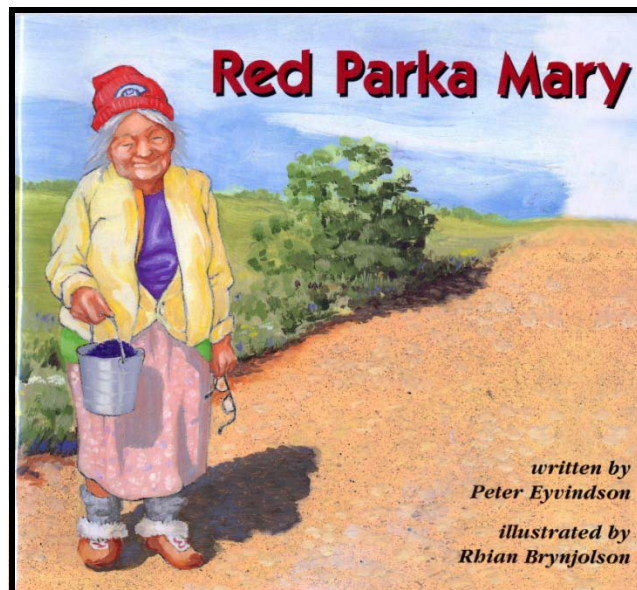


Red Parka Mary

by

Peter Eyvindson

Little Chefs Program



NWT Literacy Council

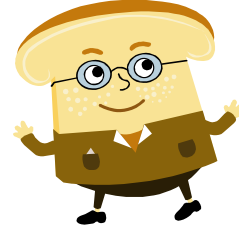
Red Parka Mary

What you will need for this session:

- A copy of *Red Parka Mary* by Peter Eyvindson

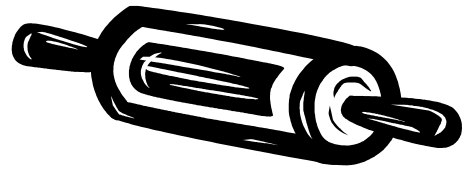
Recipe Ingredients (for each child):

- 2 slices white bread, crusts removed
- 2 tablespoons butter
- 2 tablespoons cinnamon sugar
- 2 tablespoons icing sugar
- 1/8 teaspoon water



Cooking Tools:

- Rolling pin
- Butter knife
- Small bowl
- Mixing spoon
- Tablespoon to drizzle frosting



Craft supplies:

- Copies of the parka, mitts and boots templates for each child.
- Crayons, markers or paint.
- Small, dessert size paper plates
- Yarn for hair
- Collage items for decorating: feathers, pompoms, etc.
- Glue sticks

Session Plan

1) Begin your session with circle time.

- Sing your good morning song
- Take requests for favourite songs to sing!

I have a friend
Whose name is _____
And we have fun together.
We laugh and play
And sing all day
In any kind of weather.

From CanTeach (www.canteach.ca)

2) Read “Red Parka Mary.”

3) Get ready to cook your morning snack.

- Everyone needs to wash his or her hands!
- Put on smocks or aprons.



- Take out the cooking tools and ingredients. Place all tools and ingredients in the middle of the table so that you won't have to disrupt the cooking to get something.

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- Explain that everyone will have a chance to help make the sandwiches.
- Place the laminated recipe on the table and follow it.
- While one teacher cooks, the others may engage the children in clean up (including washing hands again if necessary).
- Enjoy your snack!

Snack Time Recipe – Cinnamon Sugar Roll-Ups

For each child, you will need:

- 2 slices of white bread, crusts removed
- 2 tablespoons butter
- 2 tablespoons cinnamon sugar
- 2 tablespoons icing sugar
- 1/8 teaspoon water, or as needed

- 1) Roll the bread slices with a rolling pin until they are very flat.
- 2) Butter the bread, and sprinkle it with cinnamon sugar.
- 3) Starting on one side, roll up the bread slice until it is tight. Repeat with the second bread slice.
- 4) Cut the bread rolls into 2cm slices.
- 5) Mix the icing sugar with the water in a small bowl to make a thin frosting. Drizzle the frosting over the bread slices, and serve.

Craft – Puffy Heart

- 1) Cut out two large hearts from red or pink construction paper (or any other color that you like).
- 2) Let the children decorate their hearts with finger-paint, markers, or other smaller heart shapes. Let them dry.
- 3) Line up the two hearts and punch hole around the outside, about 1cm apart.
- 4) Cut about 1m of yarn and wrap the end in scotch tape. Use it to stitch the two heart pieces together. Leave one side open so you can stuff it.
- 5) Stuff the heart with crumpled tissue paper (about $\frac{1}{2}$ piece is enough). Finish stitching the heart and tie a knot.
- 6) Cut long pieces of tissue paper for streamers and, making a tail, staple to bottom point of heart.



Craft – Me and My Parka

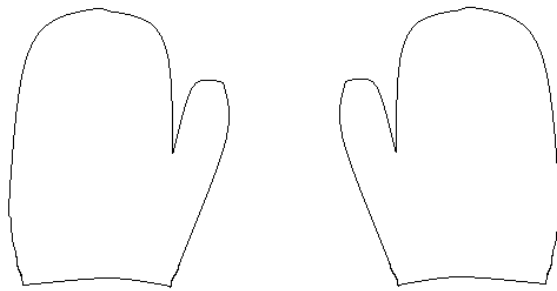
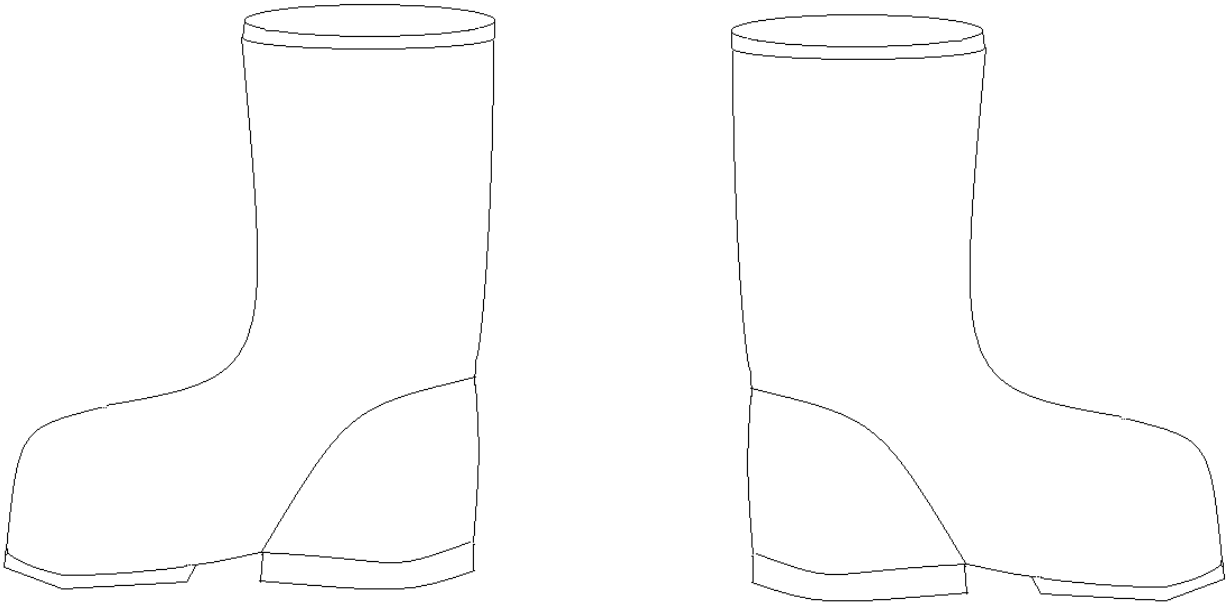
You will need:

- Parka, boots and mittens templates (on the following page)
- Markers or crayons
- Collage items such as ribbon, pompoms or felt
- Glue sticks
- Small paper plates
- Yarn

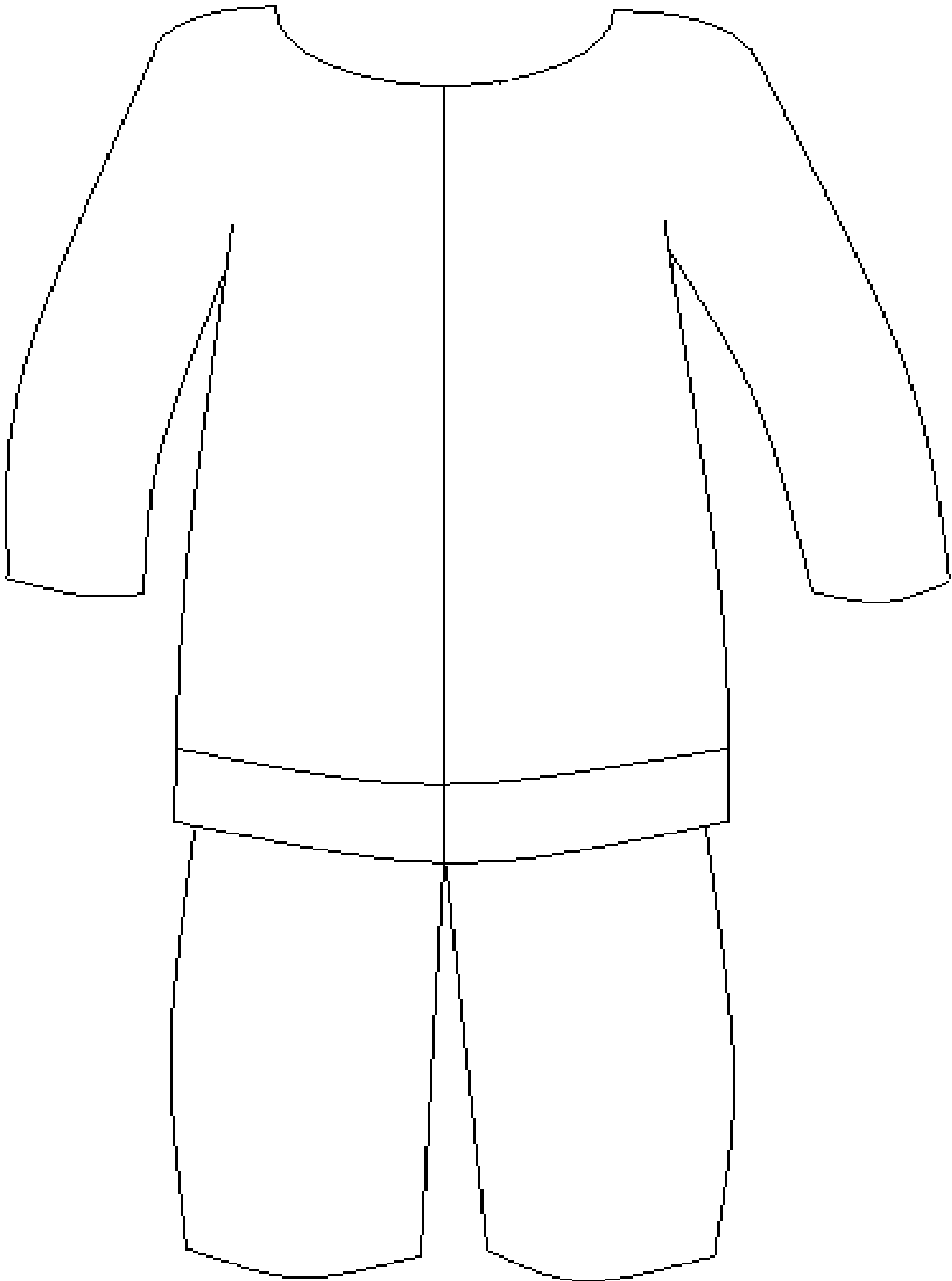
- 1) Cut out and colour the parka, the boots and the mittens on the following pages. You can choose which parka you would like.
- 2) Use fun collage items such as pompoms, feathers, glitter, ribbon, felt and foam to decorate the parkas.
- 3) Give each child a small paper plate and allow them to create a “self portrait” on the plate, using yarn for hair.
- 4) Glue the face, parka, boots and mitts together to make a self-portrait.



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