

# SCHOOL AGE

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Week

11

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Smart Activities



SMART CHOICE. SMARTER CHILD.®

## My Best Friend

### Materials:

internet access, website:

<https://www.getepic.com/> - Epic! is the Leading Digital Library for Kids 12 & Under

**Preparation:** Click on the link!

### Instructions:

**My best friend now is always near  
It's my favorite read that's always here  
A big huge smile  
Across my face,  
I know how it got there  
In the very first place..... A good book!**

Anonymous

1. This site is celebrating Children's Book Week, but **every** week should bring a celebration when anyone discovers the joy of reading.
2. Reading brings comfort, inquiry, and simple pleasures to every person who gets involved in a good read!
3. Take a look at the selections on the site, broken down by age group, to see what might be of interest.
4. Do you like audio readings? How about videos of the author reading the book up close and personal as you sit in your own living room?
5. Take a moment to think about your interests - STEM, biographies, graphic novels, DIY, Fiction, or nonfiction.
6. Keep a journal of your books:
  - make notes of things you liked
  - what you learned from the book
  - what friend of yours might like the book and why
  - draw some illustrations in the journal of what you think the characters in the book might look like
7. Initiate some conversations:
  - at the dinner table about what you're reading
  - start a book reading club in the evening with family or virtually with friends



## Straw Geodome

**Materials:** scissors, drinking straws (plastic bendy straws work best), tape

**Instructions:**

1. Cut a one inch slit through the end of each straw carefully. This will make the end easy to insert into another straw. If you are using bendy straws, slits should be cut on the long straw ends only.
2. Now, insert the slit end of the straw into the uncut end of the straw which will form a rather crazy looking circle.
3. Bend the crazy circle into an equilateral triangle (all three sides are equal lengths).
4. Repeat steps 2 and 3 making a whole set of triangular structures.
5. Start taping the triangles together along their sides.
6. Create structures by taping the straws in unique shapes.
7. Make sure the tape is loose enough to move the triangular straws easily.
8. Try making very large structures to use as a mobile in your room or smaller structures to hang as window decorations.
9. Research what a DNA replication looks like. This could be a very fun project to make a straw model.



## Rescue Mission

**Materials:** cardboard scraps and tubes, rope/string, containers, empty thread spool, paper plates and cups, tape, pipe cleaners, yarn, sticks of any kind, rubber bands

**Preparation:**

Here's the Scenario:

Rapunzel is a beautiful girl with long red hair locked in a tower with no stairs or a door. The only way is through a small window at the top of the tower. Rapunzel, being the resourceful person that she is, stretches her long red hair out the window so someone can climb her hair and rescue her from her tower dungeon!

What could this fair maid use to get people and objects up into her tower, so they won't have to climb up her hair?

**Instructions:**

1. Explore materials in your house and determine how you might move things from one place to another without picking them up.
2. Investigate and construct a simple pulley system. Think of a flagpole and hoisting a flag. Got an idea for Rapunzel's problem?
3. Tinker around with materials that you might be able to use for hauling items up and down with a pulley system or a rope attached to a bucket or pail.



## STEAM Career Challenge – Wildlife Specialist

**Materials:** art supplies, recyclables for building, internet access, websites below

**Preparation:** \*Do not ever attempt to handle any real wildlife. In most states, it is illegal to have a wild animal in a home without a special license to take care of sick animals.

**Instructions:**

In this activity, you will think like a Wildlife Specialist to design an animal rehabilitation center.

Wildlife Specialist: A scientist who studies animals in their natural environment. They track animals by capturing them to mark them with special technology. They use this information to help the animals and the environment. Sometimes they have to relocate the animal to a safe place in order for it to survive.

A rehabilitation center is like a hospital for sick animals who usually live in the wild. Wildlife specialists work here to help the animals get healthy, so they can be released into the wild again. It is usually a place where several different types of animals may be at the same time but need separate enclosures.

Your job as the head Wildlife Specialist is to design a new enclosure for either a baby sloth who was found near the road or a baby tiger who has a hurt paw.

What does the animal need in its habitat to live comfortably and survive?

What does the animal need to eat?

To help get started, look at the information here:

Sloth rehabilitation center:

<https://www.youtube.com/watch?v=ZJUfiEFh1w4>

Why are sloths the #1 animal in the rescue?

What are the reasons that sloths need rescue?

Can you describe are the dangers of rescuing a sloth?

Can you describe the how the wildlife caregivers are feeling at the end of the video?

Can you explain why you think they feel the way they do?

*More information about sloths:*

<https://kids.nationalgeographic.com/animals/mammals/sloth/>

Baby Tiger 10 days old in the wild:

<https://www.youtube.com/watch?v=kXmqwRj0o4E>

More information about tigers: Information about tigers:

<https://kids.nationalgeographic.com/animals/mammals/tiger/>

Wildlife Biologist - Career Spotlight:

<https://www.youtube.com/watch?v=MmCCrV1RI9Y>



## Easy Monoprinting

**Materials:** water-based paint, paintbrushes, paper, baking tray, water, paper towels or rags

**Preparation:** Monoprinting is a form of printmaking in art that has images that are made only once. You will need to work fairly quickly, so the paint doesn't dry.

**Instructions:**

Paint a design onto the baking tray. Place the paper onto the design and gently rub it while holding it in place, so it doesn't move around. If you want to make a card, fold the paper in half before pressing it onto the design.

See more information here:

<https://www.instructables.com/id/FLOWER-MONO-PRINTS/>

<https://www.tate.org.uk/art/art-terms/m/monoprint>



## Bagel Pizza

**Materials:** baking sheet, toaster or toaster oven, oven mitt, spoon

**Ingredients:** plain bagels or English muffins, pizza sauce, shredded cheese, pepperoni or other toppings

**Preparation:** Always wash hands before and after handling food. Ask adult for help.

**Instructions:**

1. Preheat oven to 350 degrees.
2. Toast the bagel or English muffin.
3. Use spoon to spread pizza sauce on each slice.
4. Add cheese and toppings.
5. Bake until cheese is bubbly – about 10-12 minutes.
6. Serve and enjoy!



## Sock Ball Air Hockey

**Materials:** pair of clean socks

**Preparation:** Have a large open playing area on a hard floor with no rugs. Be familiar with the high plank position. Pairs of two players are needed. Roll the pair of socks into a ball and fold an end over to secure.

**Instructions:** See example here: <https://youtu.be/IhVZzMC9xI8>

It's time to engage the core and build some muscle! Each player will face each other in the high plank position about 3-5 feet apart. The goal is to slide the sock ball in between the other players arms. A player will begin the game by sliding the sock ball across the floor, trying to get it in between the other player's arms. The first player to get 10 points wins! Scoring:

1 point = in between the hands

2 points = in between the hands past the torso



## Surprise Message Origami Card

**Materials:** 8.5x11 paper, markers, crayons, pencil, internet access

**Preparation:** Make a practice one first before decorating the paper.

**Instructions:** Highly recommended - see demonstration here:

<https://youtu.be/Tr7g9Tc-t-k>

1. Fold paper horizontally (hot dog fold), crease with side of pencil and unfold. Fold right-side top and bottom corners to the center line. Your paper will have two equal triangles.
2. Repeat with the left side corners. Your paper should have four even triangles in the corners.
3. Fold the straight top down toward the center and the straight bottom up toward the center, so they both line up at the center line.
4. Flip paper over. Fold the left edge of the paper toward the center of the paper, about one-third of the way. The tip of the triangle that appears on the left side will line up with the left edge of the paper.
5. Fold the right edge in: fold the right edge of the paper toward the center as well. Now, the left and right edges of the paper that you just folded should overlap in the center of the paper.
6. Tuck the top right and bottom right corners into the left and right pockets. Tuck the corners in. Take the corners of the right fold (which should be on top) and tuck them into the folds on the left side. Tuck the corners in to keep note securely folded until the tab is pulled.
7. Flatten pull tab note. Decorate with a note to give someone special a surprise!

## Straw weaving: Bookmarks, bracelets, and more

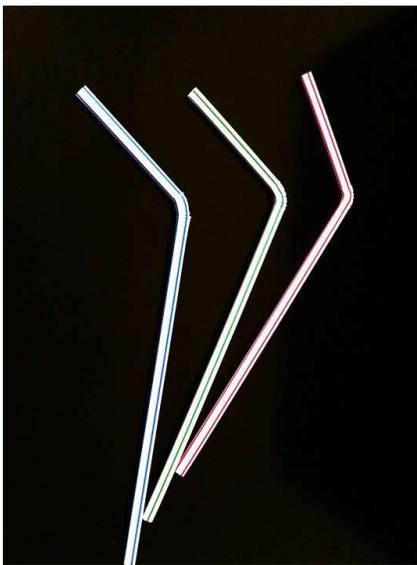
**Materials:** three plastic drinking straws, tape, different colors of yarn or string, scissors, beads (optional)

**Preparation:** Watch a tutorial here: [https://www.youtube.com/watch?v=LFTDxFN\\_HpI](https://www.youtube.com/watch?v=LFTDxFN_HpI)

**Instructions:**

1. Tape three straws together on one end. Leave a little bit of space between the straws. Next, cut three pieces of yarn a few inches longer than the length of the straw. Thread each piece of yarn through a straw. Tie the three ends on the taped side in a knot and pull it tight. At the other end, pull the loose end of the yarn, so the knot is snug to the straws on the taped end.
2. Create a loop with the yarn and knot it around one of the straws on the end. Pull it tight, leaving some extra yarn at the end. Begin to weave over and under the straws until you get to the 3rd straw and then weave your way back to the first straw. Repeat this motion making your way towards the top of the straws. Remember, from time to time stop and slide your weaving down towards the taped end, so your weaving is snug. It is important for them to be tight for when you remove your project from the straws.
3. Once you have made it to the top of the straws and your weaving is snug, cut the yarn or string from the roll leaving a few inches of length at the end.
4. Remove the tape from the straws and start to slowly slide your weaving until it is completely off of the straws.
5. Now tie the remaining yarn tails together in knots to secure your weaving.
6. If you would like, you can add beads to the yarn or string tails.

The video tutorial shows making a bracelet, but you can use the same techniques to make it into a bookmark or necklace. You can also research other items you can make with straw weaving.



## Cooking: Grape Pops!

**Materials:** grapes, toothpicks, yogurt, honey, granola or cereal of your choice, rolling pin, baking pan, wax paper, bowls, spoon

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

**Instructions:**

1. Place granola or cereal of your choice in a Ziploc bag. Use the rolling pin to crush the cereal into smaller pieces. Place the crushed cereal into a bowl.
2. Cover your baking pan with wax paper.
3. Put the grapes on the toothpicks.
4. In a small bowl, mix some yogurt and honey together with a spoon.
5. Dip the grape in the yogurt/honey mixture and then in the cereal mixture.
6. Once the grape is dipped in both, place it standing up on the wax paper baking pan. Continue until all grapes have been dipped.
7. Place the baking pan in the fridge for 10-15 minutes. Enjoy!

You can try various types of cereal if you like! Share your snack with family and enjoy together!



## Spell Your Name Fitness Challenge

**Materials:** comfortable shoes and clothes, water, small towel, open space

**Preparation:** Put on your favorite music to listen to while you complete the fitness challenge! (optional)

**Instructions:**

It's time to get moving! It is important to get exercise to keep us healthy but remember to drink plenty of water and rest as needed!

You are going to complete exercises by spelling your name! For example:

- E - 10 Sit Ups
- M - 5 Sit Ups
- I - 5 Lunges
- L - 20 Second High Knees
- Y - 3 Cartwheels

Add to the fun and challenge your family to do it with you! Video yourself completing your exercise name challenge and share it with a friend and challenge them to do it too!

### SPELL YOUR NAME CHALLENGE!

- |                           |                          |
|---------------------------|--------------------------|
| A - 10 Jumping Jacks      | N - 3 Cartwheels         |
| B - 30 Second Plank       | O - 30 Second Plank      |
| C - Crab Walk             | P - Crab Walk            |
| D - 10 Push Ups           | Q - 10 Push Ups          |
| E - 10 Sit Ups            | R - 10 Sit Ups           |
| F - 3 Cartwheels          | S - 15 Second Plank      |
| G - 5 Sit Ups             | T - 15 Arm Circles       |
| H - Run in Place 1 minute | U - 10 Crunches          |
| I - 5 Lunges              | V - 30 Second High Knees |
| J - 15 Arm Circles        | W - 15 Second Planks     |
| K - 15 Second Plank       | X - 5 Lunges             |
| L - 20 Seconds High Knees | Y - 20 Arm Circles       |
| M - 5 Sit Ups             | Z - 3 Cartwheels         |