

SCHOOL AGE

Week

12

Smart Activities



SMART CHOICE. SMARTER CHILD.®

Gratitude Time Capsule

Materials: pencil, charts below

Instructions:

1. This is an exercise in expressing gratitude.
2. Fill in the boxes with your top three.
3. List things that you miss during this time of "Social Distancing." These might include goofing off on the playground with friends or going to a favorite restaurant.
4. List things you are grateful for during this time. These might include spending more time with family, playing board games, or virtual field trips.
5. By acknowledging the things that you miss, you may be able to move on to become more grateful for what **is** now and perhaps look forward to inventive ways for the future.
6. Invite your family members to write their thoughts.
7. Date everyone's responses and seal them in a container to be opened at a later date (maybe 6 months or a year from now).

Things I Miss:

I miss:
1.
2.
3.

What I have:

I have:
1.
2.
3.

Inquiring Minds Want to Know: Can Animals Laugh?

Materials: internet access, a curious mind!

Preparation: Tune into the Mystery Science video:

<https://mysteryscience.com/mini-lessons/animals-laugh?code=97a8ec5a7639e267f0617835b8665956with>

Instructions:

1. Before tuning into the video, brainstorm the answer yourself. Qualify your answer with your reasons for why or why not. Remember your answers should be based in science!
2. For anyone with a burning desire to know, the answer to this question comes from the Mystery Science site listed above.
3. See if you can think of some other questions you might want to know the answers to so that you can stun your friends and family with your scientific knowledge.



Rock, Paper, Scissors, Sing

Materials: paper, pencil

Preparation: Participants - have a playlist of songs in your head to be used with this game

Instructions:



1. Everyone knows the game of rock, paper, scissors, but here's how to add a fun twist to the game for two players.
2. This will be a scoring game, so have pencil and paper ready.
3. The loser of any round has to sing a song that the winner chooses. If the loser does a half decent job and the tune and lyrics are recognizable, the loser gets 2 points and the winner gets 3 points. This could be challenging for family members who don't know all the latest songs!
4. Play until someone scores 20!
5. For more than two players – make up some rules of your own.

Catching Bubbles

Materials: results sheet (below), pencil, bubble solution, (You can buy some or make your own at home by mixing 1 cup of water with 2 tbsp of dish soap and 1 tbsp of glycerin or light corn syrup), bubble wand or you can use a straw (be creative), small bowl to hold bubble solution, materials to test (such as: paper, aluminum foil, wax paper, the floor - wood, tile, carpet, etc.) - You can try any material or surface that you can find around your house—just make sure it is large and flat enough that you can easily blow bubbles onto it.

Preparation: Lay out test materials on hard surfaces. Make sure materials lay flat.

Instructions:

1. Try to blow a single bubble onto your first material. It is OK if you blow more than one bubble, but you will have to keep track of all of them, so try not to blow too many.
 - If the bubble pops as soon as it touches the material, write "popped" in the "Bubble #1" column for that material.
 - If the bubble lands on the material without popping right away, write "not popped" in the "Bubble #1" column for that material (even if it pops a few seconds after it lands).
 - Repeat step four more times for this material.
2. Repeat step 1 for each of your remaining materials.
3. For each material, add up the number of bubbles that did *not* pop. Write this number in the last column of your data table.
4. Based on your results, which material was best at catching bubbles? Which material was the worst? How do your results compare to any predictions you may have made before the experiment?



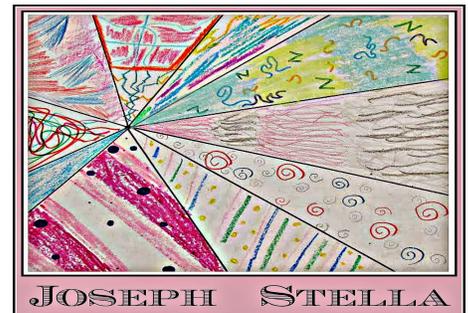
Material	Bubble #1	Bubble #2	Bubble #3	Bubble #4	Bubble #5	Number of bubbles that did NOT pop

Line Art and Mixed Media

Materials: paper, black pen, ruler, crayons, paint, newsprint, magazine pictures, crushed foil, material scraps, corrugated cardboard, glue

Instructions:

1. Draw a black dot with the pen somewhere on the paper. The dot does not need to be in the center, anywhere works.
2. Use the ruler and black pen to draw lines with out from the dot to the edge of your paper like the sun's rays shining out. Draw at least 3-4 lines out from the dot.
3. Color in some of the spaces with crayons, glue some spaces with cut fabric, magazine pictures, or crushed foil. Fill in the rest of the spaces with paint or unique pencil designs.
4. Fill all spaces with color and designs of choice.
5. The finishing touch - Make the black pen lines thicker to separate and define each space.



Advertise It

Materials: internet access, paper, writing supplies

Preparation: Choose a product to advertise.

Instructions:

1. Pick any household product to advertise - hair products, school supplies, sporting equipment, some type of cooking utensil, tools, etc.
2. Write and illustrate your ad.
3. Ask family members if they would buy what you are selling based on your advertisement.
4. Focus on these four basics:

Attractive design - Getting viewers' attention is your number one goal with advertising - catchy headline and powerful image.

Conveying a clear message - What is it you are selling? Be very specific on the item's benefit to the buyer and all appealing aspects of your product.

Include an explicit call to action by customer - Who and why does your potential customer need this product NOW? What is the item's unique advantage for customer?

Keep it on brand - The customer should only want this brand. Why?



Pineapple Whip

***Always wash hands before and after cooking activities.**

Materials: serving cups, spoons, blender, freezer, container with lid, *optional; large zipper baggie*

Ingredients: 2 cups frozen pineapple chunks, ¼ cup milk of choice, pinch of salt, 2 teaspoons sugar of choice, 1 teaspoon lemon juice

Preparation: An adult will need to help with this project. Other flavors to try: strawberry, mango, banana, and peach.

Instructions:

Add ingredients to blender and blend until smooth. Serve and enjoy! For a firmer consistency, freeze for about 20 minutes. To make it look like soft-serve ice cream, squeeze it through a baggie with a small corner cut off.



Cute Tropical Fruit

Materials: colored markers, pencil, colored pencils, thick & thin black markers, paper, internet access, website: <https://www.instructables.com/id/How-to-Draw-Cute-Tropical-Fruits/>

Preparation: An adult will need to help with internet usage.

Instructions:

Start by drawing outlines of the basic fruit shapes in pencil. The pineapple is a basic oval shape. Add the leaves by drawing two fishtail shapes on top. Add a leaf in the center of the top fishtail shape. Outline everything in thick black marker. Draw the face in pencil. Outline in thin black marker. Leave the smallest circles in the eyes white for highlights. Add pink circles as cheeks under the eyes. Color the body and leaves. What will you name your cute fruit character? What can you make from it? See video for watermelon and coconut step-by-step instructions.

*Use good marker craftsmanship by making straight lines in one direction.



Hawaii Volcano Tour

Materials: headphones, internet access, website:

<https://artsandculture.withgoogle.com/en-us/national-parks-service/hawaii-volcanoes/nahuku-lava-tube-tour>

Preparation: An adult will need to help with internet usage. For the best experience, use headphones to listen.

Instructions: Take a tour along with an expert of Hawaii's most active volcano!

Details to listen for:

What is the occupation of the person giving the tour? Why do you think this is important?

Can you describe the myth of how the island of Hawaii was created?

Explore the lava tube:

How are lava tubes like the veins of the volcano?

What does lava do when it runs out of land?

Visit the volcanic cliffs:

How are the cliffs still forming? What else happens here as a result of this?

More information on Kilauea here: <https://www.nps.gov/havo/learn/nature/kilauea.htm>



Keiki Hula

Materials: internet access, website:

<https://www.youtube.com/watch?v=TNsMRprvPrw&list=TLPQMDYwNTIwMjD8kr7jiBdJFq&index=1>

Preparation: An adult will need to help with internet usage.

Instructions: In a kneeling position and with graceful hands and arms, do the movements along with the lyrics:

Pearly shells, from the ocean – roll hands in front of torso

Shining in the sun – bring arms around in a circle up to the sky while kneeling upwards

Covering the shore – kneel back down while spreading arms out over the ground

When I see them – lean left with left arm bent towards face and right arm out straight & repeat with other side.

My heart tells me that I love you – arms bent with hands in front of heart

More than all those little pearly shells – arms our straight with hands



Foil Art

Materials: internet access, glue, yarn, piece of cardboard (cut a small piece from a cardboard box if needed), cotton swab, scissors, sharpies, newspaper or washable table covering

Preparation: Watch a tutorial here: <https://www.youtube.com/watch?v=lzI7WSK8MTQ>

Instructions:

1. First, use your glue and yarn to create a design on the piece of cardboard. Glue down the yarn to the cardboard in any design or shape. Be creative! If you would like, draw your design on the cardboard first and then glue the yarn to your design.
2. Next, cover your cardboard design with foil. The piece of foil should be large enough to cover the entire piece of cardboard and fold over the side on each edge.
3. After your cardboard is covered with the foil, begin to smooth the foil. You can use the cotton swab to assist you in smoothing out the foil. This will make your design pop!
4. Time to color your foil! Use your sharpie markers to color your design. Remember not to push too hard when coloring, it could make a hole in your foil. Find the perfect place to display your art!



<https://letslassothemoon.com/2014/07/18/zentangle-easy-aluminum-foil-kids-project/>

Letter Writing: Staying Connected

Materials: internet access, paper, pens, markers, envelopes, stickers

Instructions:

Now more than ever, it is important for us to stay connected with our friends and family. There are many ways we can communicate with others. By writing handwritten letters, we show our friends and family that we are thinking of them.

Watch this video on how to write a proper letter:
<https://www.youtube.com/watch?v=y2d-0dIimgY>

The video shares the parts of a letter: The date, the greeting, the body, the closing, and the signature.

Now, think of a few friends or family members that you haven't seen in a while. Write letters to them and include the five parts of a letter. They can be long, or they can be short. Add color and stickers to make them bright and cheerful. Make them special and fun! After you are finished, ask your family to help you address the envelopes, stamp them, and mail them out!



Cooking: Cinnamon and Sugar Pretzels

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

Materials: pretzels, sugar, cinnamon, sugar, oil, baking sheet, pretzels, bowl, large spoon

Preparation: An adult will need to help with this project.

Instructions:

1. Preheat the oven to 350 degrees.
2. In a large bowl, mix together $\frac{3}{4}$ cup of oil (vegetable, coconut etc.), 3 tsp of cinnamon, and $\frac{3}{4}$ cup sugar.
3. Stir in 15 ounces of pretzels until they are well coated.
4. On a large baking sheet, spread pretzels evenly.
5. With the help of an adult, place the baking sheet into the oven.
6. Set the timer for 15-20 minutes.
7. Bake until the mixture is dry.
8. Allow to the pretzels to cool before serving.

Enjoy these sweet and salty snacks with family! As a family, you can discuss other possible ways to season pretzels!

