

おうちであ・そ・ぼ! vol.2



Himawari Preschool

March 20th, 2020

I hope our last newsletter helped you and your kids spend time together, and liked that. Kids' interests change so quickly, especially when there's no school and no friends. I will introduce this time how to make Udon noodles which we were supposed to make together at school this week. We have time now, so it's fun to cook together at home. Also if your kids can read (recognize) some Hiragana or letters, you can make a game "Let's find A from this book!" That makes kids happy and proud of themselves. Kids enjoyed this game (Hiragana) in Sora class before and they loved it!

Flour play dough

Kids enjoyed this playdough made from whole wheat flour in our Friday class.

<How to make> Put flour in the bowl and add salt, oil and water in order (you can adjust how soft you like. If you use salt, it last long, so if you just want your kids to play one day, you don't need it). You can add any food color, or washable paints to make color.

<How to store> Cover with plastic wrap and put them in Ziplock bags or containers, then keep in the fridge. If they get hard when you play next time, just add some water.



Milk carton doll house

Cut the bottom of carton diagonally, and cut one corner edge from bottom to the top then open apart. For the second floor, use another carton cut the same way and put upside down. You can make windows, doors, chimney, and draw clock or room decorations inside. You can make dolls from yogurt drink bottles.



Let's line them up!

This is from a book called 『The Line Up Book』 (We use Japanese version), with a boy lining up blocks, shoes and toy cars while saying 「Gyoretsu Gyoretsu」 from his room through the hall way and living room to the kitchen to see his mom. Kids only dose line up, but try to reach the corner of the room or become a train and walk over. This is so much fun for the kids! Also it is fun and exciting stacking up them. Please send us some pictures and share your fun with us!





Let's make Udon Noodles by the foot! !

This takes time, but the ingredients are simple and you can have so much fun making it together! And it tastes good, of course!

【ingredients (for 4 people)】

Bread Flour 200g, All purpose Flour 200g, Water 200cc, Salt 1Tbsp, Udon soup (You can buy at your supermarket's Japanese food section), meat or veggie (anything you like), a tiny bit of extra bread flour for prepping the rolling pin and dough areas, 2 Thick Ziplock Bags (one inside the other), Bath towel

【How to make】

1. Mix water and salt to make salty water.
2. Mix bread flour and all-purpose flour together in bowl.
3. Put water little by little in the mixed flour.
4. Knead with hands and make dough. You can add water a bit at a time to make dough smooth.
5. Put the dough in the layered bags and close tight, then put on the floor covered with a bath towel and start stomping on it for about 30 minutes, checking the bag every 5-10 minutes (I hope it didn't break!), taking out the dough, folding it over and putting it back in.
6. Then let it sit for 30 minutes, and afterwards stomp it another 10-20 minutes. While it sits, let's make the soup.
7. After the last stomping' spread some extra flour on the table and make the dough 3 mm flat with a rolling pin.
8. Sprinkle some bread flour on the dough and fold in both ends and cut into 5mm wide strips. After you cut, line them up straight, or they might get stuck together.
9. Boil them in boiling water for 10 minutes.
10. Wash them under the running water and then put in the soup to eat.

Play fun music and dance while stomping 🎵

You can check the site below for some pictures.

<https://cookpad.com/recipe/3156647>

<https://cookpad.com/recipe/6066449>



Next time I will introduce making inking stamps with recycled stuff and veggies, and also some ideas for outside play.

Please let us know if you would like to try the recipes which we did for the cooking at school already this year.