

Clean Air Day

Move. Play. Learn.

Activity Kit

Fun, creative, and educational activities for kids, youth, adults, and families.



What you'll find in this kit

Move, play and learn with this set of activities, games, and crafts. Learn about active transportation, health, and environmental stewardship.

Choose one, or do them all!

Each activity includes simple steps or instructions, a list of supplies or materials you will need, and examples for inspiration.

- Clean Air Day Pledge
- Bubble-ology: The Science of Bubbles
- Zoom-ba: Live Zumba for Kids
- Hit the Road: Stroll or Roll
- Play Zone: Run, Jump, Romp
- Clean Air Game: Keep your air clean
- Local Food = Clean Air
- Spring Scavenger Hunt
- Reduce, Reuse, RECYCLE
- Air Quality and Pollution: Understanding Clean Air
- Having a Hoot: Keeping birds safe



CLIMATE CHANGE
CONNECTION



Prairie Wildlife
Rehabilitation Centre



FortWhyte Alive
HUMAN. NATURE.

Clean Air Day

PLEDGE

I pledge to...

What's something you can do that's good for your body or the planet?



Bubble-ology

The Science of Bubbles

Learn all about BUBBLES

Make bubbles, build a wand, and see what bubbles are all about with fun experiments!

What you need

- Bowl
- Water
- Dish soap
- Household items (see Step 2)
- Tape, white glue, or hot glue

Getting Started

VIDEO - BUBBLE-OLGY

Watch this video to learn what bubbles are, and see some cool experiments you can do with your bubbles.

Step 1

Make the bubble solution using the easy bubble recipe. 

Step 2

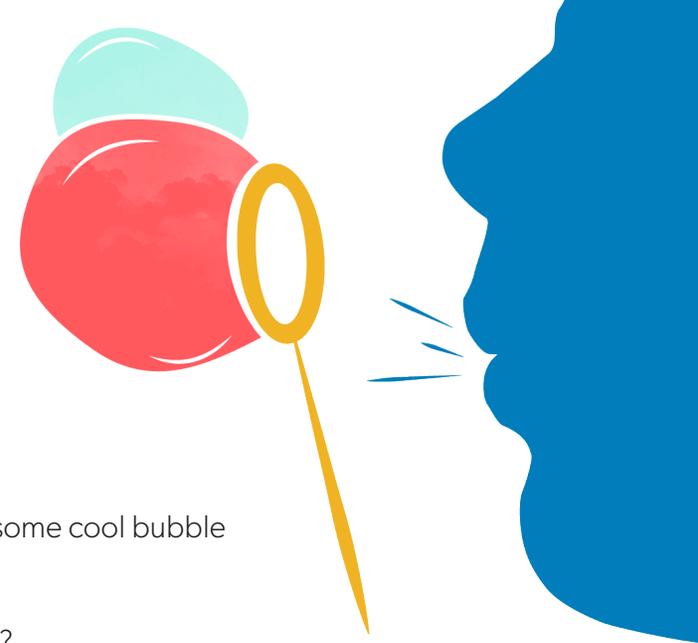
Make your own bubble wand! Use items from around the home for the wand and loop, and glue or tape them together. Try making two different types and see what one works best.

Handle Material Ideas

Pencils, used plastic straws, paint brush, stick

Loop Material Ideas

Beverage container rings, yoghurt containers cut into thin pieces, old wire coat hangers, etc.



Step 3

Make bubbles and do some cool bubble experiments!

Can you carry a bubble?
What's the biggest bubble you can make?

Bubble Recipe

- 6 cups water
- 1 cup dish soap
- 1 TBSP vegetable glycerin OR ¼ Cup honey or corn syrup (optional)
- 1. Pour the water, dish soap and glycerin (if you have it) together in a large container or bowl.
- The glycerin/honey will help the bubbles last longer.
- 2. Mix carefully, trying to not get any bubbles or foam.
- 3. For strong bubbles, let it sit for 4 - 8 hours. Too excited to wait? You can use them right away.



Zoom-ba

Live Zumba with Hazel



Stay fit, and have fun

Move your body and enjoy some great tunes with Zumba Fitness for kids! Part dance, part aerobics, all fun.

What you need

Comfortable clothing
Running shoes or sneakers (optional)
Computer
Speakers

LIVE Class - Zumba on Zoom

June 3, at 10:00 am - 10:30 am
30 minutes of live zumba, with Hazel.

Join us and others in Manitoba! Start your day with some fun :)
You'll need speakers set up so you can hear Hazel and the music!

1. Go to zoom.us
2. Type in the Meeting ID: 303 837 751
3. Enter the Password: cleanair



Online Videos for Zumba anytime

Family Fun Cardio Workout

(15 minutes)

<https://www.youtube.com/watch?v=5if4cjO5nxo>

Zumba Kids Dance Party

(13 minutes)

<https://www.youtube.com/watch?v=FHo9Qaj1Dyl>



Hit the Road

Go for a Stroll or Roll

Explore your neighbourhood

See new places or visit a favourite place. Enjoy being outside!

What you need

- Shoes
- Map (optional)
- Scooter, skateboard, rollerblades, or anything that rolls (optional)

Getting Started

Pick a place you want stroll or roll to (on foot or with your bike, scooter, skateboard, segway, rollerblades, wheelchair or anything that rolls).

Use [Google Maps](#) to look at routes that are good for walking and biking. Find bike lanes and walking paths near where you live!

Step 1

Go outside, and start exploring!

Step 2

Make your walk exciting and fun with walking games!

Get more ideas from [PartcipACTION](#).



Walking Games

Follow the Leader

- Whoever is "it" gets to decide **how** everyone will walk – like a monkey, a kangaroo or a bear, and **where** the group walks – across rocks, along low retaining walls or other low to the ground structures.

I Spy

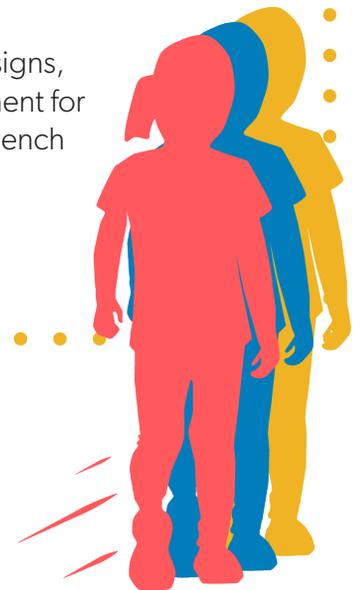
- I Spy is a classic! The person who is "it" chooses an object within sight of all the walkers and says, "I spy, with my little eye, something that ... " and give a clue, colour, shape, texture or use, for what the object might be. Whoever guesses the object is "it" next.

Catch or Kick

- Take a ball with you while you walk and toss or kick it from one walker to another! If walking along a path or trail with lots of space, kick the ball ahead and have the next person chase it and kick it further.

Find the Alphabet

- Find the alphabet from A to Z. Finding street signs, things in yards, or parts of the urban environment for each letter of the alphabet. Like apple for A, bench for B, and Century St for C.



Play Zone

Run, jump, romp!

Shake it off

Get moving and breathe in some sweet fresh air!

What you need

Comfortable clothing

Running shoes or sneakers (optional)

Walking Stilts

Make your own stilts with some rope and old buckets. The larger the stilt, the more tough the challenge!

Materials

Handle: string, old rope, shoelaces, or skipping ropes

Stilt: Paint cans, buckets, or pails

Drill or scissors

Step 1

Cut two handles that are the length of your wingspan (arms stretched out, fingertip to fingertip)

Step 2

Cut or drill two holes in the side of the stilt (can, bucket, or pail). Put the end of the handle through the hole, and tie a large knot

Step 3

Stand on top of both stilts. Grab onto the handles, and start walking!

Get more info from [DIY Walking Stilts for Kids](#)



Obstacle Course

Transform your living room or backyard into an obstacle course!

Some things you may want to use

Pillows

Chairs

String

Small trampoline

Anything you want to hop, crawl, climb or run around

Set-up

Create a course with different challenges

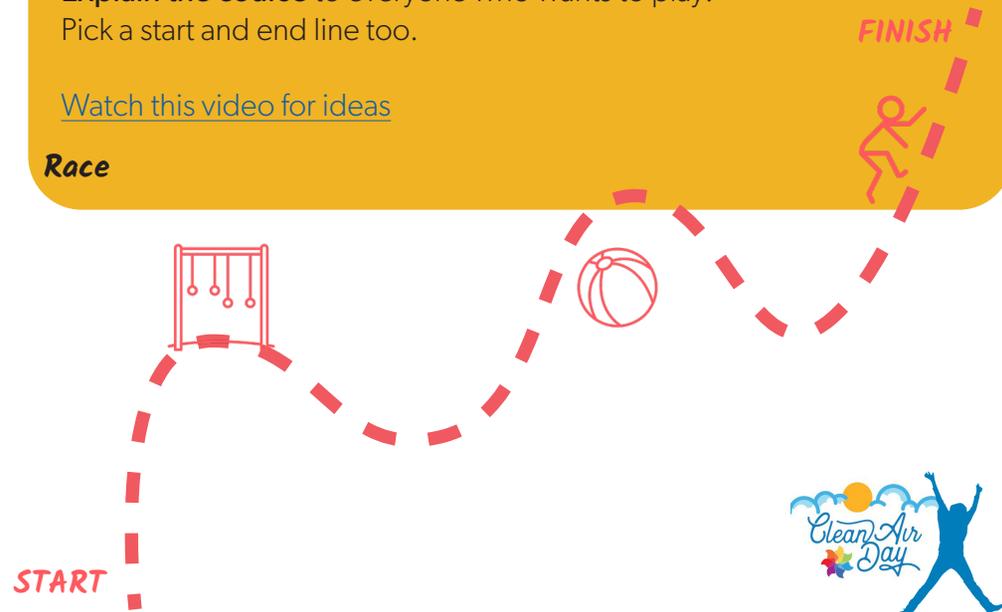
Some things you may want to include: jump on a small trampoline, walk along a line or balance beam, or crawl through a tunnel. Be creative, and think outside the box!

Explain the course to everyone who wants to play!

Pick a start and end line too.

[Watch this video for ideas](#)

Race



Clean Air Game

from Green Teachers

Learn about air quality and climate change

Can YOU keep our air clean and take action on climate change?

What you need

- Paper
- Game board
- Four (4) Player pieces
- Fifteen (15) point peices, per player
- One (1) dice

How to Play

1. Get the game board from greenteachers.com (or make your own!)

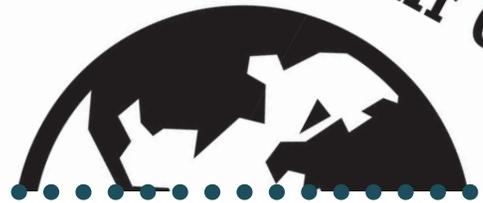
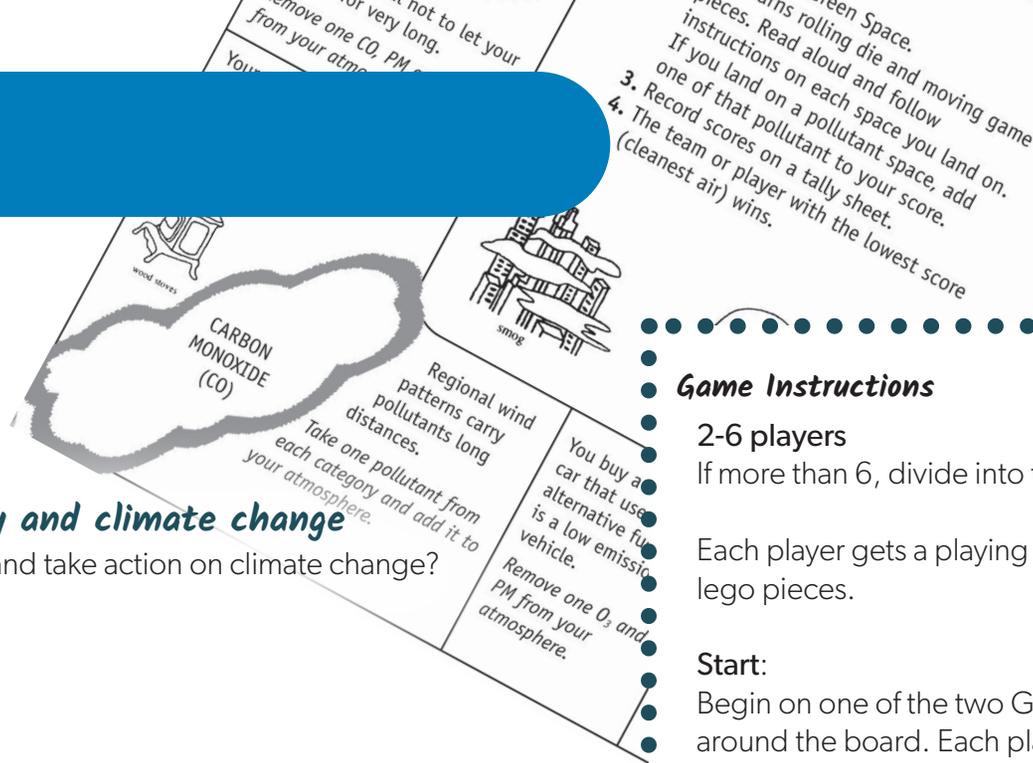
[Download Game Board PDF](#)

2. Read the instructions
Simple instructions here



Get the full detailed instructions:
greenteacher.com/the-clean-air-game/

3. Start playing!



Game Instructions

2-6 players

If more than 6, divide into teams.

Each player gets a playing piece. Try small toys, lego people, or lego pieces.

Start:

Begin on one of the two Green Spaces and move clockwise around the board. Each player begins their turn by rolling the dice. Move the spaces you rolled, and read aloud the description on that space. Add or remove pollutants from your atmosphere as directed.

Scoring:

Players keep track of their own scores. If in teams, only the total team score is what matters. The team or player with the lowest score (cleanest air) wins the game.

Keep score on paper, or use point peices (peices of cheerios, dried fruit, chips, nuts, etc). These peices represent pollution.

Each player starts the game with 15 pieces, a handful is placed in the center of the game. To remove pollutants, players eat the ce-real pieces in their air. To add pollutants, they take pieces from the center of the board and add them to their own pile.



Local Food = Cleaner Air

Choose activities below to discover how buying local food can help clean our air.

Local food is food that is made in Manitoba.
Clean air is air without chemicals and harmful gases.



1



FOOD ART: Make someone lunch with as many local foods as possible but the challenge is to arrange the food so it looks like a face or an animal.

2



VIDEO: An easy way to get local food is to go to a farmers market. Watch this FRESH story to learn more about Manitoba's largest farmers' market and how it helps clean our air.
<https://vimeo.com/72919971>

3



FOOD MATH: The average plate of food travels around 1200km. How many km has your favourite meal travelled? (write down the main ingredients of your favourite meal, look at food labels to see where it is produced, then go to the milage calculator in Google maps and add up how many km the ingredients have travelled in your favourite meal.

4



INVESTIGATE: Food that is good for our air follows "The 5 N's Rule": Nearby, Naked, Nutritious, New Now, and Natural. Can you find a food item that follows each rule and one that follows all the rules.
Visit <https://bit.ly/2W2VzsJ> for more details about the rules.

5



GET OUTSIDE: Go for a walk around your neighbourhood and look around to find food in your community. When you get home make a list of all the things you found.

6



INTERVIEW and WRITE: Talk to a caregiver about food when they were your age or farmers in the family. Write about what you discovered - more details the better.

Spring Scavenger Hunt

from Fort Whyte Alive

Go outside and explore your environment.

See how many of these you can find!



Recycling Word Search

Find all of the recycling words listed at the bottom of the page in this word search. They can be forwards, backwards, up, down or diagonal.



E U W I W T B Z S B S I V K T K R P B N
 C A N C Z C F Q Q O C R Q I P E Z O I P
 I J S P R G F R Z Z P F P M C R Y O N S
 Q A R W Q E A R X I W G Y Y E H Z L J G
 N I B G N I L C Y C E R C N E D D S A D
 T W J T H I K J W B R L I I B Z L U M Z
 N N O A M N U N M I E A Q E U A B I I C
 X J E H R I M V M E T V K L U P C B N L
 U S K M C V U K V N O N E M K N G O U F
 I J D E N L B E O G P A S R E K X M U N
 S W B K N O R C U A F D P O A L X M Q J
 T O J B N Y R R W X V E G F V G T U V P
 X W O F W P L I A L U M I N U M E T Y Y
 H A T H N F Q R V R V V M T N C Q F O M
 P K E M O B S U S N C I T S A L P W F B
 Q R C Z T M I W S L E W B J C K X J P X
 E B O N R W Z S M D H F N Y C F J W F P
 L J T H A W A A K K I K I A R V U K H X
 T F C X C L Y L K M V Y L W N X W X U B
 O T W I G S P T V F P L U E G C G U V K

RECYCLE
EVERYWHERE



Aluminum
Beverage
BINjamin

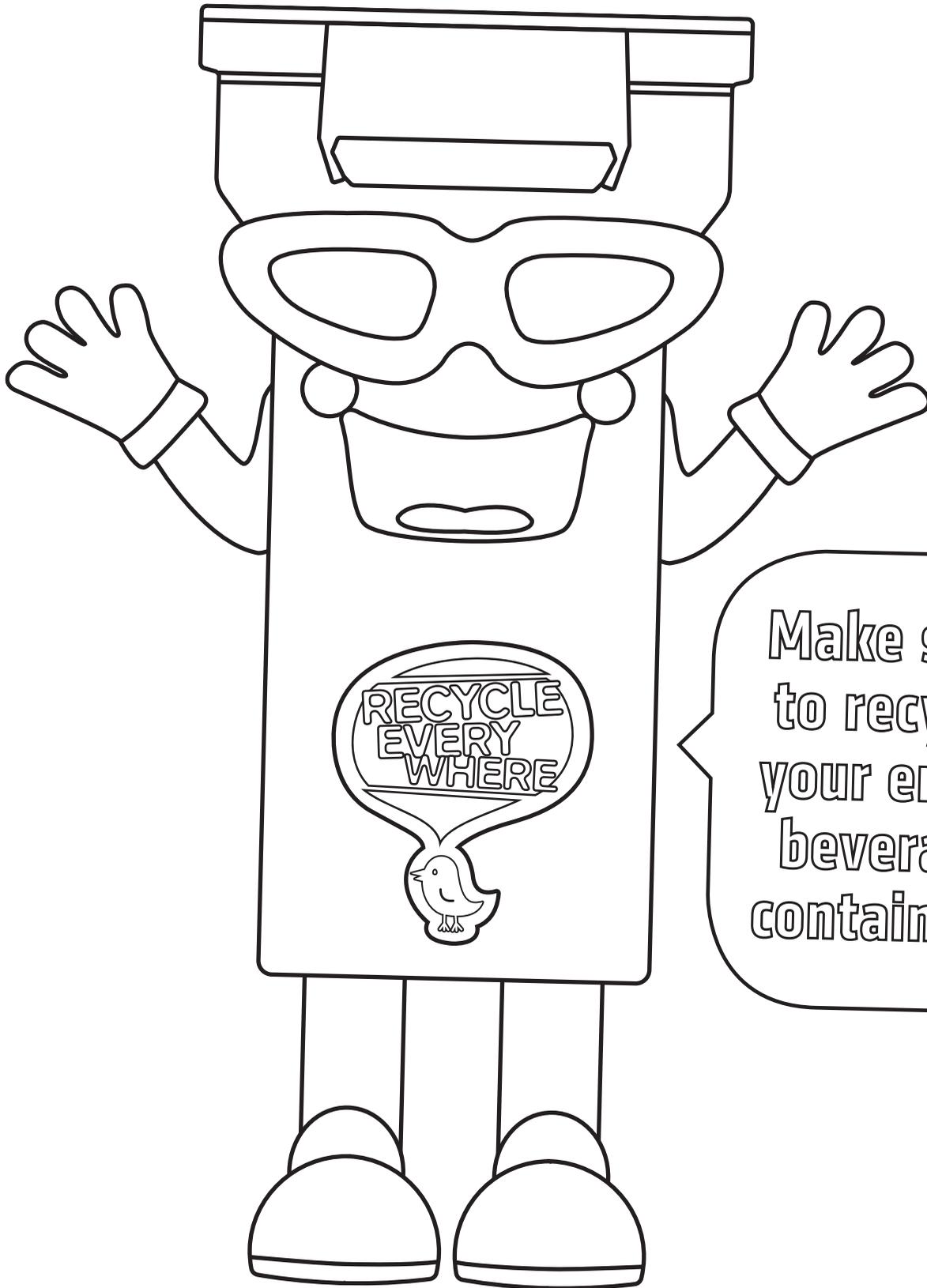
Bottle
Can
Carton

Container
Environment
Glass

Juice Box
Mobius Loop
Plastic

Recycle Everywhere
Recycling Bin

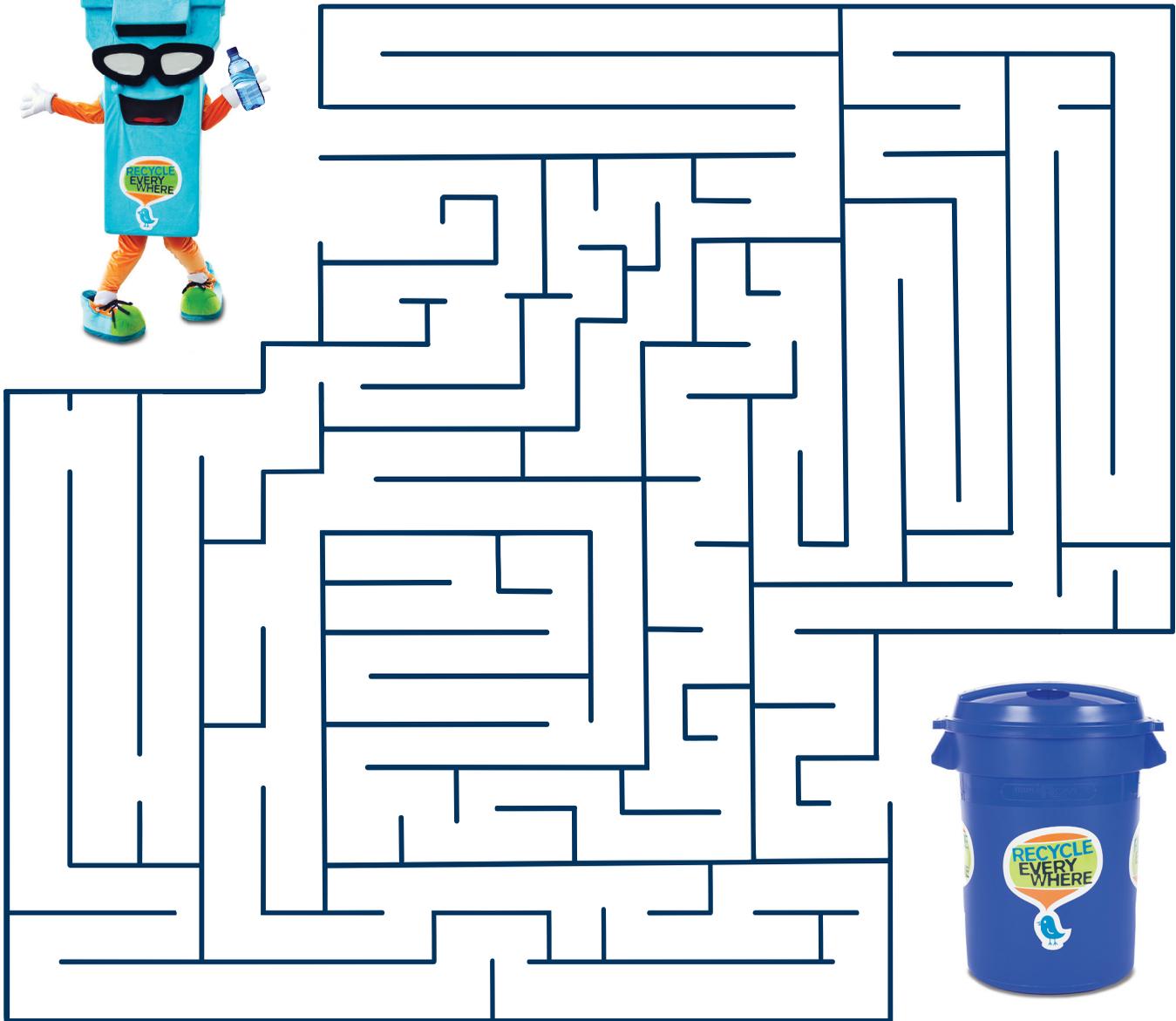
Colour BINjamin!



Make sure
to recycle
your empty
beverage
containers!

Help BINjamin!

I need to recycle my empty beverage container.
Can you help me get to the Recycle Everywhere bin?



What do they become?

Match the empty beverage containers with what they can become.
Need a hint? Check the book for clues.



Aluminum



Plastic



Glass



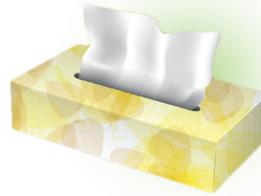
Cartons & Juice Boxes



Road Base



Bicycle



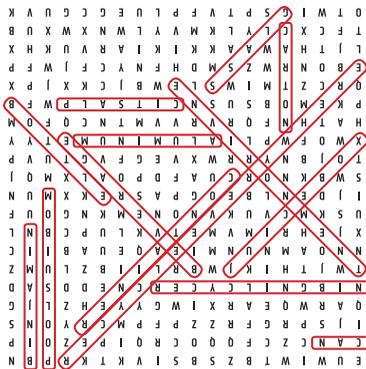
Tissue Paper



Upholstery

Answers

Turn this page upside down to see the answers.
Thanks for playing!



Recycling Word Search



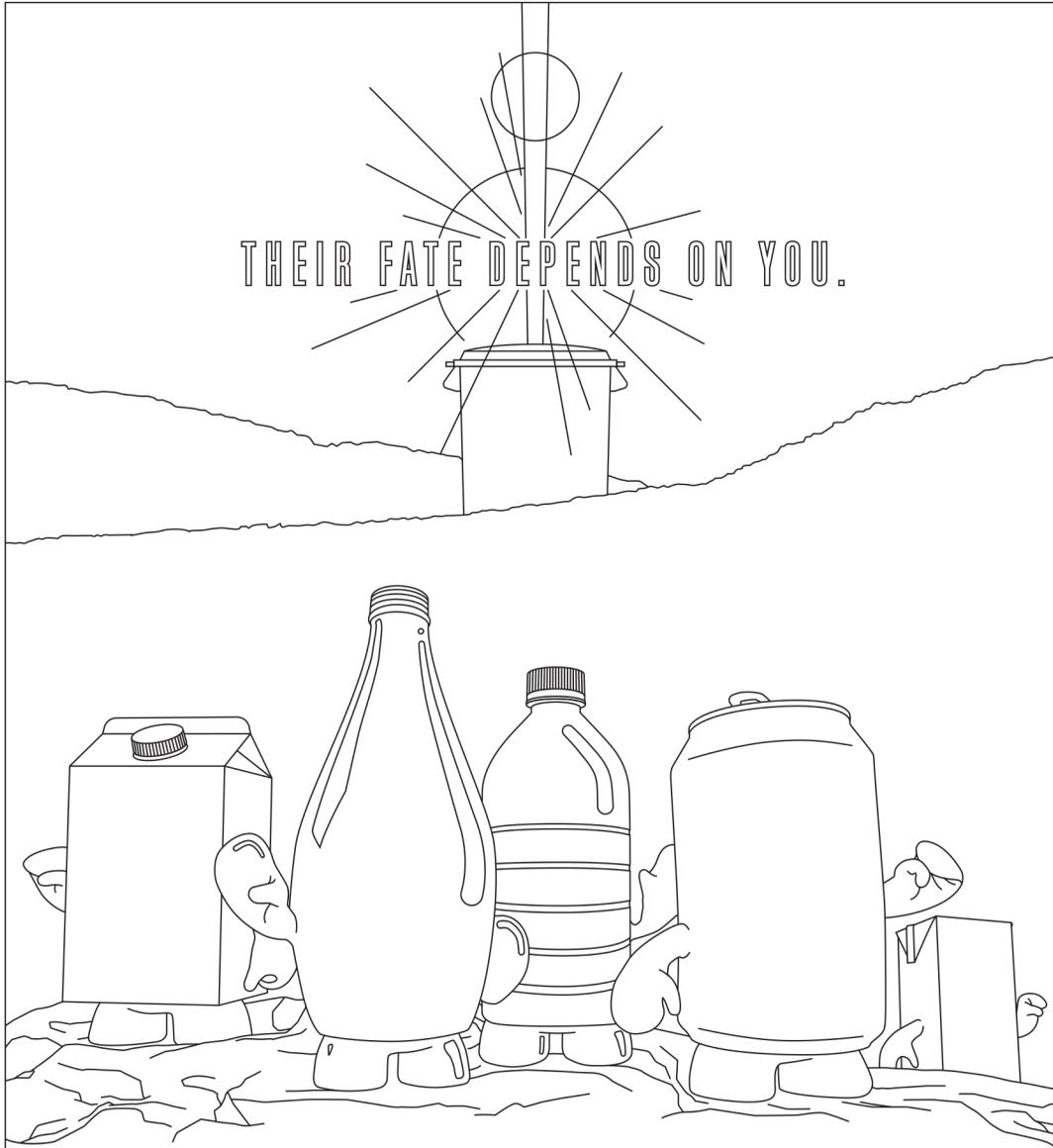
Help BINjamins!



What do they become?

Colour The Right Stuff!

THEIR FATE DEPENDS ON YOU.



RECYCLE THE
RIGHT STUFF

Air Quality and Pollution

Understanding clean air

Air quality can be measured

There is a scale, called the Air Quality Health Index (AQHI), to help us understand if air is clean or dirty. Watch these videos and then do an activity to learn about AQHI from the Government of Canada.

What you need

Computer
Speakers
Internet

What are you breathing today? Video

Watch this video to learn about the Air Quality Health Index from Health Canada.

What AQHI is, and how to understand it.

[Video>>](#)



The Science of Air Pollution

Environment Canada has put together some resources and posters about air pollution. Learn about the different gases, and impacts on the environment and human health

[Go to Environment Canada website>>](#)

Air Quality and Weather Videos

These three videos from Environment Canada talk about how weather can affect air pollution.

"An upside down morning" - Thermal Inversions

[Video>>](#)

"A view on smog" - Topography

[Video>>](#)

"Far-reaching smog" - Long-range pollution

[Video>>](#)



An Upside-down Morning

Having a Hoot: Keeping Birds Safe

with Prairie Wildlife Rehabilitation Centre

Help keep birds safe with window painting

Here is a fun and great way to minimize bird window collisions to help keep birds safe!

What you need

- Bar of soap (or tempera paint that will wash off with water)
- Paint brushes

How it Works

Birds fly into windows as they often see a reflection of trees. They are trying to fly towards the trees, without realizing that it's a window.

By painting with soap or washable paint, it breaks up the reflection and let's birds know that it is a solid surface that they can't fly through.



Instructions

1. If using a bar of soap - wet the bar of soap and work up a lather. This will be your 'paint'
If using paint, put it in a small container that is easy to hold.
2. Take your paint brush and dip it in the lather. You may find that rubbing the bar of soap with a bit of water on the paint brush works better for a lather.
3. Then on the exterior of your windows - start painting! It can be simple pattern like polkadots every 2 inches, or be creative and paint beautiful images. Just make sure that the majority of the window has a drawing or pattern.

Repeat on all your windows!