

SCHOOL AGE

Week

30

Smart Activities



SMART CHOICE. SMARTER CHILD.®

30-Second Animal Jumps

Materials: printer, timer, internet access, websites: https://www.youtube.com/watch?v=fqAZ_eUpk_8, https://openphysed.org/wp-content/uploads/2020/08/GBG-K2-07b_AlphabetAnimals.pdf

Preparation: Have a large clear playing area. Using the second website above, print the Animal Cards pdf. Save these cards for other activities. Place in a stack or in a container. Preview the video demonstration.

Instructions:

The purpose of this game is to get everyone involved in physical activity that is fun! Being active everyday helps to reduce stress and increase energy and focus.

Start by choosing an animal card. It features two animals. There is a different animal for each letter of the alphabet. Each player will perform a 30-second jump mimicking the animal. Be sure to pay attention to your heart rate and stay hydrated, too!



“Autumn Gift” – A Poem by Valerie Bloom

Materials: art materials, paper, internet access, printer, website:

<https://childrens.poetryarchive.org/poem/autumn-gilt/>

Preparation: Preview the website and audio of the poem. Print a copy of the poem to follow along with the audio.

Vocabulary: Imagery – a vivid form of description that appeals to the reader’s five senses and imagination

Instructions:

Valerie Bloom is a Jamaican poet who grew up in the mountains, which influences her writing.

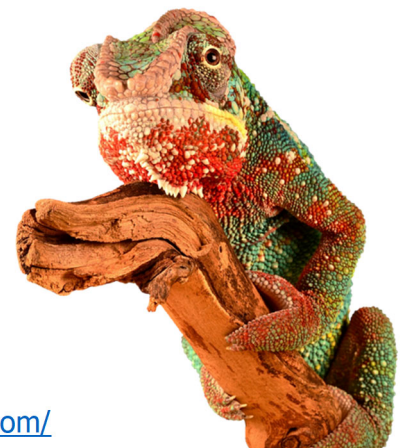
In the Caribbean, poetry is closely linked to music and dance, and many poems are written to be performed. Listen to the poet read her poem. Pay close attention to the images that appear in the imagination while she reads. After listening, create a drawing of the images that stood out the most.

What do you think is meant by the last line, “...The late September sunshine is a chameleon, I think.”? Repeat the poem, if needed.

Extension: Create a dance interpretation to go along with the poem.

Interview with the poet:

<https://childrens.poetryarchive.org/interviews/an-interview-with-valerie-bloom/>



Bottle Rocket

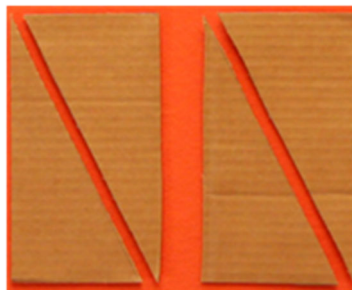
Materials: empty 1-liter plastic bottle, paper, duct tape, modeling clay, ruler, thin cardboard, X-acto knife (Adults only), bottle cork, nail, bicycle pump

Preparation: Gather materials.

Instructions:

1. Roll paper into a cone and wrap with duct tape completely to reinforce it.
2. Tape the cone to the bottom of a bottle. (see picture below)
3. Wrap a piece of modeling clay around the top of the bottle and secure with duct tape. (see picture below)
4. Using a ruler and X-acto knife for straight lines, cut four even triangles out of thin cardboard. (see picture below)
5. Tape the cardboard triangles to the sides of the bottle, so that they are just below the bottleneck.
6. Use a nail to make a small hole through a cork. (see picture below) (Adult help may be needed)
7. Fill bottle halfway with water and inset the cork into the bottle opening. (see picture below)
8. Find some clear space outside. Place the bike pump over the air hole in the cork and have a grownup flip the bottle over, holding the rocket so that the nose (cone) is pointing up and away. (see picture below)
9. When ready, use the bike pump to build pressure in the bottle. After a few seconds, the rocket will blast off into the air!

Picture Steps listed below:



Animal Dance Party

Materials: Animal Alphabet cards from Day 1, child-friendly music, optional: art materials, paper

Preparation: Have a large clear playing area. It is best to have more than one or two people to play.

Instructions:

This is a simple and fun way to get the heart rate pumping! Choose an Animal Alphabet card and decide on which animal to perform. Start the music and dance like an animal!

Extend: What other animals can you make up? Create your own animal alphabet! Who wants to dance like a sloth? 🌀



Yayoi Kusama – *From Here to Infinity* by Sarah Suzuki

Materials: art materials, internet access, website: <https://www.youtube.com/watch?v=GUoDUhsWJL8>

Preparation: Preview the read aloud book. An adult will help with the internet.

Instructions:

Yayoi Kusama is a well-known contemporary artist who is also called “The Princess of Polka Dots.” She rebelled against the traditional Japanese style of art to create her own unique style of painting, sculpture, and performances.

Listen to the story and discuss: What was the town like where she was born? What kind of place did her parents own? What did young Yayoi dream of? How was this different than what her mother wanted for her? Be sure to watch to the end to see examples of Kusama’s art. What do you think about it? How can you find more information about her art? How can you be inspired by her story to create your own art?



images from: <https://www.wikiart.org/en/yayoi-kusama>

Straw Tower Civil Engineer

What do you think: Who designs buildings such as your home? What do you call these people who apply science and mathematics concepts to solve problems that improve the built world, including the design of buildings, bridges, and other structures? Did you know civil engineers design structures? They work through a seven-step cyclical process called the engineering design process to ensure that the structures are well-tested and designed within given constraints (such as a budget, limited construction materials, and deadlines) and meet the specifications (such as size, weight, length, strength and environmental considerations). During this activity, you are the civil engineer and you have been tasked to design and build model straw tower.

Materials: 50 straws (mix of non-bendable and bendable), masking tape, scissors

Preparation: Gather materials.

Instructions:

1. First, think about how to build your tower. Begin by making a sturdy base for your tower. If you are using different colors of straws, think about your visual patterns.
2. Next, add a second structure to your base making sure it doesn't bend. You don't want your structure looking like a fishing pole. Remember the taller the structure gets the more unstable it can become.
3. Will your structure support a ball or book? What is your goal? Were you successful?



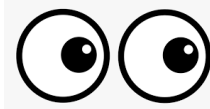
Refraction of Light Fun

Materials: paper, markers, glass, water

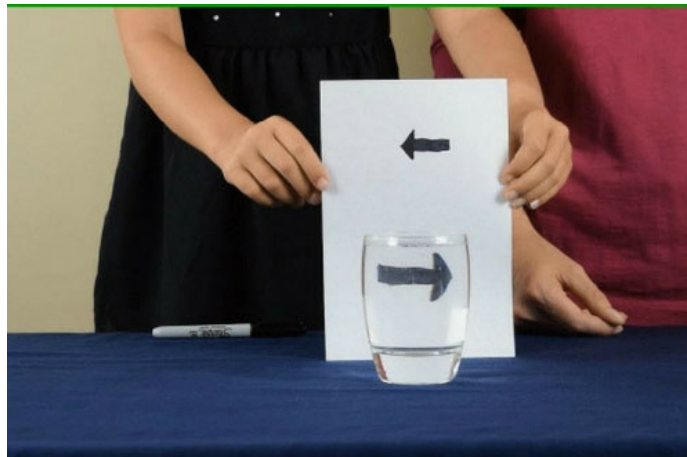
Preparation: gather materials

Instructions:

1. Get a sheet of paper and draw two arrows on it. One arrow near the top and one arrow near the bottom. Make the arrows point in the same direction.
2. Fill a glass with water.
3. Slowly lower the piece of paper behind the glass of water.
4. Look through the glass of water and watch what happens. Which way is the arrow pointing, left or right?



5. Now try it by drawing a face with the eyes looking like this: Which way are the eyes looking, left or right?
6. Create your own drawing to reflect through the water.



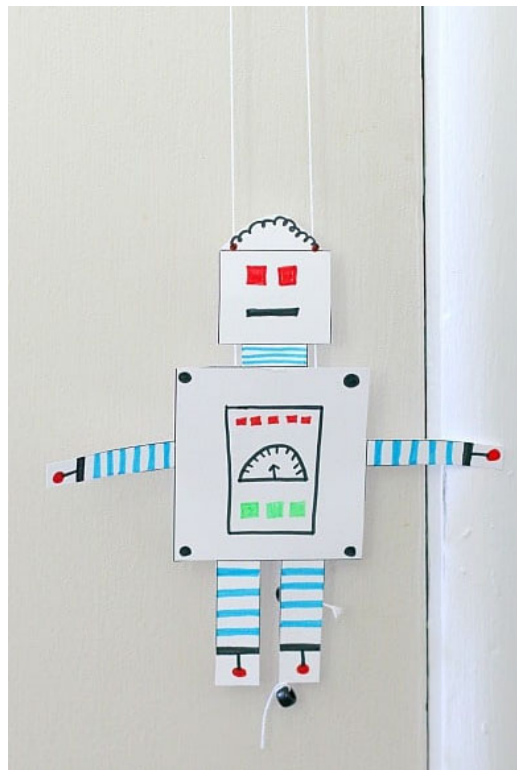
Zipline Robot

Materials: markers, scissors, tape, drinking straw, string, fishing line or thin yarn, two pony beads in any color, white cardstock, Zipline Robot Template (included)

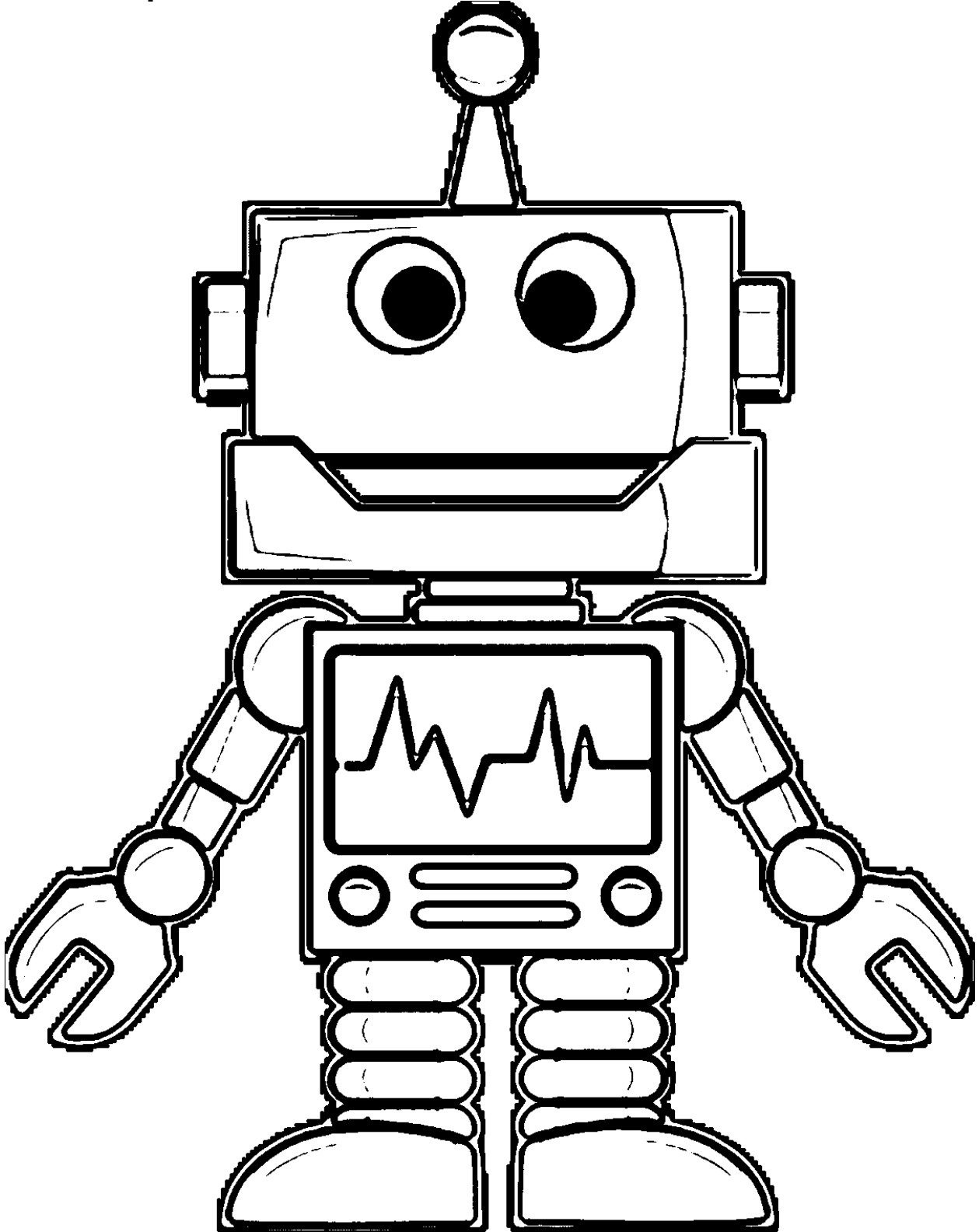
Preparation: Gather materials.

Instructions:

1. Print the robot template onto white cardstock.
2. Color your robot with markers.
3. Cut out your robot.
4. Cut two 1.5-inch pieces off your straw. Tape them onto the back of your robot.
5. Take a piece of string about 4 feet long and thread both ends through the two straw pieces so that you form a giant loop above your robot.
6. Tie a pony bead onto each end of the string to keep the string from coming out of the straw pieces.
7. Hang your zipline robot onto a doorknob or from the ceiling. (**ask for permission first**)
8. Grab one bead in each hand and pull out and away from the robot. Watch it zip up!



Zipline Robot Template



Zipline Robot Template

