

SCHOOL AGE

Week

36

Smart Activities



SMART CHOICE. SMARTER CHILD.®

Paper Cup Stand

Materials: cardboard pieces (from cardboard boxes), paper cups, scissors (**adult assistance-box cutter**)

Preparation: Gather supplies.

Instructions:

1. First, take a paper cup and try to stand on it. Did it hold your weight or break?
2. Next, take a cardboard box and cut out flat pieces from the sides (no folded areas in the pieces). Make at least two even pieces big enough for you to stand on. You may need an adult to help you using a box cutter to cut off the pieces of cardboard.
3. Now place 6 cups (3 in front and 3 lined up behind) evenly spaced out on the ground.
4. Place a piece of cardboard over the cups. Stand on it. Did it hold your weight? It should have held your weight.
5. Add another set of cups on top of the sheet of cardboard and then place a second sheet of cardboard over those cups. Stand on it. Did it hold your weight? Have someone else heavier try it out.

Why Did It Work?

So, when you stood on one cup it broke straight away as you expected. This is because all your weight was pushing down on the cup, compressing it. However, when you arrange the cups neatly spaced apart and place a piece of cardboard over the top, the weight was spread out creating an even distribution of the weight and there was not too much weight on any one cup.



I've Got Your Back!

Materials: more than one player needed, 8.5 x 11" Heavy weight drawing paper (watercolor paper is best), masking tape, black markers, optional: watercolor paint

Preparation: Decide who will draw first. Tape a piece of paper to the other player's back.

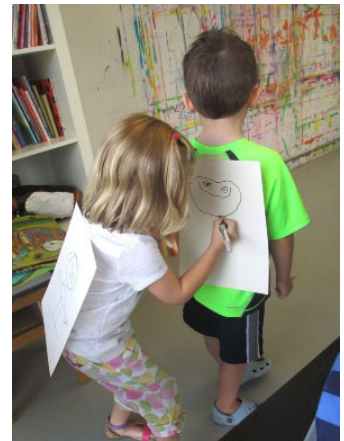
Instructions:

Explain that this activity is a fun way to practice looking at details with a silly reveal at the end! Also, discuss how the saying, "I've got your back" is an idiom (a phrase that means something different than what the words really mean.) When someone says this phrase, what they really mean is "I will look out for you and protect you if you need it."

Start by closing one eye and using the pointer finger to trace the outline of an object in the room. This is to practice seeing what you are drawing!

Once you have the hang of this, stand a few feet apart from each other and take turns using the same technique to trace your partners face and features. This is an effective way to focus attention.

Then, take turns drawing partners' portrait on the paper taped to his or her back. Remember to take it seriously even though it feels silly. The best part is the suspense and anticipation for the person being drawn!



Vibrant Rainbow Self-Portrait

Materials: plain white paper towels, plain white drawing paper, pencils, black permanent markers, eyedropper or pipettes, scissors, hand mirrors, white glue, liquid watercolors (red, yellow, blue), small cups, construction paper larger than paper towel size

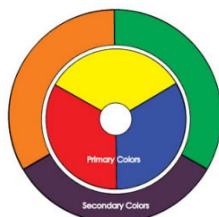
Preparation: See student examples here: <https://www.instagram.com/p/Bf-yDpBhqaZ/>. Explain that red, blue, and yellow are called primary colors. They can be mixed together to make other colors called secondary colors (orange, green, purple).

Instructions:

What to Do:

Use eyedropper to color the paper towel with liquid watercolor. Let dry. Use a mirror to study facial features. Use a pencil to draw a self-portrait on the white paper then outline with permanent marker. Cut out the portrait and use a few dots of glue to attach it to the colored paper towel background. Mount to larger construction paper using a dot of glue in each corner. Hang to display.

Variation: Practice holding a different expression and draw that (excited, worried, happy, sad).



Bread in a Bag

Materials: active dry yeast packet (0.25 oz), pastry brush, cooking spray, extra-virgin olive oil, flour, kitchen towel, measuring cups and spoons, mini loaf pans, oven, resealable large plastic bag, salt (kosher), sugar, water

Preparation: Gather supplies. Clear counter space. Spray mini loaf pans with cooking spray. Be sure to read all directions before beginning.

Instructions:

1. First, measure out 1 cup of flour, $\frac{1}{4}$ cup of sugar, and 1 packet of active dry yeast into the sealable plastic bag. Then add 1 cup warm water.
2. Now, seal the bag and squish together with your hands to mix. Make sure all ingredients are mixed well.
3. Allow the ingredients in the bag to rest for 10 minutes at room temperature. This will allow the yeast to activate.
4. Next, add 1 cup of flour, 3 tablespoons of extra-virgin olive oil, and 2 teaspoons of salt. Reseal the bag.
5. Again, have fun squishing together these ingredients.
6. Now add 1 more cup of flour and mix by squishing together until all the flour is mixed completely.
7. Check your cleared counter space and sprinkle a light coating of flour to ensure the ingredients will not stick.
8. Remove the ingredients from the bag onto your clear counter space and allow to rest for about 10 minutes.
9. Then the fun begins! Flour your hands to help prevent the dough from sticking to your hands. Using your hands, begin to knead your dough for 5 minutes. Kneading consists of stretching and folding the dough to develop gluten to give your bread its structure. (Google the word "kneading" if you need more instructions.)
10. Now, halve the dough and place each half in one of your mini-loaf pans. Cover both pans with a kitchen towel for 30 minutes.
11. Depending on how long your oven takes to preheat (ask an adult) - Preheat oven to 375° (**adult assistance needed**).
12. Now, brush the top of your bread with the olive oil, place in the preheated oven (**adult assistance is needed**), and bake until golden brown for about 30 minutes (check on it at about 20 minutes due to the varying baking times of ovens).



Balloon Marble Trampoline

Materials: balloon, cup (hard plastic), marbles, scissors

Preparation: Gather materials.

Instructions:

1. First, cut the neck off a balloon.
2. Then stretch the balloon over the top of the plastic cup.
3. Next, drop a marble on the balloon. What happened? Did it bounce?
4. How can you make it go higher? Try different sizes of cups.

Get creative and make ramps for your marbles to come down and land on the balloon trampoline. See how high the marble can go in the air as it comes down the ramps. You can use PVC pipes, Tinker Toys, blocks, etc. Your imagination is your masterpiece.



String Water Travel

Materials: food coloring, glasses (2), internet access, string, tape, water

Preparation: Gather materials. Watch the video for clearer directions:

<https://www.youtube.com/watch?v=wVtHot74ToI>

Instructions:

1. First, fill a glass with water.
2. Next, soak the string in the water leaving some of the string out to remain dry.
3. Remove the string but save the water to use again.
4. Then fix one end of the string on the other glass using tape. Tape the string inside the bottom of the glass. Pull it to test if it is firmly fixed.
5. Now add a few drops of food coloring to the glass with the water.
6. Hold the unfixed end of the string and tighten it against the glass (*make sure it is tight*).
7. Slowly, pour the water along the string. Watch the water cling to the string and go into the empty cup without spilling.

(Troubleshooting: if the water is spilling it may be that you were pouring the water too fast or the string is not fully tightened.)



Jellybean Egg Carton Mancala

Materials: egg carton, internet access, jellybeans (48) (or you can use beans, other candies, buttons, etc.), scissors, tape

Preparation: Gather materials and print instructions from the website:

https://endlessgames.com/wp-content/uploads/Mancala_Instructions.pdf

Instructions:

1. Take your empty egg carton and cut the top off.
2. Cut each end of the top and cut two pieces from the edge in the middle.
3. Tape together the ends with the edge in the middle.
4. Tape or glue these pieces to the end of each side of the egg carton. (see picture below)



5. Read your printed instructions from website above.
6. Now it is time to play. Enjoy!

