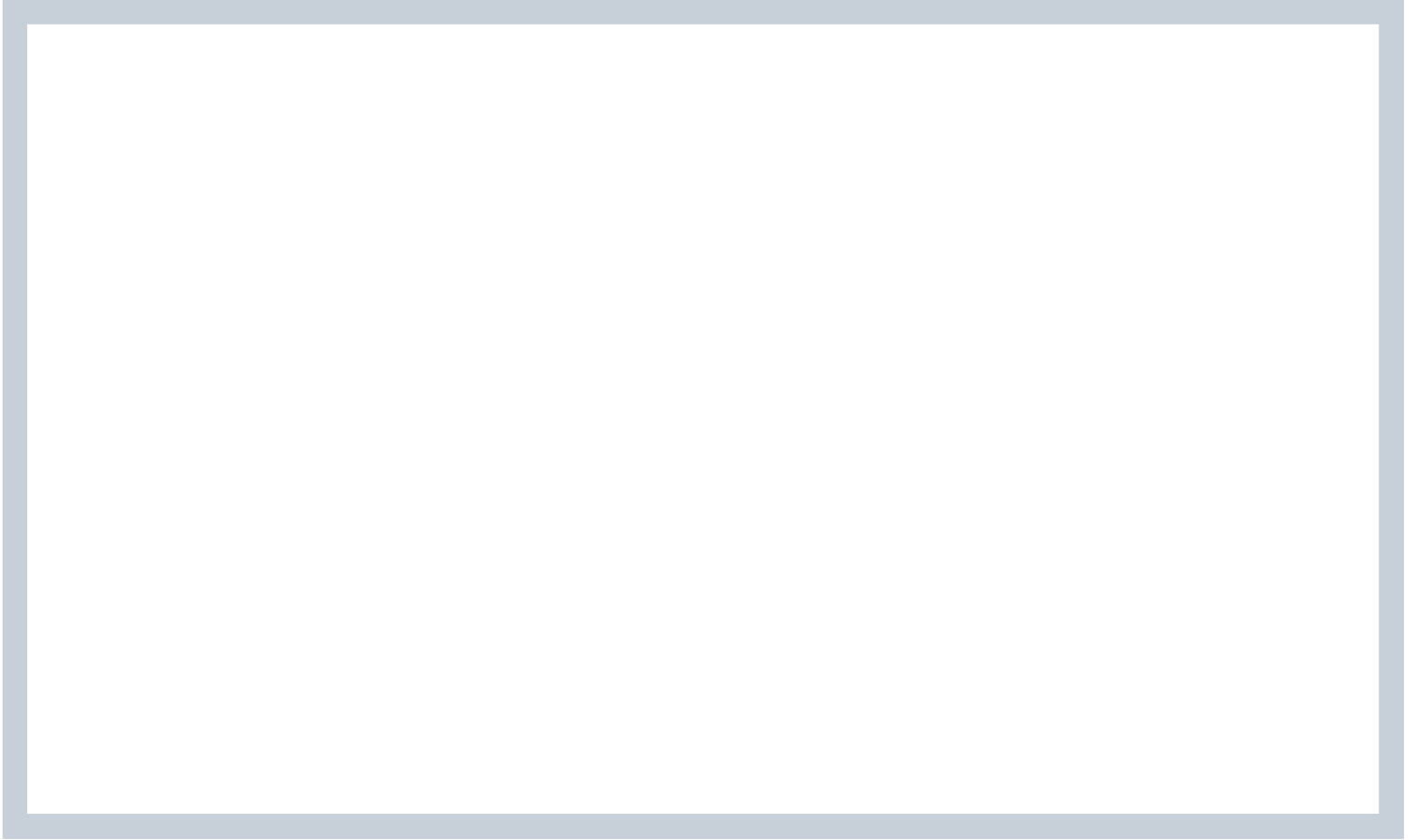
You will need:

construction paper | pom poms | googly eyes | scissors | glue | hole punch

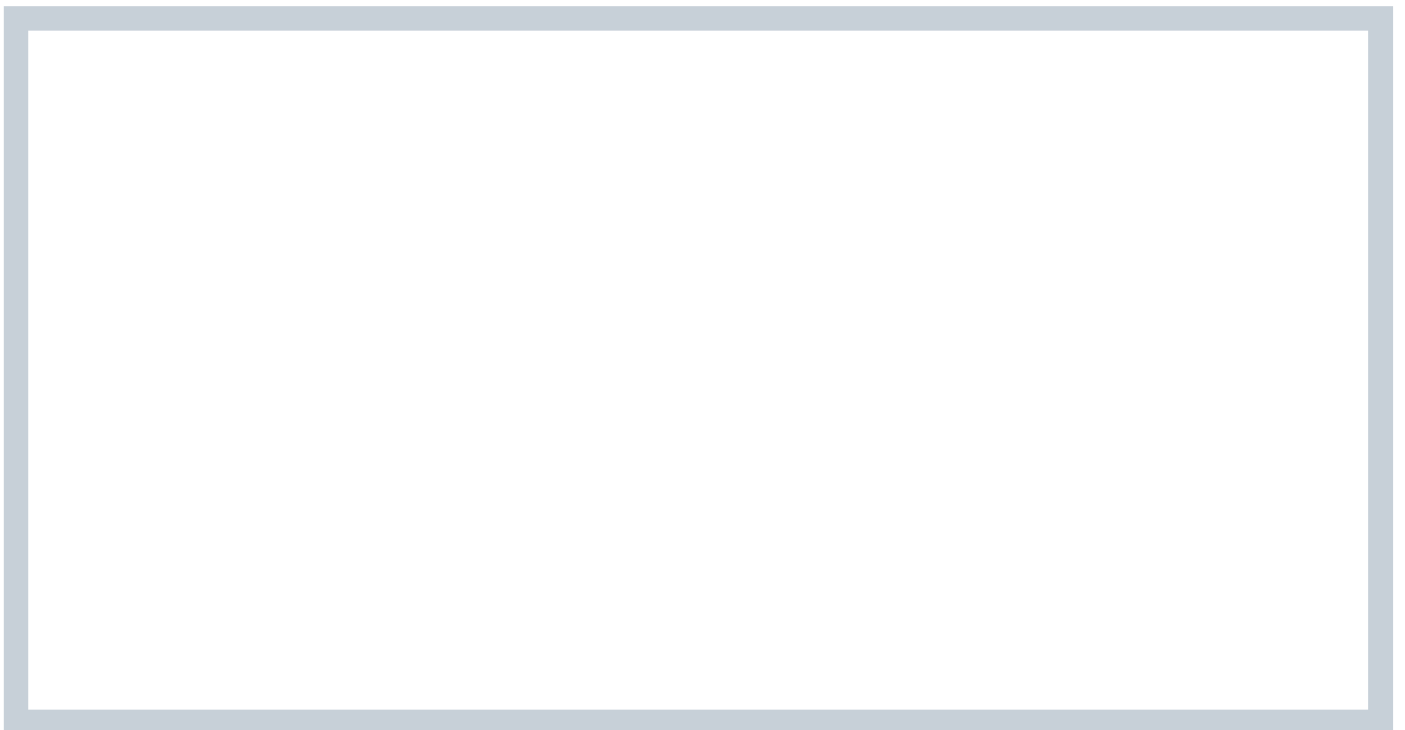
### Directions

Cut out a leaf pattern from green construction paper. Use a single hole punch to punch holes on the paper leaf cut out. Punch 4 to 6 holes on the paper leaf with the hole punch. Use a green sharpie to draw patterns on the leaf (optional). Grab some pom-poms to make the caterpillar. Use different fun colors. Use craft glue to join the pom-poms side by side. I am using 4 pom-poms for each caterpillar. Place the glued pom-poms on a flat surface and allow the glue to dry. Stick 2 googly eyes on any one of the pom-poms on the open sides. Stick the googly eyes a little upwards so it's easily visible. Place the pom-pom caterpillar on the paper leaf. Allow the glue to dry.

I made.... (glue in your animal card)



I chose this one because ... (write or draw a picture)



# Matching animals to their homes

\*\*\* These can be found on the SOGO website\*\*\*

Choose a picture and the animals that would live there. Cut out the animals and glue them onto their home!

Here is an example:



# Animal Walk

## Warm Up

Before we run, it's important that we warm up our muscles.

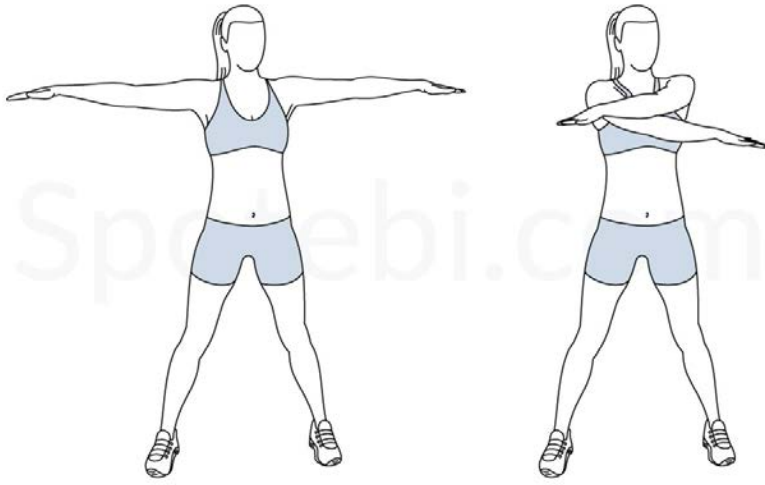
We do this by moving and stretching them gently. Choose which exercises you want to do from the pictures on this page and the next one. Do ten of each!



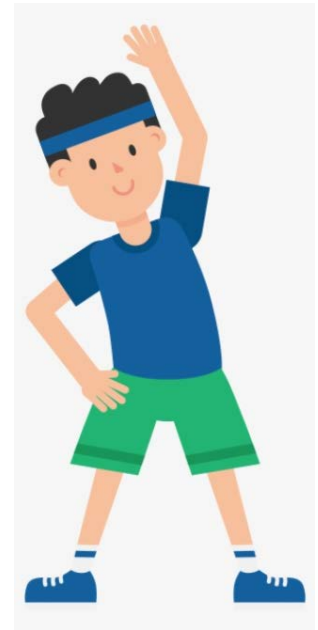
**JUMPING JACKS**



**FROG JUMPS**



Arm Swings



Arm Stretches



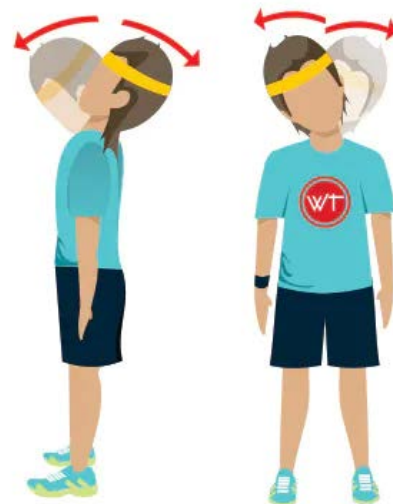
Running on the spot



High Knees



Lunges



Head Rolls

# Animal Walk

After you are all warmed up, choose a spot to go outside. It could be your backyard, front sidewalk or a nearby park.

Choose an animal to pretend to be. Here are some ideas:

**Bear** (take B I G steps)

**Gorilla** (walk with your hands low to the ground)

**Giraffe** (walk on tippy toes as tall as you can)

**Mountain goat** (jump around!)

**Cat** (walk quietly and sneakily)

**Dog** (run around!)

**Bird** (flap your wings)

**Rabbit** (bounce on two feet)

Good job! Now your task is to look out for places where animals might live. If you're in your backyard, search around there. If you're at a park or in your neighbourhood, explore around and see how many of these (on the next page) you can find!

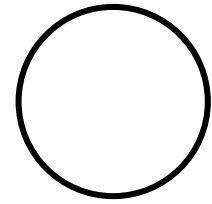
# Animal Scavenger Hunt

What animals do you think could live in these places? Do you have any animals?

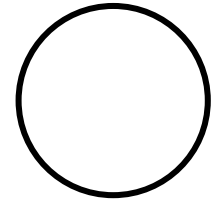
Grass



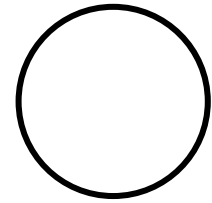
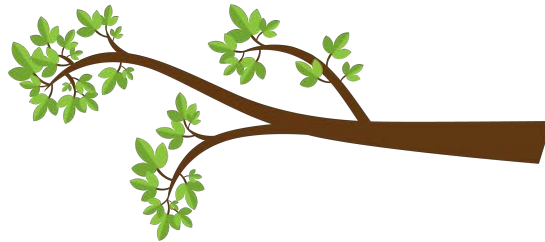
I found this!



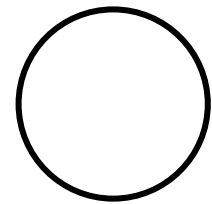
A tall tree



A tree branch



Bush



House

