Balloon Olympics

The next time your kids are pent up inside because of bad weather, try hosting a Balloon Olympics! Easy on the pocketbook and simple to prepare, the Balloon Olympics can be played with one child or easily adapted for several. This activity provides plenty of opportunities for running, jumping, counting and balancing. And with balloons involved, there’s sure to be giggling too!

What You Need:

- Cardboard or cardstock
- Paint
- Glitter
- Hole punch
- Ribbon or yarn
- Balloons in a variety of colors
- Scarf or rope

What You Do:

1. The night before the games, make Olympic medals by cutting circles from stiff paper or cardboard and applying paint and glitter. When dry, punch a hole and attach a ribbon or piece of yarn. Or, make the medals the day of the games, using markers instead of paint.
2. Clear some space and blow up the balloons.
3. Let the games begin! String up a rope or long scarf across a hall or doorway (the larger, the better) and play volleyball. Add a couple of rackets, and you've got a game of badminton.
4. Mark off a race course. It could be as simple as a hallway, or you could set up an obstacle course throughout your house. Can your child walk the entire course with a balloon between his legs?
5. Have your child balance a balloon on his fingertip for as long as he can.
6. Bounce a balloon back and forth on a table for a game of ping pong.
7. Have your child count while bouncing a balloon against a bare wall. Add a new challenge by using one of these variations: stand on one leg, clap three times, or spin around before the balloon bounces back.
8. Bat the balloon back and forth but don’t let it hit the floor! You can play thumbs only, elbows only, etc.
9. Have your child race while balancing a balloon on the palm of his hand. (Remember—keep the hand flat; don’t curve it!)
10. When the games are over, it's time to celebrate! Reward your hard-working athletes with medals and a balloon popping finale!

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KIDS crossword

“Name that game”

1. (4) Soccer ball
2. (3) Cricket ball
3. (3) Bowling ball
4. (2) Tennis ball
5. (5) Basketball
6. (3) Football
7. (2) Baseball
8. (2) Volleyball
9. (2) Handball
10. (3) American football
11. (3) Billiard ball
12. (3) Rugby ball

Answer: "Sports"
Among all those on the programme of the Olympic Games Tokyo 2020, which is your favourite sport?

Talk to your classmates about your reasons and become a spokesperson for your favourite sport.
Color Me

Fun Fact
Weightlifting has been in the Olympic Games since 1896.
Make Your Own Olympic Rings

Although the Olympic games began long ago in ancient Greece, their renowned symbol—the Olympic rings—is much more recent, debuting at the 1920 Games in Antwerp, Belgium. The rings symbolize the international nature of the Olympics, including five rings to represent five competing continents.

Show your kid how to craft his own version of the symbolic rings using some easy-to-find art supplies! He can hang it in the window to lend some colorful support for the competition. Not only will this fun activity build up his fine motor skills, it also provides a great opportunity for him to learn more about the history and culture surrounding the games.

What You Need:

- Two cups or mugs (one slightly larger than the other)
- Paper or craft foam in the colors of the Olympic Rings: blue, yellow, black, green, and red
- White foam or poster paper
- Scissors
- White glue or glue stick
- Pencil
- Craft knife (optional)

What You Do:

1. On each color of construction paper or craft foam, have your child hold down the larger circle and trace around the lip with his pencil. He can then place the smaller glass in the center of the first circle, and draw around the lip of the smaller glass. Centering the smaller circle inside the larger circle helps ensure that the ring is even.
2. Repeat the first step for each color, until all five rings are drawn.
3. Ask him to cut out each circle, cutting the outside first. To cut out the inside, simply make a small fold in the center of the circle, taking care not to fold the outer ring. Help him cut a small slit into the fold, and then flatten the paper again. That way he can slip the edge of the scissors into the slit and use the opening to cut away the center circle.
4. He should cut out all five rings using the above method.
5. Ask him to lay all five rings onto the whiter paper in the order they will be glued together. Encourage him to examine the symbols carefully, making sure to replicate the design of the Olympic rings.
6. Invite him to glue the rings to each other, or onto a white background page. If using construction paper, go ahead and use a glue stick. Otherwise, use white glue.
7. Leave the Olympic rings out to dry!
8. Encourage your kid to decorate for the occasion. Tape the rings to a window, where they can be easily seen by those passing by. They can also be glued on a white page, put onto a dowel pin, and made into a flag that can be waved during the competition.
Match Me

1. Darts, bowling pins, basketball, frisbee
2. Soccer ball, tennis racket, baseball glove, tennis balls
3. Dartboard, bowling ball, bowling pins, baseball glove
4. Dartboard, bowling ball, bowling pins, tennis racket

Answer: 4, 3, 2, 1
Le baron Pierre de Coubertin
Jean Cardot (FRA), 1991
This statue of the reviver of the Olympic Games can be found at the entrance to The Museum, in front of the Olympic fire and Coubertin’s famous motto: “Citius, Altius, Fortius” (“Faster, Higher, Stronger”).
Use the information below to fill in the brochure on the next page. Then, use the map below to draw your own map of the city of Tokyo.

**The History of Tokyo**
The first inhabitants of the area that would become Tokyo lived there as early as 10,000 BCE. These early peoples were hunters, fishers, and gatherers. The city was founded in the 12th century, during the period when shoguns, or military dictators, ruled the country. Around 1450, local ruler Edo Taro Shigenada built a castle there. The city was then named Edo, after its founder. Over the next three centuries, the city expanded rapidly, growing to over a million residents by the end of the 1700s. It became the cultural and political capital of Japan. In 1868, the city's name was formally changed to Tokyo, meaning “eastern capital” in Japanese. In 1869, Emperor Meiji made the city’s status official when he made it the capital of Japan. The earthquake of 1923 was the biggest disaster in the history of Japan, ruining much of the city and causing widespread fires. During World War II, large sections of the city were destroyed by bombings, once in 1944 and again in 1945. The city eventually rebuilt, and in 1964, Tokyo hosted the Summer Olympics. It was the first time the Olympics were ever held in Asia. Major earthquakes hit Japan in 1995 and again in 2011, but Tokyo's earthquake-resistant infrastructure saved it from major damage. Today, the population of the city of Tokyo stands at 12 million people.

**Tourist Attractions and Famous Locations**
Tokyo National Museum is the largest art museum in Japan, and contains a full collection of artworks and archaeological objects from Asia. Tokyo has the world’s busiest metro system, with Tokyo Central Railway Station at its heart. The Samurai Museum contains armor, swords, and other artifacts from the 700-year Samurai warrior period. The Shibuya Crossing is one of the busiest intersections in the world. All traffic lights turn red at the same time, allowing pedestrians to spill into the intersection from all sides. Shinjuku Gyoen National Garden has over 75 different species of cherry tree, and you can attend a traditional Japanese tea ceremony. Meiji Shrine is a Shinto shrine dedicated to Emperor Meiji and his wife, Empress Shoken. Senso-ji is the oldest Buddhist temple in Tokyo.

**Famous Residents**
Famous residents of Tokyo include musician and artist Yoko Ono; film directors Hayao Miyazaki and Akira Kurosawa; actor Masi Oka; Major League Baseball players Masanori Murakami, the first Japanese player to pitch for a Major League team, Ichiro Suzuki, and Hideki Matsui; and painter and printmaker Katsushika Hokusai.
Title and Introduction:

Summarize the main tourist attractions in the city:

List the main historic events in order of when they happened:

Please summarize 2-3 sentences of the most important information for visitors:

Include a “Fun Facts” box:

Please design a map of the city on the back of this brochure.