

SCHOOL AGE

Week

21

Smart Activities

Map Out your Heart

Materials: white paper, markers or crayons, pencil

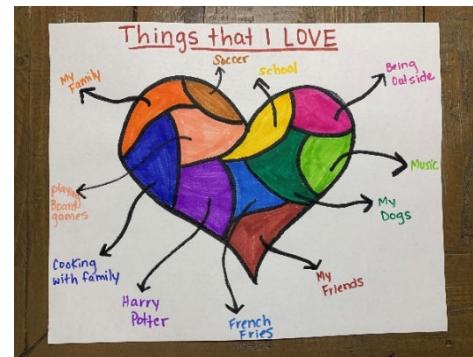
Preparation: Gather all your materials.

Instructions:

This activity allows you to practice gratitude for the things you love in your life! Gratitude is the act of being thankful or showing appreciation for something or someone. In this activity, you will "map out" your heart.

- Start by drawing a large heart in the center of your paper.
- Make a separate list of things that you love. Count how many things you have on your list.
- Using a marker or pencil, create different sections in your heart as shown in the picture. Create enough sections to fit all the things you have on your list.
- Color in each section. Use different colors, patterns, or designs. You can make each section unique!
- Next, draw arrows coming out from each section.
- Label each section with something you love! It can be a person, a group of people, something you have, something you like doing, etc.

You have "mapped out" your heart! This picture represents all the things you love!



Cooking: Parfait Cone

*CAUTION: Wash hands for 20 seconds before and after this activity.

Materials: fresh fruit, plain or flavored yogurt, honey or chocolate syrup, sugar cones (used for ice cream)

Preparation: Create a clean area to prepare your snack.

Instructions:

For today's snack activity, you are going to make a yummy and healthy version of an ice cream cone!

1. Wash and prepare all your fruit you picked out to use for your Parfait Cone.
2. Begin by layering your ingredients in your cone:
 - Spoon a small amount of yogurt into the bottom
 - Add a few berries or fruit you are using
 - Drizzle some chocolate or honey
3. Keep repeating your layers until your cone is full.

Make a few and even switch up the combinations you are using.

Share them with family and enjoy this delicious snack together!



Ice Powers: Chemistry Experiments Inspired by Frozen

Materials: purified water, crushed ice, space in freezer, food coloring, dish, supplies to decorate snowman (twigs, pebbles, carrot tip, sprinkles, etc.), *optional: sports drink, soda, flavored drink, internet access, video example/website: <https://safeshare.tv/x/ss5ee0f0629aab5#>*

Preparation: An adult will help and supervise the process. Discuss the key ideas:

Supercooling: The process of chilling a liquid below its freezing point without it becoming a solid

Chain reaction: A series of events in which one event causes another event

Instructions:

1. Get internal temperature of water below the natural freezing point but remain as a liquid (about 2.25 hours in freezer) by placing a few bottles of purified water lying flat in freezer. Set timer for 2 hours and 15 minutes.
2. After about 30 minutes, put an extra bottle in for the next experiment. Do not touch the bottles during this time. When the time is over, gently remove the bottle from the freezer without disturbing it too much, carefully remove the cap, and slowly pour the water into a tall glass.
3. Have your child dip a finger into the crushed ice, making sure at least some of it sticks, and dip it into the glass of water. Watch the water transform! What is happening?
4. Ask your child to explain which part of the process is supercooling and to describe the chain reaction that occurs. Help to explain if needed.

Advanced ice experiments that involve heating liquids – Use caution and adult must supervise:

<https://www.youtube.com/watch?v=8e4pAXy1iZI>

More information about chemical reactions for children:

https://www.ducksters.com/science/chemistry/chemical_reactions.php

Frozen Snowman

Materials: See above

Instructions:

1. Place a dish, with enough water to cover the surface, into the freezer and leave until frozen solid.
2. While waiting, prepare the snowman accessories.
3. Pour water that is supercooled onto the plate to make instant snow.
4. Form into a snowman shape and pour more water over it to set it.

Optional: Repeat either experiment using a liquid other than water.



DIY Pocket Fan

Materials: 3 pieces of 5X8 white paper, 2 popsicle sticks, glue, markers, crayons, other drawing materials you would like to use

Preparation: Watch a video tutorial here: <https://gluesticksblog.com/diy-pocket-fans/>

Instructions:

Watch the video above showing how to make a pocket fan. Follow these directions below and make your own:

1. Begin by coloring and drawing on all three pieces of paper. You will be attaching the three pieces of paper together, so remember that when you are drawing and coloring on each one.
2. After you have finished your art on each paper, accordion fold each piece from top to bottom. Then fold your accordioned paper in half. Repeat this for all three pieces of paper.
3. Using your glue, glue each folded accordion paper to the other. Hold the glued seams tightly as they dry.
4. Now you will glue the two remaining open edges to a popsicle stick. Glue one popsicle stick to each side. The paper should attach to half of the popsicle stick and the other half should be used as the fan handle for you to hold.
5. Allow time for all your glued areas to completely dry.
6. If you have a small hair tie or rubber band you can use it to wrap around the popsicle sticks to keep the fan closed when you are not using it!

Once it's complete dry, open it up! How does it look? Try fanning yourself with it, how does it work?



DIY Musical Instruments

Materials: 8 plastic straws, tape, scissors, ruler

Preparation: Gather all materials.

Instructions:

Straw Flute:

1. If your straws have flexible ends, start with using the scissors to cut them off. If they do not, you can start with step 2.
2. Now you will cut your straws as listed below in $\frac{1}{2}$ inch increments, using your ruler for measuring.
 - The first straw you will keep its length and not cut.
 - The second straw you will cut $\frac{1}{2}$ inch off.
 - The third straw you will cut 1 inch off.
 - The fourth straw you will cut 1 and $\frac{1}{2}$ inch off.
 - The fifth straw you will cut 2 inches off.
 - The sixth straw you will cut 2 and $\frac{1}{2}$ inches off.
 - The seventh straw you will cut 3 inches off.
 - Lastly, the eighth straw you will cut 3 and $\frac{1}{2}$ inches off.
3. Now you will lay your straws out, lining them up from longest to shortest. Use your ruler to act as a guide to make sure your straws are in an even line. Make sure your straws are side by side as well.
4. Tear a long piece of tape and place it about an inch down from the top side where the straws are all aligned evenly. Once the tape is touching all the straws, you can carefully flip it over and wrap the rest of the tape around the other side. You want to make sure they are secured in their spot by the tape.
5. Once you have taped your straws and they feel secure, it's done and ready to try out!

As you try out your straw flute observe the following:

- Which straw makes the highest pitch sound?
- Which straw makes the lowest pitch sound?
- Try out simple tunes like "Twinkle, twinkle little star" or "Mary had a little lamb"



<https://www.adabofgluewilldo.com/pan-flute/>

DIY Computer Font

Materials: computer, printer, scanner, paper, thick black marker, internet access, website: <https://www.calligraphr.com/en/>

Preparation: An adult will help with this activity.

Instructions:

1. On the computer, go to the website and open a free account. Create and printout a template.
2. Fill out the template using thick black marker. Scan completed template. Upload to the website.
3. Download and install the font. Open a word processing program and select your font.
4. Type a word or sentence using the font. Create a neatly printed letter with no eraser marks! What else can you make with your new font?



Catapult Fitness

Materials: soft playground ball, mat, wall, masking tape

Preparation: Create a clear playing space. Mark out a target on the wall using the tape. Make the target easy enough that it can consistently be reached and difficult enough to be challenging. Have your child lie several feet away, so that he/she will be able to reach the target with the ball. Any number of players can play.

Instructions:

The object of the game is to hit the target with the ball while lying on the ground.

The player who is the catapult will lie flat on the mat with knees bent. With both arms outstretched by ears and holding ball with both hands, swing arms forward to launch the ball at the target like a catapult.

If the target is missed, the player must perform an exercise with repetitions that is decided on before. Take turns being the catapult.

Exercise suggestions:

- arm circles
- lunges
- squats
- plank

Variation: Start from the same position but do a sit up before launching the ball.



Cooking: Homemade Popsicles

*CAUTION: Wash hands for 20 seconds before and after this activity.

Materials: small paper cups, popsicle sticks, 1 box of instant vanilla pudding (4 serving size box), food coloring, 2 2/3 cup of milk, 5 small bowls, foil

Preparation: Prepare your workspace in the kitchen.

Instructions:

1. Prepare the pudding mixture. Mix the instant pudding package with 2 2/3 cup of milk. Whisk together until combined.
2. Separate the pudding mixture into five small bowls equally.
3. Drop about 4 drops of each food coloring into a separate bowl. To make orange, add one drop of red and four drops of yellow into one bowl of pudding.
4. Add a spoonful of each color to the paper cups. Start with red, next orange, yellow, green, and finally blue. Between adding each color, tap the cup lightly on the counter to remove any air bubbles.
5. Once you have filled the cup with your layers, insert the popsicle stick in the middle.
6. Cover the top of each cup with a small piece of foil. Poke a hole in the foil with the popsicle stick and wrap the edges around the cup. Freeze for 6 hours or until completely frozen.
7. When ready to eat, tear the cup off of the popsicle and enjoy!



<https://onelittleproject.com/easy-rainbow-popsicles/>

DIY: Frisbee

Materials: 2 paper plates, scissors, markers, crayons, stickers, clear packing tape

Instructions:

1. Begin by placing two paper plates on the table. Cover each plate with clear packing tape. Trim the excess tape around the edge off.
2. Flip your plates over so that the bottom of the plate is facing up now.
3. Use markers, crayons, and stickers to decorate the outside rims of the plates.
4. Cut the center circle out of both plates using scissors.
5. Place the rims of the paper plates together with your design facing out.
6. Using packing tape, tape the two plate rims together, folding the excess tape over the edge in the center.

Now your frisbee is ready to go! Head outside and give it a try! How does it fly?

Have family members make their own too! You can fly them together or even have races!



<https://craftsbyamanda.com/paper-plate-frisbees/>