

# BUILDING A SANDCASTLE OR SNOWCASTLE

## Focusing on Well-Being and Belonging



**Building a castle** is an activity that you and your child can play together in the summer or winter and is especially fun with a group of children.

Through this experience, children will learn to:

- Build healthy relationships with both adults and other children
- Learn ways to keep themselves healthy, especially with physical activity
- Feel confident and in control of their bodies
- Enjoy being physically active

*(Let's Play! 2019)*

## ACTIVITY

### Building a Sandcastle

Help your child fill the bucket with sand along with you.

Invite your child to help turn the bucket over and lift it up to make the castle.

Take turns and co-operate together during each task.

Prompt your child to design their own style of castle, and encourage them to find other materials to be part of their creation (rocks, sticks, and shells)

Ask your child some questions while building:

**How tall and big do you want to make your castle?**

**How does the sand feel?**

**How can you decorate your castle together?**

*(Let's Play! 2019)*

*You can try this activity during winter time to **build a snowcastle!***



## EXTENSION

### Build a Fort!

**You will need:**

Cushions or pillows, blankets or sheets, chairs, boxes, and string lights (optional).

-Help your child build a fort using cushions, pillows, blankets and chairs.

-Take turns playing and climbing through the fort

-Take down and rebuild again for another day

-You can build a fort outside using tarps and ropes

-Add physical challenges, such as crawl under a chair and slither through a tunnel in and out the fort (*Appetite To Play 2020*)



## SONG

### Building things is what I do

(to the tune of London Bridge)

Building things is what I do

How 'bout you?

Do you build too?

I could build the whole day through

With so many things

I like to use boxes and tape

Straws and glue

Pipe cleaners, too

Stack them up

So very tall

I love building with them all

## REFERENCES

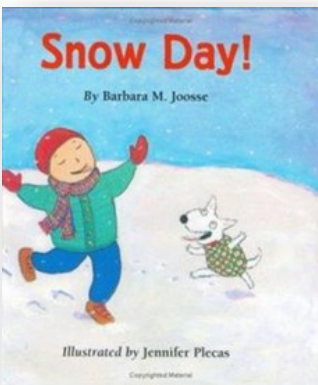
BC Ministry of Education (2019), *Let's Play! Activities for Families*

<https://www2.gov.bc.ca/assets/gov/education/early-learning/teach/earlylearning/lets-play-activities-for-families.pdf>

Appetite To Play (2020) *Build A Fort*

<https://appetitetoplay.com/physical-activity/games-activities-3-5-yrs/build-fort>

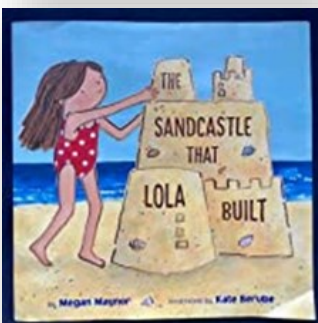
## BOOKS



### Snow Day!

by Jennifer Joosse

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



### The Sandcastle that Lola Built

by Megan Mayner

<https://www.youtube.com/watch?v=S1yVh8Tu3kE>



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VSB