

SCHOOL AGE

Week

22

Smart Activities



SMART CHOICE. SMARTER CHILD.®

Basketball Skills Fitness

Materials: basketball

Preparation: Have a large clear playing area. Children will practice dribbling skills and describe what happens to their heart when they exercise.

Instructions:

The goal is to try and dribble the ball with proper form and control by bouncing it using the finger pads of one hand, waist high, at least two times in a row.

On "Go!," count how many times you can dribble the ball. When you lose the dribble, complete a *mini jump for how many times you dribbled the ball. For example, you dribbled 5 times then missed, so complete 5 mini jumps.

*Complete a mini jump by holding the ball above your head and jumping only an inch or two off the ground with both feet.

For more advanced children:

- Try dribbling with the non-dominant hand
- Dribble while walking around

Discuss:

- Do you know what the heart muscle does? Can you put your hand over your heart?
- What do you notice about the way it feels after exercising?
- Why do you think it is important to keep your heart healthy?



A Hummingbird Dinosaur?!

Materials: pen, pencil, paper, internet access, website: <https://thekidshouldseethis.com/post/bird-skull-amber-oculudentavis-khaungraae>

Preparation: An adult will help with the internet.

Instructions:

Paleontologist: A scientist who studies the remains of ancient living organisms or living things.

Amber: A fossilized plant resin from ancient forests that has hardened into a hard, solid formation.

Have you ever heard about a paleontologist? How about a bird with teeth?

When you think of who a paleontologist might be, what do you imagine that person is like? Write a few words on your paper to describe what you think.

Watch the video and discuss the questions below:

- What is the effect of a fossil preserved in amber?
- What is the size of the fossil in the amber?
- What is so shocking about the fossil?
- What conclusions does the Paleontologist come up with about the skeleton in the fossil?
- What does this person hope for in the future of Paleontology?

Now that you have watched the video, how would you describe the person who is the Paleontologist? Is your opinion different than what you first thought? Why do you think this is important?

Spend some time thinking about some details you heard in the video. What would you like to know more about? Write these notes on your paper, then go find a way to make it happen!



Food Science: Edible Rice Paper

Materials: brown rice flour, potato starch, water, *optional: salt*, small bowl, measuring spoons, mixing spoon, microwavable plate, plastic wrap, microwave, food safe markers or food coloring & thin paintbrush

Instructions:

Is it possible to make paper you can eat? If so, what would you do with it? Paper is made from fibers that pressed together into a flat mat.

Steps for making rice paper:

- Stretch plastic wrap tightly over plate and secure in place.
- Add 1 tablespoon rice flour and 1 tablespoon potato starch into small bowl. Add a pinch of salt.
- Add 3½ teaspoons water and mix well. Make sure the paste is a little runny by adding a small amount of more water. It should be the consistency of school glue.
- Pour the paste onto the plastic wrap and spread it out by tilting the plate in circles.
- Microwave the paste on high about 45 seconds.
- The sheet of paper is done when it looks dry.
- Let the sheet cool completely before carefully peeling it off the plastic.

Make a few different sheets and test them. Is one more flexible than the other one? How does it rip? What are the edges like?

Decorate using food coloring. What can you make with it?

DIY Wafer Paper Flower: <https://www.youtube.com/watch?v=IQTLeOc1Syc>

Video example: <https://youtu.be/TnHPLc87XiM>

<https://makezine.com/projects/make-edible-paper-3-easy-steps/>

More information on rice paper: <https://www.scientificamerican.com/article/put-edible-paper-to-the-test/>



Cooking: Rice Paper Wraps

Materials: bowls, grater, clean dishtowel, plate

Ingredients: thin sliced ham or other meat of choice, red peppers, carrots, lettuce, rice paper, knife, tomato sauce, barbeque sauce, soy sauce, honey, water

Preparation: Slice and dice meat into fine pieces. Grate carrot, shred lettuce, and chop pepper into fine pieces.

Instructions:

1. Fill large bowl with warm water. Soak a rice paper wrapper about 10-20 seconds.
2. Drip off excess water and place on towel. Fill with ingredients. Be careful to avoid over-stuffing, or it will be difficult to roll.
3. Place on a plate seam side down. Repeat with remaining wrappers.

Sauce: Mix together 4 tablespoons tomato sauce, 2 tablespoons bbq sauce, 2 tablespoons soy sauce, and 2 tablespoons honey to make a dipping sauce.

Enjoy!

See link below for more information: <https://planningwithkids.com/2011/01/09/easy-rice-paper-rolls-that-are-kid-friendly/>



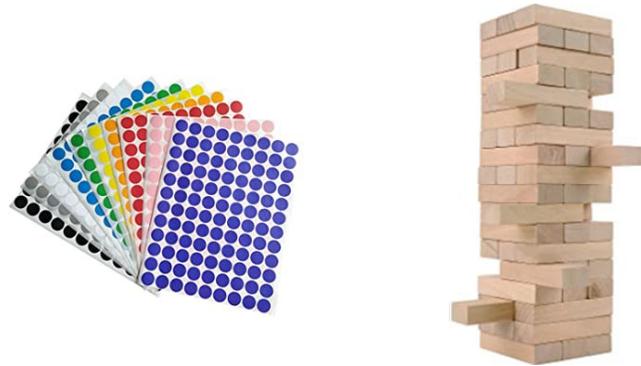
Jenga Fitness

Materials: Jenga game, sticker dots in six colors (red, yellow, blue, green, orange, purple), dice, Jenga Fitness Chart (included)

Preparation: This game is best for more than two players. Mark the ends of Jenga blocks with colored dots. Set up game as usual. If you do not have the exact same colors of dots, or any dots at all, find a way to improvise.

Instructions:

Pick a block and place on top of stack. Roll the dice. The number on the dice is the number of repetitions for the exercise. The color of the block is the exercise you perform. If the stack falls, the player who made it fall must perform the exercise double times alone.



Jenga Fitness Chart

| | | |
|------------|---------------|---------------------|
| Sit Ups | Push Ups | Imaginary Jump Rope |
| Leg Raises | Jumping Jacks | Arm Circles |

Plastic Spoon People: Your Family

Materials: a few plastic spoons, white and brown paint, paintbrush, permanent markers, yarn, scraps of fabric (optional), glue, other creative materials you have available

Preparation: Prepare your workstation with a protective covering for table or space you are using.

Instructions:

1. Begin by mixing your white and brown paint until you get your desired skin tone for your spoon family. You only need a small amount of paint so mix in a small batch.
2. Have one spoon for each member of your family. Turn the spoons upside down.
3. Using your paint mixture, paint the head of the spoon stopping where the handle of the spoon begins.
4. Allow time for your paint to dry. While your paint is drying, use scrap paper to practice and plan what each spoon member will look like. For example, what clothes will you make them wear, how will you create their hair, their eyes, nose, mouth, etc.
5. When your paint is dry and you have planned your design for each member of your family, begin creating!
6. Use yarn or paper scraps to create their hair.
7. You can draw their clothes on the handle of the spoon or you can create it from paper and glue it to the spoon.
8. Using permanent markers, draw each person's face. Do not press down too hard with markers on the dry paint.
9. Remember to check back to your design plans as you go!
10. Be as creative as you want and have fun! Show your family the spoon versions of them that you have made! You can even have a puppet show!



<https://i.pinimg.com/originals/a1/8c/cc/a18cca130f50ac359bd711672f772df.jpg>



<http://www.beafunmum.com/2013/07/fun-kids-plastic-spoon-people/>

Pineapple Pinecone

Materials: pinecone, yellow paint, green paper, glue, scissors, paintbrush

Preparation: Look around outside of your home for a pinecone.

Instructions:

1. Start by cleaning off your pinecone to remove any dirt.
2. Once your pinecone is dry, begin painting it with the yellow paint. Start by painting all the tips of the pinecone and moving in towards the core of the cone.
3. Lay out a newspaper or scrap paper in a safe place for your pinecone to dry.
4. While your pinecone is drying, begin making the leaves.
5. Using scissors and green paper, cut out leaf shapes from the paper.
6. Once your pinecone is dry, it's time to add your leaves!
7. Using glue, attach your leaves to the top of your pinecone. You will leave the flat and round side of the pinecone as the bottom.
8. Allow time for your glue to dry. Your pinecone is complete!

Have more pinecones? Make a few! Use them to decorate around the house or your room!



<https://coolmomscooltips.com/2016/06/a-tropical-pineapple-summer-with-the-pineapple-pine-cone-diy.html/>

Cooking: Frozen Yogurt Fruit Bites

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

Materials: blueberries, strawberries, bananas or other fruit you have available, yogurt (Greek preferred but any will do), honey, baking sheet, parchment or wax paper, butter knife, skewer or toothpick

Preparation: Line your baking sheet with parchment or wax paper. Make room in your freezer for the baking sheet later on.

Instructions:

1. Clean your fruit that you have available. If you are using bananas or strawberries (any larger fruit), use your knife to cut into smaller bite size pieces.
2. In a bowl, mix 1½ cup of yogurt with a tablespoon of honey.
3. Using a skewer or toothpick, poke a piece of fruit and dip it into the yogurt/honey mixture.
4. Carefully remove the dipped fruit from skewer or toothpick onto the lined baking sheet.
5. Repeat this until all your fruit has been dipped and placed on the tray.
6. Place the baking tray in the freezer and allow to freeze for 1-2 hours.
7. Check your fruit and see if they are frozen. If they are, it's time to enjoy!
8. Any dipped fruit that hasn't been eaten, take from the tray and place it in a freezer safe container to eat at another time!

