

# SCHOOL AGE

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Week

10

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Smart Activities



SMART CHOICE. SMARTER CHILD.®

## Georgia O'Keeffe's Style

**Materials:** paints, watercolors or washable markers, pencil, thick paper, paintbrushes, jar of water

**Preparation:** Set up your workspace.

**Instructions:**

Georgia O'Keeffe is most famous for her paintings of flowers that fill an entire canvas with blossom edges disappearing right off the paper.

1. Look at a fresh flower (or a picture of a flower) closely.
2. Use a pencil to lightly sketch the shape of the flower on paper (canvas).
3. Allow the edges of the flower sketch to go off the edges of the paper so the flower looks very large and close-up.
4. Paint your paper canvas flower with colors you desire, making the colors wash over your sketch lines and off the paper canvas.



## "Choose Kind"

**Materials:** internet access, paper, pencil  
<https://www.npr.org/2013/09/12/221005752/how-one-unkind-moment-gave-way-to-wonder>

How One Unkind Moment Gave Way To 'Wonder'

**Preparation:** Listen to the audio interview with the book's author.

**Instructions:**

1. Tune into an interview with the author, R.J. Palacio, about his book, *Wonder*.
2. This is a story about a boy named August Pullman. "Auggie" is his name, but he has been called many names – Freak, Lizard Face, Gross Out Boy, Monster – in his short life. Auggie has a medical anomaly called craniofacial abnormality which distorts his facial features. He has to navigate his world with a face that doesn't look like any of his friends.
3. This is a book about the generosity of Auggie's spirit and the kindness he shows to others. Throughout the book, there are many great quotes that help send the message of how to put yourself in someone else's shoes.
4. Start a list or a journal of events, thoughts, and actions of the times when you experienced a kindness freely given to you or someone you know. This activity can really point to opportunities taken to reach out to others as well as missed opportunities. This activity is so relevant during this time as we all cope with the current situation in the world.



## Bucket Drumming

**Materials:** utility bucket, drumsticks, chair, internet access, website:

<https://youtu.be/rddrEsymrkU>

**Preparation:** YouTube video - basics of becoming a bucket drummer  
Bucket Drumming -The Basics!

**Instructions:**

1. Watch the video to learn the basics of rhythms and sounds on a simple utility bucket.
2. Set up your equipment in a space that your practice will not be annoying to your family or the neighbors!
3. Striking the middle of the bucket with your sticks becomes the bass (lower pitch sound).
4. Striking the rim of the bucket and the middle of the bucket at the same time becomes the snare (higher pitch sound).
5. A hard flooring can also be used to add extra flare hi-hat.
6. Follow the video for the tempo and volume of the drumbeats.
7. Have some fun drumming to your favorite group's songs.
8. Invite the family for an evening of bucket drumming and show off your skills.



## Twisting the Night Away

**Materials:** internet, website: Sam Cooke – Twisting the Night Away

<https://www.youtube.com/watch?v=jSoPeZMHMf4>

**Preparation:** Preview videos.

**Instructions:**

Dancing is a fun way to get your heart rate up! Make sure to get the whole family involved.

**The Twist Dance Steps:** stand with feet slightly wider than shoulders, bend arms at sides, twist hips to beat

**The Watusi Dance Steps** – done to a moderate tempo:

**Stance:** stand with feet shoulder width apart. Keep both knees bent and loose.

Pretend you are going to take a golf swing.

**Hips:** on the count of one, shift weight to right foot, making right hip move out to the right.

On the count of two, shift weight to left foot, making left hip move out to the left.

Move from side to side with hips swinging right to left to a 1-2, 1-2 rhythm.

**Arms:** hold arms out in front of you as if you were holding a golf club. Swing hands to the right, then down in a semicircular motion to the left, back to right, then to left, counting 1-2, 1-2.

**Put it together:** do the hand and hip movements simultaneously from right to left on a count of 1-2.

**How to dance the Watusi:** <https://www.youtube.com/watch?v=OcQQi9vbZZE>

Alternative:

Zumba Choreography: <https://www.youtube.com/watch?v=JOsKhRO1I6U>

El Watusi – Ray Baretto: <https://www.youtube.com/watch?v=g1BhETJnEf4>

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## Dance Party Challenge

**Materials:** dance cards, upbeat music

**Preparation:** Have a large open space for playing

**Instructions:**

Use the dance cards to create a dance for 8 counts (beats). If more than one player, each person makes up their own sequence for 8 counts. Then, put both players' moves together. Practice the entire sequence to complete the dance all together.

Tip: Practice beats by clapping and counting aloud to the music. Jump up and down to the music. Then, jump and down for 8 counts, and clap 8 beats while counting.

Alternative dance moves – use the tutorial to learn new moves. Make up names for the moves:

Easy Choreography (Hip-Hop Dance Tutorial)

<https://www.youtube.com/watch?v=JWTyO8nkpQQ>

## Dance Party Challenge – Dance Cards

The Robot	Raising the Roof
Moondance	Macarena
The Dougie	Running Man
The Charleston	The Twist



## Yoga Sequence for Gratitude

**Materials:** a ball or special rock (any item to hold and pass), scraps of paper, pen or pencil, yoga mat (optional). This can be done outdoors on a mat or towel.

**Preparation:** Clear a wide space for all participants to stretch out in. Define "gratitude" as "a positive emotion in which a person is focused on being thankful." It is also important to note that often first thoughts of gratitude are for positive things or what is good in life, but there is also a benefit in being grateful for other things, too, like difficult emotions.

**Instructions:**

Not many people realize that feeling gratitude is a skill that can be developed. And just like other skills (like doing a math problem, dribbling a basketball, or flipping a pancake) skills take practice. You can practice the art of gratitude by incorporating yoga poses that have a specific purpose for this.

1. Pass the Gratitude: Pass an item to hold and the person holding the item must say something he or she is thankful for.
2. Grateful for the Beautiful World - breath work: sit with legs crossed (Sukhasana) and with back straight. Place hands together in a relaxed position with pinky sides together. Slowly inhale through nose and exhale through nose while bringing hands together as if holding the world. Repeat several times.
3. Dedication: One aspect of practicing gratitude with yoga is to set an intention, or an aim for the practice. Sometimes dedicating the practice to someone else is a good way to focus the attention. Take a minute to use the paper and pen to write who or what the yoga session is being dedicated to. Place it at the front of where you are practicing to focus on it.
4. Thanks to the sky above: lie on back and hug knees to chest. Gently twist body to either side while letting your attention shift to the sky outside.
5. Sun Salutations: Stand with feet shoulder width apart. Reach arms up to the sky. Exhale and fold body forward with slight bend in knees. Inhale and lift halfway pressing hands into shins. Exhale folding forward. Inhale and reach arms up to the sky. Exhale and put hands together in front of heart. Repeat several times.
6. Mountain Pose (Tadasana) – Giving thanks to the breeze: Stand with base of big toes together; arms hanging by sides. Imagine your legs are hugging the bones and focus attention on the hips. Allow your body to gently sway back and forth. Slowly stop swaying, press shoulders back, and straighten arms beside your body. Breathe deeply and hold pose for a few breaths, if comfortable.

More practice here – what else can you show gratitude for?

<https://www.youtube.com/watch?v=X655B4ISakg>



## Gratitude Tree

**Materials:** a few small tree branches, a vase or large mason jar, green construction paper (or substitute any colors), markers, pencils, yarn/string, ruler, scissors

**Preparation:** Cut out about 15 pieces of construction paper shaped like leaves. Gather a few small branches from outside. Cut 15 8-inch pieces of yarn or string.

**Instructions:**

1. Make sure you clean your branches off. Remove any dirt, leaves etc. before using them.
  2. Place your tree branches in the vase or large mason jar.
  3. On each leaf that you cut out, write something that you are grateful for. Gratitude is one of many positive emotions. To be grateful means focusing on what is good in our lives and being thankful for the things we have. Also, think of new things to add that you didn't write down before.
  4. Write one thing that you are grateful for on each leaf that you cut out. You can decorate the leaf if you would like.
  5. Once you have finished making your leaves, you will poke a small hole about a 1/2-inch from the top.
  6. Thread a piece of yarn or string through the hole in the leaf and double knot both ends together.
  7. Hang your leaves from your tree. Decorate your Gratitude tree with other items as you want!
- Make your Gratitude tree perfect for you!

Once you have finished your Gratitude tree, leave it in your favorite spot. For example, your bedroom or living room. Every time you look at your Gratitude tree remember how blessed you. Let it bring a smile to your face!



<https://www.pinterest.com/pin/172684966945694834/>

## Cooking: Fruit and Cheese Kabobs

**Materials:** any fruit you have available at home (grapes, any kind of berry, watermelon etc.), any cheese you have available (slices or cubed etc.), skewers or popsicle sticks, plastic knife

**Preparation:** Gather ingredients and materials. Set out on counter or table.

**Instructions:**

The possibilities for fruit and cheese kabobs are truly endless: have fun playing around with different cheeses and fruits to create your favorite combo!

1. Cut your fruit in to medium sized pieces. You want them to easily be able to go on the skewer or popsicle stick without breaking.
2. Cut your cheese into cubes. If you have sliced cheese, you can fold it in half and then in half again, possibly in half a third time. You can be the judge of that!
3. Once you have your fruit and cheese prepared, begin layering both on your kabob. You can do a fruit-cheese-fruit-cheese pattern or maybe a cheese-cheese-fruit-fruit pattern! Make your kabob perfect for you!
4. If you would like, you can drizzle your kabobs with honey once you are finished making them.

Share with your family too! You can talk about who likes the cheese better or the fruit better. Talk about what each of your favorite kabob would be made from!



## Nature Self-Portrait

**Materials:** items collected from outside (leaves, flower petals, grass, small twigs, bark pieces etc.), a piece of construction paper, glue, markers

**Preparation:** Gather items from outside to use in your self-portrait.

**Instructions:**

1. Plan out your self-portrait. Place your items that you collected outside on your paper to create your own self-portrait.
2. Once you have an idea of how you want it to look, begin gluing each piece down where you want it. Whether you decide to use a bit of grass for hair, some colorful rocks for eyes or maybe a flower petal to create lips, use your creativity too because the options are endless!
3. Once you are finished and your self-portrait is complete, leave it somewhere safe to dry over night.

Find the perfect place to hang it once it is dry!



Photo: [https://www.education.com/activity/article/Nature\\_Self\\_Portrait\\_section/](https://www.education.com/activity/article/Nature_Self_Portrait_section/)