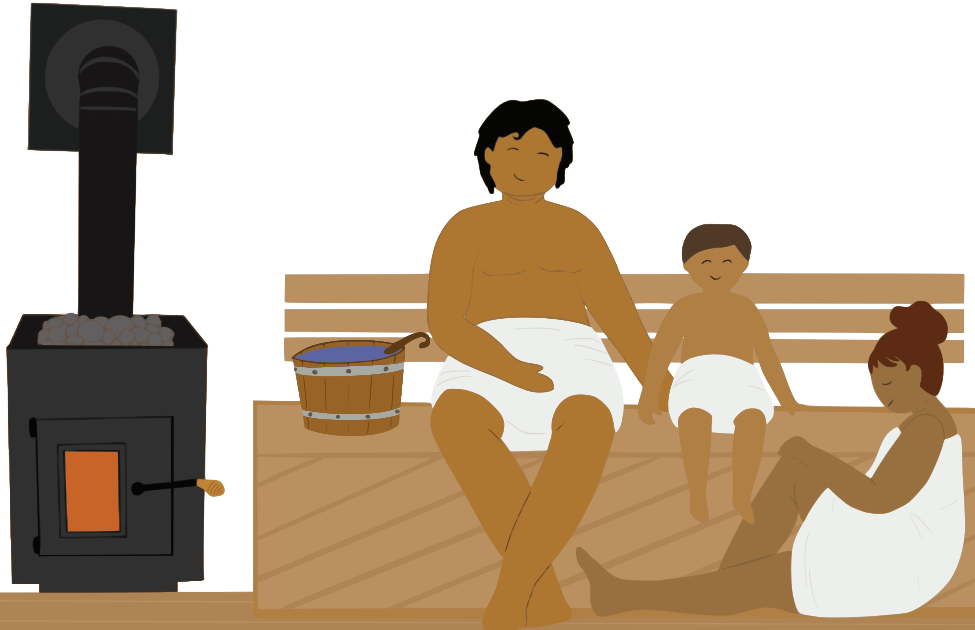


# Steam Bath

Connecting Through Play & Culture



# Attributions

The CHILD Family Kits are a collaborative project under the Cultural Heritage Improves Learning & Development (CHILD) curriculum.

This project was made possible by

- Alaska Department of Education & Early Development: Pre-Elementary Grant (PEG)
- Office of Elementary & Secondary Education: Alaska Native Education Program

*The contents are those of the author(s) and contributors. They do not necessarily represent the official views of, not an endorsement by, the U.S. Department of Education, the Alaska Native Education Program, the Alaska Department of Education & Early Development, or the U.S. Government.*



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# BRIDGE - Borrow

## Materials:



2 Books



Doll



Blanket

Now is a great time to practice counting skills by making sure all of the materials are in the kit!

## Family Message

### Exploring Steam Baths

Steam baths can be a great place to gather, to warm & cleanse, and to spend quality time with each other. Throughout this kit, you will have many opportunities to share with your child your own family's culture around bathing and playing with water!

This kit includes:

- A doll to help your child practice safe and healthy bathing skills.
- Books to explore bathing practices around the world and states of water.
- A blanket for snuggling up with the doll while reading together.
- Activities for you and your child to explore the different states of water.

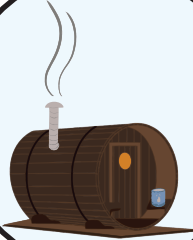


# Enjoy this journey in learning about Steam Baths!

Story Time



Steam Bath Activities



Design an Ice Candle



Career Connection



Got 5 minutes? Read a story or choose a short activity. If you have a larger amount of time, spend 20 minutes to complete the Ice Candle Design activity.



Select your favorite this time and check this kit out again!

# BRIDGE - Read



## Sharing Stories

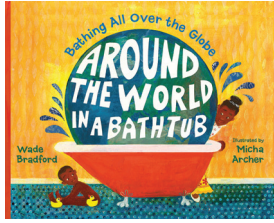
Find a comfy spot and snuggle up for story time!



## Picture Walk

Flip through the pages, without reading words, to highlight the illustrations and ask guiding questions such as these:

- What do you notice on the cover?
- What do you think this story will be about?
- What could happen next?
- How do you think the characters feel?



## Around the World in a Bathtub

Author: Wade Bradford  
Illustrator: Micha Archer

### Ask Engaging Questions

Why do you think the child is running away?

Did you hear the words "Yes, Yes and No, No"? Let's say them together when they appear; and we may even hear new languages!

What's happening on this page?

What do you like to do when we steam or during bath time?

How is their bathing experience different from yours?

## Extend the Learning

### Naming Parts of Our Body

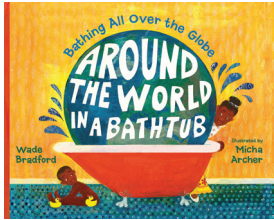
While in the Steam Bath, point to and name body parts. Next, say simple sentences for each body part and encourage your child to clap each word in the sentence as it is spoken.

- I can wash my face.
- I can wash my nose.
- I can wash my tummy.
- I can wash my tiny toes.

### EARLY READING SKILL




#### Phonemic Awareness

Spoken language is made up of individual words or smaller parts. This is one of many skills that contribute to future reading success.






## Let's Read It Again!

### Counting Groups

-  Find the page that depicts a traditional Alaskan steam.
-  Point to each family member to count the number of people in the image.
-  Highlight this math concept of counting throughout with each of the family groups across the globe.

### Making Comparisons

-  Count to compare sets of people.
-  Compare groups by using the terms "more" or "less."
-  Describe groups of people that are shown in different bathing situations.

### The 5 Math Areas

#### Numbers & Counting

Patterns & Story Problems  
Data Analysis & Probability  
Measurement & Math Tools  
Shapes & Spatial Awareness



### EARLY MATH SKILL

#### 1-to-1 Correspondence

Counting each object in a set once, and only once with one touch per object. This skill is the precursor to almost all mathematical concepts!



# National Geographic Readers: Water

Author: Melissa Stuart

## Ask Engaging Questions

Tell me something you already know about water?

What are some animals that live near our river or lake?

What types of water have you seen around our community?

Which do you prefer: fog, rain, or snow? Why is that?

Can you think of some other ways we use water in our home?

## Extend the Learning

### Sensory Experience to Explore Water



Gather ice cubes or find an icicle to take into the steam. Talk about how it changes from a frozen solid to liquid water.



Use different kitchen utensils to explore liquids (strainer, sizes of containers, ladles, funnel).

### How does it:



**feel?**



**smell?**



**look?**



**sound?**

## CHILD DEVELOPMENT

### Sensory Play

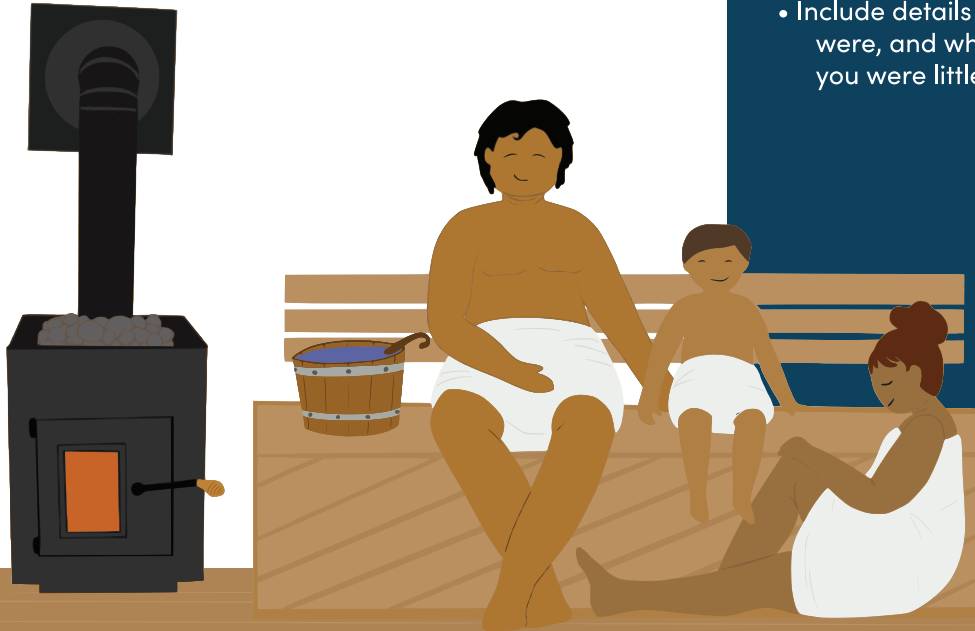
Through sensory play experiences, children use their senses to see, touch, hear, and smell, and the learning becomes much more meaningful.

# BRIDGE - Investigate

## Honoring Connections

With steam bath experiences, good stories are told, valuable information is shared and meaningful discussions happen with one another!

- Recall a story or memory you had when you were a child to share with your little one.
- Include details such as who you were with, where you were, and where you sat in the steam bath when you were little.



# Steam Writing

Step out of the steam bath and what do you see on the windows or mirrors?

## STEAM!

While cooling off in the cool room, writing letters or words can be a fun way to play with early literacy skills.

### Activities to Try:


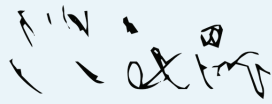
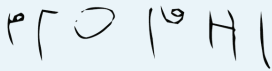
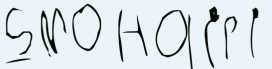
Spell the names of family members.

Play Pictionary and draw pictures while giving clues for each other to guess.

Write big 'S' for steam or 'M' for maqii.

Write and leave secret messages for the next person who visits the steam to discover after it has cooled.

# Emergent Writing Progression

Stage	Description
Drawing 	Images that represent writing or messages
Scribbling 	Marks or scribbles the child intends to be writing
Letter-Like Forms 	Marks that begin to resemble letter-like shapes
Letter Strings 	List of letters that do not create words

# Math in Routines

Include your child during the next steam bath preparation. Many daily routines include everyday math concepts, so it's always the perfect time to practice together!

## Counting Items

- 1 How many sticks go into the stove?
- 2 How many gallons of water?
- 3 How many scoops used for pouring?
- 4 What else can you count together?

## Measuring Time






- When was the steam lit?
- How long did it take to be ready?
- How long before adding more wood?
- How long does your little one stay in the steam?

# States of Water

Learning about steam! Pose questions that lead your little one to explore how water changes from a liquid to a gas.

## Guiding Questions

-  Where would I find the coolest spot in the steam bath?
-  Where is the hottest spot?
-  What happens when you splash cold water onto the hot rocks? What sounds do you hear? What do you see?

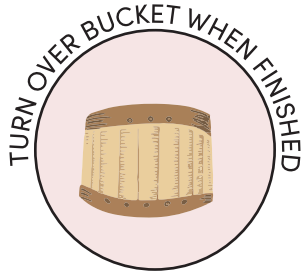
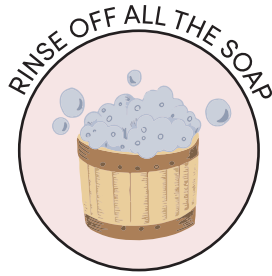


## Fun Fact:

In the freezing temperatures of winter, water can be a solid but you can witness all 3 forms of water in one place!

# Routines & Role Play

Steaming experiences provide opportunities for sharing knowledge with others. Reinforce steam bath rules and customs by guiding your child in teaching the doll about taking a steam.



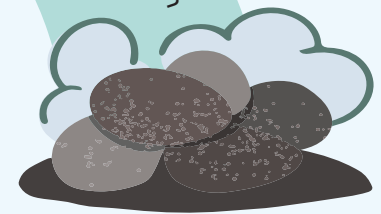
ROLE PLAY

## CHILD DEVELOPMENT

### Good Hygiene

When children practice good hygiene and experience fun washing routines, they begin to develop an understanding of good self-help skills.

Promotes language development  
Encourages creativity & imagination  
Builds confidence  
Fosters social & emotional skills



# BRIDGE - Design



## I is for Ice Candle

I loved the ice candle, it looked really cool. This candle we had to leave outside because ice melts in the warmth but in the cold the ice will stay cold. I want to make a candle with wax and put 4 pine cones in it. Wax is like water, if you get it hot it will melt. Then you pour it into a container, when it cools off it takes the shape of the container too just like the ice candle!

I wonder what else you can make a candle out of?

See you next time! - Sawyer

# STEAM

## EXPLORE 1

Gather and explore materials with your 5 senses, emphasizing safety.

## DESIGN 2

Design and engineer a candle holder, using 2 cans.

## CREATE 3

Play with water and create an ice wall to hold your outdoor candle.

## OBSERVE 4

Observe your project and discuss how the water changed form from liquid to solid.

## IMPROVE 5

Using math, discuss how you could change your project to improve it.



# 1 EXPLORE



## Science

*Scientists collect information through observation and manipulation.*

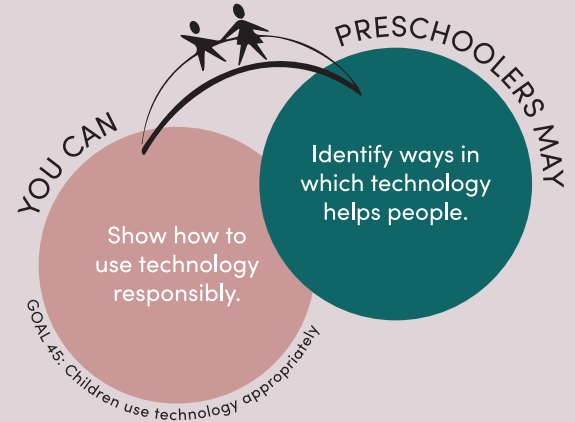
# Technology

## Safety

### Handling Materials

Discuss with your child the importance of handling materials safely, like rocks and scissors, without rushing or throwing them around.


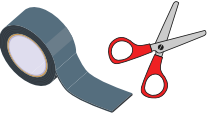


This will help the design to be successful without anyone getting hurt or wasting materials.



**Safety Discussion Question:** How might an ice candle be helpful in keeping us safe as we walk to the steam?

## 2 DESIGN

Gather materials and explore various sizes, shapes, and weights to determine your design.

Materials	Discussion Ideas
	What size cans should we use? (Compare the sizes)
	Why do you think we need strong tape, like duct tape?
	Why do we need to choose heavy rocks?
	Do you want to color the water or keep it clear?



What do you notice about the cans?

How can we use our materials to create something similar?

# 3 CREATE

## 1 Pour Water

Pour the water in the large can.



## 2 Decorate Water

What would you like to put in the water to decorate your candle?



*Sawyer used blueberry juice into and added some pomegranate seeds.*

## 3 Freeze Water

Where would the water freeze the best? Outside or in the freezer?"

After freezing, discuss with your child...

- ❄️ "What do you observe or notice about the exterior or interior of the can?"
- ❄️ "Notice the 'frost' line of where the liquid has turned into a solid."  
(After sitting in warmer temperatures for a few minutes)

## 4 Remove Cans

Allow to sit and slowly melt before peeling the tape and removing the interior can.

Pour warm water on the exterior of the candle to help move the process along quicker.



# Engineering

*Engineers create things that help people!*

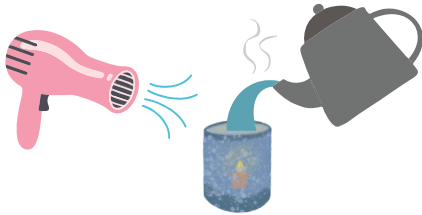
# 4 OBSERVE

# Art

## Art Concepts Focus: FORM

### Observe the change in FORM:

"What happens to the FORM of the candle when you change the temperature of the solid (frozen) ice?"



Discuss with your child that just like water has different forms, so does art!

OBSERVE WITH YOUR SENSES

How do the rings of the can add an interesting **texture** to the candle?

*The art element of 'form' can be described as an object's height, width, and depth.*



LENGTH

WIDTH

DEPTH

# 5 IMPROVE

*How can you improve your design using math?*

## Explore Measurement Through Sizes

What other containers could we use?

Choose one container different from what you used in your ice candle project. Let's compare and contrast!

- Is your new container deeper or more shallow?
- Wider or more narrow?
- Longer or shorter?



# Math

# BRIDGE - Grow

## When I Grow Up...

*Firefighters help the community!*

### What is important to Firefighters?

#### Job Safety

Firefighters have safe equipment, clothes, and rules.

#### Teamwork

Fire crew members each have a job and have to work together.

#### Practice

All firefighters have to practice getting ready to fight fires (drills). This helps them get to the fire quickly and work well with each other.



## I can be a Firefighter!

Firefighters practice safety drills, maintain their equipment, teach each other about fighting fires, and of course, fight fires.

## As I Grow...

*I can be safe.*

USE WALKING FEET



AVOID HOT SURFACES



STAY HYDRATED



BE RESPECTFUL OF OTHERS





# BRIDGE - Explore

Explore the Language App!



Can you find these words?

Water



Steam Bath



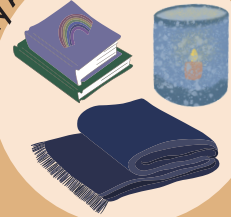
## What to Explore Next?

We hope you have enjoyed this theme! Here are some additional ways you can continue to explore our family kits.

Share the Activities You Did Together



Try Another Activity in This Kit



Check Out Another BRIDGE Family Kit



# References

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