

For the Under Sixes

Winter Cooking Activity: Stone Soup



This is a fun way to introduce children to vegetable soup, and an alternative to fruit on cold winter days.

The story of *Stone Soup* is a traditional Swedish folk tale. One version can be found in a Ladybird Reader called *The Magic Stone*.

It's the story of a tramp who uses a stone to 'make' soup – all the while conning the old woman into adding the necessary onions, turnips, beef, barley and milk to really make the soup. You can adapt the recipe to your own preferences.

After reading the story to the children, make the soup together. The children can help peel the veggies and put them in the pot. (A adult should cut up the veggies.)

First put a clean round stone in a pot of water. Then add the ingredients from the story or your own – carrots, celery, onions, parsnip, turnip, swede, parsnip, pumpkin, zucchini. Don't forget some salt.

When soup is cooked, remove the stone and serve. Then together watch a Veggie Tales video on sharing:



Lyle the Kindly Viking explores the theme of sharing.

From **KUCA News Winter 2004** p. 21



Playgroup Corner



Playgroup Ideas for Winter



We all hope it will be a wet winter, but on those days when children can't go outside, it can be tough to know what to do to use up pent-up energy.

If you have a largish area, an indoor 'soft' obstacle course can be set up using cushions, blankets, chairs and beanbags.

Pile large cushions into a mountain to climb over, drape blankets over chairs to create tunnels to crawl through, beanbags are great to 'swish' through on stomachs, use small cushions as stepping stones, add a few small bean bags or soft balls to throw into buckets, and you not only give children an energy outlet but you have set up activities that use a range of physical skills, in an environment where they can't really hurt themselves. Do supervise them though, as pent-up energy can result in boisterous behaviour when pushing and falls can happen.

If you have a good-sized hall games such as **fruit salad** can be played.



with **Judyth Roberts**

Former TAFE lecturer in Play

Community Development Facilitator
Communities for Children
Seaton Central

and Children's Ministry Coordinator
at Port Adelaide UCA, SA

Foot to foot:

a game to help children learn the names of parts of the body

Children will need a partner. Confident children will be happy to partner another child, shy children might like to do it with a parent/grandparent or carer.

Pairs find in a space to stand in. The leader calls out instructions e.g. shoulder to shoulder, knees to knees, cheek to cheek. Each pair puts together the body parts called out.

Make it more difficult by mixing body parts: elbow to knee, nose to shoulder.

When children are confident enough to play it with anyone, have pairs stand in a circle. When the leader calls out "All change!" everyone finds a new partner.

Storytime:

If you'd like a story about waiting for rain, try

Big Rain Coming
by Katrina Germein
ISBN: 0-14-350045-7



A remote Aboriginal community out of Katherine celebrates the coming of rain to a parched land and parched people.

Indigenous artist Bronwyn Bancroft's illustrations will give even small children plenty to explore, enjoy and learn from. The mood in each picture is almost tangible, the celebration glorious!

From **KUCA NEWS Autumn 2007**
page 20