

SCHOOL AGE

Week

39

Smart Activities



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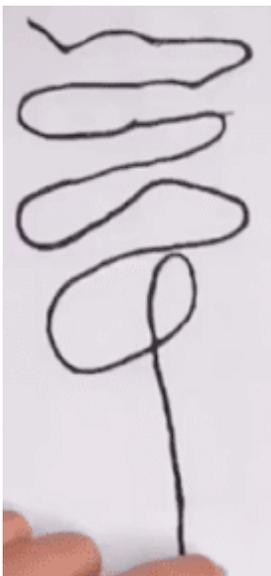
Painting with String

Materials: book, gloves, paper, string, tray, watercolors

Preparation: gather supplies, table

Instructions:

1. First, chose your watercolor and pour into a tray.
2. Next, soaking almost the entire length of the string into the paint apart from the end you are going to grab. Make sure the string is completely covered with color. Once you finish, the paint covered string should not be goopy or clumpy.
3. Wearing gloves for this part is a great idea to prevent your fingers from getting messy.
4. Open your book in the middle and place your paper inside.
5. Arrange the string on the side of your paper that will stay on the table when you shut your book.
6. Now is the time to get creative and envision your picture. You can make loops, squiggles, zigzags... whatever you want. (**Note:** To make your painting look more like a flower, you will at least include one loop when you lay your string on the paper). It is totally up to you. The more different positions and loops you put, the more different effects you will get. This is what makes your painting unique. Remember, there is no wrong way to place a string!
7. Now, place a second piece of paper on top of the string design. Close your book.
8. All you need to do now is to pull slowly.
9. Now, you have your string art.
10. Have fun and try different types of string materials like yarn, thread, twin, ribbon, dental floss, etc.



Index Card Over the Body

Materials: index card, pencil, ruler, scissors, internet access, website:

<https://www.stevespanglerscience.com/lab/experiments/step-index-card/>

Preparation: Gather supplies. Watch the video before starting (refer to it as needed). Read through all directions before beginning.

Instructions:

1. First, fold the index card the long way in half (hotdog style).
2. Then use your scissors to make a cut about 1 cm from one end of the index card. Make sure your cut starts at the fold and ends just before the edge of the notecard. Caution: Be careful not to cut all the way through.
3. Now, repeat Step 2 but on the other side of the index card.
4. Then, unfold the index card. Use your scissors to cut along the crease of the large middle section of your index card. Caution: Do **NOT** cut through the slits on each end that you created in the Steps 2 and 3.
5. Fold the index card once again.
6. Start at one end of your index card and make a cut about 1 cm away from your first cut (you can use a ruler to be more precise and mark with your pencil). Start on one side and go almost to the edge on the other side but not all the way through. (re-watch video if necessary)
7. Now, you will repeat Step 6 by doing the same thing but on the opposite side of the index card. (Re-watch the video if necessary.)
8. Continue moving along the index card making cuts about 1 cm apart. Each time, alternate which side you start the cut from and **do not cut all the way to the other side.**
9. Once you have cut to the other end of your index card, **carefully unfold** the index card and **gently pull** the card open. You should have a giant ring.
10. Now, slowly step through and pull it over your body.



Spiral Cardboard Tube Rainbow Mobile

Materials: 2 1/2" wooden dowels, yarn, 4" cardboard tubes (6), paint (red, blue, green, yellow, orange, purple), 2 sheets white felt, hot glue gun or white craft glue (**adult assistance needed for hot glue gun**), scissors, ruler

Preparation: Gather materials.

Instructions:

1. Paint the inside and the outside of the cardboard tubes, one of each color. Allow them to dry until slightly damp. You should be able to handle the tubes with your hands without getting paint on you. However, the tubes should still be damp and pliable.
2. Meanwhile, while the tubes are drying create the top of the mobile by gluing the two dowels together in a "plus sign" fashion.
3. Measure and cut a 4-foot long piece of yarn. Fold the yarn in half to create a loop at one end. Wrap the yarn around the center of the dowels several times. You should have about 6-inches left for the hanger (the looped end of the yarn). Tie the yarn in a knot around the center of the dowels to secure. Trim off excess.
4. Now that the tubes are dried to a damp state, begin cutting at one end and cut on a slight diagonal all the way to the other end of the tube.
5. You will have a long pliable strip of cardboard when you are done.
6. Take that strip and coil it up tightly. (You could wrap it around a pencil, a cardboard tube, or even your fingers.)
7. Repeat with all the colored tubes. Set all the coiled tubes aside to dry completely so that they are no longer damp. This may take a few hours.
8. When they feel completely dry, stretch each coiled tube out gently.
9. Cut 6 lengths of yarn measuring about 30-inches each. Tie the yarn to the end of each coiled tube. Tie in a knot that will hold. Hang the dowels from a hook in the ceiling. Tie the open ends of the yarn to the dowels at different length to attach the rainbow coils to the mobile.
10. Cut a sheet of white felt in half. Fold one of the halves in half.
11. Cut a cloud shape from the open end of the folded felt. Glue it onto one of the four dowel ends by gluing the crease of the felt to the top side of the dowel. Repeat this step for all the dowels.



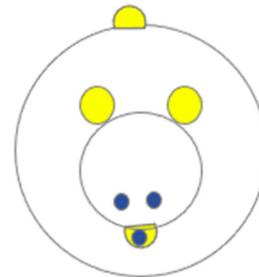
Perspective Snack Stack

Materials: large rice cakes, small rice cakes, bananas, blueberries, different flavored toppings (ex: jelly, cream cheese, chocolate spread, etc.), paper plates, spoons to serve toppings, plastic knife

Preparation: Wash hands before and after activity.

Instructions:

1. Put a large rice cake on the plate and place a small rice cake on top on using a topping to make it stick.
2. Cut the banana into 3 slices so there are 3 circles.
3. Cut 1 circle in half to make 2 half circles.
4. Use banana circles to make ears and the half circles to make the nose and tail.
5. Use blueberries to make the eyes and nose.
6. Now, you can see a bear from above.
7. What else can you make?



Paint Like van Gogh

Materials: 12×12 white scrapbook paper, acrylic paint (blue, green, yellow, orange, white, black), paint trays, paintbrushes, painter's tape, drawing board or cardboard larger than the paper, plastic forks, copy of Van Gogh's painting *Starry Night*, pencils, erasers, internet access, website:

<https://artsandculture.google.com/asset/the-starry-night-vincent-van-gogh/bgEuwDxeI93-Pg?hl=en>

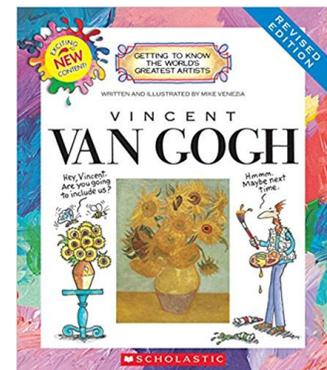
Preparation: An adult will help with the internet. Explain that Vincent van Gogh used a painting technique in which the paint is applied to the canvas in a very thick layer called *impasto*. He made his paintings come alive using vibrant *colors* and lively brushstrokes to create a sense of *movement* and evoke strong emotions. Use the website to zoom in on the details of "Starry Night."

Instructions:

Review the works by Van Gogh from earlier in the day.

1. Tape the paper to the drawing surface all the way around, creating a border. (Provide help as needed).
2. Use the van Gogh painting as a guide to lightly outline the main shapes of the painting's composition.
3. Paint in the designs using thick layers of paint.
4. While the paint is still wet, use the fork to scrape wavy lines in the paint to create patterns and movement.
5. When the paint is dry, carefully remove the tape.

Suggested Book: *Vincent van Gogh (Getting to Know the World's Greatest Artists)* by Mike Venezia



Crystal Winter Suncatcher

Materials: Epsom salt, clear recycled plastic lids, water, empty jar, bowl or glass measuring cup, fork, microwave (**adult assistance/supervision**), tray, string, pin

Preparation: Gather materials.

Instructions:

1. Measure: You will be using a ratio of 1:1 water to Epsom salt. Add 1 cup of Epsom salt to an empty glass jar.
2. Heat the Water. Add 1 cup of water to a microwave safe bowl. (**adult assistance/supervision**) Heat the water in the microwave for 45 seconds. (Alternatively use very hot tap water and skip the microwave.)
3. Combine: Pour the water into the jar with the salt. Do this quickly so that the water is warm. Stir the salt and water for 1-2 minutes to dissolve the salt.
4. Now, it is to time to make your "Crystal Winter Suncatchers." Place several plastic lids on a flat-bottomed tray in a sunny location where they can remain undisturbed.
5. Pour off some of the excess liquid from your jar into the recycled plastic lids. Use just enough to cover the bottom of the lid. **DON'T OVERFILL!**
6. Place your lids in sunny location. Depending on how much liquid has been added it will take a few hours or a day to start crystallizing. It will look like lids full of water at first but be **patient!**
7. When the liquid has completely evaporated your crystal suncatcher is ready! You will be able to see lovely crystal structures from both side of the lid.
8. VERY carefully poke a small hole in the edge of the lid and thread a piece of string through the hole. Tie in a knot and hang your suncatcher up!



Lateral High Hurdles

Materials: appropriate footwear, plastic cups (6-8)

Preparation: Find or create an open area. Place cups horizontally on the floor, one foot between each one.

Instructions:

1. Moving from right to left, stand next to the first cup with your right foot planted on the ground and your left knee in the air.
2. Moving laterally, hurdle each cup alternating lifting your knees and pumping your arms.
3. Once you get to the end, go in the opposite direction beginning with your right knee in the air.
4. Remember to hurdle over each cup and try not to step on any.
5. Do the routine for five sets. Both directions counting as one set.
6. Enhance activity by utilizing a stopwatch to see how fast you can complete a set.
7. Enhance activity by competing with a family member.
8. Enjoy boosting your heartrate!



Lateral Shuffle

Materials: appropriate footwear, plastic cups (2), internet access, website:

https://www.youtube.com/watch?v=N5dT5DDst_g

Preparation: Find or create an open area. Place cups horizontally on the floor about six feet apart.

Instructions:

1. Moving from right to left, stand with your knees bent and your chest up.
2. Move laterally quickly from one cup to the other without crossing your feet.
3. Once you get to the end, touch the top of the cup with your hand then repeat to the other side.
4. Remember to remain low and to not cross your feet.
5. Do the routine for five sets. (Both directions counting as one set.)
6. Enhance activity by utilizing a stopwatch to see how fast you can complete a set.
7. Enhance activity by competing with a family member.
8. Enjoy getting fit!

