

PENGUIN DOORSTOP

Materials

2-litre drink bottle

Black and white craft paint

Purple felt/construction paper

Black construction paper

Pipe cleaners

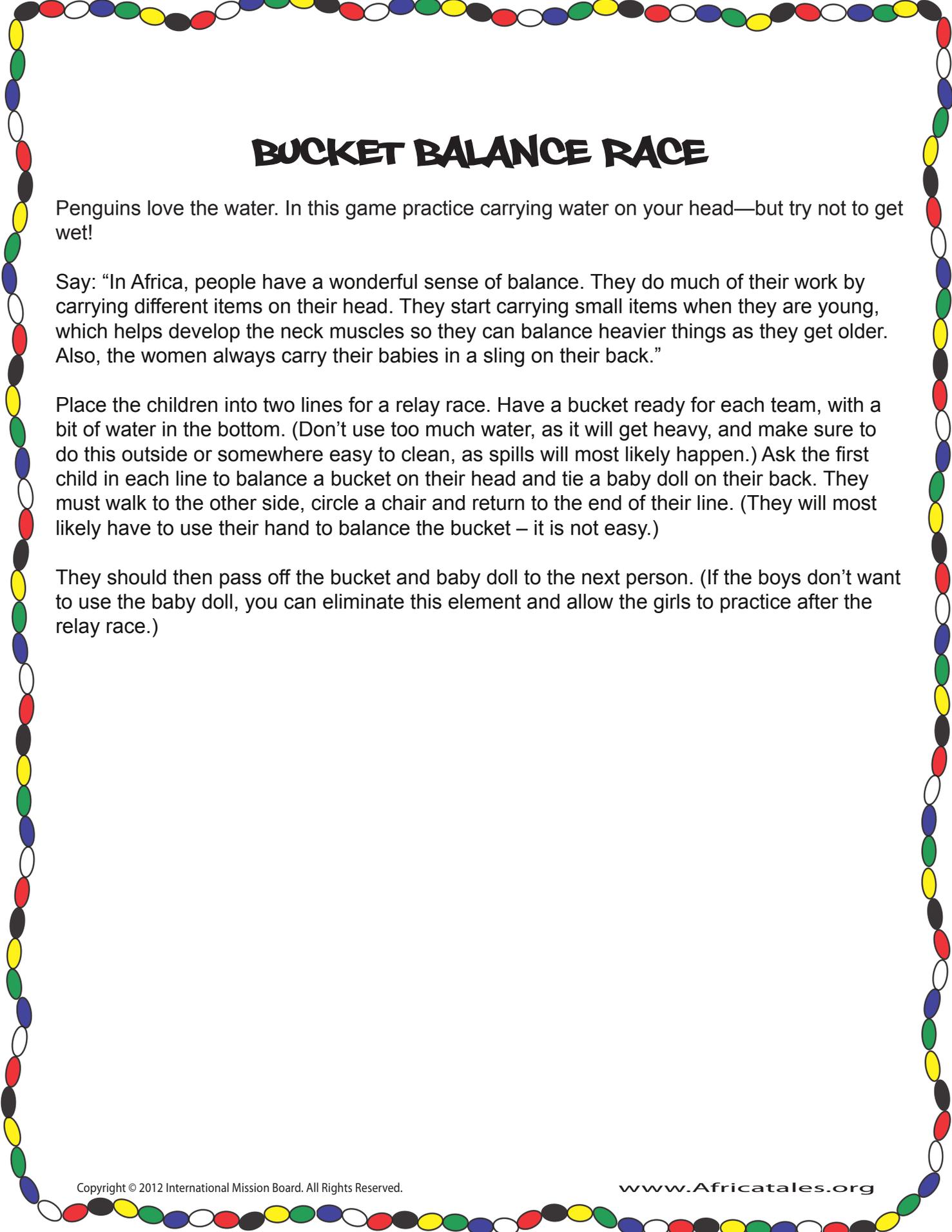
Glue (Hot glue will hold better and dry quicker, but regular glue will work fine if there is no adult available to work the hot glue gun.)

Wiggle Eyes

Instructions

1. Paint bottle black. (This can be done ahead of time if your lesson time is short.)
2. Paint white belly and face.
3. Cut wings out of black paper, glue to sides.
4. Glue on wiggle eyes.
5. Fold up a black pipe cleaner to make a beak, glue to face.
6. Make glasses from pipe cleaner (You may need two, twisted together at the ends to make a long one). Glue to face.
7. Cut a large circle in the felt and glue edges to bottle to make a hat. (Construction paper can be used, but felt will look better.)





BUCKET BALANCE RACE

Penguins love the water. In this game practice carrying water on your head—but try not to get wet!

Say: “In Africa, people have a wonderful sense of balance. They do much of their work by carrying different items on their head. They start carrying small items when they are young, which helps develop the neck muscles so they can balance heavier things as they get older. Also, the women always carry their babies in a sling on their back.”

Place the children into two lines for a relay race. Have a bucket ready for each team, with a bit of water in the bottom. (Don't use too much water, as it will get heavy, and make sure to do this outside or somewhere easy to clean, as spills will most likely happen.) Ask the first child in each line to balance a bucket on their head and tie a baby doll on their back. They must walk to the other side, circle a chair and return to the end of their line. (They will most likely have to use their hand to balance the bucket – it is not easy.)

They should then pass off the bucket and baby doll to the next person. (If the boys don't want to use the baby doll, you can eliminate this element and allow the girls to practice after the relay race.)