

Thank You, Signs of the Times

Materials: paper and markers

Instructions:

There are many people still doing what they do best to make the world keep turning. Everyone of us needs encouragement, so let's give some by sending messages of **Thanks and Keep Up the Good the Work!** to those still on the job in our neighborhoods and towns. Post signs on your door, mailbox, yard, elevator, or wherever you can that says: A big virtual hug to you, _____ (fill in the space).



For example:

- The mail person who is still delivering
- The city/county sanitation workers who are still picking up your trash
- The teachers who are posting lessons and activities
- Small businesses who are handing out food to hospital workers
- Doctors, nurses, orderlies, janitorial service workers, rescue and firefighters
- Bus drivers delivering breakfast and lunches to children who need them
- Moms, Dads, and all relatives who are caring for their people everyday
- To all people who may be quarantined or social distancing as directed

Add your own suggestions for thank you signs. Take a moment to self-reflect on this project.

Giving thanks to someone else can help you feel good too!

Marble Run

Materials: marbles (or small balls), play dough, cookie sheet with sides

Preparation: Roll the play dough into a long rope roll.

Instructions:

1. Make a marble run using the play dough ropes as guide paths for your run.
2. Here are ways to make the runs a little more challenging:
 - Make some play dough rolls with a hook at the end so the marble gets launched.
 - Make a roll of humps out of the play dough for the marble to navigate along.
 - Make a completed circle of dough and see what happens to the marble.
3. When the course is complete, send a marble through your course by tilting the cookie tray side to side or up and down a little.
4. Experiment with the degrees of tilt with the cookie sheet for successful runs.
5. Challenge yourself to make successful runs several times in a row.
6. Ask friends and family to make their own marble runs for a competition game.

Think of other ways to make some marble runs using materials you find around the house.

TIP: Look at board games you may have for some pieces to use in your creation!

Define these words and how they may apply to your marble run activity:

- Momentum
- Velocity
- Inertia
- Friction



Make a Paper Horse That Walks

Materials: construction paper, internet access, metric ruler, ramp materials (see website), scissors, website:

<https://frugalfun4boys.com/paper-horse-that-walks/>

Instructions:

1. Read the step-by-step instructions on the website several times.
2. Follow the steps carefully, precise folding and cutting is key!
3. The pictorials are a great help as well.

Answer these Challenge Questions:

1. How did you make your horse move?
2. What is friction?
3. How did friction play a part in this activity?



FrugalFun4Boys.com

*Picture courtesy of the website

Pointillism: Painting Technique

Age Group: 5-7 and 8-12 years old

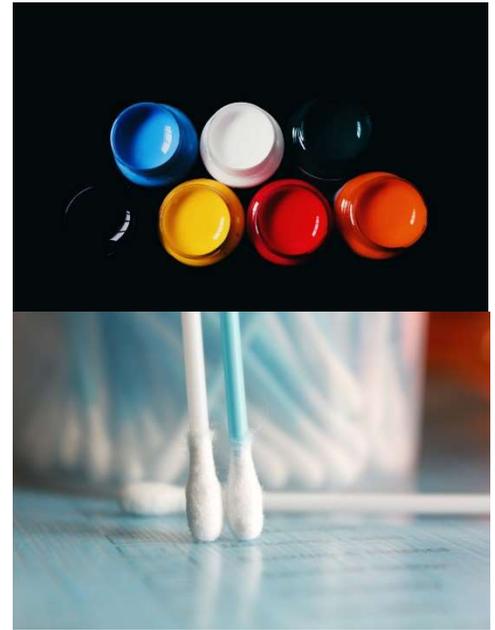
Materials: cotton swabs, paint (various colors), paper, paper plate or disposable cups for paint colors

Instructions:

Pointillism is a painting technique that was used by artist George Seurat. It includes using small, colored dots that together form a pattern or picture.

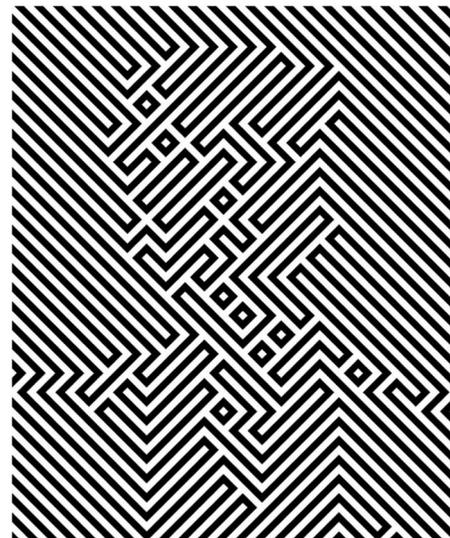
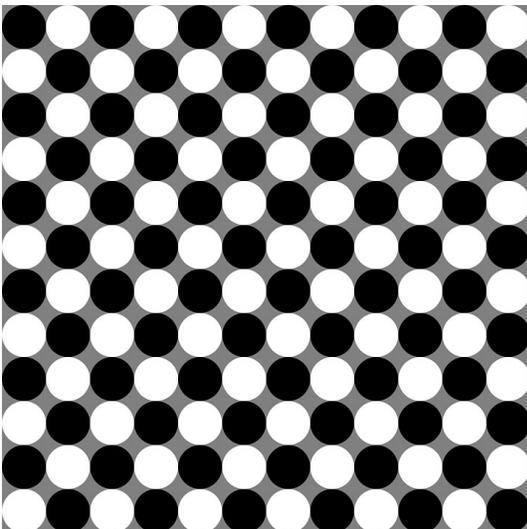
1. You will have one cotton swab for each color of paint.
2. Dip the cotton swab in the color of your choice and begin making dots with it on your paper.
3. Change cotton swabs and dip into a new color.
4. Continue until you have finished your painting.
5. Allow your painting to dry in a safe place.

When our eyes see dots side by side, they connect the colors. Even though the colors do not touch and are not blended together, our eyes help us to see what the picture is. Once you have completed your painting and it is dry, you can show members of your family and ask them what they see! Were they right?



Extension for ages 8-12 years:

1. Research Optical color mixing.
2. Watch this video to learn more about different optical illusions:
<https://www.youtube.com/watch?v=HHeYxzJFVKM>



Nature's paint brushes

Age Group: 5-7 and 8-12 years old

Materials: twigs, various plants and leaves, tape or elastic bands, paint, paper

Preparation: Go outside and gather some sticks and various plants (different leaves, flowers etc.).

Instructions:

Head outside to gather some natural items to make your own natural paint brushes. Look around you outside and see what interesting things you can find. Look for some sticks to attach the different pieces of nature too. Look for different textures and patterns in leaves and plants. Talk about which pieces of nature you think will make good prints.

Once you have collected enough items to make a few different paint brushes, you can get started!

1. Attach a piece of nature to each stick using tape or elastic band.
2. Be sure you are being very careful handling the different pieces of nature that you are working with. You want to avoid breaking them in the process.
3. Repeat until you have made all your nature paint brushes.
4. Once you are done and all your brushes feel secure, try them out!

If you want to keep them to use again later, carefully wash them out with some water and lay them out to dry.



Spotlight: Famous Child Artist - Aelita Andre

Materials: internet access, website:

<https://www.youtube.com/watch?v=-9S0r27yIKc>

Instructions:

Some information to listen for while watching the video:

- Who do they say Aelita is like?
- What kind of painter is Aelita?
- How long has Aelita been in the industry?
- How old was she when she started to paint?
- How old was she when she had her first show?
- What countries does she name that she has been?
- What does she think about when she paints?
- What instrument does she include on her paintings?
- Who is Sir Fluffy? What does he do if he doesn't like her paintings?

Extension for 8-12 years:

Research more about Aelita here:

<http://www.aelitaandre.com/biography>

Also, research what Abstract art is? Who are other famous Abstract artists?



Journal Prompt: 360° Disney World: Expedition Everest

Age Group: 5-7 and 8-12 years old

Materials: paper, pencil, internet access, website:

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

Instructions:

Take the virtual ride on Disney World's Expedition Everest - Legend of the Forbidden Mountain. After watching the video, you will journal about your own experience on a ride like the one in the video. Journal writing is the process of recording personal insights, reflections, and questions on assigned or personal topics. Below are your guidelines for your Journal writing activity.

Take a moment to think about the video you just watched, have you been to a place where you have gone on rides like it? For your journal writing, think about a day when you went to an amusement park. On paper, you will write a journal entry about your experience on that day in detail. Share your memories, thoughts, and experiences.

Here are some questions to help you get started:

- What amusement park did you go to? Ex: a carnival/fair, Six Flags, Disney World, Universal Studios
- Who went to the amusement park with you?
- What was your favorite ride?
- What kind of food did you eat?
- Think about the different feelings you may have felt while you were there: happy, excited, joyous, scared, etc. Why do you think you felt that way? Ex: *I was scared because I have never been on a ride this fast.*



Career Spotlight: Roller coaster engineer

Age Group: 5-7 years old

Materials: internet access, website:

<https://www.youtube.com/watch?v=gXIVBiO633Q>

Instructions:

Some information to listen for during the video:

- What would Dante do first?
- Dante said he would have to figure out what two things?
- What did Dante say helps to keep you safe and in your seat?
- Dante says, the higher it goes up, the faster it _____.

Engineers use math and physics to help them create exciting rides! Do you think you would like to be an engineer that works on roller coasters? Why or Why not?

Extension for 8-12 years old:

Roller coaster Engineer – <https://www.youtube.com/watch?v=0qnjYG1OoYk>

- What makes a great ride to Donnelly?
- What is one of the highs of the job to Donnelly?
- What kind of engineer is Donnelly?
- What subject does Donnelly say is cool and is an important part of his job?



Types of engineers that create and design roller coasters:

- Electrical
- Structural
- Mechanical

Research each type of engineer to see what they do to help create exciting thrill rides!



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Roller Coaster Design

Age Group: 5-7 and 8-12 years old

Materials: marbles (or small balls), paper, paper plates, pencil, scissors, tape, toilet paper/paper towel rolls

Preparation: Using paper and pencil, draw a diagram of what you want your roller coaster to look like.

Instructions:

Now that you have sketched your design for your roller coaster, you are going to build it using the materials you have collected.

- You will cut the paper plates to use as track for your marbles. You can cut out the middle of the paper plate and use the edges as track.
- Use toilet paper/paper towel rolls to add height to various parts of the roller coaster and tape the paper plate track onto them. You can use the toilet paper rolls to make tunnels in the roller coaster.
- Once you have finished the construction of your roller coaster, try it out!



<https://www.daddilife.com/daddilifeforce-new-years-2017/>

Did your marble successfully make it all the way through your roller coaster? If it did not, adjust your design and try again! It is important for roller coaster engineers to test out their designs multiple times to make sure it is safe and fun!

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A Look at Democracy

Materials: paper, pencils

Instructions:

This activity involves setting up a government for your family and friends. There are questions to answer throughout the activity.

First, let's look at our national governing bodies for some guidelines which means going back to the United States Constitution where it all started. The US Constitution divides our nation's government into three branches or parts. This means no one part can have all the power to govern. The branches must work together to lead our country and ensure all citizens a voice. This is called a democracy.

How do you treat your friends democratically? Write or illustrate on paper.

Do your family members communicate in a democratic way? Write or illustrate on paper.

The Judicial Branch - The Supreme Court

The main purpose of this branch is to be sure any law follows what is stated in the Constitution. These nine people decide whether a law is just, or correct, in serving the people of our nation or if a law is unjust and should not be a law. These people, called justices, have had long careers as lawyers serving their state court systems. They are appointed to this highest court by the president with Congress's approval.

How good are you at solving problems and conflicts among your family members? Explain on paper.

Do you try to see both sides when arguing with a friend? Explain on paper.

The Legislative Branch - Congress

The members of congress are divided into two chambers or groups: The Senate and The House of Representatives. Congressional members are elected by the people from their home states and serve for certain periods of time. Congressional members write the laws for us (the people of the United States). Congress spends a lot of time to make sure the laws they write are fair to all and are in everyone's best interest. After Congress votes that the law is a good and just law, it is then sent to the president to sign and make it an official law that all people in the country must follow.

Do you have rules in your family? Explain on paper.

Do you have personal rules or beliefs that you try to live by when dealing with your friends? What are they? Write or illustrate.

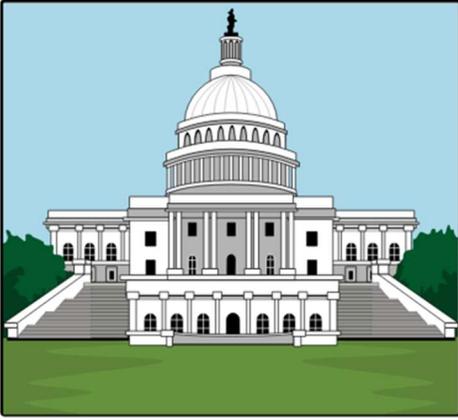
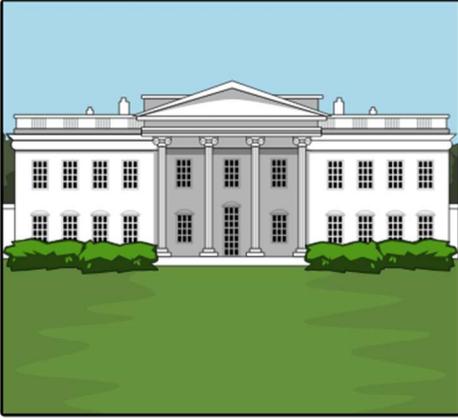
The Executive Branch - The President and Advisors

After a law passes in both houses of congress, it is sent to the president for his signature. When a bill is signed by the president, then and only then, does it become a law. The president has the power to veto a bill and send it back to congress to work on changes. The president has many people who work closely with him to help make decisions about bills that can benefit the people of our country. Presidents are elected officials and sworn to uphold the best interests of all US citizens.

Do you belong to a club that functions with a president or other officials? Explain the club.

Are responsibilities in your family shared? Write or illustrate.

Who in your family best represents a member of the judicial branch, the legislative branch, and the executive branch best? Write or illustrate.

Legislative Branch	Executive Branch	Judicial Branch
		
The legislative branch create the laws.	The executive branch enforces the law.	The Judicial branch interprets laws.

Create Your Government

Materials: 3 boxes with lids, paper, pencil, scissors

Preparation: Cut a square hole in the lid of each box.

Instructions:

1. Label each box, each with one branch of the government: Legislative Branch, Judicial Branch, Executive Branch.
2. Write down a purposed law that pertains to being kind and considerate to people in your family, to your friends, to people when you first meet them, to pets, etc. (Add to the list as you wish.)
3. Appoint a member(s) of your family to be the Judicial and the Executive government branch. YOU will be the self-appointed Legislative branch to start.
4. As the Legislative Branch person, representing all people of the United States, write on paper a **“bill proposal statement” about kindness** that you would like to present to your family.
5. Put a copy of the proposed “bill” in the Legislative box.
State your proposal like this: I propose we always say thank you to the person who helps us. Write several proposal bills and ask others to write bills too. Put all proposed “bills” in the Legislative branch box.
6. Ask all family members to a government meeting when all proposed “bills” have been placed in the Legislative box.

7. The Legislative branch person (YOU) will pull one paper “bill” from the box and state that this a kindness “bill” proposal. Read the proposed “bill” to all family members.
8. Hand the paper bill to the designated Judicial branch person.
9. The Judicial branch person has to decide if this “bill proposal” is fair and worthy to become a law. Have all family members discuss the proposed bill, sharing their thoughts.
10. After discussion, if the Judicial branch person says the bill needs to be amended (rewritten) the paper gets handed back to the Legislative person to rewrite.
11. If no rewriting is necessary, the paper bill is passed to the appointed Executive branch person and he/she signs the paper bill with his signature.
12. The bill is now law! Put the signed law in the Executive branch box. Post a copy of the law so all family members can be reminded if needed.
13. Many times, new proposed bills take lots of discussion and rewrites so they are “tabled.” If your family government wants some thinking time about an issue, place the proposed bill in the Judicial branch box to be discussed later.
14. At every family government meeting, check the Judicial branch box first to see any “Tabled Bills” before pulling a new one from the Legislative branch box.
15. For the sake of this activity, “the family government branches” will work a little differently than our United States branches of government. Tabled proposals for bills will be placed in the Judicial branch box in this activity. In the US government, bills stay in the Legislative branch until they are passed to the President for signature.

Our Family Government

Legislative Branch



Judicial Branch



Executive Branch



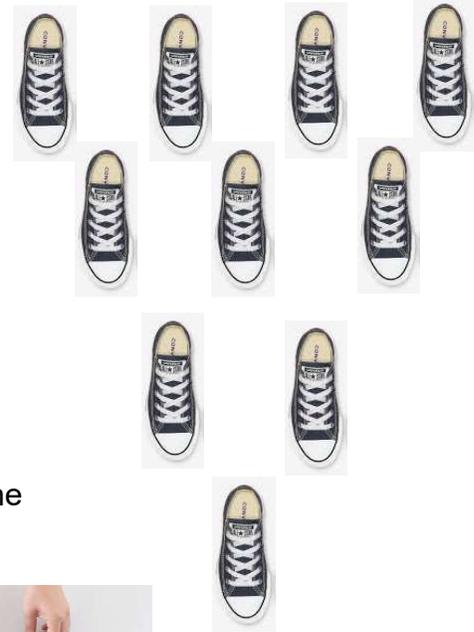
Shoes and Sock Bowling Game

Materials: shoes, socks, paper, marker

Preparation: Gather 10 different shoes and one sock for each player.

Instructions:

1. Write numbers 1-10 on small pieces of paper.
2. Set up shoes in bowling pin formation.
3. Put a number in each shoe.
4. Roll up a sock into a tight ball.
5. Take practice turns tossing the sock ball into any shoe in the bowling pin formation from several distances.
6. Each player starts a score sheet. Name at the top.
7. Take turns tossing the sock ball into a shoe and recording the number in that shoe on player's score sheet.
8. Set the rules before game begins.
 - Number of tosses each turn
 - Number of tosses for each game
 - Tie breakers



Deck of Cards Workout Game

Can be played with a group or individually

Materials: deck of cards, paper, pen/pencil, *optional: timer*

Preparation: Select four exercises that target your full body, ex: push-ups, squats, sit-ups, jumping jacks.

Instructions:

Each suit in the deck represents an exercise, and the card value equals the number of repetitions.

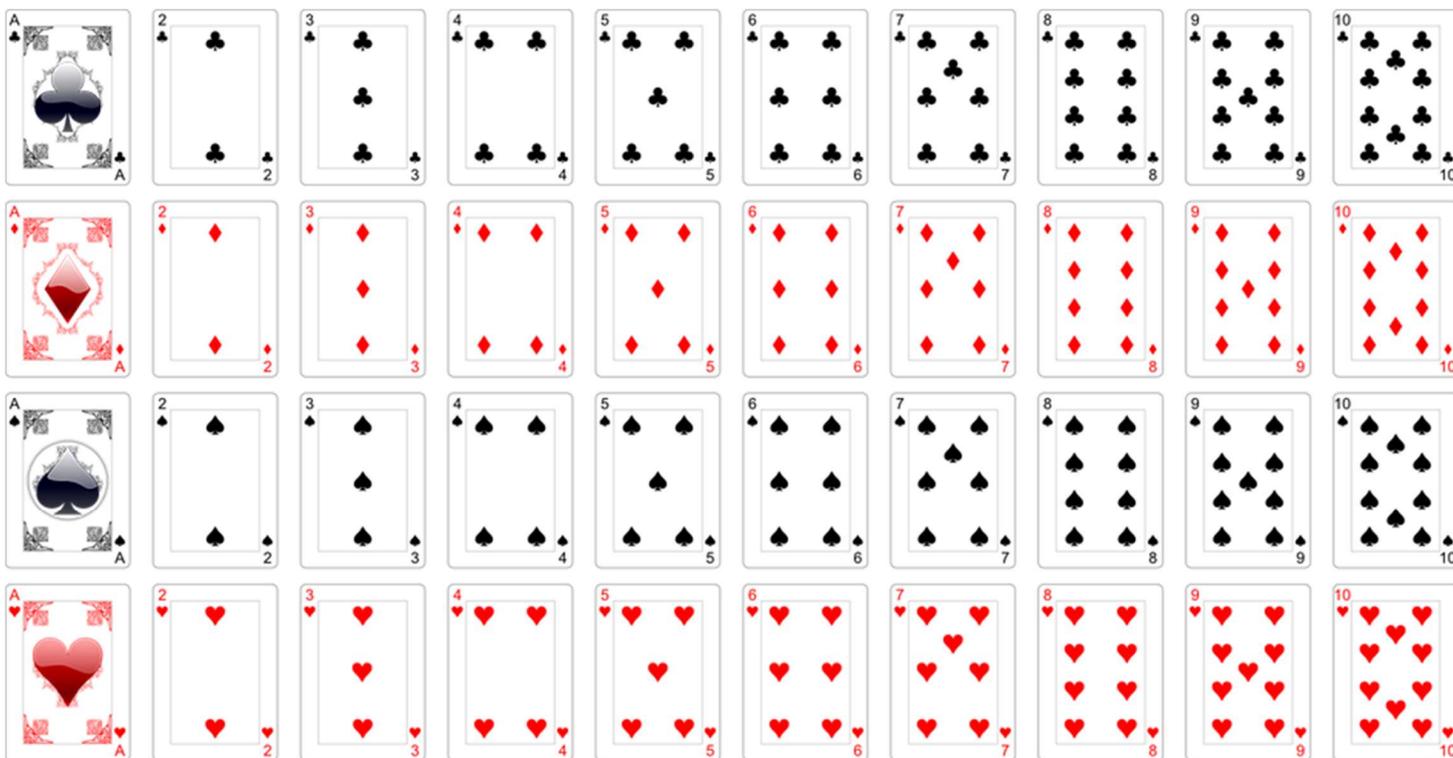
1. Write out a chart to assign an exercise to each suit in the deck.
2. Decide what value the face cards will have.
3. Shuffle the deck of cards and put the stack to one side.
4. Do a quick warm-up activity like jog in place for two minutes.
5. Flip a card over and do the corresponding number of exercises.



Exercise ideas: arm circles, squats, hand walks, star jumps, mountain climbers, sun salutations, robots, frog jumps, lunges burpees, plank

*Face cards can be a cardio activity, ex: burpees, jumping jacks, imaginary jump rope.

Use the image below as a reference or make your own deck of cards if needed. Remember to include the Jack, Queen, and King!



Fraction War

Age Group: 8-12 years old.

Materials: deck of cards, more than one player needed

Preparation: Count the cards to make sure there is a full deck of 52. The face cards are worth 10.

Instructions:

War is a classic card game, but fractions give it a brand-new twist.

1. Deal two cards for each player; card one is the numerator, card two is the denominator.
2. Determine whose fraction is the largest.
3. The winner keeps all four cards and the round ends when all the cards are used.

Modifications for 5-7 years old:

Card Bingo: Have players lay down a grid of cards 4 x 4 facing up. Remaining cards are placed face down in a stack. A player flips over a card from the stack and calls the number out. Any player that has that number flips their card over. The first player to get four cards in a row flipped over wins. Rows can be horizontal, vertical, or diagonal.

Give Me an Example: Come up with categories of things to guess like types of food, bugs, animals, etc. Shuffle the deck of cards and put them in a stack. Pull the top card and use that number to come up with the list of items. For example, the category is bugs and you draw a five of hearts from the deck. Come up with a list of five bugs: caterpillar, ant, grasshopper, fly, and roly-poly.