

# 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.



# SCHOOL-AGE KIDS: Opening Ceremonies!

## 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 any designs that they feel express who they are. 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, too!
- 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 will take on to be able to get to and light the eternal flame.
- 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

Use cardboard, paper, and other art center materials to create medals for yourself (or others) for the challenges that you were most proud of or excited about.

Have a presentation of honors with snacks, and Olympic music.



# SCHOOL-AGE KIDS: Silly Challenges Jar



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!

Make a giant pile of all of your clothes or all of the sheets in the linen closet. Jump or lay in the pile—When do you ever get to do that?!

Draw a target on a wall with chalk or on a old sheet with washable marker. Make mud balls and aim to see how many you can get close to the center!

Put on a blindfold (bandana, sock, scarf) and arrange 5 objects from biggest to smallest.

Sing *Twinkle, Twinkle Little Star* backwards. Now, sing it backwards as fast as you can.

Build the tallest tower you can using recyclable materials.

Ball up a small piece of paper and use a straw to try to blow it from one end of the room or yard to the other.

Without any warning, dump a bowl of water on your head.

Put on as many sets of clothes as you can and run around the house. Time yourself. Try to do it faster next time.

How many times in a row can you make a basketball bounce?  
How about a tennis ball? Is there another type of ball you can make bounce more?

Fully cover yourself with leaves, sticks, stuffed animals so that none of you is showing.

Put your arms inside your shirt or behind your back and try to brush your teeth or change your clothes.

One person fills their mouth with water and tries to keep it filled while another person tries to make them laugh.

Mark a starting spot. Jump as far as you can from a standing position. Mark it with a stick or some tape. Try to jump farther each time until you reach your record!

Put a potato between your legs and run from a starting point to an end point without dropping it.  
Now try to do it faster.

Make an ice cube melt as fast as you can.

Balance different things on your head (book, stuffed animal, apple) and try to walk across a room or yard without letting them fall off.

