

# SCHOOL AGE

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Week

15

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Smart Activities



SMART CHOICE. SMARTER CHILD.®



## Water Use

### Instructions:

Small uses of water can add up fast! This activity will help you estimate how much water is used at home.

1. How much water do you think you use each day?
2. Guess an amount and jot down your answer here. \_\_\_\_\_ gallons
3. Write the number of times you do each activity on average each day. Then estimate the number of gallons you think you use for each activity.
4. Check your answers against an internet source. Were your answers realistic?
5. Multiply and add to compute the total amount of water you use each day.

### AT HOME PERSONAL WATER-USE CHART

#### Taking a shower

\_\_\_\_\_ times/day X 30 gallons = \_\_\_\_\_ gallons

#### Taking a Bath

\_\_\_\_\_ times/day X 40 gallons = \_\_\_\_\_ gallons

#### Washing Hands (with water left on)

\_\_\_\_\_ times/day X 2.5 gallons = \_\_\_\_\_ gallons

#### Brushing Teeth

\_\_\_\_\_ times/day X 2.5 gallons = \_\_\_\_\_ gallons

#### Using Toilet

\_\_\_\_\_ times/day X 3.5 gallons = \_\_\_\_\_ gallons

#### Washing Clothes

\_\_\_\_\_ times/day X 43 gallons = \_\_\_\_\_ gallons

**TOTAL** = \_\_\_\_\_ gallons

Surprised at the amount of water we use?

## Our Water Supply

**What percentage of the earth's water can be used for human needs?**

**Materials:** 2-liter soda bottle, cups, salt, measuring cups, measuring spoon, water, ice cube tray

### Instructions:

1. Fill a two-liter soda bottle with tap water. This represents all the water on earth.
2. Take 1/4 cup of water from the bottle and freeze it. This represents the water in Earth's glaciers.
3. Pour 2 tablespoons of the water from the bottle into a cup. This represents the Earth's fresh water. This water is good for drinking and cooking.
4. The water remaining in the bottle represents Earth's oceans. To represent the level of salt in the water, add 1/3 cup of salt to the bottle and mix.



**97% of the earth's water is saltwater, 2% is freshwater found in glaciers and ice caps and less than 1% of the earth's water supply is found in lakes, rivers, and streams.**

## Rangoli Art

**Materials:** salt, food coloring, container, spoon, adhesive art spray (optional)

**Preparation:** Decide what colors you want for your designs.

**Instructions:**

**Rangoli** is a type of folk art from India in which patterns are created on the floor in living rooms or courtyards using materials such as colored rice, dry flour, colored sand, or flower petals. It is usually made during Indian festivals times.

1. Pour a small amount of salt into a container.
2. Squeeze a few a few drops of food coloring on top of the salt and mix it into the salt until the salt absorbs the coloring evenly.
3. Allow the mixture to air dry.
4. If you want the mixture to dry quicker, spread a cookie sheet with parchment paper and heat in the oven for about 10 minutes on low heat. **Caution: Adult supervision needed. Use oven mitts and allow salt to cool before using it.**
5. Make three or more salt colors to use with your design.
6. Select a space to construct your design away from air movement.
7. This could be a sidewalk, deck, or a canvas.
8. When your design is finished, you can spray it with non-aerosol hairspray or adhesive art spray to keep the design stationary.



## Your Face Tells It All

**Materials:** stones, acrylic paints, color sharpies

**Instructions:**

1. Find some rocks, stones, or pebbles and give each one a facial feature.
2. Make eyes, noses, cheeks, eyebrows, ears, and mouths in different postures and expressions.
3. As your moods come and go, use the stones as your expressions of your emotional state.
4. Have fun making some creative faces.
5. Invite your family to use them too!



## Topology

**Materials:** scissors, marker, large rubber balloon (any size will do but large and sturdy works best)

**Instructions:**

Topologists classify shapes by putting them into categories. In topology a shape can be stretched, squeezed, or twisted into another shape without changing the original. Using the instructions, explore transforming one shape onto some others.

1. Cut the balloon in half lengthwise so the result is a flat sheet of rubber.
2. With a marker, draw a circle on the rubber sheet.
3. Ask some family members for some help to try to transform the circle into a square by pulling on the edges of the rubber sheet.
4. Can you turn the circle into a square? Now try making a triangle.
5. What other shapes can you transform the circle into?
6. Because no holes were poked into the sheet of rubber, topologists consider all the transformed shapes as a circle.

Create a contest with family members to see who can name shapes with one, two, three, four, and many holes in them the fastest. **Some hints:** a coffee mug with a handle, a donut, a sponge, a hose





## Salta, Salta! Jumping Game

This is a fun variation of the classic game Hopscotch. But it is more of a challenge than you may realize!

**Materials:** white paper, sturdy tape, pencil, black marker, scissors, internet access, website:

<https://www.youtube.com/watch?v=lwbKAfmV7U>

**Preparation:** Have a large clear playing area. Make the hopscotch cards. An adult will help with the internet.

### Instructions:

To make the cards: 1 image of left hand, 1 image of right hand, 1 image of left foot, 1 image of right foot. Trace your hands and feet. Make 9 copies each. If you have a small hand, fold the paper in half and to conserve paper. Each paper will have one hand or one foot.

Layout the gameboard: Layout 9 rows of at least one hand, one foot, and a third hand or foot. Each row will have 3 images. Space them out, so all players can hop from row to row easily. Tape the images to the floor.

To play: Each player will jump on the images according to what they show. So, left foot lands on left foot image, right foot lands on right foot image, right hand lands on right, and so on.

Make it a competition by seeing who can finish the fastest without falling down.

Use the song "Salta 1-2-3!" by Andrés Salguero to make it more fun:

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

To sing along, see the lyrics in Spanish here. Scroll down to "Salta!":

<http://www.123andres.com/lyrics-en-espanol-y-en-ingles/>



## Salsa Dance Tutorial

**Materials:** internet access, website: <https://youtu.be/F758q-jifJI>

**Preparation:** An adult will help with the internet.

**Instructions:**

Music has a beat, or rhythm, that can be counted. Salsa has four beats per measure, or section, and the basic salsa dance step uses 2 beats per measure, or 8 beats.

To learn the rhythm to eight beats, but only clap on beats 1, 2, 3 and 5, 6, 7. Pause on 4 and 8. The feet move to the same rhythm – step-step-step-pause, step-step-step-pause.

Stand with the feet together and march to the same beat and with the same pauses.

When this feels comfortable, try dancing the steps. Keep the steps small. Hold arms slightly bent in front of torso in a relaxed position. Keep knees relaxed and loose.

Try clapping the three count and pause on the fourth beat as you make the steps. Step left foot forward and rock weight onto the left foot while lifting right foot up quickly. Bring left foot back to starting position. Step right foot back and shift weight onto right foot while lifting left foot up quickly. Bring right foot back to starting position. When this feels comfortable, practice the steps without clapping, but keep arms and hands in a natural position in front of the torso.

Salsa Basic Dance Step: <https://www.youtube.com/watch?v=F758q-jifJI>

Song "La Clave" 123 Andres': <https://www.youtube.com/watch?v=RY3n0k73PJk>

Classic Salsa music for beginners: <https://youtu.be/nT4v7W7Fvdw>

**Inspiration:**

Amazing Dancing Kids: <https://www.youtube.com/watch?v=YE-5gY6cwcE>

Kindergarten kids dancing: [https://www.youtube.com/watch?v=58ltaHy\\_EKA](https://www.youtube.com/watch?v=58ltaHy_EKA)

Cuban Kids performing Cuban Salsa in Havana: <https://www.youtube.com/watch?v=L0t0djrtxk>

Dance warm-up exercises - with a partner  
<https://www.youtube.com/watch?v=jZgvFyfm6TQ>



## Fiesta Fun-fetti Mug Cake

\*Always wash hands before and after preparing food and before eating.

**Materials:** large 12-ounce mug, measuring cups and spoons, fork for mixing

**Ingredients:** 2 tablespoons butter,  $\frac{1}{4}$  cup all-purpose flour, 1 egg (yolk only), 2 tablespoons sugar, 1 tablespoon milk of choice, 1 teaspoon vanilla extract,  $\frac{1}{4}$  teaspoon baking powder, 1 teaspoon colored sprinkles or substitute chocolate chips

**Instructions:**

Place butter into 12-ounce coffee mug and microwave 30-45 seconds or until melted. Add all remaining cake ingredients *except* sprinkles. Mix well with fork. Stir in sprinkles.

Microwave 45-60 seconds or until cake pulls away from sides and top is dry. (Do not overcook.) Cool 1 minute. Top with vanilla ice cream or whipped cream as desired. Decorate with more sprinkles. Serve warm.

*Option to omit egg:* substitute an extra tablespoon of milk.

*Option for frosting:*

2 tablespoons unsalted butter (room temperature), 2-3 tablespoons powdered sugar, 1 teaspoon milk

Beat butter with a fork or whisk until smooth.

Beat in the powdered sugar 1 tablespoon at a time.

Beat in the milk.

Spread on top of cake and enjoy.



## DIY Science: Window Clings

**Materials:** school glue, liquid dish soap, liquid food colors, cups, stirrers, plastic wrap, tape, paint brushes, measuring spoons, **optional:** googly eyes, beads, glitter

**Preparation:** Adult supervision required. Have a separate container for each color you want to create.

Tape plastic wrap to a flat surface.

**Instructions:**

Start with two tablespoons of glue. Drop a few drops of color onto the glue. Add the dish soap on top of the color and wait. What do you see happening? Why do you think this is?

Stir the mixture until blended. Make a separate mixture for each color. Stir in each color until blended. Paint design onto plastic wrap. Add any details to decorate. Let dry completely, about 8-10 hours. Carefully peel design from plastic and stick to window. After removing, clean any residue as you normally would clean the window.

You may already know that two like charges (positive and positive or negative and negative) repel each other and opposites attract. But what makes a window cling stick? Consider the following: What if you used only one of the ingredients and color? What would happen? Why is it important to paint the mixture onto a nonporous surface?

## Homemade Picture Frame

**Materials:** internet access, thick paper (various colors), markers, ruler, scissors, pencil, glue

**Preparation:** Preload this video: <https://www.youtube.com/watch?v=wOKAqrTsRnw>

**Instructions:**

Watch the tutorial above and make these awesome homemade picture frames following the steps below:

1. Trace one of your 5x7 pictures in the center of the piece of paper as shown in the video.
2. Using your ruler. Extend the line for each side of the photo to run the entire width and length of the paper.
3. You will see that you end up with four small square in each corner of your paper from your lines intersecting.
4. Cut all four squares out of the paper.
5. Flip your paper over and decorate each tab of the paper using markers, crayons, etc. Make any design you wish. You can draw your design with pencil first and then trace it with marker.
6. Using your pencil, start at the edge of each side and roll the paper towards the center.
7. Add a line of glue to glue down each rolled side.
8. After you complete all sides, glue the picture down in the middle.

Your picture frame is now complete! Create as many and you would like to display your pictures!





## Career Spotlight: Photographer

**Materials:** internet access, website:

[https://www.youtube.com/watch?v=i0\\_LXf2S2bI](https://www.youtube.com/watch?v=i0_LXf2S2bI)

**Instructions:**

Watch the video at the link above and answer the following questions:

- What does a photographer do?
- What equipment does a photographer need?
- What does a tripod do?
- What different places could hire you to take pictures?
- What different things and places did she take pictures of in the video?
- What is a gallery?
- Would you want to be a photographer?
- What would you want to take picture of?

Ask your family if there is a camera that you can use. When using a camera, you must be careful and handle it with care. Practice taking pictures of different things around your home and outside area. What pictures do you think came out the best? Which ones didn't come out well? Did you enjoy it?



## Cooking: No Bake Cookie Balls

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

**Materials:** dried oats, honey, peanut or sun butter, vanilla extract, M&M's or chocolate chips, large mixing bowl, large spoon

**Preparation:** Gather all ingredients and place on the counter/table.

**Instructions:**

1. Mix all the following ingredients together in a large mixing bowl: 4 cups of oats, 8 tablespoons of honey, 1 cup of peanut or sun butter, 4 teaspoons of vanilla extract, 1 cup of M&M's or chocolate chips.
2. Scoop out small amounts at a time and roll it into a ball shape.
3. Continue this until all dough has been formed into balls.
4. Refrigerate for 30 minutes and then enjoy!

You can keep the remaining cookies you made today in the refrigerator for up to 2 weeks. Enjoy these yummy no bake cookies with family!

