

## Activity and Teacher's Guide: *Recess at 20 Below*

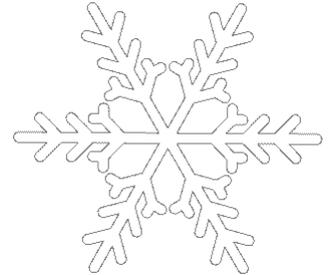
Photographs and Text by Cindy Lou Aillaud  
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*Recess at 20 Below* introduces children 5-10 years old to the wonderful joys of their favorite part of the day: recess! Join this outdoor school adventure with kids from the frozen north as they show peers the fun and excitement of playing in the snow and cold! Happy reading!

### Reading/Writing/Language Arts

1. Read *Recess at 20 Below* and answer the following questions:

- What months out of the year does Alaska have snow?
- Why do the kids zip their parkas as high as the zippers will go?
- What article of clothing goes on last? Why?
- How does the sledding hill grow and grow all winter long?
- What will happen if you touch your tongue to metal? What will a teacher have to do as a result?



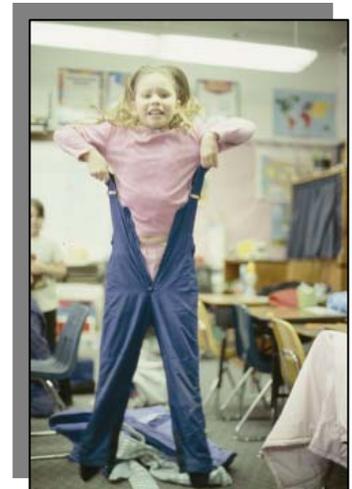
2. Write a story or poem about your favorite thing to do during recess. Do you do the same thing every day or do you do different activities throughout the week? Draw a picture to go with your story or poem.

3. Using the letters of your first name, describe what you like about recess. Use actions, playground equipment, and emotions. After you have finished, share with the class! For example: **CHRIS**

**C** climbing monkey bars  
**H** happy  
**R** running  
**I** ice skating  
**S** slide



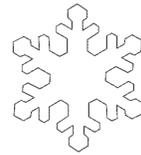
4. Kids in *Recess at 20 Below* wear a lot of clothing to stay warm while they are playing outside. What is a **parka**? Does it go on your head? Your feet? Where?



## Science/Natural History



1. Imagine you are playing outside in 20 below weather. Using your five senses: seeing, hearing, touching, smelling, and tasting, how would you describe being in this environment? Share your senses with the rest of the class.
2. What do you notice when you are outside during recess. Make a list of what you see and decide if they are living or nonliving things. (Example: tree— living, swings— nonliving.)
3. The children in *Recess at 20 Below* are from Delta Junction, Alaska. Can you find Delta Junction, Alaska on a map? See how far away this city and state are from your home state.
4. When a moose is on the playground in *Recess at 20 Below* the students have to stay indoors. Why do you think they can't play outside with the moose? What other reason would make the kids stay indoors?
5. What does the title of the book *Recess at 20 Below* mean? Does this have anything to do with temperature? What is the temperature when you are at recess?
6. What other animals are mentioned in *Recess at 20 Below* besides the moose? Do you think any of them have strange habits as mentioned in the book? What are they?
7. Snowflakes are not only beautiful but very fascinating. Do you think all snowflakes are the same? How is snow made? (Hint: Go to [http://www.faqkids.com/idx/4/082/article/How\\_is\\_snow\\_made.html](http://www.faqkids.com/idx/4/082/article/How_is_snow_made.html) to find the answer.)
8. Ice Experiment! Predict whether you think holding ice cubes will melt faster in your bare hands or with you wearing mittens. Do the experiment and see if you were right!



## Math

1. Snow is on the ground in Alaska from September through April. How many months total do the children get to play in the snow?
2. The students in *Recess at 20 Below* first go out to recess at noon because that is the lightest part of the day. If they play until 12:45 how long will they have been at recess?
3. Do you think a snowflake is larger than a raindrop? Smaller? Do you think it is heavier than a raindrop? Lighter? Take a class survey and using the class results make a graph representing the classes answers.

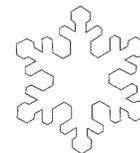
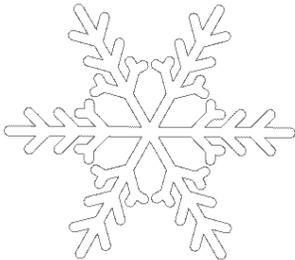


## Art

### 1. Make Crystallized Snowflakes!

Crystallized Snowflake Supplies: white pipe cleaners, string, pencil, wide mouth jar, Borax, tablespoon measurement, blue food coloring

Cut a white pipe cleaner into 3 equal sections. Twist them together to make a six-sided flake. Tie string from point to point to form a pattern. Tie a piece to the top of one of the pipe cleaners and tie the other end to a pencil (this is to hang from). Fill a wide mouth jar with boiling water. Mix in Borax one tablespoon at a time (3 tablespoons per cup of water). Stir until dissolved. There may be some settling but it will be okay. You can add a little blue food coloring at this point to tint the flake. Insert the snowflake in your solution totally submerging the flake. Rest your pencil on the top of the jar letting the flake suspend freely in the solution. Wait overnight and the next day you will have a snowflake covered with tiny crystals. A huge success!



## Other Activities

### 1. *Recess at 20 Below* Word Find!

S	N	O	W	F	L	A	K	E
E	N	W	S	O	C	C	E	R
L	R	O	M	O	O	S	E	A
C	E	A	W	T	S	I	C	E
I	C	K	F	B	O	O	T	F
C	E	R	O	A	A	B	A	R
I	S	A	R	L	W	L	H	A
F	S	P	T	L	C	K	L	C
P	G	N	I	D	D	E	L	S

Find these words from *Recess at 20 Below*! They can be found across, down, diagonal, and backwards.

**BOOT**  
**FOOTBALL**  
**FORT**  
**HAT**  
**ICE**  
**ICICLE**  
**MOOSE**

**PARKA**  
**RECESS**  
**SCARF**  
**SLEDDING**  
**SNOWBALL**  
**SNOWFLAKE**  
**SOCCER**

## 2. Make Polar Ice Cap Treats!

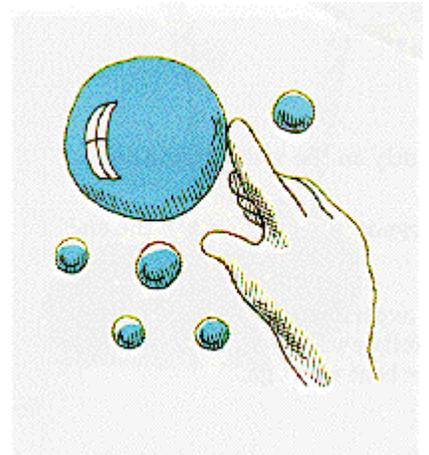
Polar Ice Cap Ingredients: blue Kool-Aid (prepared as directed), ginger ale, vanilla ice cream, clear glass, straw.

1. Put the Kool-Aid and the ginger ale in the refrigerator until they are cold.
2. Fill a glass almost halfway with blue Kool-Aid.
3. Add ginger ale almost to the top of the glass.
4. Drop in one big scoop of vanilla ice cream.
5. Enjoy your "Northern" drink with a straw!

## 3. Freeze a Bubble!

If the weather outside is below 32 degrees, you can take your bubble activities outdoors. Blow a bubble and catch it on the wand. Wait and watch as it freezes. It will turn into a crystal ball and then shatter like glass! The children will see the ice crystals form. You can also do this with large bubble wands. Dip the wand into the bubble solution but do not blow a bubble. The crystals will form across the mouth of the wand. Have fun!

(Activities provided by <http://www.perpetualpreschool.com>)



### *About the author*



**Cindy Lou Aillaud** grew up in western Washington with rainy winters. She always longed to play in the snow. Shortly after graduating from Washington State University she headed north to Alaska to teach school north of the Arctic Circle in Arctic Village. Since 1979 she has been living in Delta Junction where she has taught elementary students at nearly every grade including special education. She currently teaches physical education and has every child in the school as one of her students! She loves teaching and now enjoys playing outside in the snow with her students during recess. It was during a year that she was teaching kindergarten and playing outside on a very cold, twenty below day during recess in November that she was inspired to begin the project of *Recess at 20 Below*, her first book. At a photography workshop she had the opportunity to meet several *National Geographic* photographers and

was surprised to hear them tell her that it would be a dream to photograph Alaska. She realized that as a teacher during recess she had a perfect opportunity to share two of her passions, teaching and photography. *Recess at 20 Below* allows Cindy and her students to share a little glimpse of a favorite part of their day. Cindy's teaching accolades include being chosen as one of thirty-nine **Disney Teachers of the Year** for 2004, selected from 150,000 nominees. As a **Fulbright Memorial Fund Scholar** she traveled to Japan learning about their culture so she could share that new understanding with her school and community. Cindy and her husband, Whit, have two sons, Jason and Brian, who were born and raised in Alaska.

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