

# SCHOOL AGE

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Week

6

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Smart Activities



SMART CHOICE. SMARTER CHILD.®

## Pop Op

**Materials:** paper, markers

**Preparation:** Read the following background information:

During the 1960's a new art movement became popular called Pop Op. Roy Lichtenstein, an American art teacher, based his artwork completely on comic strips, cartoons, and even candy wrappers. He created large scale pictures of these things often with talk balloons above his people's heads to say things to his art viewers. His particular style was to use series of small dots to make his pictures. When the viewer looks at a Lichtenstein piece, they will see millions of small dots of color making up the picture. When the viewer steps back far enough, the dots merge together, and the image's colors blend together.



### Instructions:

1. Draw a talk balloon on a large sheet of paper with some simple words like:  
**Wow! Pow! Sigh! Oh, no!**
2. Now apply dots equidistant from each other until the area is covered in color dots.
3. Stand back. See if the dots and colors blend. If they don't blend into a more solid color, add more dots closer together.
4. Try copying a candy bar wrapper in Lichtenstein style.

## Banana Ice Cream



**Materials:** 2 ripe bananas, cookie sheet, knife, parchment paper, spoon, bowl, blender, internet access

**Preparation:** Peel 2 bananas. Cut into ¼ inch slices crosswise Add text here

### Instructions:

**Ingredient Banana Ice Cream Recipe | A Sweet Pea Chef** <https://youtu.be/ACyr0mh2ECo> Follow the video simple step by step recipe to make some yummy banana ice cream. This ice cream is so healthy - no additives – totally clean eating.

### TIP:

The riper the bananas the sweeter the ice cream.

Try sprinkling the ice cream with some ground cinnamon or drizzle with honey.

Top with nuts and fruit.

## Math Messages

**Materials:** paper, pencil, calculator (optional)

**Instructions:**

**If ...**

**A B C D E F G H I J K L M N O P Q R S T U V W X Y Z**

**Equals ...**

**1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26**

**Then...**

**K+N+O+W+L+E+D+G+E**     $\_ + \_ + \_ + \_ + \_ + \_ + \_ + \_ + \_ = \underline{\hspace{2cm}}$

**And**

**H+A+R+D+W+O+R+K**     $\_ + \_ + \_ + \_ + \_ + \_ + \_ + \_ = \underline{\hspace{2cm}}$

**Plus**

**A+T+T+I+T+U+D+E**     $\_ + \_ + \_ + \_ + \_ + \_ + \_ + \_ = \underline{\hspace{2cm}}$

**Equals**

**S+U+C+C+E+S+S**     $\_ + \_ + \_ + \_ + \_ + \_ + \_ = \underline{\hspace{2cm}}$

Try using "old school" technique (crunching the numbers manually) rather than a technology (calculator) to solve the following:

What percent % is Attitude of Success?  $\underline{\hspace{2cm}}$

What percent % is Hard Work of Success?  $\underline{\hspace{2cm}}$

What percent of Hard Work is Knowledge?  $\underline{\hspace{2cm}}$

What percent of Attitude is Knowledge?  $\underline{\hspace{2cm}}$

What percent of Knowledge is Hard Work and Attitude?  $\underline{\hspace{2cm}}$

What percent of Knowledge is Success?  $\underline{\hspace{2cm}}$

### Variations on the Theme:

Make up some math word challenges of your own.

Turn a riddle into a number challenge like the one above.

Make a secret code for your family to crack.

## Artistic Dominoes

**Materials:** paper (cardstock if available), markers, colored pencils

**Preparation:** Cut some paper into several 2"x 2" squares and cut some paper into 2"x 4" squares. These sizes will be your single and double dominos.

**Instructions:**

1. Draw and color different pictures on each single square; make sure you duplicate the pictures several times.
2. Andy Warhol's art works of pop culture make excellent domino pieces. He was famously known for taking commercial pictures and repeating the same picture 4-6 times on a canvas. The Campbell Soup Can is one of his most recognizable pieces. Another famous piece is Marilyn Monroe.
3. Another choice: Cut out small pictures from cereal boxes, food wrappers, magazines, old photos, and glue them on your squares. Again, make sure you have several identical pictures both single and doubles.

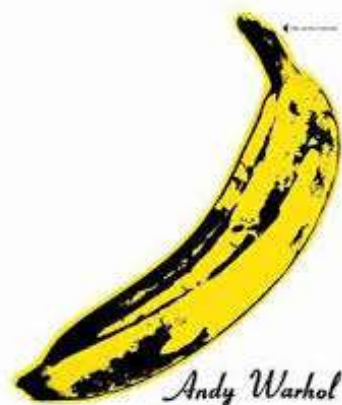


**To play a game of dominos for one:**

Spread out all the dominoes you've made on the floor or table.  
 Begin with one domino which should be a double (official start of a domino game) and then choose another one that matches.  
 Bring the two identical images together end to end.  
 Next, match another domino to either of the images that do not have a matching domino yet.  
 Continue matching images and adding matching dominoes.

**To play with two or more players:**

Deal out dominoes equally to each player.  
 Any player with a double piece can start.  
 The next player tries to match a picture domino to that one.  
 If no match can be made, player must wait until his/her next turn.  
 Play until all dominoes are used or until a player has no more dominoes.



## Ready, Set, GO

### **Instructions:**

\*Try these movements 10 times consecutively. This is sure to get your heart muscles pumping. Stand tall with your hands at your side.

Squat down to the floor.

Put your hands on the floor.

Jump to the plank position.

Jump your feet back to the squat position.

Star jump back up.

\*Try this exercise game with the family. It's called the Bear Crawl.

Palms and feet flat on the floor, arch your back so that you look like a big old bear. Race your family members across the room. Add some fun by having a competition! Who can "roar" the loudest?



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## Calligraphy

**Materials:** paper, markers, colored pencils, paints

**Preparation:** Use the link to learn about the art of calligraphy.

### **Instructions:**

Calligraphy is a visual art form related to writing. It is the art of designing lettering. A contemporary calligraphic practice is "the art of giving form to signs in an expressive, harmonious, and skillful manner" according to [Wikipedia](#).

Here's a great tutorial: Calligraphy & Hand Lettering for Beginners!

Easy Ways to Change Up Your Writing Style!

<https://youtu.be/Jzlx9TMCsVA>

There are many more tutorials to choose from for learning this art form of lettering. Start with a short message or just your name.





## STEM Career Highlight - Architect

**Materials:** pencils, markers, large paper

**Preparation:** Do you know what architects do? Architecture is the art of designing and constructing buildings. An Architect is a person who practices architecture. Architects must study and work hard to earn a license to practice architecture. Be sure to cut out your Architecture license on the next page and put it in your work area while you are working. It is important for people to see that you are a licensed architect!

**Instructions:**

Congratulations! You are an architect who has been hired to design a very special headquarters building. It is for your favorite superhero! Your building must include at least one of the following elements;

- A workout training room
- A research lab
- A weapons and technology development room
- A ceremony banquet hall
- A museum and artifacts gallery
- A storage area for a transportation vehicle

Use the planning area on the next page to make a rough sketch of your design. Then, on large paper draw a finished copy.

**Extension:** Build a prototype, a small example, of your building design using recyclable materials

## Licensed Architect

Mr. or Ms: \_\_\_\_\_

In the state of: \_\_\_\_\_



## STEM Career Highlight – Architect Inspiration Photos

Use the box below the photos to brainstorm your plans.



## The "I Am" Poem: A Celebration of Who You Are

**Materials:** paper, pencil, "I Am" poem template

**Preparation:** Read the poem template to understand all the parts.

Know that a biography is a type of writing about a person's life that is written by someone else. This poem is more like an autobiography, which means an account of a person's life written by that person.

**Instructions:** This poem has three stanzas, or paragraphs.

Use the "I Am" poem template to write a creative poem that is unique to you!

"I Am"

I am (two special characteristics)

I wonder (something you are actually curious about)

I hear (a sound from your imagination)

I see (a sight from your imagination)

I want (an actual desire)

I am (the first line of the poem restated)

I pretend (something you pretend to do)

I feel (a feeling about something imaginary)

I touch (something you would touch in your imagination)

I worry (something that really bothers you)

I cry (something that makes you very sad)

I am (the first line of the poem repeated)

I understand (something you know is true)

I say (something you believe in)

I dream (something you actually dream about)

I try (something you make an effort to do)

I hope (something you actually hope for)

I am (the first line of the poem repeated)

## Practice

### Instructions:

Use this as a practice template and fill in the blanks with your word choices.

I am \_\_\_\_\_

I wonder \_\_\_\_\_

I hear \_\_\_\_\_

I see \_\_\_\_\_

I want \_\_\_\_\_

I am \_\_\_\_\_

I pretend \_\_\_\_\_

I feel \_\_\_\_\_

I touch \_\_\_\_\_

I worry \_\_\_\_\_

I cry \_\_\_\_\_

I am \_\_\_\_\_

I understand \_\_\_\_\_

I say \_\_\_\_\_

I dream \_\_\_\_\_

I try \_\_\_\_\_

I hope \_\_\_\_\_

I am \_\_\_\_\_

*Optional;* rewrite the full poem on a blank piece of paper and decorate with crayons, markers, stickers, cut-out collage, and patterns.





## Understanding Empathy Using the "I Am..." Poem

**Materials:** paper, pencil, "I Am" poem template

**Preparation:** Think about a time when you had to understand another person's thoughts or feelings. Maybe you are not even aware of ever doing this? Being able to "put yourself in another person's shoes" helps you to understand people's thoughts, feelings, and even what causes them to behave the way they do. Fortunately, this is a skill that you can learn, just like riding a bike or dribbling a basketball. It just takes practice, like all skills do. Once you understand this, you will realize that having empathy is the same thing!

**Instructions:**

Use the "I Am" poem template to write a creative poem that takes the perspective of another person. Use the images below and choose one to write about. Imagine you are one of those people. What do you think this person feels, sees, dreams, and imagines? Writing a poem from another person's point of view will be almost like you are an actor pretending to be a character. What kind of character will you create?



## Banana Sushi

Age Group: 5-7 and 8-12 years old

**Materials:** banana, flour tortilla, peanut butter or sun butter, chocolate syrup, plastic knife

**Preparation:** Gather your ingredients and place them out on the counter or table.

**Instructions:**

You can add other ingredients into your Banana Sushi that you have at home. Be creative!

1. Lay your Tortilla flat and spread a layer of peanut or sun butter across the entire side of the tortilla.
2. Peel banana and straighten it a bit (it's okay if it cracks a little). Place your banana in on top of the peanut or sun butter.
3. Drizzle your chocolate syrup on top of the banana.
4. Roll tortilla up around the banana, trying to make it as tight as possible.
5. Slice your "sushi" roll into 1-inch rounds and serve!



Enjoy your snack and share with family!

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## Virtual Field Trip : Panda Cam

**Materials:** internet access, website: <https://nationalzoo.si.edu/webcams/panda-cam>

**Instructions:**

Spend some time watching the Panda's on the Panda Cam. These panda's live at the Smithsonian National Zoo in Washington, D.C. The female panda is Mei Xiang (may-SHONG) and the male panda is Tian-Tian (t-YEN t-YEN). They were both born in China and arrived at the Smithsonian National Zoo in the year 2000. They are on loan to us from China.

As you watch the pandas observe different things you see:

- Did you see them eat anything while you watched? If so, what did they eat?
- What makes up their habitat at the Zoo? Grass, large rocks? What do you see?
- Do they move fast or slow?
- What other facts have you heard about pandas before?  
Have you ever seen one in person?

You can learn more about Giant Pandas here:

[https://nationalzoo.si.edu/animals/giant-panda?qt-learn\\_more\\_about\\_the\\_animal=1#qt-learn\\_more\\_about\\_the\\_animal](https://nationalzoo.si.edu/animals/giant-panda?qt-learn_more_about_the_animal=1#qt-learn_more_about_the_animal)





## Pipe Cleaner Challenge

Age Group: 5-7 and 8-12 years old

**Materials:** pipe cleaners, foil

**Preparation:** Gather 15-20 pipe cleaners and 5 paper sized sheets of foil from the roll.

**Instructions:**

It is time to put your creative caps on! Using the materials you have gathered, you are going to complete the following challenge:

- Using only pipe cleaners and foil, create your own masterpiece!
- You must use all your pipe cleaners and foil to create your final product.
- You must create it on a flat surface (table or floor etc.)

Whether you decide to create a castle home to a king and queen, or a jungle filled with trees and animals, the options are endless!

You may be surprised by what you can create with tin foil! Try molding it, twisting it, and wrapping it into all shapes and sizes to make your masterpiece complete.

Invite members of your family to do the Pipe Cleaner Challenge with you! You can work together or create your own and share them with each other when you finish!

Take pictures and share your masterpiece with your Kids 'R' Kids!

