

# 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.

**MAKE FLAGS! (STICK, PAPER, FABRIC, TAPE, ART SUPPLIES)**

- Use fabric or paper to create a flag. Welcome kids to use art supplies to decorate with colors and whatever abstract designs they like. Attach the flag to a stick with tape or, for a longer lasting flag, cut holes and weave the stick through, then wave with pride! (**See our DIY flag activity.**)
- Make a torch using a paper towel tube and colored paper for the flame.

**MAKE A SILLY CHALLENGE JAR**

- Grab an empty jar (You can reuse your Kindness Jar!)
- Print and cut out the following page of Silly Challenges to put in the jar. Make up your own tool 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 that kids can continue to play with all week long. It can be fun to include the torch and use the course as part of your “opening ceremonies”.
- As you set up physical challenges, aim to include one of each of the following:
  - Something to **go over** (e.g stump or piece of wood, box, couch, mountain of pillows, stack of books, bucket)
  - Something to **go under** (e.g. table, low tree branch, bush, blanket or sheet draped over two objects, a tunnel made of boxes or sticks)
  - Something to **balance on** (stack of books, one foot, a log, an uneven rock, two branches in a cross shape, broom handle)
  - Something to **walk along** (e.g. coil of rope, stretched out ribbon, strip of tape, row of pillows, line of coins, line of rocks)
  - Something they have to **get into** a container. (e.g. ball into a bowl, acorns into a box, stuffed animal into a basket, a smaller box into a bigger box, a rock inside a circle made of twigs)
  - Some way to move from **here to there** (maybe they have to: stomp, jump, spin, roll, kick, crawl, hop, tiptoe, “fly,” lunge)
  - At the end, incorporate the ‘torch’ that they can pretend to light.

**CLOSING CEREMONY IDEAS**

At the end of the week, 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!

Spin in circles until you fall down.  
Then, try again  
and see how long you can spin.

Try to balance a stuffed  
animal on your head.

Put your pants on inside out or  
backwards.

Animal race: Move like animals  
(elephants, worms, frogs) to the  
finish line.

Play freeze dance.

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

Hide a stuffed animal and  
see if a grown-up can find it.

Make a silly sound and invite  
your toddler to try it out. Imitate your  
child's silly sounds, too.

Dump out a container of toys.  
Then, see how fast you can  
put them all back in again.

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

Sing "*Head, Shoulders,  
Knees and Toes.*"  
Then do it again- faster and faster!

Without warning, dump a bowl or  
bucket of water over your head!

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!

