



The Secret of the Elves

You are an elf and you are going to share your **BIGGEST** secret with Karibou's friends: how do you make all of the toys that Santa gives to all of the children in the world?

Objective: Develop eye-hand coordination, prehensility (grasping objects), auditory and visual discrimination.



Welcoming Parents and Children | 3 min



Start-up Routine | 7 min

1. Theme Song | 2 min
2. Running/ Themed Activities | 5 min



► Chicks to Raccoons *See the start-up routine on page 8, 27 or 46*

All of the children are elf apprentices and before visiting Elf School, the instructor invites everyone to line up behind him. Once the parents and children are lined up, the visit of Elf School can begin.



► Bears to Foxes

Today we are all going to learn how to become elves. Do you know what an elf is? An elf is one of Santa's helpers! The elves make the toys that Santa gives out!



Follow me and let's go and explore Elf School! The instructor opens the door to the school and explains what he sees to the children.



Let's walk now, my elf apprentices, to begin our visit. Look around you at all of this commotion (*the instructor turns his head*). Look up! You can see the toys that have already been made. Can you reach them (*the children walk on their toes and jump*)?

Let's follow an elf to see how he makes the toys. We've got to hurry though, because elves are very fast!

- Run
- Zigzag between the toys
- Walk backward (go and get a toy that the elf forgot)
- Crawl on hands and knees (look for a toy that fell under a table)



The instructor returns to the departure point and congratulates everyone at having been so attentive during the visit.

3. Presentation of the Period's Objectives and Main Activities



Workshops | 18 min

Elf School was created to train the elves who will work for Santa in the future so that they can become the best toymakers in the world! Today, all of Karibou's friends will be elf apprentices!

Now, let's get down to business and follow a few classes at Elf School.

1st Class:

Workshop 1- Moving/Balancing

- Zigzag between the toys without touching them (slalom)
- Walk on the candy canes (beam)

2nd Class:

Workshop 2- Throwing/Catching

- Throw small presents into the buckets
- Throw sacks of candy (beanbags) to knock down the small piles of presents (cones)



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3rd Class:

Workshop 3- Stepping/Climbing

- ▶ Climb up the pile of cardboard boxes and do a forward roll (incline- climb without assistance and perform a forward roll if possible).
- ▶ Step over the crayons (low hurdles)

Notes:

You can also add workshop activities of your choice from periods 2, 5 or 8.

4th Class:

Workshop 4- Coordination/Agility

▶ Chicks to Raccoons

Transport a toy (small object) on a racket from point A to point B and drop it into the Santa sack.

▶ Bears to Foxes

Make several straight lines of around 6 people (parents and children). At the end of each line there is a pile of presents (small and large objects) in a bucket. The person closest to the presents at the end of each line takes one and passes it to his neighbour and so on until the present reaches the other end of the line. The instructor gathers the presents to put them in the Santa sack.



Supplementary Activities | 15 min

Congratulations to all of the elf apprentices! You have worked hard and now we are going to have some fun!

- ▶ Gathering Game/ Spring Cleaning (*see page 157*)
 - To practice organizing presents by shape and/ or colour!
- ▶ 1, 2, 3, Elf! (*1, 2, 3, Sun!*- *see page 161*) | **Chicks to Raccoons**
- ▶ Santa, Snow and Christmas, Carols (*Boom Bang and Ding Dong*- *see page 161*) | **Bears to Foxes**
- ▶ Freeze Snowman and Hoops (*Freeze Statue and Hoops*- *see page 165*)
 - The elf apprentices have worked very well, now let's dance and have fun!



End Routine | 5 min

The instructor must perform this activity with the participants in order to show them the movements.

- ▶ With big snowballs (Swiss Balls)
 1. Roll the child, who is lying face down, onto the snowball.
 2. Rock the child in a forward-to-backward motion and then left and right.
 3. Do step 2 again, this time with the child on his back.

Finish the routine with the children lying on the floor on their backs to make snow angels (arms and legs apart).
- ▶ Massage (when Swiss Balls are not available)

Each parent takes a little snowball (textured ball). With the ball, the parent massages his child.

 1. Child lying on his back: roll the snowball gently on the child's arms, belly and legs.
 2. Child lying on his belly: roll the snowball on the child's back in different directions.

Between each position, the instructor invites the parents and children to stretch their arms, yawn and roll onto their sides.



Handing Out the Surprises! | 2 min

- Hand out a little Christmas surprise per child.



Equipment Required

- Motor skill equipment: Cones, beam, overturned buckets, beanbags, incline, low hurdles, steps, hoops, scarves, footprint patterns, balls, rackets. *The periods can also be bonified with other workshop activities chosen by the instructor.*
- Additional equipment: The instructor's disguise: Elf hat and shoes, Christmas music, large sack or container (Santa sack), small objects/ presents to go in the Santa sack, Christmas surprise (optional).