

SCHOOL AGE

Week

23

Smart Activities



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Homemade Harmonica

Materials: two large popsicle sticks, two rubber bands, one toothpick, paper, scissors

Preparation: Gather all materials needed.

Instructions:

1. Cut out a piece of paper so that it is the same length and width as your craft stick.
2. Place the paper onto one of the craft sticks.
3. Place the other craft stick on top and wrap one rubber band around an end.
4. Cut the toothpick using your scissors to match the width of the craft stick. You will need two pieces the same size.
5. Put your cut toothpick between one of the craft sticks and the piece of paper, run it down until it is next to the rubber band and then push it in so that none of it is sticking out.
6. Put the other toothpick in the same position at the other end and then finally wrap the final loom band around the other end.



<https://www.mybaba.com/craft-stick-harmonica/>

Your harmonica is ready to go! Try is out. How does it sound? Try playing different tunes!

Cooking: America Flag Snack

***CAUTION:** Wash hands for 20 seconds before and after this activity

Materials: graham crackers, cool whip, blueberries, strawberries, butter knife, plate

Preparation: Make sure your fruit has been washed before eating.

Instructions:

1. Using your butter knife, cut your strawberries into smaller pieces.
2. Place your graham cracker on your plate.
3. Spread a layer of cool whip or whip cream on your graham cracker.
4. Using your blueberries to represent the star section of the American flag, place a few of them in a square in the top corner of your cracker.
5. Using the strawberries to represent the red lines on the flag, place them in rows across your cracker. Leave space between each line for your cool whip to represent the white lines on the flag.

Make enough to share with your family! Enjoy your refreshing and delicious treat together!



Virtual Field Trip: Air Force One

Materials: internet access, paper, pencil, marker, website:

<https://www.youtube.com/watch?v=IIrTmJCFI8>

Preparation: Preview video.

Instructions:

Have you heard the term "Air Force One" before? If not, what do you think it refers too? Let's learn more about it!

1. Before you take a virtual tour of a retired Air Force One airplane, visit the link above. Watch the short video that explains the term Air Force One and its history.
2. As you watch the video listen for the following:
 - How and why the term "Aire Force One" came into existence.
 - What other terms do they refer to for when the president fly's in other various aircrafts?
 - What lettering do they use on the outside of the aircraft? What other features are on the outside of the aircraft? What colors are included on the outside?
3. When you finish watching the video, take the 3D tour of a retired Air Force One aircraft here:
<https://my.matterport.com/show/?m=Tua6JBtMwjP>
4. As you take the virtual tour think about the following:
 - What do you see that is unique to this airplane on the inside?
 - If you have been on a plane before, what is similar? What is different?
 - What did you find the most interesting?

In the video, they talk about key features on the airplane like lettering and symbols (American flag, presidential seal) and where they are located. Draw your own Air Force One and include the markings they discuss in the video.



Dinosaur National Monument

Materials: internet access, website: <https://youtu.be/PoCN4Lo9Lkk>

Preparation: An adult will help with the internet. Preview the video.

Instructions:

Go to the website for the Dinosaur National Monument virtual tour.

As you listen to the video, listen for answers to these questions:

- When was the monument established?
- Who was the president responsible for it?
- Where is it located?
- What states does it span?
- What is the most popular attraction?
- What is your opinion of why this is?
- What are some other attractions that are accessible from the Utah entrance?
- What does the Colorado side feature for attractions?
- What created the massive canyon that can be reached by the trail leading from Echo park?
- Why do you think this area is called Echo Park?
- What is a popular activity in the canyon?
- How could you plan a trip to this area?



Google Earth: Dinosaur National Monument

Materials: paper, pencil, printer, internet access, website: <https://www.google.com/earth/>

Preparation: An adult will help with the internet. Preview website.

Instructions:

Go to the website and click "Launch Earth." What location does the page open to? What do you see when you zoom in closer? Do you recognize anything?

Look on the toolbar to the left of the screen. What button should you click to search for another location? You are going to the Dinosaur National Monument, so what should you type into the search? What do you think may happen if you don't include the full name of the location correctly?

Now that you have checked you have the location name correct, enter the search, and watch what happens. Can you describe what happens to the image? What do you see on the top right of the screen? What do you see on the bottom right of the screen? What can you explore using these tools?

Can you locate the Yampa River and the Green River that are mentioned in the video? What else can you find nearby?

Describe what you would like to do if you were to go visit this area. Write a short story, illustrate a picture, create a sculpture, or make a video about it and share it with friends and family.

More information About Utah Dinosaurs:

National Geographic - <https://youtu.be/IYjx8oacID8> Discover Dinosaur Utopia: Utah - <https://youtu.be/gKsTk34qVck>

Information for the Junior Ranger Program: <https://www.nps.gov/dino/learn/kidsyouth/beajuniorranger.htm>

For more fun activities, download and print - Junior Ranger Dinosaur Booklet:

<https://www.nps.gov/dino/learn/kidsyouth/upload/DINO-Junior-Ranger-2016-for-web.pdf>

PARA-'SHOE'-TE

Materials: 2 shoes, plastic shopping bag per pair of shoes, 4 towels, open space

Preparation: Place 4 towels in a row about a foot apart. Start with the first towel about 5 – 7 feet away. The distance used should depend on ability. Make it far enough to be a challenge, but not so far that it is too frustrating. Knot the plastic shopping bag handles to the top and bottom of the shoe lace area of one shoe.

Instructions:

The goal is to toss a shoe towards the target and see how quickly you can capture all four towels. The second shoe is the starting marker. Use an underhanded throw to launch the shoe with the parachute towards a towel. If it lands on the towel, run and grab the towel, return to the starting point, and try again for the next towel. Repeat until you have all four towels.

Discuss: What effect does the shopping bag have on how the shoe travels through the air?

Variations: Compete in a relay manner with multiple family members. Find new ways to tie the shopping bag onto the shoe to make it fly better.
Credit: from Project Phys Ed. – Drew Burriss PE Teacher

Shoe tying tutorial in under a minute:

<https://safeshare.tv/x/ss5ef35643e5247#>



Monster Walk

Materials: 2 pairs of shoes per player, place markers for starting and ending points, optional: timer

Preparation: Set up a starting point and a goal.

Instructions:

The goal of this game is to race while walking on your hands and feet, bear crawl-style. It is extra silly when there are shoes on your hands!

Set up a starting point and a goal. Gather as many people as possible. Race to the finish!

Switch it up by switching shoes and wearing the wrong size on your feet.

Variations - 10 Different Animal Walk Exercises: <https://safeshare.tv/x/ss5ef37285deafb#>



Science: Bright Farms Virtual Tour

Materials: internet access, website:

https://vimeo.com/410603232?utm_campaign=5370367&utm_source=affiliate&utm_channel=affiliate&cjevent=519c3b7db7e811ea81db018f0a24060b

Preparation: Preview video.

Instructions:

1. Watch the video at the link above. Listen carefully as he shows you around Bright Farms and explains their process for growing produce.
2. Listen for the following information:
 - How many pounds of produce can they grow in a year?
 - What gear do they wear when working at the farm? What is a foot bath?
 - What is step 1 in the growing process?
 - What is Hydroponics?
 - What do they use to plant their seeds?
 - What is the largest seed they plant?
 - What is germination?
 - Where do they transplant plants after germination happens?
 - How often do they ship to grocery stores?
 - What touches the plants while they are growing?
 - Where is this Bright Farms located?



Cardboard Roll Animals

Materials: cardboard rolls, paints, paintbrush, thick paper, markers

Preparation: Prepare a space to paint.

Instructions:

This fun craft will have you make animals out of cardboard rolls! Follow the steps below and get creative as you make your own animals!

1. Paint your cardboard roll to represent the animal you choose to make! You will begin by painting the base for your animal. This could be the colors to represent their fur or feathers.
2. After the paint dries, add eyes and any other details to your animal!
3. Lastly, fold down the top of your cardboard roll. This will create the look of ears for your animal!
4. If your animal has a tail, use the thick paper to cut out a tail shape and glue it to your cardboard roll.

If you have extra cardboard rolls, you can make multiple animals!



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