

# SCHOOL AGE

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Week

# 40

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Smart Activities



SMART CHOICE. SMARTER CHILD.®

## Winter Cardinals – Artist Inspiration: Charlie Harper

**Materials:** pencil, sharpie marker, white paper, red paper, blue paper, paint (black, white, orange), scissors, glue, cardboard, paper plate, cotton swab, internet, websites: <https://charleyharperprints.com/>, finished example:

<http://elementsofheartroom.blogspot.com/2018/01/1st-grade-charley-harper-inspired.html>

**Preparation:** An adult will help with the internet. Study the artwork of Charlie Harper. He was an artist who created very vivid and stylized artwork of nature that used simple shapes and bright colors. Cut the cardboard into a rectangle in a size that is easy to handle – about 2 x 3. Vocabulary: Birch trees, cardinal

### Instructions:

1. Create the look of birch tree bark by dipping the edge of cardboard into black paint and drag lightly across the white paper making a horizontal pattern.
2. When dry, cut out tree trunk shapes by making long irregular shaped strips with branch shapes. Glue onto the blue construction paper.
3. Make cardinals using red paper. Use a teardrop shape for the body and triangles for the head, wings, and tail. Glue onto the trees. Use half circle shapes to make black faces, add orange beaks, and add a snow effect using cotton swab dipped in white paint. Use the photos below for reference.
4. Enjoy your beautiful winter artwork.

Play the audio of a cardinal bird's call: [https://www.allaboutbirds.org/guide/Northern\\_Cardinal/](https://www.allaboutbirds.org/guide/Northern_Cardinal/)

Do you have cardinals in your region? Can you go outside to listen for their song?



## Basket of Hangers

**Materials:** basket (ex: laundry basket), plastic hangers (12 minimum)

**Preparation:** Gather materials.

**Instructions:**

1. First, place all hangers in the basket.
2. Now, set up your rules for everyone who is playing: Pick up one hanger by a corner. Using the hook on the hanger, attempt to hook another hanger through a second hanger. Continue making a chain. Your turn is over when a hanger is dropped.
3. Record down how many hangers each player can pick up. The player who is able to pick up the most hangers is the winner.
4. To extend the game, dump out the hangers on the floor.



## Elf Dash Challenge

**Materials:** bean bag (or similar item to toss), target (hula hoop), elf cutout & gift cutouts (included), pencil/pen, scissors

**Preparation:** More than one player is needed. Have a large clear playing space. Cut out the gifts and write an exercise to perform on each one. Put all gifts in the target area. Make sure all players can waddle like an elf (duck-walk). The starting point will be about 10 paces away. Put the elf image (or an improvised item) by the starting point.

**Instructions:**

1. Use an underhand toss to throw the beanbag into the target.
2. If it makes it into the target, the player dashes to the target area, grabs a gift, puts it on the elf, and does 10 repetitions of the exercise.
3. If the target is missed, that player must duck-walk to retrieve the bean bag and toss it until the target is reached. The game ends when all 12 gifts are collected.
4. Modify number of gifts or repetitions as needed.



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## Triangle Dance

**Materials:** lively age-appropriate music, internet access, website:  
<https://www.youtube.com/watch?v=dNbhzbeRYI&feature=youtu.be>

**Preparation:** Group of three players is needed. Preview the video.

**Instructions:**

Each sequence starts with a jump forward and then a jump back on the spot.

Step 1:

Practice the three sequences individually

- #1 – middle, left, right (repeat)
- #2 – right, middle, left (repeat)
- #3 – left, right, middle (repeat)

Step 2:

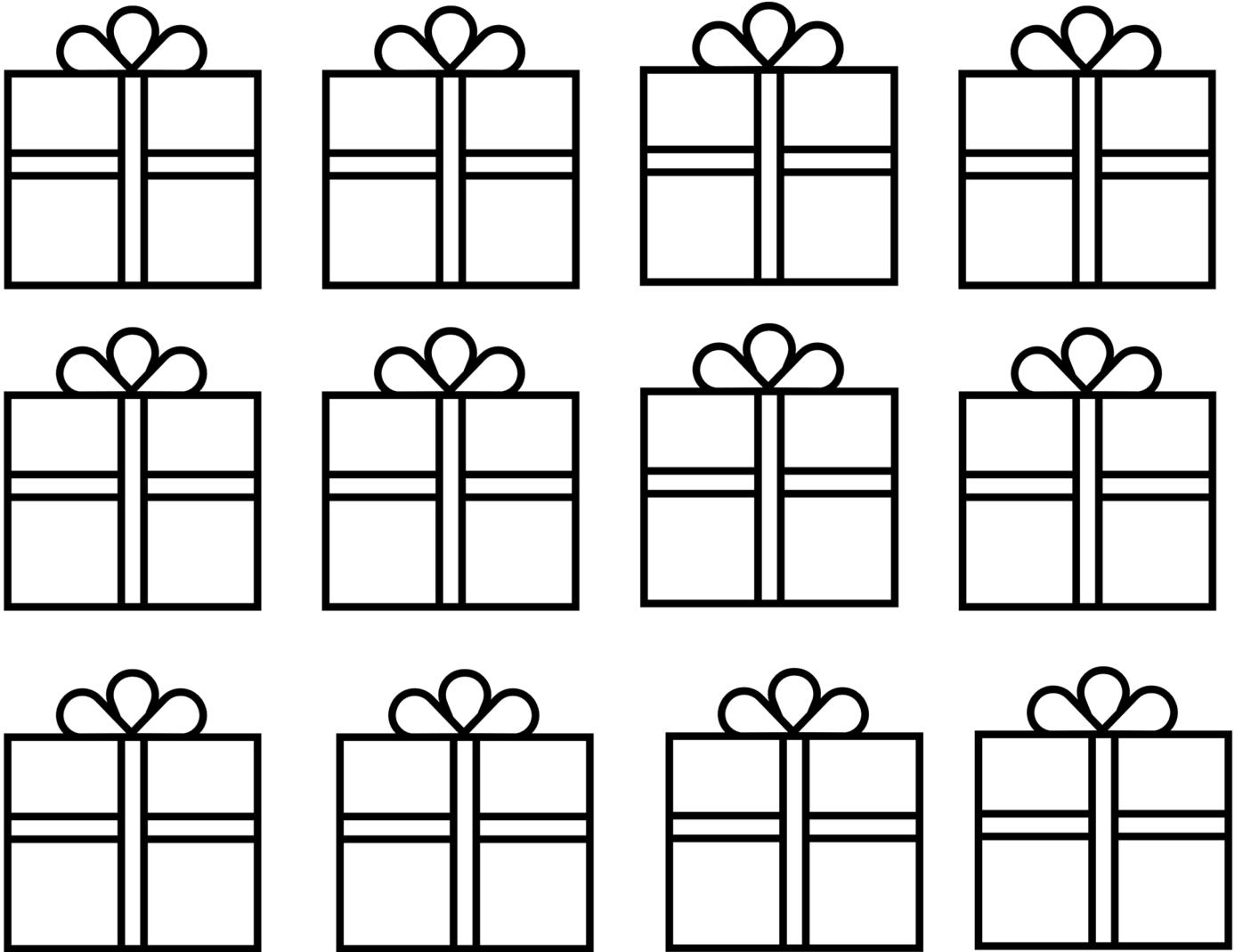
Stand facing partners and practice jumping the sequences at the same time. Tip: hold hands or gently place hands on partners shoulders or forearms. Players will:

- Jump left, forward, back
- Jump right forward, back
- Straddle jump out center, jump feet back together

Elf Dash Challenge Cutouts



**Elf Dash Challenge Cutouts**





## Mini Pizza Snack

**Materials:** English muffins or bagels, pizza or marinara sauce, mozzarella cheese, pizza toppings, spoon, baking pan, plate, toaster

**Preparation:** An adult will help with the oven. Always wash hands before and after a cooking activity. Preheat oven to 350 degrees.

**Instructions:**

1. Toast the English muffin. Then, place on baking sheet.
2. Spread sauce and cheese on each half and add desired toppings.
3. Bake in oven until cheese is melted and bubbly.



## Mini Doughnut Hot Buttered Cheerios

**Materials:** 1/4 cup butter, 1/4 teaspoon vanilla, 4 cups toasted O's cereal, 1/4 cup sugar  
1 teaspoon ground cinnamon, large microwave bowl, wooden spoon

**Preparation:** An adult will help with the microwave. Always wash hands before and after a cooking activity. See full recipe here: <https://www.bettycrocker.com/recipes/mini-doughnut-hot-buttered-cheerios/fb1dc8c0-9ea3-48e0-964f-2ed9e41b7d27>

**Instructions:**

1. Melt the butter in a large microwave bowl for about 30 seconds and stir until melted completely.
2. Stir in the vanilla. Then, add the cereal and mix well.
3. Microwave about 3 to 4 minutes, stirring every minute.
4. Stir in cinnamon and sugar until coated evenly.



## Look It's A Flying Reindeer

**Materials:** recycled cardboard tubes, cardboard (empty cereal boxes work great), scissors, googly eyes, brown and red paint (optional), paintbrush (optional), red marker (optional), string, jingle bell, pipe cleaners (red), recycled lids (red or paint the lids), hole punch, glue or hot glue gun (**adult assistance/supervision required**), red pom-pom (or red paint)

**Preparation:** Gather materials.

### Instructions:

1. Begin to make your reindeer (or it can be another animal) by drawing a head on the cardboard and cutting it out. Cut your cardboard tube to the desired size.
2. Now punch a hole at the top of its head for the antlers. Then, punch 4 holes into the cardboard tube for legs. Make one set towards the front on each side across from each other and one set towards the back across from each other. Make sure the holes are directly across from each other evenly.
3. Next, attach the head to the body of your cardboard tube using your glue.
4. Then insert the pipe cleaner for the reindeer antlers into the hole on the head. Once halfway through, begin to bend pipe cleaner to form the antlers.
5. Attach the googly eyes using glue to the head. Make sure to allow time for the eyes to dry thoroughly.
6. Now, attach the red pom-pom for its nose (or paint it on). If attaching a nose, make sure you allow time for it to dry thoroughly.
7. Attach reindeer legs onto the cardboard tube into the two holes on each side of the tube by inserting the pipe cleaner halfway. Then bend down to create the legs of the reindeer.
8. Attach the recycled red lids onto the pipe cleaner legs of the reindeer so that the reindeer can stand on its own using the "feet" to balance.
9. Thread the jingle bell through the other pipe cleaner and attach it to the reindeer so that it jingles when it flies! (optional) You can also add additional decorations.
10. Now it is time to make your reindeer fly. Using the string, attach it to a stable location in your home that is high such as a cabinet, top of a banister, etc.
11. Then insert the string through the reindeer and push the reindeer all the way to the top with someone holding it. Then hold the other end of the string. Have the other person let the reindeer go, making sure you have a downward slope. You can also hook the string at the bottom somewhere like a chair or the bottom of the banister.
12. You can also have to people make the reindeer fly back and forth between you by raising and lowering the string.





## Leap Frogs

**Materials:** appropriate footwear, plastic cups (two) or tape (two pieces), internet access, website: <https://www.youtube.com/watch?v=Brkz-7w8gsY>

**Preparation:** Find or create an open area indoors or outside. Gather materials.

**Instructions:**

1. After you have found or created an open area, place plastic cups or tape on the floor to represent the beginning and end of the course.
2. Stand beside one of the cups with your knees bent.
3. Drop your hips and jump forward towards the other cup landing softly in a squat position.
4. Continue to jump until you reach the end.
5. Turn or flip around and repeat.
6. Do the leap frogs for 10 reps. Each direction counting as one.
7. Enhance the activity by jumping for distance.



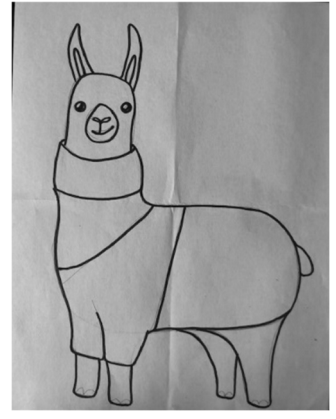
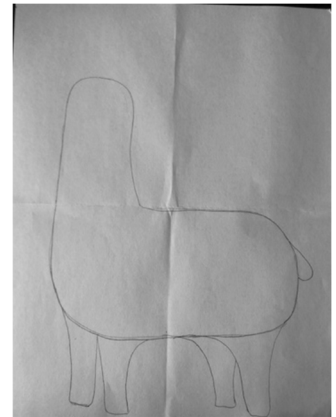
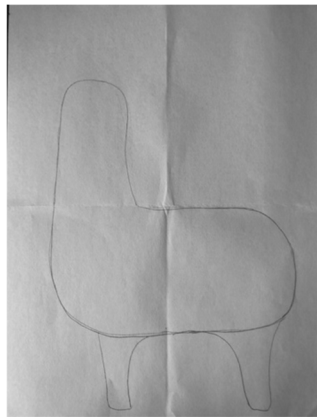
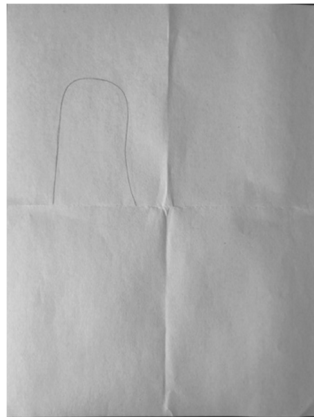
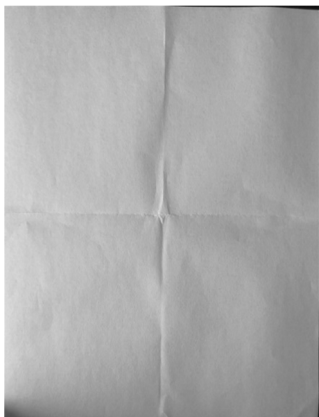
## Ugly Christmas Sweater Llama

**Materials:** paper, pencil, eraser, black sharpie marker, crayons, construction paper

**Preparation:** Spend some time studying llamas and their characteristics. This activity uses the art vocabulary: line, shape, pattern, value, form

**Instructions:**

1. Fold a piece of paper in half horizontally and then again vertically, so that it is divided into fourths.
2. Use a pencil to lightly sketch the step-by-step drawing of the llama. Use the folds as guidelines to get the correct placement of each step.
3. Draw the llama shape first, then add lines to form the sweater and outline in black sharpie. Add small lines around the face, head, ears, body, legs, and tail to give the illusion of fur.
4. Segment the sweater shape into a few sections to create a pattern. Add pattern details in pencil first and then trace in sharpie. Use crayons to fill in with color. Remember to use good craftsmanship and let the patterns and colors be beautifully ugly!
5. Finish by cutting the llama out, leaving a thin white border around the edges. Glue to a contrasting piece of construction paper using a thin line of glue around the edge. Press down and let dry.
6. See finished example on next page.



**Ugly Christmas Sweater Llama**

