

PERSISTENCE WEEK: Silly Olympics

There is perhaps no greater demonstration of persistence in action than an Olympic athlete. These men and women have made it their life's work to continually challenge themselves to be the best they can be, and to be the best in the world. There may not be a Summer Olympics happening this year, but there can be a **Silly Olympics** happening next week in and around your home! Being able to laugh and stay silly as you approach challenges is also a great support in helping us all learn to persist!

MORE ABOUT OLYMPICS

Find out more about the [history of the Olympics](#), including what the original events were, in Ancient Greece 2,700 years ago!

Take a look at [amazing moments](#) throughout Olympics history, including sticking with it through injuries to take the gold, winning when the odds are stacked against you, and setting records that stood for almost 50 years. Persistence personified!

MORE ABOUT PERSISTENCE

Kids start building a foundation for this characteristic at birth. Infants, toddlers, and preschoolers have no shame and very little fear of failure. We can help to nurture that natural grit for the long haul by letting our kids take on challenges and learn from both successes and setbacks. Fun, physical challenges are marvelous ways to give kids practice with persisting, and this week is full of that!

To find out more:

[How to Raise a Kid with Persistence and Grit](#)

[It's Okay to Let Kids Fail](#)



AALIYAH READS!

This week, our fantastic nine-year-old summer reader Aaliyah will read *After the Fall* by Dan Santat.

Watch and listen here! You can also purchase this book for your home library [here](#).

SPREAD THE SILLY! Share photos and stories of the silly challenges you're up to this week using #tinkergarten and #outdoorsall4 or in our free [#OutdoorsAll4 Facebook group](#).

ABOUT TINKERGARTEN Tinkergarten® is your guide to purposeful outdoor play—the kind of play that helps kids become healthy, capable and confident learners.

WARM UP THE OLYMPIC MUSCLES

- **Baby massage:** Help your wee athlete warm up their muscles and awaken their senses with a baby massage. Watch how to do this [here](#).
- **Song and movement:** Sit with baby on your lap or across from you and play song and movement games together. Two of our favorites are Pat-a-Cake and This Little Piggy.
- **Tummy Time:** To inspire a little extra tummy time, get down with your baby and slither together like snakes or wiggle like worms.

MAKE A SILLY CHALLENGE JAR

- Reuse the Kindness Jar from *Empathy Week* if you have one.
- If not, turn an ordinary jar into a ‘Silly Challenges’ jar. Decorate it any way you want.
- Print the following page of Silly Challenges, cut them out, and put them in the jar. Make up your own and add them as well. Pick from the jar every time you’re ready for a new silly challenge.

MAIN EVENT: OBSTACLE COURSE

- Set up a “course” or series of physical challenges for baby.
- As you set up physical challenges, aim to include one of each of the following:
 - Something to go over (e.g. couch cushions, mountain of pillows)
 - Something to go under (e.g. table, blanket or sheet draped over two objects, a tunnel made of boxes)
 - Something to go around (e.g. couch, chair)
 - Surfaces with a variety of different textures (e.g. wood, fabric, grass)

CLOSING CEREMONY IDEAS

Celebrate with an Olympic parade! Set out some pots and pans and kitchen utensils for a celebratory drum circle. Bring out your homemade instruments from our *Making Music Week* and play along to the Olympic song.





Take a look at this list of ideas. Print out the list, cut out the activities and put them in your jar. **Add your own ideas, too!** Pick one a day (or as many/as often as you want) and start spreading the fun!

Play peek-a-boo.

Throw a ball up in the air, let it fall and make a sound effect.

Stuffies get so hot in the summer. Build a shady hideout for your stuffy to stay cool. Play “bouncy, bouncy baby” on your lap or while holding baby on a yoga ball, or read a story to your stuffy there.

Offer baby a box or container and some nature treasures and show how to put them inside the container. Then, dump them out and invite baby to try it again.

Hide a stuffed animal under a bed sheet or in a box and welcome baby to find it.

Look in a mirror together and take turns making faces and imitating each other’s silly faces.

Sing a song and change up the lyrics to add baby’s name to it.

Make a silly sound and invite baby to try it out. Imitate baby’s silly sounds, too.

Sing one of baby’s favorite songs. Then sing it fast, slow, in a deep voice and in a high, squeaky voice.

Fill a container with some water and make a big splash with your hands and give a big reaction. See how baby responds.

Play “I’m gonna smooch that baby up.” Get closer and closer and then cover baby with kisses.

Lean into gravity. Pick up an object and pretend you are shocked when it drops. Repeat, getting even more shocked each time!

Put something that does NOT belong on your head on your head and ham it up!

Turn a bowl into a hat. Then, a drum. Next, a spinning top...keep going!

