

SCHOOL AGE

Week

9

Smart Activities



SMART CHOICE. SMARTER CHILD.®

Action Spatter

Materials: covering for table, cardboard box with one side cut away, variety of paintbrushes, paint, newsprint, cardstock or heavy white paper, tape

Preparation: Cut off one side of the cardboard box.

Instructions:

1. Cover your workspace or work outside which will make cleanup much easier.
2. Put the cardstock (heavy) paper inside the box and tape it down.
3. Begin by dipping a paintbrush into one of the paint colors. Tempera paint works best but improvise if not available.
4. Hold the paintbrush inside the box and splatter the paint onto the paper by shaking the paintbrush up and down and sideways. Small motions create globs – experiment with your technique and try several splatter paintings.
5. Add other colors and splattering.
6. Allow painting to dry before removing from the box.



Jackson Pollack

The American painter, Jackson Pollack, was known for his experimentation in painting techniques and his abstract design. Pollack wanted his paintings to be different from photography and tried to paint what he called “action painting” with his entire body involved in the motion. Pollack liked to place his canvases on the ground and then moved rapidly around them throwing and splattering paint onto his canvas. Sometimes he would add his own personal touch by adding his handprint or personal items.

All of his unusual experimentations in painting demonstrate the variety of shape, line, and color that can be found in abstract art. Pollack’s style is fun to imitate. Makes you wonder if Pollack discovered his splattering technique by watching young children experimenting with painting. Things that make you go “hmmm?”



Body Percussion Rhythm

Body percussion is a way of using the whole body like a drum kit. With practice, you can learn cool sounds and rhythms, so when a friend is playing an instrument, you can play along!

Materials: internet access, website: <https://www.youtube.com/watch?v=N9LLMRC8UmM>

Preparation: An adult will help with the internet. Preview the video. Define choreography: a sequence of steps and movements in dance.

Instructions: Watch the video and try the different techniques to create different sounds. Did you know your body has so many different drums?

Introduction:

1. Clapping: try a beat of four counts on your shoulder, chest, and thighs
2. Snapping: click your fingers to sound like cymbals
3. Slapping: slap your hands together to sound like a snare drum

Practice:

Clap both hands on chest with arms crossed.
Uncross arms and snap fingers in front of chest
Slap both hands on thighs
Repeat to make a pattern of sounds
Start slowly then build up speed

Extend:

Try this demonstration with some children doing more difficult moves:

<https://www.youtube.com/watch?v=QOh1P1ZcTaU>

Watch these professional dancers perform body percussion choreography to a popular song:

<https://www.youtube.com/watch?v=iQzuCScjs08>

What song would you like to invent the body percussion choreography for?



UNO Dash

The focus for this friendly competition is to practice using proper form for physical fitness, playing fair, and having fun together.

Materials: hula hoop, deck of Uno cards, cone or place marker per team, large open playing area, UNO Dash chart per team (included with packet)

Preparation: More than four people are needed for this game. Set up a hula hoop about 10-20 feet away from the cones. Create teams of two players. Shuffle the deck of cards and spread them out in hula hoop

Instructions:

Each team will be behind the cones. On "Go!" one player from each team will dash to the hula hoop, grab a card without looking, run back to the team, put the card face-down in a pile, and give the teammate a high five – like a relay race.

The second teammate will do the same until the team has a pile of 10 cards.

Then the team will work together to return the cards to the hula hoop. To do this, flip one card over at a time and use the Uno Dash Chart to determine which exercise should be done. The number on the card is the number of repetitions to perform.

Everyone on your team must do the exercises together.

When the team has finished the exercises, one player must return the card to the hula hoop.

The team to return their pile of cards to the hula hoop first wins!

Would You Rather...? Uno-Style

Materials: deck of Uno cards, "Would You Rather..." Question Chart (included)

Preparation: More than one player is needed. Shuffle the deck of Uno cards and place face down.

Instructions

Take turns picking a card from the top of the deck and answering the corresponding questions on the chart. Same Uno card rules apply.



UNO Dash Chart

RED	Jumping Jacks
BLUE	Star Jumps
GREEN	Mountain Climbers
YELLOW	Hand Walk-Out

Jumping Jacks: Feet together, hands at sides, jump feet apart while clapping hands above head, arms straight

Star Jumps: Squat until thighs are parallel to the floor, jump up reaching hands and feet out like a star, land softly on feet, dropping back to the squat position.

Mountain Climbers: 1) Go to plank position by putting hands flat on floor shoulder-width, arms straight, back flat. 2) Mimic running motion by switching one foot at a time

Hand Walk-Out: Bend forward at waist, reach down and touch hands to floor, walk hands out for a count of 4, walk hands back in for count of 4, stand up straight, repeat

UNO Deck:

Wild card = free; discard

Draw 2 = draw two more cards

Reverse card = count down backwards 10 repetitions of exercise

Skip card = free; discard

Wild Draw 4 cards = give to other team; they must draw four cards

Would You Rather? Question Chart

	RED	BLUE	GREEN	YELLOW
0	Be able to swim underwater like a fish or fly like a bird	Go to a museum or see a movie	Have a tiny voice a like an ant or loud like dinosaur	Eat a whole lemon or a raw onion
1	Fly a kite or swing on a swing	Do a science experiment or a math problem	Start a colony on Mars or a small country on Earth	Become invisible or grow 20 feet tall whenever you sneezed
2	Go to the mountains or the beach	Be five years older or two years younger	Have an antique ship like a pirate or a modern jet	Take a class in coding or in art
3	Eat chocolate ice cream or vanilla ice cream	Be a wizard or a superhero	Create a new toy or a new TV show	Have a giraffe-sized cat or a cat-sized giraffe
4	Go snow-skiing or to the water park	Be very funny or incredibly smart	Be a best-selling author or popular musician	See everything perfectly a mile away or like in a microscope
5	Go on a roller coaster or bumper cars	Eat sour candy or chocolate	Swim in a pool of spaghetti or oatmeal	Eat a popsicle or a cupcake
6	Eat a carrot or an avocado	Do schoolwork in a group or by yourself	Live in a treehouse 50 ft high or an underwater castle	Be able to prepare tacos or meatloaf
7	Dive a racecar or a monster truck	Have one ultimate best friend or three semi-close friends	Re-decorate your room or buy 10 new toys any \$	Never eat cheese again or never eat sweets again
8	Be a cat or a dog	Do backflips or breakdance	Control fire or water	Have your own house next to family or one 3 times the size now
9	Sing with an instrument or dance to music	Walk only on all fours or sideways like a crab	Be a master of origami or of magic tricks	Be an athlete in Summer or Winter Olympics

Painted Leaf Mobile

Materials: variety of leaves, paint, paintbrushes, glitter (optional), medium stick, yarn/rope, scissors, ruler

Instructions:

Part One: First, collect and paint leaves for the mobile following the directions below. You will need paint, leaves, paintbrushes, glitter (optional)

1. Go outside and find a variety of leaves on the ground. Find different shapes and sizes. Large leaves work best. If you are having a hard time finding any on the ground, you can pick a few from trees, but be careful not to damage the tree.
2. You can paint your leaves inside or outside. Lay down newspaper, scrap paper, or washable table cover. Lay leaves out on work surface and decide what colors and designs to paint each one.
3. Paint each leaf unique, meaning each one is different than the next. Add some glitter as well if you want to add sparkle to your leaves.
4. Let leaves dry completely.

Part Two: In the meantime, build a mobile to hang the leaves. Use one medium stick, yarn, scissors.

1. Wrap different colored pieces of yarn around the stick: Each piece will be about 15-inches long. Try to create a pattern with the colors. After wrapping each piece of yarn, tie the ends in double knots to secure in place.
2. Cut another piece of yarn 20-inches in length. Use this piece to hang the mobile. Tie onto each end of stick using double knots.

Part Three: It is time to add leaves and hang the mobile!

1. When the leaves are dry, attach to the mobile.
2. Make a small hole about an inch from the side of each leaf.
3. Cut yarn into various lengths. Cut enough to have one piece for each leaf.
4. Thread the yarn through the hole and make a double knot. Tie the other end of the yarn to the stick using a double knot.
5. Make sure the mobile feels sturdy. Choose a place to hang the mobile to look at every day!



<https://www.artbarblog.com/make-painted-leaves/>



<https://www.artbarblog.com/painted-leaf-mobiles/>

Cooking: Homemade Trail Mix

Materials: Cheerios/Chex (any cereal available), mini marshmallows, M&M's or chocolate chips, raisins, pretzels, popcorn, 1/2 cup for measuring, medium bowl, large spoon

Preparation: Gather ingredients and materials.

Instructions:

1. Use 1/2 cup to measure each ingredient into medium bowl.
2. Mix it together.
3. Scoop some out into a small bowl and enjoy your snack! You can scoop additional bowls to share with your family!

While you are all enjoying your homemade trail mix, you can ask each other questions like:

Which ingredient is your favorite? Why?

Which ingredient is your least favorite? Why?

If you could add something else to it, what would it be?

"My favorite is the Marshmallow because they are soft and sweet!"



Roll the Dice: Exercise Game

Materials: 2 dice, comfortable clothes, comfortable shoes, open space, timer, water, small towel

Instructions:

You can follow along with the exercise and time template below, or you can even make up your own!

Roll one die for which exercise to complete and roll the second die for the time. Ask family members to do it with you! Complete this activity for as long as you would like. Remember to drink water to stay hydrated and complete the exercises safely.

<u>Exercise</u>	<u>Time</u>
1: Jumping Jacks	1: 25 seconds
2: Crunches	2: 30 seconds
3: Jump rope	3: 15 seconds
4: Run in place	4: 10 seconds
5: Pushups	5: 20 seconds
6: Arm circles	6: 35 seconds

Example:

If you roll a 5 on your die for exercise and you roll a 4 on a die for time, you would do pushups for 10 seconds.

