SCHOOL AGE

Week 26

Smart Activities

Kids R Kids Learning Academies

SMART CHOICE. SMARTER CHILD.®

Kids Cook: Twice-Baked Potatoes

***Remember to wash hands before and after activity.**

Let children perform as many of the tasks as possible.

Materials: 9 x 13 baking dish, mixing bowl, mixing spoon, pastry brush, potato masher

Ingredients:

4 large baking potatoes
1 tablespoon olive oil
1 teaspoon salt
3 cups chopped cauliflower
1 tablespoon butter/margarine
1/3 cup fat-free (skim) milk
1 cup low-fat sour cream
1 cup shredded Cheddar cheese

Garnish:

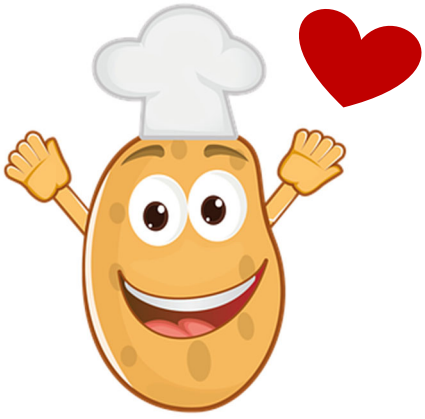
4 green onions, chopped
¼ cup bacon flavor bits or bacon-substitute chopped into fine pieces

Preparation: Preheat oven to 400°F.

Instructions:

Scrub potatoes and leave peel on. Pierce a few times with fork. This lets the steam out while baking. Brush with olive oil, sprinkle with ½ teaspoon salt, and bake on baking sheet for 1 hour (or until tender in center when pierced) at 350 degrees. Let cool.

While letting potatoes cool, microwave or steam cauliflower until very tender. Cut potatoes in half lengthwise. Scoop out insides but leave enough intact to keep a shell. Put insides into bowl and add cauliflower, melted butter, milk, sour cream, and remaining salt. Mash and blend until smooth. Add in ½ cup of shredded cheese and add pepper to taste. Place scoops of mixture into potato skins and top with remaining cheese. Bake in a greased 9 x 13-inch pan for 20 minutes until cheese melted. Garnish with green onions and bacon bits, serve, and enjoy!



DIY Bouncing Balls

***Use caution with Borax and wash hands after activity.**

Materials: Borax®, cornstarch, white glue, warm water, food coloring (optional), measuring spoons, spoons or craft stick, 2 plastic cups, marker, ruler, zipper bag

Preparation: Gather materials. Label one cup 'borax mixture' and the other 'Ball mixture.'

Instructions:

1. In Borax container, mix 2 tablespoons warm water with 1/2 teaspoon borax and stir to dissolve. Add food coloring if using.
2. In Ball container, add 1 tablespoon glue.
3. Add 1 tablespoon cornstarch and 1/2 teaspoon borax solution to glue. Let sit for 15 seconds then stir several minutes.
4. When mixture begins to form a ball take it out and rub it between hands to mold into a ball.
5. It will be sticky at first but keep rolling until smooth. Now it is ready to bounce!
6. Measure the height of the ball's bounce. Predict the height to make a game out of it.
7. Store ball in a sealed zipper bag when finished.

Knot Master

Materials: length of rope about 3 feet long and a stick about 1 foot long & 1-inch diameter per person, internet access, website: https://www.youtube.com/watch?v=5c5xI-3SnUU
Preparation: An adult will help with internet access.
Instructions:
Why is it important to know how to tie a knot? Well, there is an old saying "If you can't tie a knot, tie a lot!" Who has time for that?! Plus knowing how to tie different knots can come in very handy. You may need it one day for camping, rock climbing, sailing, spelunking, or even survival. Use the video tutorial to practice and master these five different knots:

- Square Knot
- Clove Hitch
- Figure 8 Knot
- Round Turn +2 Half Hitches
- Taut Line Hitch

Shadow Ball - Harlem Globetrotter Style

Materials: timer, internet access, website: https://www.youtube.com/watch?v=6sb0LWFNm6w
Preparation: Clear a large space to allow for freedom of movement. Players will play in pairs. An adult will help with internet access.
Instructions:
"Shadow ball" means that players will pantomime basketball moves with a partner. The goal is for each team to score as many points as possible in 60 seconds. Use the video for inspiration.

1 point = dribble ball 5 times and pass it to partner. Partner dribbles 5 times and passes it back for another point
1 point = 3-star challenge: complete 5 crossover dribbles, create a move for the ball to cross your body any way you want, pass to teammate
1 point = 5-star challenge: complete 5 crossover dribbles, dodge an imaginary defender, hit a jump shot

Electric Potato Goop

Materials: bag of potatoes, craft sticks, food processor or chopping board & knife, tonic water, black light, mixing bowl, large clear bowl, mixing spoon, cup, empty jar with lid, strainer
Preparation: This experiment takes a few days of drying to complete. Use adult supervision for chopping.
Instructions:
Wash the potatoes. Leave skins on, chop into very small chunks, and place in bowl. Cover with hot water and let sit. Stir after a few minutes. Notice the water turns brown. Strain the water and set potatoes aside. Let the bowl of water sit for about ten minutes. Notice a layer of white has formed at the bottom of the bowl. Pour water out and the white layer stays at the bottom. Mix in small amount of fresh water and stir to separate out impurities. Pour this mixture into a jar. Put on the lid, shake, and let sit for about 10 minutes.

After the impurities settle in the middle, pour out the liquid and the impurities with it. Pour into a bowl and let dry for a few days until it becomes a powder. In another bowl, spoon a few scoops of the power and add small amounts of tonic water at a time. Stir until blended. Now the mixture is ready to experiment with under the black light. What do you notice? What happens when you let the mixture settle down versus when it is moving constantly?
See video here: https://www.youtube.com/watch?v=_0J4dRqg7CE

DIY Glowing Foam Paint

Materials: black light, white cardstock, shaving cream, neon paint, white glue, zipper bags, scissors, cups
Preparation: The glue and shave cream will be a 50/50 ratio.
Instructions:
Place a zipper bag into a cup for each color of paint. Fill bag with half glue and add 1 spoonful of paint. Then, fill the other half with shave cream. Seal the bag, mix, and cut a small corner to create a piping bag. Use this to create designs on the paper.
See video demonstration here: https://www.youtube.com/watch?v=f5eiFnqneYo

Circle Run

Materials: bean bags (3 per player), hula hoop (1 per player)
Preparation: Set up hula hoops in a large circle.
Instructions:

1. Players place their bean bags on the ground inside their hoop.
2. On "go," one player must run on the outside of the circle of hoops to another player's hoop and grab 1 bean bag and then run back to his/her hoop.
3. When a player is inside his/her hoop, a bean bag cannot be taken from him/her.
4. Players continue each round taking bean bags from other players until there is only one player with bean bags inside the hoop.
5. On each round, a player must leave his/her hoop and bring back a bean bag or he/she is out.

Dipped Banana Chunks

***Always wash hands before and after activity and check for allergies.**
Materials: bananas, chocolate chips, paper bowls (small), popsicle sticks (optional), plastic knives, toppings (ex: sprinkles, crushed cookies, cinnamon sugar, etc.)
Preparation: Cut bananas into bite size chunks.
Instructions:

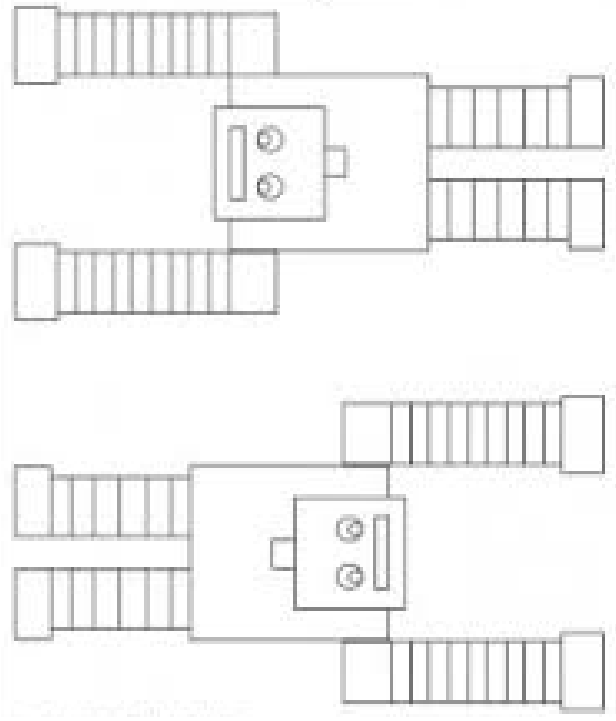
1. Provide your child with a paper bowl and a banana to cut into chunks.
2. Place chocolate chips in a microwave safe bowl and cook on high for about 1 minute or until smooth.
3. Dip banana chunks into chocolate and roll them in other ingredients desired.
4. You may freeze bananas or simply enjoy them right away!

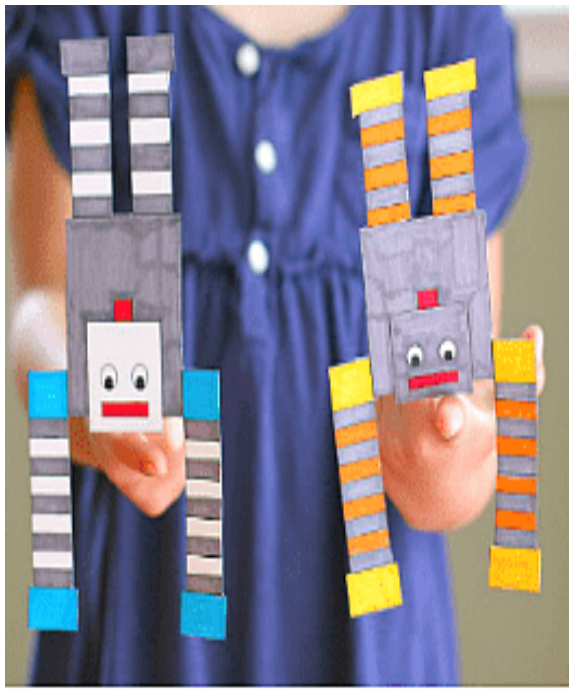
Balancing Robot

Materials: white cardstock, scissors, 2 pennies, tape, markers, crayons, colored pencils, robot printable (found at: https://buggyandbuddy.com/science-kids-balancing-robot-free-printable/)
Preparation: Print off robot template on cardstock (see link above).
Instructions:

1. First, color your robots and then cut them out.
2. Next, flip your robot over (the non-colored side), stick two pennies anywhere on the robot, and try to get the robot to balance on your fingers. Did you do it? Keep moving the pennies around until you find the right balance.
3. Once you figure out the balance, match up your second robot onto the back using tape to secure them together.
4. Try balancing your robot on other items!
5. Challenge your friends!

Hint: If you are still struggling to make your robot balance, try this combination: place tape on both of the robots hands and place the pennies on top of the tape.





Storming Jar

Did you know? Clouds slowly fill with moisture from the air and when they fill with enough moisture, they become over-saturated and it rains. Thunderstorms arise when layers of warm, moist air rise in a large, swift updraft to cooler regions of the atmosphere. The basic ingredients used to make a thunderstorm are moisture, unstable air, and lift. You need moisture to form clouds and rain. You need unstable air that is relatively warm and can rise rapidly. The idea behind this experiment is to visually illustrate that by filling your shaving cream cloud with moisture until the cloud gets so heavy that it rains.

Materials: shaving cream, jars, glow in the dark or neon paint, water, eye droppers or pipette, bowls, spoon, black light (makes it more intense)

Preparation: Gather materials.

Instructions:e

1. Begin by combining 1 teaspoon of glowing paint with 1/2 cup of very warm water in a bowl. (Us one bowl for each color of "rain" and "lightning" that you wish to make.) Stir until the paint is dissolved. Add an eye dropper to each bowl.
2. Fill a jar 2/3 of the way with cool water and another jar with hot water. Then, spray shaving cream into each jar but making it sit on top of the opening, so it looks like a cloud floating on air.
3. Next, take the eye droppers and squeeze the colors onto the shaving cream cloud.
4. Watch what happens. Do you see the cloud welling with the colorful liquids inside?
5. Which cloud dispersed the liquid first? What happened to the colors?
6. Have fun researching and learning how clouds hold moisture, what causes a thunderstorm, and the various types of clouds.