

January

# January

**Birth Stone:** Garnet  
**Zodiac:** Capricorn (December 22 - January 19<sup>th</sup>)  
 Aquarius (January 20 - February 18<sup>th</sup>)

**Flower:** Carnation, Snowdrops  
**Colors:** Black and Dark Blue

**Weeks to Remember:**  
 2<sup>nd</sup> - International Thank You Week  
 3<sup>rd</sup> - Pizza Week  
 4<sup>th</sup> - National Non-Smoking Week

**Dates to Remember:**  
 International Creativity Month  
 International Quality of Life Month  
 Alzheimer Awareness Month  
 Folk Music and Dancing Month  
 Reminiscing Month  
 Martin Luther King Day – First Monday after 15<sup>th</sup>  
 Super Bowl Sunday  
 Hat Day - Third Friday  
 Chinese New Year  
 Tu B'shevat

<b>Calendar of Dates:</b>	<b>Birthdays:</b>
1 <sup>st</sup> New Years Day	1 <sup>st</sup> J. Edgar Hoover (Director, FBI) 1895
1 <sup>st</sup> Used Decimal Coinage 1858	3 <sup>rd</sup> J.R.R. Tolken (Author) 1892
2 <sup>nd</sup> Slavery Ends in Canada 1802	4 <sup>th</sup> Sir Issac Newton (Scientist) 1643
2 <sup>nd</sup> Royal Mint Opened 1908	4 <sup>th</sup> Louis Braille (Inventor of Braille) 1809
5 <sup>th</sup> Twelfth Day (Christian)	6 <sup>th</sup> Joan of Arc (French Heroine) 1412
6 <sup>th</sup> Epiphany, Celebration of Visit of Wiseman to Infant Jesus	8 <sup>th</sup> Elvis Presley (American Singer/Actor) 1935
6 <sup>th</sup> Jet Propulsion Invented 1944	10 <sup>th</sup> or 11 <sup>th</sup> Sir John A. McDonald (Politician) 1815
7 <sup>th</sup> Christmas (Julian Calendar)	15 <sup>th</sup> Martin Luther King Jr. (Human Rights Activist) 1929
10 <sup>th</sup> Cleopatra's Tomb Discovered 1890	17 <sup>th</sup> Muhammad Ali (Boxer) 1942
14 <sup>th</sup> New Year (Julian Calendar)	17 <sup>th</sup> Benjamin Franklin (Writer) 1706
15 <sup>th</sup> Humanitarian Day	18 <sup>th</sup> Cary Grant (Actor) 1904
16 <sup>th</sup> World Religion Day	19 <sup>th</sup> Edgar Allan Poe (Writer) 1809
18 <sup>th</sup> Income Tax Introduced 1917	25 <sup>th</sup> Robbie Burns (Scottish Poet) 1759
19 <sup>th</sup> Captian Wilkes discovered Antarctic 1840	26 <sup>th</sup> Wayne Gretzky (Hockey Player) 1961
21 <sup>st</sup> Microwave Oven Invented 1967	27 <sup>th</sup> Wolfgang Amadeus Mozart (Classical Musical Composer) 1756
22 <sup>nd</sup> Queen Victoria Died 1901	27 <sup>th</sup> Lewis Carroll (Author) 1832
23 <sup>rd</sup> National Handwriting Day	28 <sup>th</sup> Paul Henderson (Hockey Player) 1943
24 <sup>th</sup> Canada Pacific Railway Completed 1885	29 <sup>th</sup> W.C. Fields (Actor and Screenwriter) 1880
25 <sup>th</sup> Robbie Burns Day	
26 <sup>th</sup> First photography developed 1949	

**Trivia**

1. Martin Luther King Jr. was born on January 15<sup>th</sup>, what was the name of his famous speech? "I have a dream"
2. What is the name of the big football game during this month? Super Bowl
3. What is the name of the Scottish Poet who is celebrated this month? Robbie Burns
4. What is the "nick name" for the famous Scottish monster? Nessie
5. What is the musical instrument called that is most often associated with Scotland? Bagpipes
6. What is the touch reading system invented to help the blind? Braille, Louis Braille was born on January 4<sup>th</sup>, 1809
7. During Chinese New Year what is the most popular colour? Red
8. January is in what season? Winter
9. What type of work did Wolfgang Amadeus Mozart do? Composer born January 27<sup>th</sup>, 1756

**Discussion Questions**

1. On January 10<sup>th</sup>, 1984 the phrase "Where's the Beef?" was used in a Wendy's commercial. What are some commercials that you remember?
2. Tax was introduced in 1917 as a temporary, do you ever think that Canada will be tax free?
3. During the winter, who is responsible for shoveling the snow? What other jobs need to be done?
4. Have you ever been anywhere warm for the winter? Where?
5. Elvis Presley was popular in the 1950's. Do you know his music?
6. When do you take down your Christmas (holiday) decorations?
7. What have you done in the past to usher in the New Year?
8. Have you ever celebrated Robert Burns Day?

**Fundraising****1. Memo Pads***Equipment:*

Sizes may vary depending on picture and pad of paper size

Old winter scene greeting cards

Poster boards about 6 x 9 inches in size

Note pads (postit notes work well) from dollar store (3 x 3 inches)

Glue

Scissors

*Activity:*

1. Begin by cutting out the winter scenes from each greeting card at about 5 x 4 inches
2. Cut poster board
3. Glue winter scenes to the poster board
4. Glue pad at bottom to the winter scene

**2. Dog Bone Biscuits***Equipment:*

Oven at 350

Cookie sheets

Bowls

Small candy bags

Stickers of dogs

Spatula

3 eggs

3 tablespoons soy flour

3 tablespoons wheat germ

3 tablespoons of nonfat dry milk powder

3 beef bouillon cubes dissolved in 7

tablespoons of hot water

2 tablespoons Worcestershire sauce

3 cups whole wheat flour

*Activity:*

1. Beat eggs in a mixing bowl and then add everything except the wheat flour mix
2. Add the flour one cup at a time and mix together with your hands
3. Take one inch balls, press down with fork, and place on cookie sheet
4. Cook for 40 minutes with turning them over ½ way through
5. Allow to cool and place 5 in a bag and place a sticker to keep bag shut

## **New Years January 1**

The first New Year was celebrated in Babylon about 4,000 years ago. This was around 2,000 BC and the celebration lasted 11 days. With the change to the Gregorian calendar, New Year Day fell on January 1<sup>st</sup>. Before that it was celebrated on March 25<sup>th</sup>.

The tradition of New Years resolutions was started by the Babylonians, their most common resolution being to return borrowed equipment. Today the most common New Years resolution is loss weight or to get fit.

On New Year's Eve in Hawaii people dress all in black to morn the end of the year and on the 1<sup>st</sup> they wear white to celebrate the beginning of the new year.

### *Superstitions*

If you take something out of your house it will bring bad luck.

This is a day to avoid cleaning because if you clean on this day you will clean every day of the year.

### **Props and Decorations**

- Party Hats
- Noise makers
- Party Napkins
- Music (i.e. Auld Lang Syne)

### **Discussion Questions**

1. Do you have any special New Years traditions?
2. Have you ever seen the ball drop in Times Square in New York City?
3. Have you ever had a great or horrible New Years?
4. Does anyone watch the Rose Bowl?
5. Have you ever made a New Years resolutions? What was it?
6. Do you believe that New Years day sets the tone for the year to come?
7. Have you ever heard the song Auld Lang Syne?

## **Activities**

### **1. Make A Cake With A Surprise\***

Prep time: 20 minutes

Activity time: 40 minutes (plus baking)

#### *Equipment:*

Cake mix (and ingredients needed)

Cherry

Round cake pan

Juice

Prize

#### *Activity:*

1. Have the group make cake following instructions on cake box
2. Add one cherry into mix
3. Bake cake
4. Service cake and juice to everyone
5. Person with the cherry gets prize

### **2. New Years Card\*\***

Prep time: 10 minutes

Activity time: 20 minutes

#### *Equipment:*

Construction paper

Scissors

Pencil

Ruler

Glue

Markers

#### *Activity:*

1. Get two pieces of paper and fold in half
2. Take one of the pieces of paper and put aside, this is the out side piece
3. Cut other piece of paper along the outside edges to make it ½ inch smaller (make sure not to cut folded side)
4. Then take this piece of paper and cut slits into folded side to make slits  
Outline on page 123
5. Push slits to fold other way
6. Glue year on to slits
7. Blue inside piece to outside piece
8. Design outside of card

Source:

[www.enchantedlearning.com](http://www.enchantedlearning.com)

## **World Religion Day January 16<sup>th</sup>**

Religion– “the belief in a superhuman controlling power, esp. in a personal God or gods entitled to obedience and worship”

(Source: Oxford Canadian Dictionary)

Each religion has a combination of food, traditions, festivals, stories, symbols, clothing and origin. Some of these elements are more defining or significant to a particular religion.

Here is a brief description of some religions:

**Islam**- Muslim believes that there is one God who is called Allah. To Muslims this is not only a religion but also a way of life. Worshiping is a very important part of their daily lives engaging in prayer five times a day. On Friday a sermon is given at the Mosque where the focus is on giving to others.

**Hinduism**- This is the most prevalent religion in India. Hindu people believe in and pray to a variety of Gods and Goddesses which they build shrines and temples to, in order to honour and respect. They believe that the most important thing is to live a good life. The most worshiped God is Krishna and the most used symbol is that of “OM”. OM is the sound made while chanting. Hindus also believe that Cows are sacred animals and most are vegetarian.

**Buddhism**- People who are Buddhist are hoping to achieve Nirvana or enlightenment. This is achieved through meditation and prayer. The most well known monk is the Dalai Lama.

**Judaism**-A religion that began with Abraham who believed that there was one God. The Holy book in the Jewish faith is called the Torah. Sabbath begins at sundown on Friday to Saturday at sundown and on Saturday they go to the synagogue.

**Christianity**- Christians believe that Jesus Christ was the Son of God. The faith follows the Bible, which is divided, into two parts, the Old and New Testament. On Sundays Christians spend time attending church and praying. The two most predominant holy times are Lent which leads to Easter and Advent leading to Christmas.

Source: What I Believe

### **Props or Decorations**

- World religious foods
- Stories
- Clothing
- Symbols (i.e. menorah, crosses, Buddha, etc.)

### **Activities**

#### **1. How Many Religions\***

Prep time: 5 minutes

Activity time: 20 minutes

*Equipment:*

White Board and markers

Map of the World

Food from around the world

*Activity:*

1. Have the group come up with as many religious symbols, traditions, foods, stories, etc.
2. Ask everyone to think of different cultures, what comes to mind and where in the world the culture most associated with, pull out the map
3. Ask if there is any culture that they have heard of that they would like to know more about or be involved in a religious or cultural celebration
4. Let individuals share their experience going or being with different cultures or traditions
5. Give out different types of food for everyone to try some

### **Hat Day Third Friday**

Hats are used all over the world for a number of different reasons. Some examples are baseball caps, bonnets, football helmets, fedoras and police caps. At one time people would not walk out the door without a hat on, especially during Easter. This is because hats were an essential element of dress.

Hats can be used for a number of reasons, some practical and others decorative. Feathers were the most common decoration on a hat and depending on the size and rarity of the feathers, they would reveal your status in society. "In 1892, a single order of feathers to a London dealer included 6,000 bird of paradise feathers, 40,000 hummingbird feathers and 360,000 feathers from other East Indian birds (McDowell, 1992)." Aside from fashion, hats are used for protection when working. The most common work hat is a hardhat, which is used to protect the head in case something falls onto it. The most common reason to use a hat in today's society is either to stay warm, as with a toque in winter, or to stay cool, as with a baseball cap, in the summer.

Source:

<http://museum.gov.ns.ca/mnh/nature/nsbirds/feat05.htm>

### **Props and Decorations**

- Hats of different types
- Different kinds of feathers

### **Discussion Questions**

1. Why do people wear hats? Shade from the sun, to keep warm, fashion
2. Did you have hats for different occasions?
3. What is the most money that you ever remember spending on a hat?
4. What were the hats made from?
5. Did you have a hatpin?

6. Did you ever have a favorite hat? What kind of hat was it?
7. Did you wear a hat on Sunday to Church?
8. Do you still wear hats?
9. Do you think that people should start wearing hats again?
10. Is there any fashion that you miss?

### **Activities**

#### **1. What's The Occasion? \***

Prep time: 10 minutes

Activity time: 20 minutes

*Equipment:*

6 different hats

Chairs in a circle

*Activity:*

1. Pass one hat around to everyone to see and feel
2. Ask each person if they have ever had a hat like the one they are holding and what they would use it for
3. List all the other kinds of hats that people can think of
4. Brainstorm all the reason that one would wear a hat

#### **2. Create Your Own Hat\***

Prep time: 10 minutes

Activity time: 30 minutes

*Equipment:*

Cloth caps

Clothing Paint

Stencils

Paint brushes

*Activity:*

1. Ask if they have ever designed any clothing before?
2. Have they ever knitted anything for anyone?
3. Let each person take a hat
4. Have each person pick out the paints, and stencils that they would like
5. Let them design the hat any way they would like

## **Canada Pacific Railway Completed January 24, 1885**

The reason for the Canadian Pacific Railway was to unite all of Canada. Construction of this railway started when British Columbia agreed to sign into Confederation in 1871 with the condition that a railway would be built to connect them to central Canada (Ontario and Quebec). The construction started in 1882 and lasted until 1885 with the first train leaving Montreal on June 28<sup>th</sup>, 1886. It was John A. Macdonald who is said to be responsible for making the railway a priority and is noted for putting aside 30 million for its construction.

### **Props and Decorations**

- Different types of trains
- Railway cars or toy train set
- Map of Canada

### **Discussion Questions**

1. Have you ever been on a train ride? Where was the ride too?
2. Have you ever had to sleep overnight on a train? It takes 5 days to travel though Canada would you like to do this journey?
3. Where in Canada have you been? If you took a train trip through Canada where would you stop?
4. Do you have a favorite place in Canada? Do you have a favorite place in the world?
5. Do you think that trains are a good way to travel? What is your favorite way to travel? Do you have any plans to travel, where are you going?
6. How do you think that people are going to travel around in the future? Can you imagine living in a time when cars, trains, or planes had not been invented?
7. When you were young, did you ever have a toy train set? What was it like?

## **Activities**

### **1. Travel Across Canada \***

Prep time: 20 minutes

Activity time: 60 minutes

*Equipment:*

Pictures of Canada

Information about the different provinces

Video of Canada (available from the library)

White board and markers

*Activity:*

1. Have the group name all of the provinces and territories
2. Write the name of the one of the provinces or territories on the board and have the group come up with as many words to describe this place
3. Show the groups some picture for this province or territory and tell them some information about it
4. Have the group go on to the next province or territory
5. Have the group sit to watch a video on Canada

### **2. Trains Today \***

Prep time: 20 minutes

Activity time: 20 minutes

*Equipment:*

Pictures of different trains

Information on trains

Toy train set

*Activity:*

1. Show the group the different pictures of train and give them some information about trains
2. Find out about when they were last on a train and ask the different people to explain what the train looked like and how they felt
3. Show them the train set and ask the group if anyone had a train set and did it looked similar to this one, what are some of the differences

## Chinese New Year

One of the oldest and most important festivals to the Chinese around the world is Chinese New Year, also known as the Spring Festival. This day celebrates the earth coming back to life and the beginning of Spring. Based on the Lunar/solar calendar rather than the Gregorian calendar, the exact date, which the holiday is celebrated, varies from late January to mid February.

One of the most interesting aspects to these celebrations is the Dragon Dances. These Dragons are believed to bring good luck and prosperity and, with the help of firecrackers, drums and gongs, and ward off evil spirits.

Some traditions of the Chinese New Year include visiting with family and friends, resolve old conflicts, pay off debts, and visit and clean tombs of ancestors, Money, which is placed in red envelopes, is given to unmarried people and children as a sign of good luck.

To prepare for the new year it is common to:

- Clean your house
- Pay off debt
- Resolve old conflicts

### Props and Decorations

- Poster that says Happy New Year in Chinese
- Picture of all the different animals of the Chinese Zodiac and Chinese Zodiac
- Red envelopes and money (chocolate)
- Oranges and candy
- Flowers
- Decorations in red, orange and gold

### Discussion Questions

1. What foods can you think of that are distinctly Chinese?
2. Have you ever been involved in a Chinese celebration?

3. Have you ever seen a dragon dance?
4. To prepare for this day, you should clean the house. Do you have a particular time of the year to clean the house? I.e. Spring cleaning
5. During New Years celebrations you are not suppose to do any chores that you don't want to do throughout the year. What is your least favorite household chore?
6. Red is the favorite colour for a lot of Chinese people because it is believed to bring good luck. Is there any colour you like?

### Activities:

#### 1. Chopstick Champions\*\*

Prep time: 10 minutes

Activity time: 20 minutes

*Equipment:*

Chopsticks (easy use ones are available)

Rice

Two bowls per team or one per person

*Activity:*

1. Provide a demonstration on how to use chopsticks
2. Give each team two bowls, one with rice and the chopsticks.
3. See who can transfer rice into the 2<sup>nd</sup> bowl using chopsticks the fastest

#### 2. What Kind of Animal Are You?\*

Prep time: 10 minutes

Activity time: Depends on number of people

Each Chinese New Year is known by one of the 12 animals of the Chinese Zodiac.

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*Equipment:*

List of Chinese zodiacs, found on page

List of birthdays (year of births) of participants

*Activity:*

1. Sit in a circle and read everyone's zodiac sign and the animal's characteristics

