



# LIKAH! AT HOME ACTIVITIES

## “RUNNING”

### Look What's Outside Your Door!

## Likah loves to RUN!

Likah loves the feel of the wind and the excitement of discovering new things. Likah also loves to run because it's a really good way to exercise!

If Likah had *her* way she would be running *all the time*! Yes! All the time! Well, maybe not when she's eating or sleeping ...

Some of the things Likah has discovered when running are: new animals, insects, flowers, sunsets, rainbows, and so many, many more new and exciting things!

Likah also loves to play chase with her friends the squirrels! She loves squirrels! Likah discovers new friends and new adventures every day! She hopes you do too!







## **MUSHROOMS!**

### **Are mushrooms vegetables?**

No, mushrooms are a fungi.

### **What is a fungi?**

**fungi** are a separate kingdom of living things, different from animals and plants.

### **Can you eat mushrooms?**

Yes, but only from ones we buy in a store or a farmer's market, or if you are with someone who knows all about mushrooms.

### **Why shouldn't we eat a mushroom we find outside?**

Some mushrooms can make us very sick, so unless we are with someone who knows all about mushrooms, we should never eat a mushroom we find outside.

### **Are mushrooms good for you?**

Yes, the kind we eat are full of vitamins, fiber, and minerals.

### **Where do we find mushrooms?**

Mushrooms grow almost anywhere - in forests and fields and even on lawns and golf courses!

## **More Mushroom Thoughts**

- Mushrooms are also called toadstools.
- Mushrooms are made up of around 90% water.
- The mushroom is used in many tasty dishes throughout the world and it is known as the "meat" of the vegetable world.
- The most popular type representing 90% of mushrooms eaten in the US is the White Button Mushroom.
- There are over 30 kinds of mushroom that glow in the dark!

**Find out more about Mushrooms here!**

<https://mushroommountain.com/meet-the-mushrooms/>





### **Puffball Mushrooms Look Like Their Name!**

Can you think of five other words that sound like what they look like?

Here is a hint.

What fruit is the same color as their name?

Can you write a story about Puffball the Mushroom? Where does Puffball the Mushroom live? Who are Puffball the Mushroom's friends?

### **Books That Have Mushrooms In Them** *(younger readers)*

- Oh, The Things You Can Think! By Dr. Seuss
- Little Owl's Night, By Divya Srinivasan
- The Crown On Your Head By Nancy Tillman
- Red Wagon, By Renata Liwska
- I Am A Bunny, By Ole Risom and Richard Scarry

### **Paper Bowl Mushroom Craft**

Paper bowls  
Paper rolls  
Red Paint

White cardstock paper  
Green felt  
Scissors & glue

**Step 1:** Paint the outside of the paper bowl red. Wait for the paint to dry and apply another coat of paint.

**Step 2:** Use a circle punch to cut out small circles from the white cardstock and glue them to the paper bowls.

**Step 3:** Cut 2-inch wide strips from the green felt. Cut it to look like grass and glue it to the bottom of the paper rolls.

**Step 4:** Glue the paper bowls to the paper rolls, one a little taller than the other.



**WHEN LIKAH WAS RUNNING SHE DISCOVERED A POND!**



**Circle Things You Can Discover in or Around a Pond**

Fish  
Horses  
Cats  
Tadpoles  
Cars  
Rocks  
Mud  
Pebbles  
Waterlilies

Snakes  
Strawberry  
Chair  
Frogs  
Slime  
Waterbugs  
Dragon Flies  
Cattails  
Storks

Great Blue Heron  
Bicycle  
Turtles  
Moss  
Dogs  
Beds  
Minnows  
Spiders  
Otters

**Write a story using 10 words you circled? Draw a picture of your pond!**



**AS LIKAH WAS RUNNING PAST THE POND  
SHE DISCOVERED A TURTLE!**



**LIKAH discovered  
a very big turtle!**

### **SOME TURTLE FACTS**

- Turtles are reptiles.
- Like other reptiles, turtles are cold blooded.
- Many turtle species (not all) can hide their heads inside their shells.
- Turtles have existed for around 215 million years.
- The largest turtle is the leatherback sea turtle, it can weigh over 2000 lb!
- Turtles lay eggs.
- Many turtle species are endangered.

## **TURTLE BOOKS** *(younger readers)*

- Yertle the Turtle by Dr Seuss
- Truman by Jean Reidy
- Good Night Little Turtle by David Cunliffe
- Turtle Splash!: Countdown at the Pond by Cathryn Falwell
- How the Turtle Got Its Shell by Justine Fontes
- The Adventures of Thomas the Turtle by Stuart Samuel

## **A Few Kinds of Turtles**

**Snapping Turtle**



**Eastern Box Turtle**



**Green Sea Turtle**

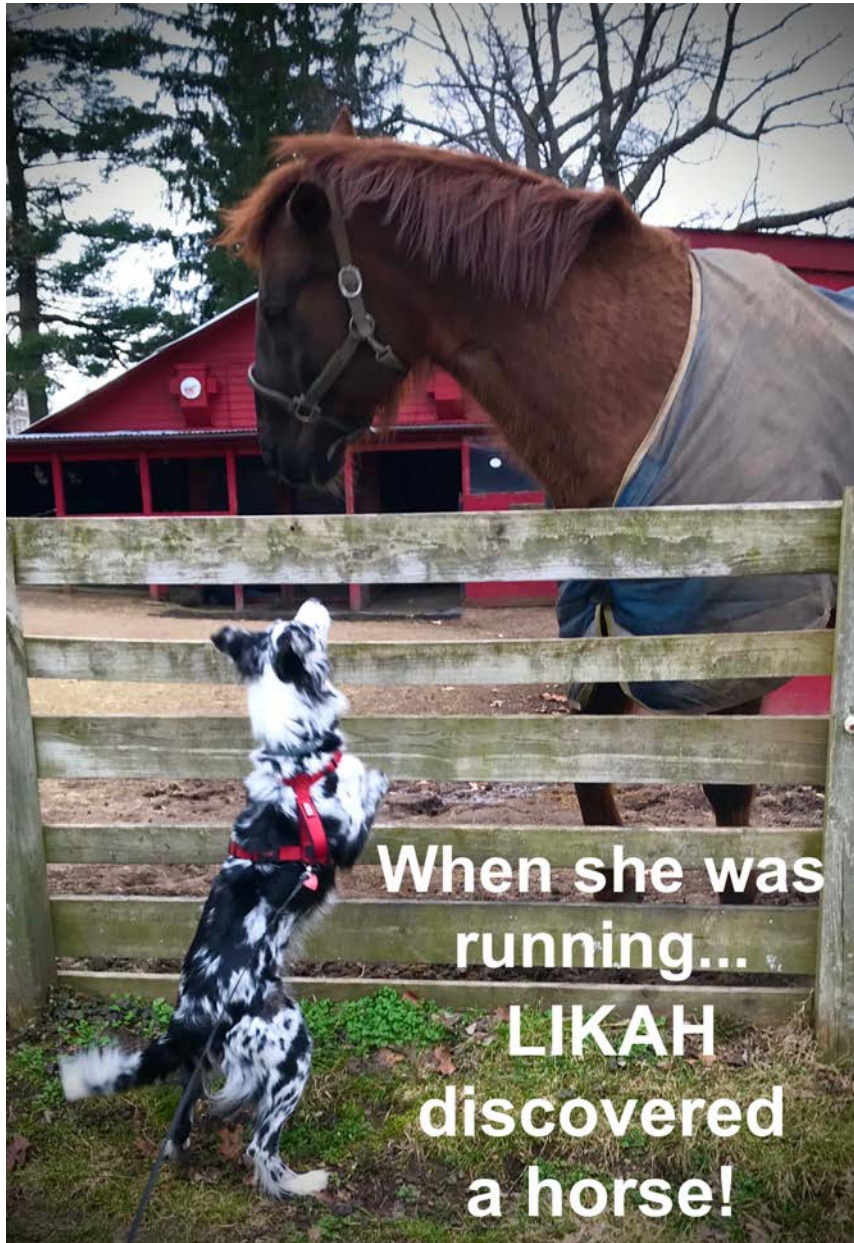


**Leatherback**





# AS LIKAH WAS RUNNING, SHE DISCOVERED A HORSE!



## HORSE FACTS

Horses can sleep both lying down and standing up.

Horses can run shortly after birth.

Domestic horses have a lifespan of around 25 years.

Horses have been domesticated for over 5000 years.

Horses are herbivores (plant eaters).

Horses have bigger eyes than any other mammal that lives on land.

Because horse's eyes are on the side of their head they are capable of seeing nearly 360 degrees at one time.

Estimates suggest that there are around 60 million horses in the world.

A male horse is called a stallion.

A female horse is called a mare.

A young male horse is called a colt.

A young female horse is called a filly.

Ponies are small horses.

## HORSE BOOKS *(for older readers)*

- Mary's Song by Susan Count
- The Black Stallion by Walter Farley
- Black Beauty by Anna Sewell
- Misty of Chincoteague by Marguerite Henry
- Stallion by Starlight by Mary Pope Osborne
- National Velvet by Enid Bangold



# AND AS LIKAH WAS RUNNING SHE DISCOVERED HER VERY FAVORITE!

## SQUIRRELS!!!



### SQUIRREL FACTS

Squirrels are rodents.

There are around 280 different species of squirrel.

Most squirrels are small and have big eyes and bushy tails.

Their large eyes help them skillfully climb trees and avoid predators.

Squirrels eat mostly nuts, fruits and seeds.

Squirrels are born blind.

Flying squirrels can't fly like birds but they can glide between trees.

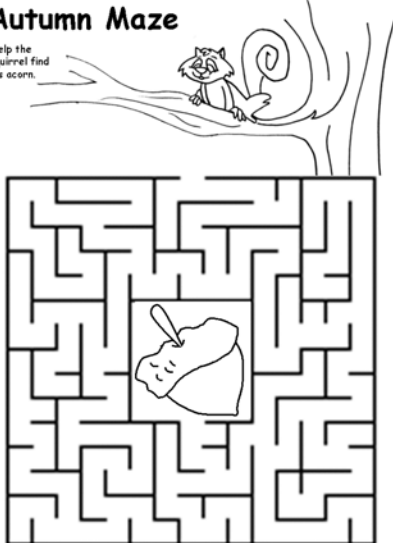
Chipmunks are small squirrels with stripes.

Chipmunks have cheek pouches which help them carry food.

Many chipmunk species hoard food such as nuts, berries, egg and grains for the winter.

### Autumn Maze

Help the squirrel find his acorn.



### SQUIRREL BOOKS *(for younger readers)*

- The Tale of Squirrel Nutkin by Beatrix Potter
- Miss Suzy by Miriam Young
- The Bravest Squirrel Ever by Sara Shafer
- Earl the Squirrel by Don Freeman
- The Adventures of Chatterer the Red Squirrel by Thomas W. Burgess
- Those Darn Squirrels! By Adam Rubin

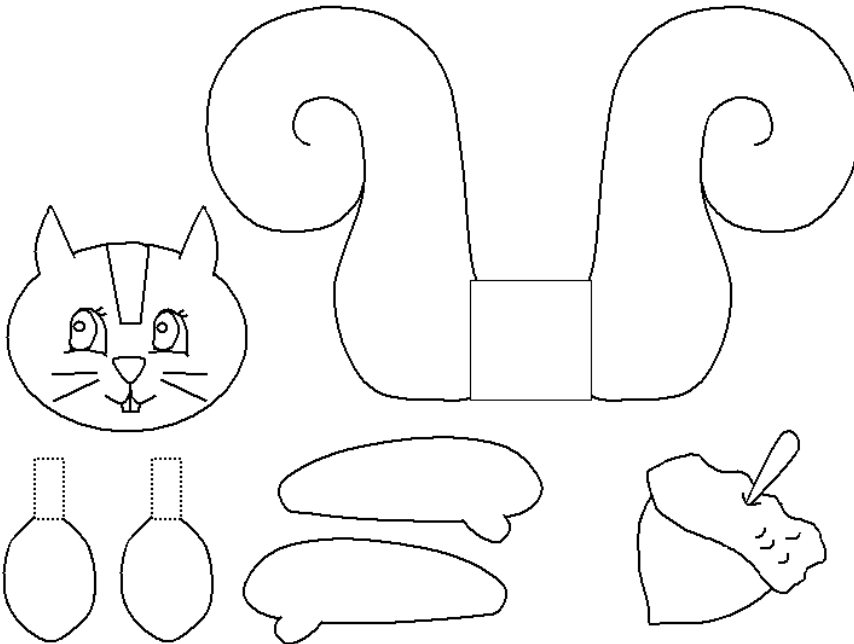
## Squirrel Toilet Paper Roll Craft

### Materials:

- toilet paper roll or cardboard tube
- something to color with
- scissors, glue and paper

### Instructions:

- Color and cut out the template pieces.
- Glue the large rectangular piece on first to cover the tube.
- Fold tail in half, glue it together so it is colored on both sides.
- Bend the tab and glue it onto the back of the toilet paper roll to give it a 3d effect.
- Glue on the head and arms.
- Fold the tabs on the feet and glue them onto the body to give a three dimensional effect.
- Glue the acorn into one of the hands.





# ***RUNNING***

## LYRICS

WHEN YOU ARE...  
RUN...RUN...RUNNING!  
RUN...RUN...RUNNING!  
RUN...RUN...RUNNING!  
IT'S JUST MY FAVORITE THING... ING!  
  
THERE ARE BIRDIES FLYING,  
CHIPMUNKS CLIMBING,  
SQUIRRELY'S SPURTING...  
SO MANY THINGS TO SEE... EEE!  
LOOK THERE, AND THERE, AND THERE,  
AND THERE!  
WOW! LOOK THERE!  
AND, AND, AND LOOK THERE!  
SO MANY THINGS TO SEE...  
  
WHEN YOU ARE...  
RUN...RUN...RUNNING!  
RUN...RUN...RUNNING!  
RUN...RUN...RUNNING!  
IT'S JUST MY FAVORITE THING...ING!  
RUN!  
  
OH, NO!  
  
HERE SHE COMES, THAT CRAZY NUTTY  
DOG  
BE ON YOUR TOES, AND RAISE YOUR TAIL  
A LOONEY BIRD, A SCREWY NAIL  
CAN'T LEAVE THE HOUSE  
CAN'T GET THE MAIL  
WATCH OUT! THAT CRAZY NUTTY DOG!  
RUN!  
  
Look!!! THERE'S A SQUIRREL, ANOTHER  
SQUIRREL  
NOT ONE BUT TWO, BUT 1. 2. 3.  
THREE...EEE  
I'LL GET THEM ALL  
Ughhh, THAT TREE'S TOO TALL  
OH LOOK, ONE CLOSE TO ME!  
RUN!  
  
OH LOOK! THERE'S A BIRD, A FLYING BIRD  
A BIRD UP IN THE TREE  
I'LL JUMP SO HIGH  
FLY IN THE SKY  
OH LOOK! A BUMBLE BEE, ouch!  
RUN!  
LIKAH!

AND *WHEN* YOU'RE RUNNING...  
YOU DON'T HEAR A THING...  
  
LIKAH!  
  
AND WHEN YOU'RE RUNNING  
YOU JUST WANT TO SING!  
DOE RE MI FA SO LA TI DOE A deer!!!  
NOTHING TO HEAR  
BUT THE WIND IN YOUR EARS  
YOUR HEART BEATING STRONG AND...  
  
LIKAH!!!!  
  
Oh well...WHEN WE ARE...  
RUN, RUN, RUNNING!  
RUN, RUN, RUNNING!  
RUN, RUN, RUNNING!  
IT'S JUST MY FAVORITE THING... ING!  
THERE ARE BIRDIES FLYING,  
CHIPMUNKS CLIMBING,  
SQUIRRELY'S SPURTING...  
SO MANY THINGS TO SEE...EEE LOOK!  
  
OH NO! HERE SHE COMES  
THAT CRAZY NUTTY DOG  
  
THERE ARE SO MANY, MANY, MANY, MANY  
THINGS TO SEE WHEN YOU ARE  
RUN, RUN, RUNNING  
  
A LOONEY BIRD, A SCREWY NAIL  
THERE'S BIRDIES  
CAN'T LEAVE THE HOUSE  
  
CHIPMUNKIES  
CAN'T GET THE MAIL  
LIKAH!  
  
AND SQUIRRELS, AND SQUIRRELS,  
AND SQUIRRELIES  
WATCH OUT!  
  
WHEN I'M RUN, RUN, RUNNING  
WE'RE RUN, RUN. RUNNING!  
  
Oh, no!  
WE ARE RUN, RUN, RUNNING!  
LIKAH!  
RUN!