SCHOOL AGE

Week 7

Smart Activities

Kids R Kids Learning Academies

SMART CHOICE. SMARTER CHILD.®

Cooking with STEAM

Cooking activities offer children many creative STEAM opportunities.

Children strengthen their fine motor skills through cutting, pouring and scooping.

They develop a basic understanding of math concepts like understanding volume through measuring different ingredients.

Children learn the concept of sequencing through reading recipes and discussing what comes first, second, and third in the cooking process.

Children expand their vocabulary as they are exposed to new words and terms.

One of the greatest benefits of cooking with children is helping them develop an adventurous and diverse taste palette.

Children are more likely to try different ingredients and foods if they experience them at an early age. The textures, smells, and tastes from various ingredients provide an unmatched organic learning experience for children.

Chinese Fried Rice

Materials: 2 eggs, cooking oil, rice, frozen vegetables, soy sauce, wok or shallow pan, wooden or regular large spoon, cutting utensil, bowl, measuring cup, water, plate

Preparation: Parental Guidance is Needed-Ask an adult to help. Wash hands thoroughly before and after every step in the directions. You can wear gloves as well.

Instructions:

1. Crack eggs in a bowl and whisk eggs until they are blended and all yellow in color.
2. Put a small amount of cooking oil in a shallow pan; place pan over heated stove top and scramble the eggs.
3. Remove scrambled eggs from the pan and place in a bowl. They are for later use.
4. Cook the rice according to the directions on the box or bag. Any type of rice will work. Decide on the amount of rice to use depending on how many people you wish to feed.
5. Add another small amount (about two tablespoons) of cooking oil to the pan used to scramble eggs.
6. When the rice is cooked; spoon it into the pan you used to scramble the eggs.
7. Add a bag of frozen mixed vegetables to the rice and stir until the vegetables get soft and liquid from vegetables is absorbed (medium heat). Mixture should hold together.
8. Add a couple of tablespoons of soy sauce to the mixture and stir again.
9. Chop the scrambled eggs into small chunks or pieces and add them to the heated rice and vegetables pan. Gently sir mixture.
10. After combining all your ingredients, taste your mixture to see if it might need more soy sauce, a pinch of salt/pepper, or maybe a little onion for added flavor.
11. Serve hot on a plate or in a bowl.
12. Set the table for a special occasion of Chinese Fried Rice by Chef _____(insert your name).

Do heavier objects fall faster than lighter ones?

Materials: ping pong ball, golf ball, paper towel, cookie sheet pan, sand, four, or cornstarch

Before the instructions, here's a short history story about two men.

Aristotle was a famous Greek scholar who said heavier objects fall faster than lighter ones. People believed Aristotle's words for a long time. Many years later another scholar/scientist, Galileo, said all objects, regardless of their size, weight, or shape fall with the same acceleration (speed) and hit the ground at the same time.

So, the big question became - Who was right?

You can answer this question for yourself using this simple science experiment.

Instructions:

1. Place a small amount of sand, flour, or cornstarch onto a shallow cookie sheet pan - covering the bottom.
2. Hold the ping pong ball in one hand and the golf ball in the other. Which one is heavier?
3. Hold the balls out at shoulder height and drop them into the pan at the same time.
4. Observe what happens. Make several drops to really capture the landing of the two objects.

Spoiler Alert: Galileo wins!! It's a proven scientific fact that all objects free fall with the same speed. In a vacuum (absence of air), a beach ball and a truck dropped from the same height will hit the ground at the same time.

Building Bridges

Materials: 3 plastic cups, paper, small objects such as blocks

Building bridges comes under the heading of **engineering**. A **civil engineer** works with the design and structure of bridges, tunnels, dams, and buildings. This person deals with the way a bridge needs to be built in order to carry incredibly heavy loads. This activity demonstrates how a bridge is structured determines its strength.

Instructions:

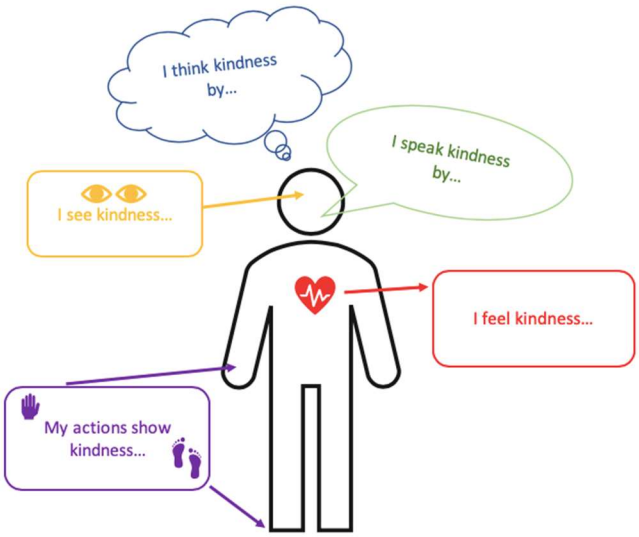
1. Place 2 paper cups upside down 6 inches apart on a table.
2. Place a sheet of paper on top of the cups, creating a bridge.
3. Place the 3rd cup on the paper in the middle of the bridge. Can your bridge support the wait of the cup?
4. Next, fold the paper like a fan or an accordion and place it on the 2 cups, making a new bridge.
5. Place the 3rd cup in the middle of your accordion bridge. Is the cup better supported or balanced?
6. Remove the 3rd cup from the bridge and slowly add a small object one at a time to your bridge to test its strength.
   How much weight can your new design hold? Compare the flat bridge structure's strength to the accordion design's strength. Why does the folded paper hold weight better?

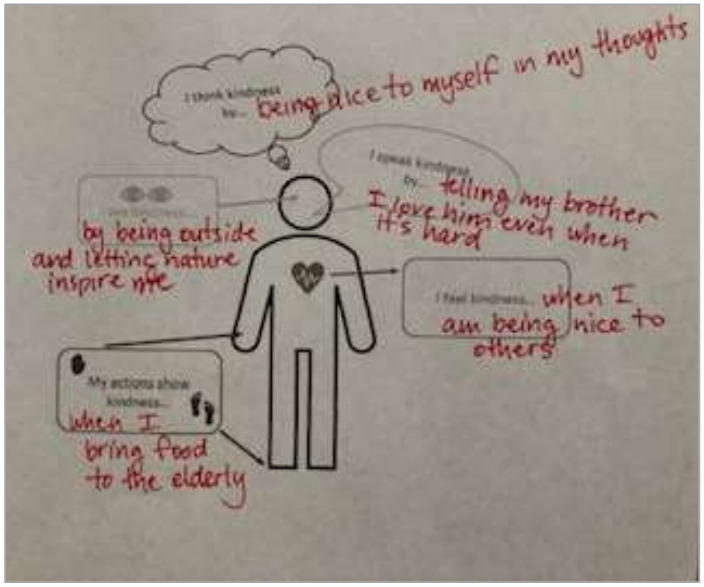
I Am Kind with My Whole Body

Materials: crayons, markers, pencils, Body Map template (included on next page)

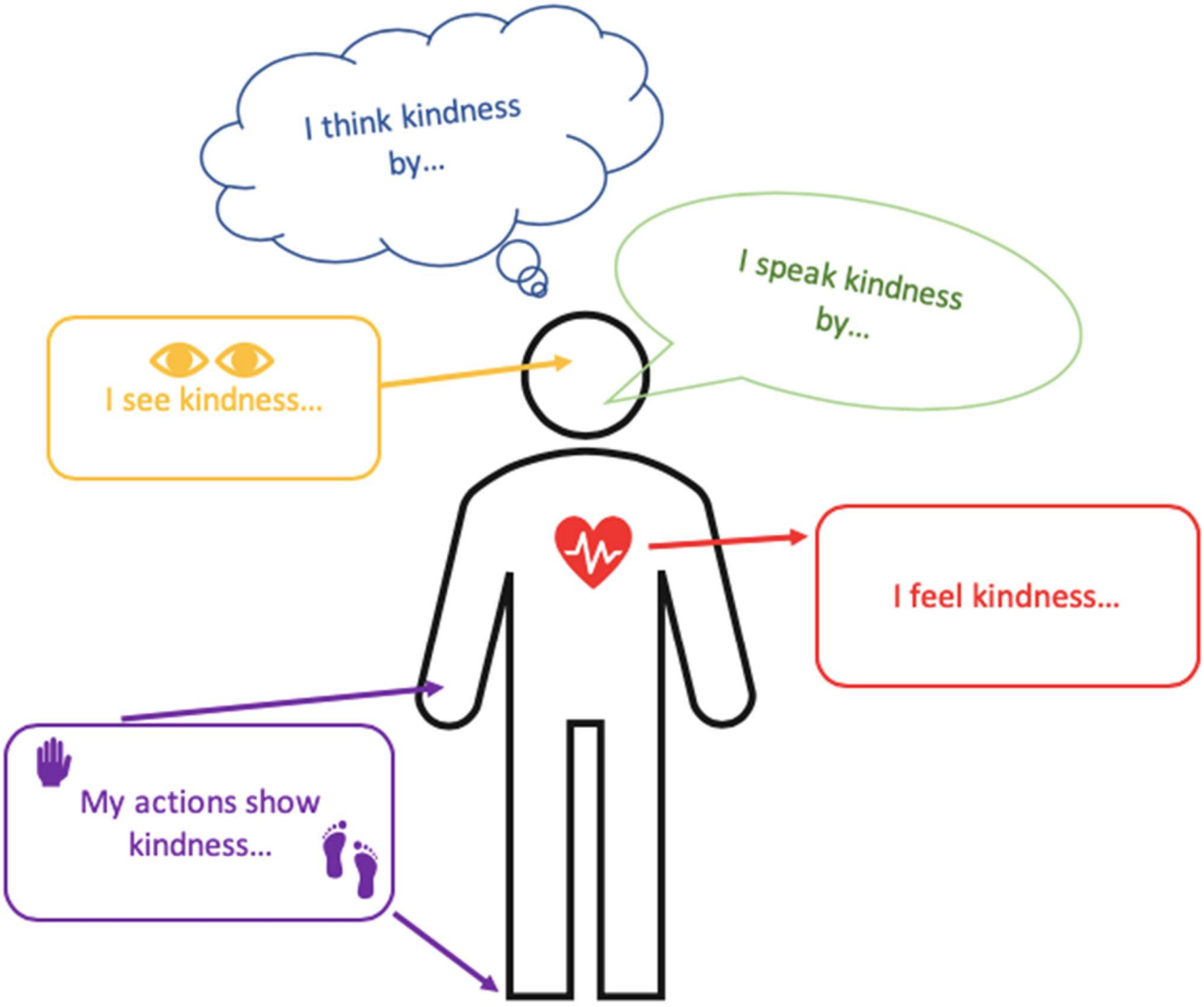
Instructions:

Guess what…? Kindness is contagious! And it makes you feel happy inside. Take the time to think about how you are kind with your thoughts, words, what you see, feelings, and actions and make a kindness body map like the one below:





Body Map Template



I Am Unique ~ Word Cloud

Materials: paper, pencils, internet access, a blank word document, website: https://www.abcya.com/games/word_clouds
Preparation: An adult should help with the internet and accessing the website
Instructions:
Start by writing a list of qualities about yourself using the pencil and paper.
Type the list of words onto a word document
Go to the www.abcya.com website to the word cloud game. Copy paste the list of words about yourself into the word cloud field. You can type the list into the game without copy/pasting it, but it seems to work better with copy/past. You can edit the word cloud into different colors and shapes. Once you have created your "I Am Unique" word cloud, what will you do with it?
Extension:
Can you make a gift for someone? Can you figure out a way to share your word cloud with friends?

Box It

Materials: cardboard boxes (any size and shape), paper plates and cups, bottle caps, glue, brads, wire, tape, zip ties, scissors, child safe cardboard cutters, items for decorating (anything you want)
Safety Note: Adult assistance needed in cutting any cardboard.

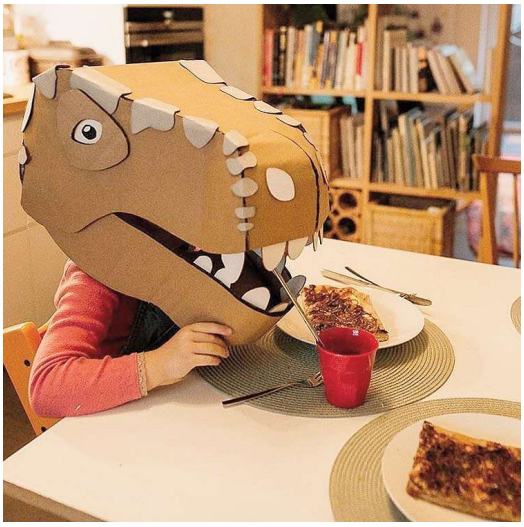
Instructions:

Let's see what the rabbit has to say: Taken from *Not a Box* by Antoinette Portis

Each time someone asks the rabbit what he is doing with his box and why, he says, "It's not a box!" Everyone thinks his box is just a box, but the rabbit imagines it a racecar, a mountain, a building on fire, a robot, a pirate ship, a steamboat, or a rocket ship.

Have you ever used a box to make something? If you were the rabbit, what would you make with a box?

1. Explore your materials that you have gathered. How can you combine all of them to create a work of art?
   What feelings do you want to convey to people through your creation?
   What colors should you use to convey feelings?
   How do you convey a message through your creation?
   How will angles, shapes, dimensions, and color help convey your message?
2. Look at your boxes and materials in another way using engineering.
   Think about the games you play and how they are designed. Engineering starts with the design process.
   How can you use the materials to create a new game?
   What if you wanted your game to_____?
   How would you do that? What materials would you need?
   How will you make your game strong enough, so it won't fall apart when people try to play it?
3. Now, start moving your materials around to see what materials may be used in your game, art, or whatever you want to make with the materials you gathered.
   How are you going to combine engineering skills and artistic flare in your cardboard creation?
   Make a paper design first, it helps with the thinking and planning process.



Superhero Workout

Materials: internet access, paper, pencil, markers, crayons, website: https://www.youtube.com/watch?v=cvMbkw2572k

Preparation: Put on comfortable clothes and shoes that make you feel strong!

Instructions:
Find an open space to complete this Superhero workout! Put on your cape, crown, or whatever makes you feel invincible! It's time to exercise and build your strength! Make sure you drink water to refuel your body!

Extension:
After your Superhero workout is complete, think about the following:
What does it mean to be a Superhero? A Superhero helps other people, and even though they don't always get thanked, superheroes still feel good about helping.

If I Were a Superhero
Design your very own Superhero by answering the following questions:
My Superhero name would be_____
My Superpower would be_____
I would help others by_____
I would describe my Superhero as kind, _____, _____, _____
Now, draw a picture of you as a Superhero!

Watercolor Salt Art

Materials: table salt, cardstock or other thick paper, glue, watercolor paints, paintbrushes

Instructions:

If you haven't tried raised salt painting yet, now's your chance! You can create amazing and colorful works of art with just a few simple items! Follow the instructions below to bring your creativity to life!

1. Begin by squeezing glue onto our paper to create any design or picture that you want.
2. Sprinkle your paper with salt to cover your entire glue design. You will shake off your paper gently to remove any extra or loose salt.
3. You will dip your paint brush into your watercolors and gently touch your salt designs with the brush. Watch as your watercolor spreads as it touches the salt.
4. Find a safe place for your salt art to dry and leave it overnight. In the morning once it is dry, pick a place in your home to hang your inspiring art.

Cooking: Yogurt Bark

Materials: yogurt, fruit, cereal, cake pan, parchment paper

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

Instructions:

1. Line a flat pan with sides with parchment paper. Spread yogurt evenly across the bottom of the pan. Make sure it's not too thin; it should be about ½ inch thick.
2. Now you can add the toppings of your choice! Feel free to sprinkle fruit, cereal of your choice, or any other fun toppings you have available.
3. Now place the pan in the freezer for a few hours. Make sure that the yogurt is frozen all the way through. It can take 4 hours for an 8-inch square pan.
4. Once you know that it is frozen through, remove the frozen yogurt from the pan and peel off the parchment paper. Break into pieces. Enjoy your delicious treat!