

SCHOOL AGE

Week

18

Smart Activities



SMART CHOICE. SMARTER CHILD.®



Catapulting Marshmallows

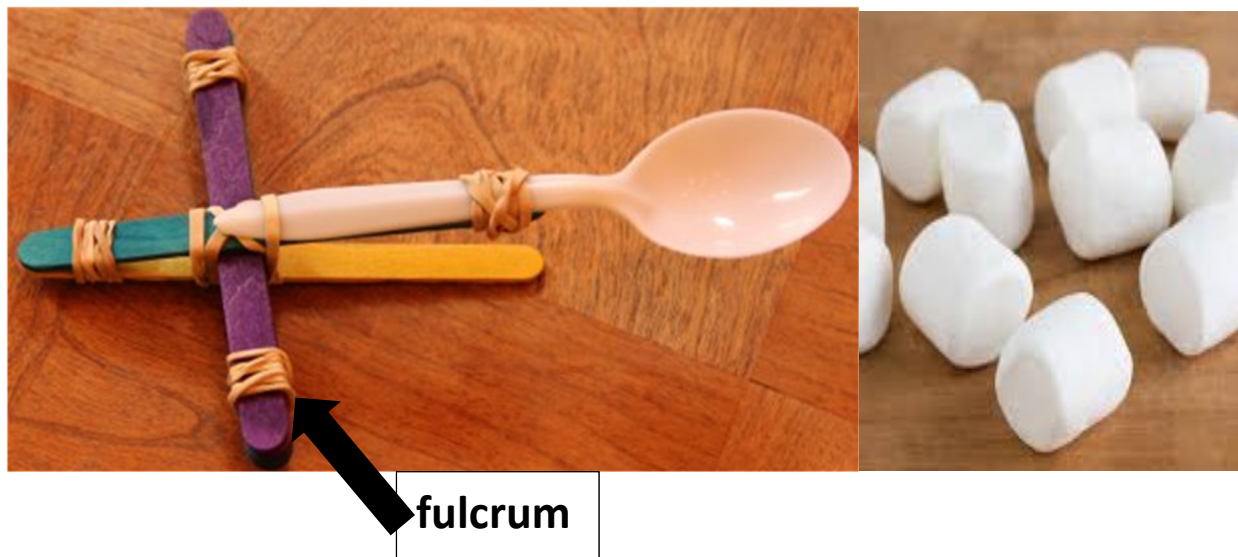
Materials: craft sticks, rubber bands, plastic spoon, marshmallows

Before the instructions, here are some interesting facts and information:

Of course, we all can agree catapults are fun because they let you fling items through the air. Did you know catapult physics is stored energy used to hurl a **projectile** (is any object thrown by the exertion of a force). The three primary energy storage mechanisms are tension, torsion, and gravity. The catapult has proven to be a very effective weapon during ancient times when kings and queens fought territorial wars. But your challenge, should you choose to accept it, is to make a catapult using the directions and test its capabilities.

Instructions:

1. Stack up 6 craft sticks for your **fulcrum** (*noun- the point on which a lever rests or is supported*) and bind them together with rubber bands on each end. Take 2 more craft sticks and wrap another rubber band tightly around them towards one end.
2. Push your fulcrum, the larger stack of craft sticks, in between the other 2 sticks. secure them with a rubber band by wrapping it across the spot where the two sets meet so the rubber band makes an X.
3. Take a plastic spoon and secure it onto the arm of your catapult with another rubber band. Tuck the end of the spoon into the central rubber band to keep it secure. Place a marshmallow on the spoon, pull down, and let it fly! Can you make it catapult into someone's mouth? What else can you catapult?
4. Have fun experimenting with the craft sticks by making the arm longer or using different materials. Try chopsticks, pencil topper erasers, and measure the distance. Make a target.



Magic Floating Ink Person

Materials: water-soluble marker, dry erase marker, clear glass bowl or plate, cup for pouring water

Preparation:

Pigment – a substance that gives color to a material, like the ink in a marker

Alcohol – a colorless, odorless substance that is used in science and manufacturing

Solvent – a liquid in which other substances can be dissolved

A dry erase marker is used to write on non-porous surfaces like a white board or a mirror. The solvent in the marker is alcohol which helps the ink attach to the surface and dry quickly.

Instructions:

Have you ever tried drawing with a marker on wet paper? What happened?

Use the water-based marker to draw some marks inside the bowl. Slowly add water by tilting the bowl towards you and pouring a cup of water on the low end. The slowly tilt the bowl back in place.

Can you describe what happens to the ink?

Predict - Now, think about what you know about the dry erase marker. Think about how the ink reacts to the surface when you draw on a whiteboard with it. How do you think it will react differently with the water?

Draw a person inside the bowl using the dry erase marker. Add water using the same method of tilting the bowl and adding water to the low end, then slowly putting it back in place. Can you describe what happens to the ink? Why do you think this happens?

The science explained:

The dry erase marker leaves a mark of pigment and alcohol mixed together. When the alcohol dissolves, it leaves behind the pigment as a solid. The glass is very smooth, so the solid pigment lifts off of it in the water easily.



Muscle Warmups

Preparation: Clear space for warm-up practice – inside or outside

Instructions:

Before exercising, it's a good idea to warm up your muscles to avoid injuries. If you enjoy dancing, practice these two types of dance stretches before launching into your favorite dance steps:

The first stretch is called the butterfly stretch. Take a seat and put the soles of your feet together. Move your knees up and down to the beat of clapping. After several different paces of claps, rock from side to side.

Next is the good-morning stretch. Stretch your legs out in front, while seated on the floor. Point your toes, stretch your arms up to the sky, and bend forward, saying "Good morning" slowly. Point your toes back up and lift your arms and body back up to the upright position. Do this several times to warm up for your favorite dance steps.



Empty Stadiums

Materials: internet access, household objects

Instructions:

Are you missing baseball? Go to <https://www.mlb.com/kids-activities> to find some baseball-themed activities.

Not a baseball fan? Think of creative indoor versions of sports you like by making them small-scale or modifying some equipment.

For example, a paint stick glued to a paper plate can make a safe indoor tennis racket using a balloon as your ball. Or freeze some water in a large cake pan and play bottle cap ice hockey with a pencil!

Baseball Word Search

K	G	Y	V	D	E	V	C	U	M	X	Y
L	B	A	I	R	K	R	H	A	H	F	W
R	Y	J	Z	N	I	S	E	P	I	P	M
E	W	O	W	B	R	T	O	R	T	Q	I
T	H	A	C	H	T	T	S	W	W	M	D
T	Y	R	V	I	S	T	R	Z	V	L	I
A	M	I	T	T	B	G	H	F	E	P	N
B	P	R	R	S	Y	C	O	I	Y	J	F
H	G	O	B	N	V	U	F	O	R	Z	Q
G	H	F	Q	L	L	B	B	A	T	D	M
S	V	P	U	N	K	D	N	O	C	E	S
A	Z	P	P	S	G	I	E	M	V	T	L
V	B	E	A	Q	L	Q	M	W	R	L	K
P	I	T	C	H	E	R	I	J	A	W	I
I	R	E	H	C	T	A	C	B	U	R	K
E	N	U	K	U	E	T	B	D	P	G	I

- BALL
- BAT
- MITT
- FIELD
- TEAM
- BATTER
- PITCHER
- CATCHER
- SHORTSTOP
- HITS
- FIRST
- SECOND
- THIRD
- FOUL
- STRIKE



Created by superheroesandteacups.com

Pucker Up: The Benefits of Whistling

Instructions:

We rarely hear much about just whistling - and it turns out, it's surprisingly good for us both physically and mentally. Those of us who pucker up a few times a week may realize a host of benefits, from reduced stress levels to delayed signs of aging, according to [a report by Healthy Builderz](#). Among the many perks are the following:

Whistling helps eliminate stress: whistling clears your mind—stopping you from concentrating on problems and fixing your attention on your favorite tunes.

It reduces anxiety: Simply whistle! Not only will it help in regulating your breathing, but also in diverting your attention from the mental and physical symptoms of anxiety.

Whistling improves your mood: Studies have shown that something as simple as whistling is often enough to lift our spirits. Try pairing whistling with taking a walk in the park, doodling on a piece of paper—any other activity that you find helpful in improving your mood.

It boosts lung strength: Whistling on a regular basis helps fortify your breathing, and this strengthens your lungs. As a result, every single cell, tissue, and organ in your body is supplied more efficiently with much-needed oxygen.

It makes exercising less boring: One of the simplest yet highly beneficial forms of exercise out there is walking for at least 20 minutes. If that is not appealing, then consider whistling each time you get on your feet. Whistling will help make every activity more amusing.

It keeps you young: Who knew? Whistling helps strength the cheek muscles, as well as those around your mouth.

Research contact: [@Healthbuilderz](#)

Try to whistle your favorite song. Try whistling while cleaning your room. Did it improve your mood? Did it make the task easier or go by faster?

Search the internet for different whistling techniques and/or new tunes to whistle.



A Banner Year

Materials: felt or burlap for the background mount – 24" X 36", felt or fabric squares in assorted colors, fabric and ornamental trim, buttons, beads, or braids, white glue (tacky fabric glue works best) – optional paper and colored pencils

Instructions:

1. Think about what you want to include in your banner theme. Make a paper version with colored pencils, so you can see how the colors work together.
2. Cut your background fabric mount to the designated size.
3. Cut and assemble your design using glue. Use as little glue as possible, placing a series of dots over the pieces to glue on the mount.
4. Press finished design under a pile of books or something heavy to set your design.
5. Hang the banner when dry. You can tack it on a wall or door or for something fancier, fold over the top edge of the banner and glue or sew stitches to make a long fold across. Slip a cardboard or wooden dowel through the pocket at the top of the banner.
6. The banner is best hung indoors or on a protected porch area or sprayed with waterproof upholstery spray.

The word banner means "distinguished from others." So that means a banner year is a very important year for you!

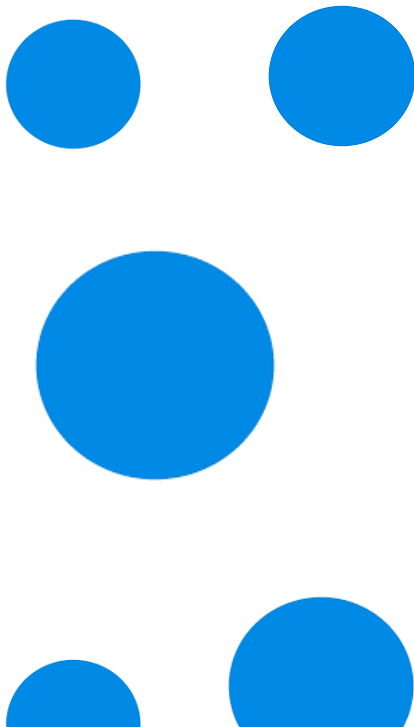
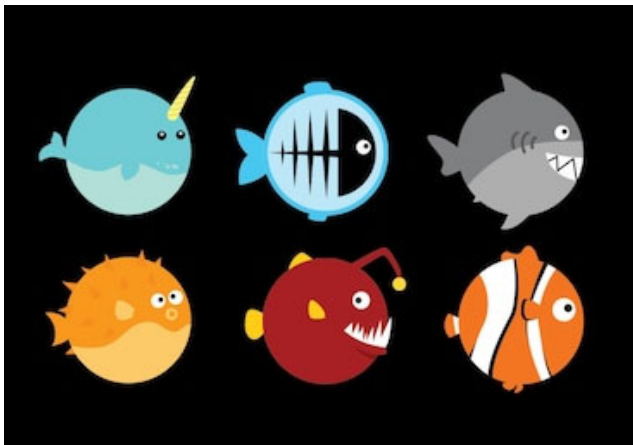


Gone Fishing

Materials: paper, colored pencils, markers

Instructions:

1. Draw some dots on the paper.
2. Use the dots and make some exotic fish designs!
3. See what other things you can create with the plain dots.



Bloom of Multiculturalism

Materials: paints, paintbrushes, rollers, any type of canvas, internet access

Preparation: Select your colors

Instructions:

Hervé Tullet is a French artist, performer, illustrator, and children's literature author who has written over 80 books. His 2010 book, *Press Here*, remained on The New York Times Best Seller list in the Children's Picture Books category for over 4 years.

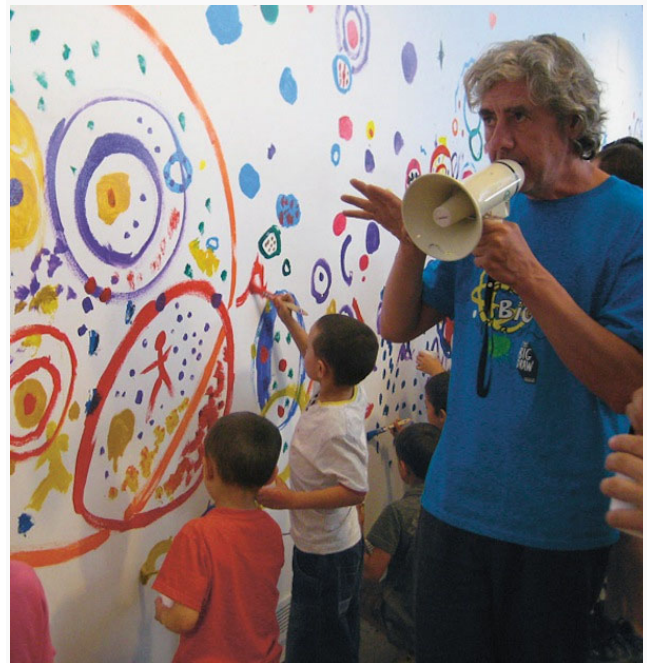
Check out the YouTube video to see how this literary artist performs!

Herve Tullet, Children, Parents and Teachers from PS84 NYC Present:

Bloom of Multiculturalism

<https://youtu.be/J0oAHuIOv1A>

Create with your family or your own imagination to tell your story!!!!



Questions with Hervé Tullet

<https://youtu.be/rInInjK0uR8>

Frisbee Slam

Materials: sport disc (frisbee), 2 cones, place markers/hoops, tennis ball or plastic ball, 2 or 4 players needed

Preparation: Set the 2 cones about 10-20 feet apart depending on ability. Set a ball on each cone. Players will throw the disc to the opposite target to knock the ball off the cone. Partners can work together to use the frisbee to knock the opponents' ball off the cone.

Instructions:

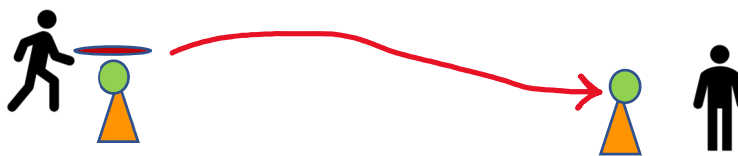
Each player will stand behind his/her cone and throw the disc to knock the ball off the opponent's cone.

Scoring:

3 points for directly hitting the ball off

2 points for hitting the cone to knock the ball off

1 point for knocking ball down with a teammate assist



Broccoli Cheese Cups

**Wash hands before and after activity. An adult will need to assist with the oven.*

Materials: medium mixing bowl, extra bowl, measuring spoons and cups, cheese grater, mini muffin tin

Ingredients:

3 cups cooked chopped broccoli, 1 large egg, 12 Ritz crackers (crushed), 1 heaping cup of cheddar cheese (plus more for topping), 1/2 tsp garlic powder, 1/2 tsp salt

Preparation: Preheat oven to 375 degrees. Crush the crackers. Grease the muffin tin.

Instructions:

In the medium bowl, mix all of the ingredients together until blended well. Fill the muffin tin evenly with the mixture in about 16 of the cups. Press mixture down slightly into each muffin tin cup. Top with more cheese and bake about 14 minutes until the cheese is starts to melt and turn brown. Let cool, then remove from pan. Serve and enjoy your delicious snack!

From: www.thelazydish.com

