

## Activity Directions for Week 4

Start this week with creating hearts for the Happy Heart Hunt. Check out the facebook page called Happy Heart Hunt for more information.

### Movement:

Day 1: One mile Happy Walk indoors <https://www.youtube.com/watch?v=X3q5e1pV4pc>

Day 2: 15 minute Cardio Workout <https://www.youtube.com/watch?v=Rj2IubFfEqY>

Day 3: 20 minute seated or standing exercise program

<https://www.youtube.com/watch?v=8CE4ijWlQ18>

Day 4: Just Dance Workout 1 <https://www.youtube.com/watch?v=yQ4fTI4wbko>

Day 5: Fun Old School Dances—Have a dance Party

<https://www.hellodadventures.com/2020/03/11-old-school-dances-to-get-kids-moving-indoors/>

### Virtual Field Trips

Day 1: San Diego Zoo-- <https://kids.sandiegozoo.org/videos>

Day 2: Seattle Aquarium ( 30 minute tour) --

[https://www.youtube.com/watch?v=mY8\\_n13tKM&feature=youtu.be](https://www.youtube.com/watch?v=mY8_n13tKM&feature=youtu.be)

Day 3: Old Faithful Webcam

<https://www.nps.gov/yell/learn/photosmultimedia/webcams.htm>

Day 4: Boston Children's Museum virtual tour

<https://www.bostonchildrensmuseum.org/museum-virtual-tour>

Day 5: Birthplace of Country Music—Bristol, TN-VA

<http://edtech2.boisestate.edu/joshuasmith8/502/virtualtour/bristol.html>

### Special Day activities—Country Music

1. Learn special line dances

<https://www.youtube.com/watch?v=tSpyN4MaeLU>

<https://www.youtube.com/watch?v=AWDoxwDBdu8>

<https://www.youtube.com/watch?v=yi4g4cCPQLc>

Go ahead and search You tube for more fun country line dances.

2. Best Upbeat country songs <https://www.ranker.com/list/best-upbeat-country-songs/ranker-music>

You can have a dance party in the house and get people moving.

3. Fun foods for a country western party---suggestions or come up with your own
  - Steaks, fried chicken, wings
  - Corn on the cob, baked beans
  - Potato salad, popcorn
  - Tacos and chips with salsa dips
  - Homemade apple pie with ice cream
  - Serve root beer
4. Find a great country western show or movie to watch
5. Create wanted posters using the template found with these materials. Be sure to use strengths of the person in the descriptions. Make this a fun activity and include the person's picture on their poster.

### Sensory

1. *How to Make an Oil and Water Sensory Bag*

To make this Oil and Water Sensory Bag, you will need:

1 [gallon size freezer bag](#)

[Baby oil](#)

Water

Liquid food coloring

[Duct tape](#)



Since this sensory bag is full of liquid, you really want to reduce the risk of bursting. Freezer bags can have weak corners and dripping can happen with the smallest of holes. So the first thing you want to do is tape up the 3 closed sides of your bag with tape.

Place the tape on half of the bag and fold it over to the other side. I suggest doing the sides first and then the bottom.

Once your tape is in place, it's time to put the bag together.

Start with your baby oil. I don't measure, but I probably used about 1/4 of a cup of oil.

Then drip in some of your food coloring.

Then add some water. About 1/4 of a cup of water too.

Seal the bag, pushing out most of the air. I do leave a small pocket of air in this sensory bag- but not enough that it could potentially pop.

Tape up the open edge of the bag and it's ready to play!

### *How to Use the Oil and Water Sensory Bag*

Tape the bag to a low spot on the wall.

It gives them something to look at while they sit, strengthening those core muscles.

Place the bag on the table and let them squish and shake and explore.

Talk about what they see- how the bubbles form and burst. Let them break large bubbles into smaller ones with their fingers.

Can they shake the bag and get the oil and water to mix? Why not?

What happens if you leave it alone. Why does the oil rise to the top of the water? Bring in terms like density and polarity.

## 2. *Rainbow in a bag!*

### **Gather your ingredients:**

- 1 cup flour
- 2 cups water
- tablespoon of salt

**Whisk** all these ingredients in a pot and then add to a low heat on the stove. Continue slowly whisking until a smooth substance starts to form. It is between the mix being watery and solid.

Scoop a heaped tablespoon of the mix into 7 bowls to make rainbow colors. Use your food coloring in each bowl to get the desired color. I have used these [water colors](#) to get my results. More coloring = more vivid results. I have 20+ drops in each.

**Other supplies you will need for this activity:**

- Large ziplocks
- cardstock
- tape / painters tape

Trim your cardstock to fit into your ziplock. You will be folding the top of the ziplock over so make sure that the cardstock fits the width. Add a heaped teaspoon of paint into the ziplock by holding the plastic away so you don't mess on it. See image below.



Press down on the plastic to help the paint off the teaspoon. Once you have all your colors lined up close the ziplock and fold over the extra ziplock space.



Tape down the ziplock with either clear tape, painters tape or anything you have that will easily remove yet keep your ziplock in place.



Then it is time to play! Ask your child if they would like to create a rainbow! They will start pushing the paint across the canvass bit by bit to create their rainbows.



Some of the colors will mix but that is ok it still looks stunning and regardless it's a ton of mess free fun!



Once you have a rainbow all over your page they are now able to make drawings and patterns!

Use fingers or even earbuds to create pictures, shapes, letters or numbers in the paint.



Or just have fun making random squiggles.

A **great idea** since this is a contained item is to leave it on the table for the day.

3. *Lava Lamp Sensory Bags*

<https://www.growingajeweledrose.com/2013/09/lave-lamp-sensory-bags.html>

4. *Squishy sensory bags* <https://www.learning4kids.net/2015/06/30/how-to-make-squishy-sensory-bags/>

5. *Sensory Bag Using Glitter Glue and Body Wash*

You can purchase this materials at a dollar store. Fun activity that can be relaxing for minimal cost.

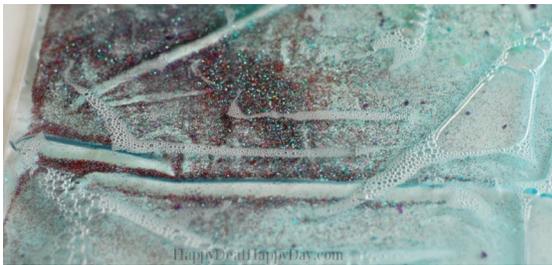
Since this combo is contained in a zip lock gallon sized bag - it also means **NO MESS!!!** (Can I get some applause on that one?!)



1. Gallon size zip lock plastic bag
2. Glitter Glue
3. Body Wash (or dish soap or shampoo - whatever liquid soap you have on hand)

**Instructions:**

Pour about a cup of body wash into the zip lock bag. Squirt glitter glue into the bag. Then be sure that the bag is completely zipped closed (or then there will be a giant mess!). I taped the bag down on top of white paper on our kitchen table. The white background made it easier to see the glitter sparkle and see the color mixing and bubble making that was taking place.



**Life Skills:** Let's play quarantined bingo again this week. It is included in this packet.

**Leisure Activities:**

*It is Minute to Win It game week*

**Minute It To Win It Game Tips**

To make hosting these games even easier here are a few tips.

- Keep a large scoreboard with all the games & contestant names on it.
- Have backup supplies in case something needs to be replaced.
- For scoring, the first person or team to finish gets 5 points, the second team gets 4, the third team get 2, everyone else gets 1

**Minute It To Win It Supplies**

One of the best things about these games is that they don't require much. In fact, most of the supplies are things that you already have in the house.

Just in case, here's a list of game supplies.

- Plastic cups
- Paper plates
- Spoons
- Straws
- M&M's
- Balloons
- Cookies
- Ping pong balls
- Toilet paper
- Empty plastic bottles
- Cereal
- Sprinkles

### Minute To Win It Games

#### **Cookie Face**

This may be my favorite game. Each contestant will get a cookie that they need to place on their forehead. Then they need to get the cookie into their mouth using only their facial muscles.

#### **Find The Berry**

Before the party, fill several plastic cups with jello. Then insert a berry or another food item in the center. Using only their mouth, your guest must each through the jello to get the berry.



#### **Stack It Up**

With one hand behind your back, you must stack 25 pennies on top of each other.

### **Paper Plate Race**

For this game, you need to set up a starting line & a finish line. Guests have to race to blow their paper plate across the finish line first while only using their mouths to blow it.

### **Cup Stack**

In under a minute each person must make a cup tower from a stack of 36 cups & then break it back down to a single stack.

### **Junk In The Trunk**

Fill empty tissue paper boxes with ping pong balls. Then add string or straps that are long enough to tie around someone's waist.

To play the game, guests will tie the box around their waist & jump around to get the balls out.

Tip: Depending on the size of your tissue box you may need to widen the opening.



### **Ping Pong Bounce**

Set up a row of plastic cups in a line on a table. Then each person must bounce the ball into a cup. The ball must bounce at least once before going into the cup for the point to count. You can play with or without liquid being in the cup.

### **M&M Suck Up**

Each guest gets 2 plates, 1 empty & 1 with 10-20 m&m's. Using only a straw, they have to suck the m&m up & move it to the empty plate.

### **Balloon Blow**

This game is super fun & works best in teams of 2 or more. Set up a stack of cups in front of each person. They must then blow up a balloon & use the air in the balloon to knock over as many of their cups as they can.



### **Sprinkle It**

Fill 1 empty bottle with sprinkles or Cheerios. Each guest has to dump the snacks out of the bottle & get them into another empty one before time runs out.

### **Ball Scoop**

Using only your mouth & a spoon you must scoop up & transfer 5 ping pong balls from 1 bowl to another.

### **Balloon Keep Up**

This game works better in teams of 2-3 people. Each person is given two balloons of the same color. For 1 minute they have to keep both balloons in the air.

### **Blindfolded Bowling**

Set up several bowling pins. If you don't have pins then you can use plastic bottles or cans.

Then bowl blindfolded. Take as many turns needed within your minute.

**Elearning:** great resources to have people learn new information either individually or in a small group

Day 1: Learn about George Washington and Mount Vernon.

<https://www.mountvernon.org/library/digitalhistory/resources-for-online-learning/>

Day 2: PBS video clips <https://wisconsin.pbslearningmedia.org/>

Day 3: Right now, Audible is available free during this time period. Create an account for the home and be sure the information is accessible to all staff.

Enjoy having books read to everyone. <https://stories.audible.com/start-listen>

Day 4: This site offers free musicals and plays and is updated daily. Please check it out. <http://www.filmedonstage.com/news/76-free-musicals-and-plays-you-can-now-stream-during-the-coronavirus-outbreak-updating-daily>

Day 5: Who loves to do adult coloring pages? I know I do. Here is a site with over 1500 adult coloring pages free to download and print. <https://www.justcolor.net/>