Welcome to WCSD's Virtual summer camps

Culinary Camp

Create your own culinary masterpiece by putting together favorite recipes into your own cookbook.

STEM Camp

Be an engineer by designing something of your very own!

Hello summer campers! Are you ready to explore this year's distance learning camps? Choose 1, 2, 3, or all 4. Each camp has a week worth of exciting activities. Read about each of the camps and get ready to have some fun!

Do you have a favorite sport or athlete you would love to learn more about? Keep your body and mind moving at sports camp.

Sports Camp

Have you ever wondered about your heritage? Where did you come from? Come to Culture Camp and learn all about you and your family.

Culture & Language Camp

Culinary Camp

Learning objectives: Spend time together in the kitchen working on measurement, reading, writing, and experimenting.

Final Project: Create your own personal cookbook. See Exploration 5.

Exploration 1 – Taste Test and Recipe Review

Reading – Pick a text to read independently or with a family member for at least 20 minutes per day.

Math – Record the Blind Taste Test results in your journal. You could make a tally chart or graph.

Journal/Observation Writing – Choose a food that you eat often (e.g. apple). Eat it slowly and pay careful attention to every detail. Write about the food, answering these prompts: What does it look like up close? How does it smell? How does it sound? How does it taste?

Activities –

- Blind Taste Test: Do you think what food looks like is part of its flavor? Can you taste the difference in something if you can't see what you are eating? With a partner or small group, take turns comparing the difference between 2 very similar foods (e.g. red and green grapes; green and red bell peppers; types of cheese). Use a blindfold or ask them to close their eyes. Ask them to hold up which one they think is which. How many tasters guessed correctly?
- Follow a recipe and write your opinion about the recipe using the "My Recipe Review" sheet on. or you could complete "My Recipe Review" on a recipe that someone cooked for you this week.

Exploration 2 – Eating the Rainbow

Reading – Pick a text to read independently or with a family member for at least 20 minutes per day.

Math – Read the journal prompt below. Create a math story about the miles your food item traveled. Challenge someone to solve it.

Journal/Observation Writing – Choose a food item from your pantry, cabinet or refrigerator. Think about where it came from or how it was made. Write or draw about its journey to your home (e.g. orange: blossom to fruit from tree to truck to grocery store).

Activities –

Balanced Eating, Eating the Rainbow

Exploration 3 – Budgeting

Reading – Pick a text to read independently or with a family member for at least 20 minutes per day.

Math – Compare the cost of cooking meals at home with the cost of eating at a restaurant.

Journal/Observation Writing – Write down (or cut and paste pictures) all of the items, their cost, and add it all up. What do you notice about the cost difference between cooking dinner at home and eating dinner at a restaurant? Why do you think there are cost differences?

Activities – Plan your weekly grocery list.

Exploration 4 – Chemical Changes

Reading – Pick a text to read independently or with a family member for at least 20 minutes per day.

Math – Measure the ingredients in a recipe of your choice.

Journal/Observation Writing – Before and After: Many physical and chemical changes happen when food is prepared. Write about a food you made. Fold your paper in half. On the left, draw a picture of your food before you cooked it. On the right, draw a picture of your food after your cooked it. What do you notice? Was there a change in shape or size? Was a new substance formed? Was there a change in the state of matter (solid, liquid, gas)?

Activities –

- Use the recipe on p. 6 to make homemade ice cream in a bag.
- Create a new family recipe by changing the ingredients of the classic Tollhouse recipe.
- Next time you are at the supermarket, discuss with your family the things supermarkets have in place to limit the physical and chemical changes in food. How can the safety of food be affected by chemical or physical processes? How do food stores keep our food safe?

Exploration 5 – Family Recipe

Reading – Pick a text to read independently or with a family member for at least 20 minutes per day.

Math – If you were going to double your recipe, how would your measurements change? What if you halved it?

Journal/Observation Writing – Write a recipe of a dish you love. List the ingredients in order of use. Be sure to include the amount of each ingredient. Write the directions step-by-step, numbering each step. Use special cooking action words (verbs) to make your directions clear.

Activities –

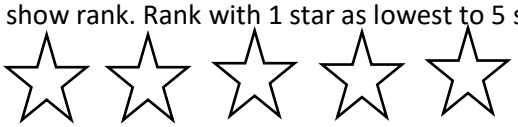
- Research a favorite recipe that someone in your life has made for you by asking them questions. See suggested interview questions. If they don't live with you, call them on the phone or set up a video chat.
- Final Project: Create your own personal cookbook! Some ideas to get you started:
  Recipe Cards: Design your own recipe cards to start your own cookbook. Then, fill in the cards with your favorite recipes.
  Collage: Gather your favorite recipes. Glue recipes that you've printed or found in magazines and newspapers on to a piece of paper or in your journal. Add your own illustrations or photos.
  Idea: Sort the recipes by type/category (desserts, dinners, salads, etc.). Put them in a box or binder. Choose a title (e.g. My Secret Recipes) and decorate the box or binder cover.

Exploration 1: Taste Test/Recipe Review

My Recipe Review

Recipe name:

Flavor rating:
Color stars to show rank. Rank with 1 star as lowest to 5 stars as highest rating.



Difficulty:
Color stars to show rank. Rank with 1 star easiest to 5 stars most difficult to cook.

What I liked:

What I didn't like:

What I would do differently next time:

What it looked like:

Draw and label the finished dish. What did it look like when it was ready to eat?

Exploration 2: Taste the Rainbow

Eating a rainbow means eating several different healthy foods throughout your day from all different parts of the rainbow.

- Create a healthy snack for yourself that includes at least three different colors of the rainbow using the chart on the right to give you ideas of different healthy foods.
- Try to find a food from every color and eat the entire rainbow!
- Notice that these foods are farm to table foods. (A sample snack might be a piece of watermelon, a couple carrots, a yellow pepper, a few blueberries and some blackberries.)

In your journal draw and list the foods you ate and write about which ones you liked the best and why. If you couldn't find a food from every color, draw and label the food from each color you would want to eat.

Skittles – Watch the Rainbow

1. Place Skittles (or any color shelled candy) in a bowl in any pattern you want.
2. Slowly pour water in the middle of the bowl until it just touches the candy.
3. Watch the rainbow grow!!!

Try different candies if you have them and see which ones work the best. You can also experiment by trying different liquids such as vinegar or oil.

Exploration 3: Budgeting

Plan a weekly grocery list using the grocery store advertisements you get in the mail.

- Have your parents give you a dollar amount to spend on groceries.
- Go through the ad and decide on all the yummy stuff you would like to eat for the week.
- In your journal, cut the food items out and make a menu collage.
- Add up the price of foods so you don't go over your budget.

Northern Aire Lanes – Menu

All Items available for Take-Out
Call 218-736-3333

Burgers

Hamburger	$ 4.15
Cheeseburger	4.50
Can. Bacon Cheeseburger	4.95
Bacon Cheeseburger	5.40
Mush. Swiss Burger	4.95
California Burger	5.50
1/3 Pound Burger	5.50
½ Pound Burger	7.10
Patty Melt	6.80

It's Been Said We Have The "Best Burgers In Town"

More Sandwiches

Philly Chicken	6.75
Philly Beef	7.25
Chicken Strip Sandwich	5.25
Fish Sandwich	7.25
Grilled Ham & Cheese	510
Grilled Cheese	2.80

Cold Sandwiches

Chicken Salad Sandwich	$4.35
BLT sandwich	4.50

Add French Fries With Any Item

Regular	2.25
Large	2.95

More Tasty Items

Nacho Chips & Cheese	3.10
Wing Dings	8.50
Chicken Nuggets	4.95
Corn Dog	3.30
Onion Rings	4.35
Cheese Curds	5.50
Pretzel Bites	6.25
Garlic Bread Stixs	4.25
Mini Donuts	4.75
Ham & Cheese balls	6.25
Fried Pickles	4.95
Sweet Potato Waffle Fries	4.25
Side Salad	2.25
Deluxe Salad	7.50
Chicken Strip Dinner	7.25
Hamburger Steak Dinner	10.50

Soups and Homemade Chili
Mon. thru Fri.

Try Our Hand Scooped
Malts, Shakes & Root Beer Floats!
Malts & Shakes $4.15– Floats $3.10

Homemade Pizza

Many Toppings to Choose From

14" Single Topping	starting at	$11.95
9" Single Topping	starting at	6.95

We Serve
PEPSI
and Many Other Refreshments Including Beer!

Using this fast food menu, or another one you find on your own, plan out the cost of a meal for you and your family.

- Choose all of the menu items you would order for a family dinner.
- In your journal, write down all of the items and their cost, and add it all up.
- Write what you notice about the cost difference between cooking dinner at home and eating dinner at a restaurant.
- Why do you think there are cost differences?

Exploration 4: Chemical Changes

Ice Cream in a Bag

Aged 4+ with Adult Supervision at ALL times

Materials You Need:

- 2 sandwich-sized baggies
- 2 gallon-sized baggies
- ½ cup Half & half (or milk)
- 1 tablespoon sugar
- ½ teaspoon vanilla extract
- Crushed ice
- Rock Salt
- Winter Gloves

Directions:

1. Fill one of the gallon sized baggies half-full of ice.
2. Add 6 tablespoons of rock salt to the bag. Put your winter gloves on and shake the ice/salt mixture for about 5 minutes.
3. Mix the half & half, sugar, and vanilla extract together in one of your sandwich sized baggies. Get as much air out of the bag as possible and seal. Put that bag into another sandwich-sized baggie to double-bag it.
4. Place those bags into the gallon-sized baggie with the ice and rock salt and squeeze as much air out as possible before sealing. Then put those bags into another gallon-sized bag.
5. Put your winter gloves back on and start shaking, tossing, and rolling the bag for approximately 15-20 minutes.
6. Remove the bags and rinse the half & half bag with cold water to remove any salt from the bag prior to opening. Open the bag and enjoy your ice cream!

The Science Behind It:

The salt causes the ice to melt but it also lowers the temperature at which it melts (which is why we use it on the roads in the winter). Instead of melting at 32 degrees Fahrenheit (0 degrees Celsius), the rock salt causes the ice to melt at a temperature much lower, depending on how much salt you add. The more rock salt you use, the lower the temperature the ice will melt at. This creates an environment that the ice cream mixture can freeze below the normal 32 degrees.

Cookie Chemistry

Become a Cookie Chemist and perfect your signature cookie style! Below is the recipe for Tollhouse chocolate chip cookies. Using the suggestions below create one or more chemical reactions to produce your favorite version.

INGREDIENTS

- 2 1/4 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 cup (2 sticks) butter, softened
- 3/4 cup granulated sugar
- 3/4 cup packed brown sugar
- 1 teaspoon vanilla extract
- 2 large eggs
- 2 cups (12-ounce package) NESTLÉ® TOLL HOUSE® Semi-Sweet Chocolate Morsels
- 1 cup chopped nuts

INSTRUCTIONS

VIEW: Text | Video

PREHEAT oven to 375° F.

COMBINE flour, baking soda and salt in small bowl. Beat butter, granulated sugar, brown sugar and vanilla extract in large mixer bowl until creamy. Add eggs, one at a time, beating well after each addition. Gradually beat in flour mixture. Stir in morsels and nuts. Drop by rounded tablespoon onto ungreased baking sheets.

BAKE for 9 to 11 minutes or until golden brown. Cool on baking sheets for 2 minutes; remove to wire racks to cool completely.

PAN COOKIE VARIATION: Preheat oven to 350° F. Grease 15 x 10-inch jelly-roll pan. Prepare dough as above. Spread into prepared pan. Bake for 20 to 25 minutes or until golden brown. Cool in pan on wire rack. Makes 4 dozen bars.

Suggestions:

Ooey-gooey: Add 2 cups more flour.

A nice tan: Set the oven higher than 350 degrees (maybe 360). Carmelization, which gives cookies their nice brown tops, occurs above 356 degrees, says a Ted video.

Crispy with a soft center: Use 1/4 teaspoon baking powder and 1/4 teaspoon baking soda.

Chewy: Substitute bread flour for all-purpose flour.

Just like store-bought: Trade the butter for shortening. Arias notes that this ups the texture but reduces some flavor; her suggestion is to use half butter and half shortening.

Thick (and less crispy): Freeze the batter for 30 to 60 minutes before baking. This solidifies the butter, which will spread less while baking.

Cakey: Use more baking soda because, according to Nyberg, it "releases carbon dioxide when heated, which makes cookies puff up."

Butterscotch flavored: Use 3/4 cup packed light brown sugar (instead of the same amount of combined granulated sugar and light brown sugar).

Uniformity: If looks count, add one ounce corn syrup and one ounce granulated sugar.

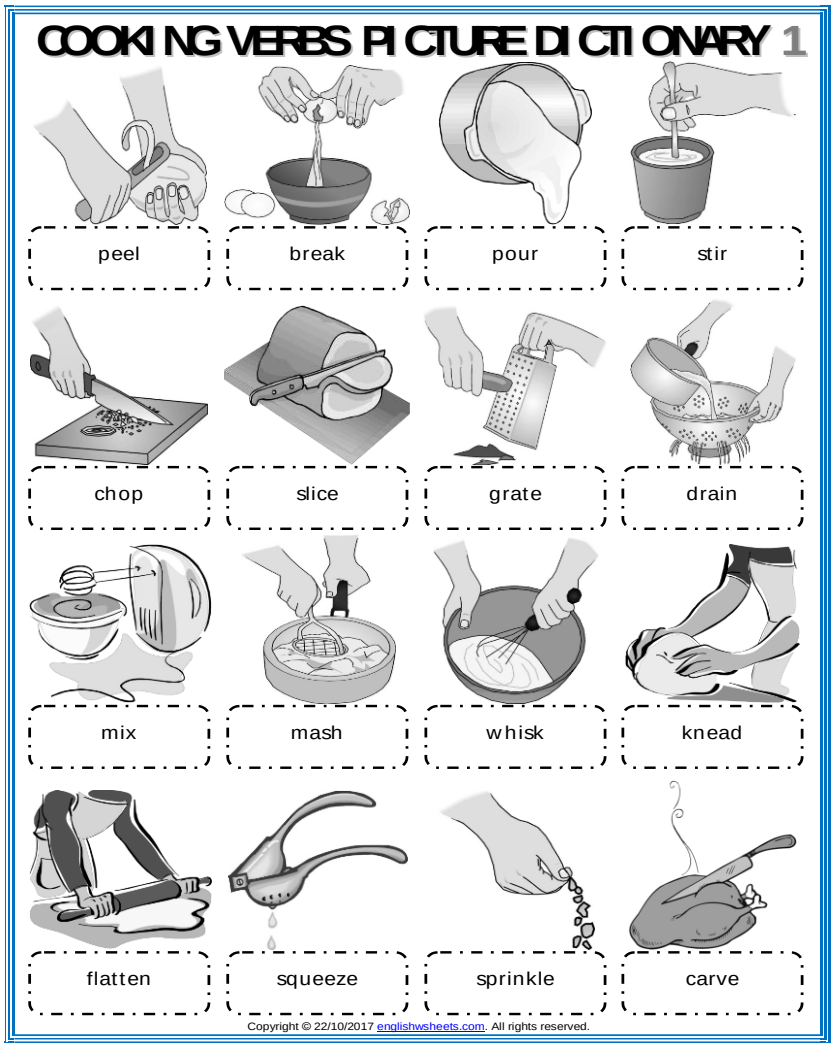
More. Just, more: Chilling the dough for at least 24 hours before baking deepens all the flavors, Arias found.

Exploration 5: Family Recipe

Interview a family member about a family favorite recipe. Record their answers in your journal.

Here are a few family interview questions to get your creative juices flowing:

1. What is your favorite family recipe and why?
2. Is it part of a holiday tradition?
3. Whose recipe is it?
4. Did you make it with this person?
5. What did it smell like?
6. What does it taste like?
7. How long has it been in your family?
8. What's the best part about the recipe? Making it? Eating it? Both? Why?
9. When is the last time you ate it?
10. Did the person hand-write the recipe? Where is the recipe now?



Virtual Field Trips

A Visit at the Sweeter Days Bake Shop: A field trip to a South Florida bakery to learn all about making cupcakes. They guess flavors, read recipes, measure ingredients, and decorate cupcakes: https://www.youtube.com/watch?v=1bgTjkAbx8U

Join Dairy Farmer Nate Chittenden at Dutch Hollow Farm in Schodack Landing, New York for a live Virtual Farm Tour through American Dairy Association North East: tour from Dutch Hollow Farm.

Fourth through sixth grade students throughout the Northeast connected from the comfort of their classrooms with Farmer Hannah for a LIVE virtual tour of Will-O-Crest Dairy in Clifton Springs, New York, hosted through American Dairy Association North East: tour from Will-O-Crest Farm.

Culture & Language Camp

Learning objectives: Learn about your family history, their travel ideas, and how you could help a new student communicate.

Exploration 1 – Family Interview & Family Tree

Reading- Pick a text to read independently or with a family member for at least 20 minutes per day.

Math – Play one of math games you learned during distance learning.

Journal/Observation Writing – Imagine you have to describe your family to someone who's never met them before. What makes your family unique and different from others? What are your family's most important traditions, values, and stories? What do you most love about them, and what frustrates you the most about them?

Activities – Family Interview & Family Tree: (This exploration could take multiple days).
Learn more about your family by interviewing family members. Once you have learned about previous generations of your family, put that knowledge into a family tree. See Exploration #1 below for the directions. p. 13

Exploration 2 – Family Culture Quilt

Reading – Pick a text to read independently or with a family member for at least 20 minutes per day.

Math – Play one of math games you learned during distance learning.

Journal/Observation Writing – Write about a time when your family prepared and shared a special meal together. What foods did you eat? What were you celebrating? Describe the sounds, smells, environment, and overall feeling.

Activities – **Family Culture Paper Quilt**: A creative craft where you make a paper quilt that represents the cultures unique to you. Read the direction below for the supplies and steps to make your quilt. p. 14

Exploration 3 – Family Crest

Reading – Pick a text to read independently or with a family member for at least 20 minutes per day.

Math – Play one of math games you learned during distance learning.

Journal/Observation Writing – **Traditions** can be any combination of stories, beliefs, rituals and customs that your family maintains and passes on from one year to the next (and one generation to another). Describe a family tradition that continues today. What are its origins? What is its significance? Why it is important to your family legacy? Do you carry it on? Why and why not?

Activities – **Family Crest:** Create a family crest to identify your family. Use the directions for Exploration 3 to help you design and make your family crest. p. 15

Exploration 4 – Pack Your Bags!

Reading – Pick a text to read independently or with a family member for at least 20 minutes per day.

Math – Play one of math games you learned during distance learning.

Journal/Observation Writing – Pieces of Home: Many people–even adults–pack a favorite pillow or stuffed animal for any overnight trip away from home. Using your best adjectives, describe the special item that travels everywhere with you.

Activities – Pack Your Bags: Guess what? It's time to plan a trip to a different country. For this trip you must prepare. It's time research and dig into what you will need to be prepared for your trip. Look at Exploration 4 for more directions. p. 16

Exploration 5 – A New Student!

Reading – Pick a text to read independently or with a family member for at least 20 minutes per day.

Math – Play one of math games you learned during distance learning.

Journal/Observation Writing – Say What? Recall a time when you tried to interact with someone from another country. How would the scene have changed if you could understand and speak their language?

Activities – A New Student: Your class is getting a new student! This student is from Argentina and does not speak any English. You have been paired with this student as his buddy to help him get acquainted with this new school setting in a new language. Look at Exploration 5 for more directions. p. 17

Exploration 1: Family History

Learning about your family history is very important. Memories, photos and documents provide a wealth of invaluable family history information. Older relatives often share stories with kids. Looking at pictures of family members and knowing how they relate to each other makes the stories easier to comprehend. Interviewing family members is a great way to learn about earlier generations and discover more about your family heritage.

Part 1: Family Interview

To help with your family history research, here are some sample questions to help you get started for your interview.

1. When and where were you born?
2. What were your parents' names? Did you have any siblings?
3. What is your happiest memory of your father? Your mother?
4. What is the most important lesson your parents taught you?
5. Did you or your family ever experience hardships?
6. What are the names of your grandparents?
7. What is your happiest memory of your grandfather? Grandmother?
8. Where did you grow up? Did you ever move when you were a child?
9. What did you do for fun as a child?
10. What were some things you did with your friends when you were growing up?
11. How did you like school? What was your favorite/least favorite subject?
12. What did you want to be when you grew up?
13. What jobs have you had? What was your first job, your favorite job, your least favorite job?
14. How did you meet your spouse?
15. Tell me about the day my mom/dad was born.
16. What would be your advice for a happy life?

Part 2: Make a Family Tree

Once you have interviewed your family, you can put all that great knowledge into a Family Tree.

1. Make an outline of every member you would like included in the family tree. If you have a big family, it might be easier to simply make separate trees for every side of your family.
2. Make an outline on a paper. Based on that outline, draw a pencil line of a tree with branches for every sibling.

3. On those branches, you can make another twig or sub-branch for every child that family has. When the base of the tree is drawn, trace over the tree using a marker.
4. When the branches have been drawn, color in the branches and add some leaves.
5. Arrange the photos over the drawing. Cut photos to fit the drawing.
6. Lastly, stick the photos on the suitable branch. As you're putting the photos discuss how they're related to every person on the tree.
7. When the glue has dried, put label on every family member and it is members using a colored marker.

Exploration 2: Family Quilt

Description

Fun and simple craft project! This Family Quilt allows the family to piece together their uniqueness!

Materials

Craft Supplies:

- 1 Piece Colored Card stock 8 ½" x 11"*****
- Permanent marker
- Craft Glue
- Scraps of scrapbook/construction paper- enough to make a 2 ½" square for each ancestor and where they came from, make sure to include YOU!*****
- 3/16" hole punch
- 12" piece of ribbon
- Pinking shears/scissors

*****You may choose to make your "quilt" pieces larger, which would require a larger card stock.

Instructions

1. Cut out one 2 ½" square of scrapbook/construction paper for each culture unique to you. (Example: if your family has ancestors from Ireland, Spain, France, and America, you would add all of those squares) If you have a small family or/and odd number of family members, you can make some blank squares to place randomly on your "quilt". A "quilt" is 9 squares (3 x 3) which fit nicely on an 8 ½ " x 11" sheet of card stock.
2. With a permanent marker, write one culture on each square.
3. Lay them out on the card stock and when you are happy with their arrangement, glue them in place. Be sure to leave room at both the top and bottom to write.

4. At the top, using the hole punch, make one hole approximately 1 ½ " from each end.
5. In the space at the top of the quilt write: "Last name" Family Quilt and at the bottom write: Woven Together Forever!
6. From the back, poke one end of the ribbon through each hole and make a knot in the end of the ribbon. This will be your hanger.
   adapted from: http://www.craftelf.com/Craft_Elf_General%20Crafts_Family%20Quilt.htm#ixzz6NBgUn0W2

Exploration 3: Family Crest

Centuries ago, family crests or coat of arms were used to identify different royal families in countries all over the world. Now, every family, not just royal families, have started to use crests to mark their property and distinguish themselves from others. Using special symbols and colors, crests are still used today by many colleges and universities as well as our armed forces.

Creating a family crest at home can be a fun and meaningful way for family members to identify what makes their family special and unique. Often, a shield is used as the base layer for the other symbols to be placed on, but you can use any shape (circle, triangle, square, etc.) as a foundation. Depending on children's ages, this activity can range from very basic to elaborate. However detailed you choose to make it, this activity promotes teamwork, sharing, and communication, to help draw your family closer together.

How to make a family crest:
Answering some questions can help start the process. These questions can help get you started: What makes your family different from other families? What is your favorite part of being in your family? What makes your family strong? Will the colors you use have meaning? How will you lay out the symbols? What shape will you use as a foundation? What does your family value?

Once you have thought about and discussed some of these questions, you may now start creating your family crest.

You will need:

- a large piece of white heavy card stock paper (from an art or office supply store)
- markers or crayons
- pencils
- pictures (computer or magazine)
- glue sticks
- scissors

First, use a pencil to draw a shield onto the heavy stock paper. If you want to use a different shape you can use a large mixing bowl as a template to create a circle or trace around a picture frame or box to create a square.

Next, discuss ideas for which symbols each family member wants to create. Each member will have the opportunity to choose a different symbol to represent what they think makes their family unique. For example, if there are 5 members in your family, there will be 5 symbols in your crest. Use the rest of the card stock paper to make each family member's symbol.

Finally, color each symbol with markers or crayons, cut out the colored symbols, and glue them down on the shield using a glue stick.

Exploration 4: Go On A Virtual Trip

Pack Your Bags!

Great news! Your family has just been selected to travel to a different country! You will need to prepare for your trip in several ways:

- Decide where you will go! You can all decide to go to the same country, or different family members can choose different countries.
- Do some research on this country. For example, you will want to find out:
  - Where it is
  - What the weather is like
  - What language they speak
  - What are some of the traditional foods they eat

Once you are done researching, pack your suitcase! You can use a real suitcase for the sake of the activity, or you can use a pretend suitcase and draw the items you would pack. Once you are "packed", meet your family in the living room (or any other shared space) to explain what is in your suitcase and why! Or, if your family completes the activity together, record your results and share them on social media!

Your suitcase should include (followed by possible sentence frames for how to share):

- A printed or sketched map of where your country is located on the world map

  The country _____ is located here. It is near _____ and _____.

- An example of clothes you would wear in your country to be comfortable in the weather.

The weather is usually _____ in (country) this time of the year. I packed my _____, _____, and _____ because _____.

- A "travel dictionary": Choose 5-15 words or phrases that would be helpful to know when traveling in a different country. Research how to say those words or phrases in that country's language or dialect. Even if the country you plan to visit speaks English, the dialect may be different than US English and you may need to learn some new terms. Write down the English term/s and their translation so you have a "pocket dictionary" for your travels! Be sure to practice pronouncing them!

  _____ in U.S. English means _____ in (language).

- Choose at least one meal you plan to order at a restaurant. Draw a picture, print a photo, find a recipe (and try it?!), and/or write about the dish you would venture to try.

  In (country) they eat something called _____. It is made with _____.

- EXTENSION: How far is it from Reno to the capital city of the country you chose? If you get a direct flight that averages 500 miles per hour, how long will it take you to get there?
- EXTENSION: Research specific sights you would like to visit within your country of choice. Prepare an "elevator pitch" (2 minutes of talking about all of its most exciting features) to try to convince your family to visit this sight or point of interest).

Exploration 5: Learn A New Language

A New Student

Your class is getting a new student! This student is from Argentina and does not speak any English. You have been paired with this student as his buddy to help him get acquainted with this new school setting in a new language.

Help your new classmate by doing the following:

- Learn to greet him in Spanish. What are some different greetings that you can say to him each morning?
- Make a map of your school and/or neighborhood.
  - On the map, label each area bilingually so that he knows it in Spanish but can also learn the English equivalent. Use sketches or pictures!
- Create some flashcards for your classmate.
  - Pick 5-15 words you think are important for him to know about your school, neighborhood, or Northern Nevada. Sketch or print a picture of those words and write them in English on index cards.
  - On the other side of the flashcard, research and write the Spanish equivalent.

    - Work on memorizing these words yourself so you and your classmate have something to talk about!
- Learn to say goodbye in Spanish. What are some different ways to say farewell at the end of the day?

OPTION: Choose a language other than Spanish and do the same! Perhaps you would like to choose your new classmate to come from France, thus needing to support their French and English, or perhaps your classmate is from the Philippines and needs support in Tagalog and English! Have fun learning words and phrases in other languages.

Sports Camp

Learning objectives:

· Be active and creative during the summer

· Read and learn about different sports and fitness activities.

· Maintain academic skills by reading, writing, and doing some math!

Daily Habit Tracker p. 20

· Keep a Habit Tracker like the on attached or make one in your journal to turn these healthy practices into daily habits!

· **WALK!** Get up and walk or run or play! Make sure you are active! You can walk outside or inside. You can challenge yourself by keeping track of your steps to add up each week. Try to walk more steps each week!

· **DRINK WATER!** Try to drink half your body weight in oz. each day!

· **BRUSH YOUR TEETH!** Brush your teeth twice a day – after breakfast and before bed!

· **SLEEP!** Get at least 8-10 hours of sleep each night!

· **WASH YOUR HANDS!** Always wash your hands with soap and water before eating, after playing, after going to the bathroom, and after coughing or sneezing.

Exploration 1 - Fitness

Reading – Pick a text to read independently or with a family member for at least 20 minutes per day.

Math – Choose a math Activity for your grade level from the "Getting Ready" flyer.

Journal/Observation Writing – Make a fitness plan using the alphabet or spelling your name.

Activities - fitness – p. 21

· Design an exercise court after visiting an exercise court near you!

· Become an advanced jump roper by watching a video and practicing.

Exploration 2 - Soccer

Reading – Pick a text to read independently or with a family member for at least 20 minutes per day.

Math – Choose a math Activity for your grade level from the "Getting Ready" flyer.

Journal/Observation Writing – Write about your day, Write about your feelings, Draw or doodle

Activities - soccer – p. 22

· Design a soccer field using graph paper (p. 25) or a 3D model.

· Challenge a family member or friend to a friendly match.

· Participate in the perseverance challenge by learning how to juggle a soccer ball.

Exploration 3 – Lacrosse

Reading – Pick a text to read independently or with a family member for at least 20 minutes per day.

Math – Choose a math Activity for your grade level from the "Getting Ready" flyer.

Activities – lacrosse – p. 23

· Read and watch videos about lacrosse, a sport created by the Native Americans.

· Play Milk Jug Lacrosse!

· Design and make a lacrosse stick by getting creative.

Exploration 4 – Track and Field

Reading – Pick a text to read independently or with a family member for at least 20 minutes per day.

Math – Choose a math Activity for your grade level from the "Getting Ready" flyer.

Activities – track and field – p. 24

· Hold a Decathlon in your yard or home

Exploration 5 – Splish-Splash Fitness

Reading – Pick a text to read independently or with a family member for at least 20 minutes per day.

Math – Choose a math Activity for your grade level from the "Getting Ready" flyer.

Activities – splish- splash fitness

Create a backyard water park by: · Making a bottle sprinkler · Making an aluminum foil river · Playing the sponge bullseye game · Playing the frozen t-shirt game

Practice mindfulness every day by trying out Some Garden Yoga Poses p. 26

HABIT TRACKER

MONTH

HABIT	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31

Get up and move every day! Make a fitness plan using any of these resources. Have fun creating a fitness plan for yourself and/or your family. Keep a journal of your fitness plan and progress. Have fun!!!

MADBARZ

ALPHA CHALLENGE

START ON THE LETTER A. KEEP GOING, REST WHEN NEEDED.
HOW FAR CAN YOU GET? COMMENT BELOW WITH YOUR LETTER ;)

A: 15 BURPEES
B: 30 SEC PLANK
C: 15 PUSH UPS
D: 60 SEC MOUNTAIN CLIMBERS
E: 30 SQUATS
F: 15 CHAIR DIPS
G: 60 SEC HIGH KNEES
H: 15 BURPEES
I: 20 PUSH UPS
J: 60 SEC PLANK
K: 15 V UPS
L: 15 LUNGES (EACH LEG)
M: 15 DECLINE PUSH UPS
N: 50 CRUNCHES
O: 20 BURPEES
P: 15 DIAMOND PUSH UPS
Q: 60 SEC HIGH KNEES
R: 60 SEC PLANK
S: 20 SQUAT JUMPS
T: 20 CHAIR DIPS
U: 10 HINDU PUSH UPS
V: 30 SEC FLUTTER KICKS
W: 20 SQUAT JUMPS 180
X: 25 BURPEES
Y: 20 PUSH UPS
Z: 50 SQUATS

www. madbarz.com

SPELL YOUR NAME WORKOUT

SET 1 – SPELL YOUR FIRST NAME EVAN

SET 2 – SPELL YOUR MIDDLE NAME

SET 3 – SPELL YOUR LAST NAME

A = 25 JUMPING JACKS
B = 20 TOE RAISES
C = 30 SQUATS
D = 15 PUSH-UPS
E = 1 MINUTE WALL-SIT
F = 10 BURPEES
G = 20 JUMP TUCKS
H = 20 LUNGES
I = 10 JUMP SQUATS
J = 15 CRUNCHES
K = 1 MINUTE PLANK
L = 30 SECOND WALL-SIT
M = 20 LEG LIFTS
N = 40 JUMPING JACKS
O = 25 MOUNTAIN CLIMBERS
P = 15 INVERTED PUSH-UPS
Q = 30 CRUNCHES
R = 15 PUSH-UPS
S = 30 SECOND PLANK
T = 15 SQUATS
U = 20 BICYCLE KICKS
V = 20 DIPS
W = 20 BURPEES
X = 50 JUMPING JACKS
Y = 10 CRUNCHES
Z = 20 PUSH-UPS

Create an exercise court in your house or backyard by making different stations for different activities such as jumping jacks, push-ups, lunges, etc. Practice counting and skip-counting! Add music to each station to make it fun.

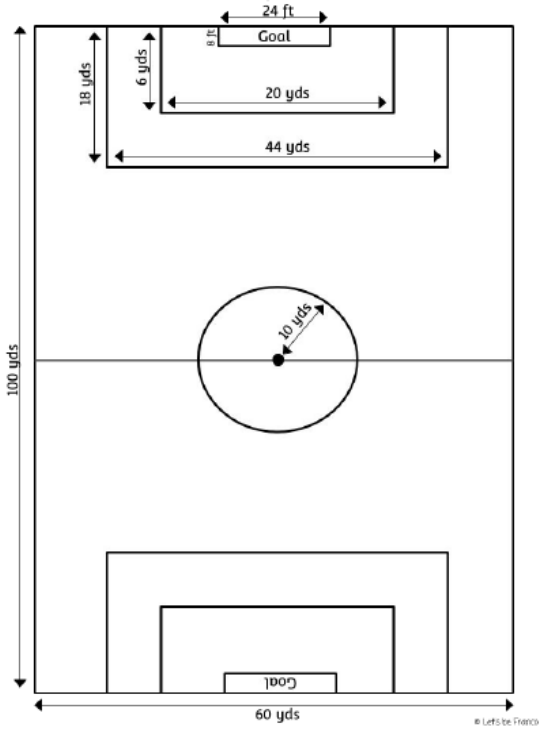
Visit an Exercise Court in Your Local Area

Canyon Creek Park, 1485 Robb Drive
Crystal Lake Park, 1190 Country Estates Cir.
Horizon View Park, 9675 Wilbur May PKWY
Huffaker Park and Trail, 1160 E. Huffaker Ln.
Idlewild Park, 1900 Idlewild Dr.
Manzanita Park, 630 Manzanita Ln.
Mira Loma Park, 3000 S. McCarren
Panther Valley Park, 850 Link Lane
Pat Baker Park, 1910 Bishop Street
Pickett Park, 250 Kirman Ave.
Silver Lake Park, 8755 Red Baron Blvd.
Teglia's Paradise Park, 2745 Elementary Dr.

Jump rope every day! If you don't have a jump rope then you can make one using anything you have in the house! Be sure to ask your parents first.

Soccer

Soccer, or football as most of the world calls it, is a sport played between two teams. Many schools in Washoe County School District have a soccer team. So, you're task is to design a soccer field for your school! Below are dimensions of a soccer field. Use graph paper to design a model of your dream field. You can even make a 3-D model using materials you have in your house! After you design your school's new field, go outside, and play a game or practice your moves!



K-2 – Plan a field

K - Pretend each box is a yard and draw out your plans by counting!

1-2 – Use the scale 2 yds = 1 square and count

3-6 – Plan a field with additional components

Convert measurements to find lengths and widths (3 ft = 1 yd)

Find the area of each component

Lacrosse

The game called lacrosse is the oldest team sport in North America. Native Americans played it before the arrival of Europeans. The French who arrived in the 1600s noticed that the stick used to play the game looked like a crosier. A crosier is a staff, or rod, carried by bishops during religious ceremonies. The name lacrosse came from the word crosier.

Lacrosse is played between two teams on a long, rectangular field. There are goals at each end. The goals are made of nets fastened over a tall frame. There are 10 players on men's teams and 12 players on women's teams. The main equipment is a rubber ball and long sticks called crosses. Crosses have a net pocket at one end to catch the ball. Each player carries a Crosse during the game. Players wear a helmet with wire face mask, shoulder pads and hip pads, and protective gloves. They also wear shoes with cleats, or tiny spikes, which dig into the ground and prevent slipping.

Design and create a lacrosse stick like the Native Americans did! Here is what it looks like:

Video Links:

"This is Lacrosse": https://www.youtube.com/watch?v=mtTfLFGvzuM

"The History of Lacrosse in 60 Seconds": https://www.youtube.com/watch?v=n1rvmAh155g

Game -- Milk Jug Lacrosse:

For this game, you will need an empty plastic milk jug for each player (preferably gallon sized, though 1/2 gallon will work), a tennis ball, and something for two goals. Ask a parent or older sibling for help and cut the bottoms off of all the jugs beforehand too. Divide into two teams. The jugs are held upside down by their handles and used to catch the ball and pass it to other team members. Team members can run around the field of play until they catch the ball in their milk jug. Once they catch the ball, they must stop and pass the ball to a teammate before running again. Set up some sort of goal at each end of the room or field for scoring.

Track and Field

Exploration: Hold your own Decathlon in your yard or home. Choose a point value for first, second, and third place in each event so that the overall winner is the person with the greatest total score. Before starting any of these activities, make sure that the area where you are competing is free of obstacles. Safety first! Some ideas for activities include:

- **Crabwalk sprint:** mark off the distance you wish to compete and race while walking on all fours with your belly pointing up
- **Long jump:** starting from the same point, taking turns, jump from a standing position and measure the distance of each jump
- **Beach (or other lightweight) ball shot put:** throw ball from shoulder in a pushing fashion and measure the distance of each throw
- **High jump-and-touch**: take turns jumping straight up near a wall or tree, mark how high the jump is, and measure the height
- **Log roll**: mark a distance, lie on your side and roll sideways until entire body crosses the finish line
- **Frisbee discus throw**: spin the Frisbee from a cupped hand and measure the distance of each throw
- **Broomstick pole vault**: jog to a take-off line, plant the pole, jump in style; competitors judge for the best style and form
- **Paper airplane javelin throw**: throw paper airplanes from a common start point and measure the distance of each throw
- **Hopping hurdles**: place pieces of string/ribbon out evenly over the course to create "hurdles" then jump over them during the race
- **Endurance run:** take turns running an agreed-upon distance in slow-motion; competitors judge for the best dramatic performance

Video Links:

Track & Field Events explained: https://www.youtube.com/watch?v=cEs5hKLpbX0

Olympics: https://www.youtube.com/watch?v=VdHHus8IgYA

GARDEN YOGA FOR KIDS

Pretend to be a tree

Tree Pose: Stand on one leg. Bend the other knee and place the sole of your foot on your inner thigh. Sway like a tree in the breeze. Now the other side.

Pretend to be a frog

Squat Pose: Come down to a squat with your knees apart and arms resting between your knees. Touch your hands to the ground. Jump like a frog.

Pretend to be a seed

Child's Pose: Sit back on your heels and bring your forehead down to rest on the floor. Pretend to be a seed in the garden.

Pretend to be a butterfly

Cobbler's Pose: Sit on your buttocks with a tall spine. Bend your legs with the soles of your feet together. Flap your legs like the wings of a butterfly.

Pretend to be a flower

Flower Pose: Lift your bent legs, balancing on your sitting bones. Weave your arms under your legs, palms up. Pretend to be a flower in bloom.

S.T.E.M Camp

Learning objective: Engage in design and engineering challenges by thinking like an entrepreneur.

Exploration 1 – Rube Goldberg Machine

Reading – Pick a text to read independently or with a family member for at least 20 minutes per day.
Math - Choose a math activity from your grade level "Family Guide to Learning" in your packet.
Journal/Observation Writing – Day 1 -Journal your thoughts and items you will use for your machine. Day 2 – describe your construction and frustrations. Days 3-5 – detail your attempts, changes you made to your machine and reflect on what went well.
Activity – Construct a Rube Goldberg Machine (This activity can take 3 – 5 days). Read one of the two direction pages. Then use the suggested activity list to find items around your house to use. Begin constructing your machine. Adjust and refine as needed until you are successful. Make a video of your successful machine.
Extension – modify your machine to make it bigger or more complex.

Exploration 2- Catapult

Reading – Pick a text to read independently or with a family member for at least 20 minutes per day.
Math - Choose a math activity from your grade level "Family Guide to Learning" in your packet.
Journal/Observation Writing – Day 1: make a prediction. Were your predictions correct? Why did some objects go farther than others? Day 2: Describe either how you changed your catapult or a competition you had using it.
Activity – Make and test a catapult using popsicle sticks (1 - 2 day activity). Read one of the two direction pages. Gather your supplies and build your catapult. Using the prediction page, find items that you would like to launch. Make predictions about how far each item will travel. Launch your items and measure the distance of each one.
Extension: Make different variations of launchers or have a competition with a friend to see whose items fly farther.

Exploration 3 – Jet-propelled Car

Reading – Pick a text to read independently or with a family member for at least 20 minutes per day.
Math - Choose a math activity from your grade level "Family Guide to Learning" in your packet.
Journal/Observation Writing – Explain the power that makes your car go. Describe any changes you made to your car and any races you held. Reflect on the construction process – was it difficult or easy? Why?
Activity – Make and race a jet-propelled car (1 - 2 day activity). Read one of the two direction pages. Gather your supplies and build your car. Test how far your car can travel. Adjust how much air is in your balloon, change your wheel construction, and add weight for your car to carry.
Extension: Hold a competition with other friends or family members to see whose car travels the farthest.

Exploration 4 - Challenges

Reading – Pick a text to read independently or with a family member for at least 20 minutes per day.
Math - Choose a math activity from your grade level "Family Guide to Learning" in your packet.
Journal/Observation Writing – Use the included STEM journal Data and Results pages to document each of the five activities.
Activities – Week of STEM Challenges (5 days of independent challenges). Read the How to Get Started page. Pick the activity you would like to start with. Gather the supplies needed. Begin your challenge, and record the process using the included journal pages.

Exploration 5 - Slime

Reading – Pick a text to read independently or with a family member for at least 20 minutes per day.
Math - Choose a math activity from your grade level "Family Guide to Learning" in your packet.
Journal/Observation Writing – Describe how the slime looks, feels, smells, and how it stretches. Sketch and write about this experience.
Activities – Slime Science (1 – 2 day activity).
Extension – Make slime from 2 or more different recipes. Compare and contrast the difference between the slime.

Possible STEM Supplies

Toothpicks	Tin foil	Popsicle sticks	Pipe cleaners
Craft tape	Straws	Rubber bands	Yarn/string
Balloons	Paper clips	Paper tubes	Marshmallows/gum drops
Recyclables	Plastic cups	Cardboard/construction paper	

Many items can be found around the house

Exploration 1: Rube Goldberg Directions

BRAINY ZANY CONTRAPTIONS WITH STEM!

WENDY GOLDFEIN SEPTEMBER 14, 2014 STEM

Brainy Zany Contraptions

As children we loved a game by Ideal toy company called The Mousetrap Game. Based on Rube Goldberg's creative ideas of complicated systems for solving a simple problem, the game actually was a captivating engineering exercise that utilized simple machines and creative problem solving.

Over 50 years later, the game is still available and still intrigues students as they try to solve the challenges. Simple machines, engineering, and inspiration from Rube Goldberg provide a wonderful combination for STEM problem solving challenges. Critical thinking, perseverance and application of physical science concepts are just some of the skills that can be developed in this game and other STEM contraption activities.

Over the years we have also loved the Rube Goldberg inspired contraptions that have been included in movies from *Back to the Future* 's opening scene and its complicated way of feeding the dog, to the *Home Alone* devices to foil the robbers and the *Honey, I Shrunk the Kid*'s gadgets and mechanisms. Even Buzz Light Year in *Toy Story* used a Rube Goldberg sequence to show he could fly. Amusing to watch and filled with suspense, one can't help being mesmerized while waiting for the next thing to happen and being delighted when it really works.

Creating contraptions inspired by Rube Goldberg is all about physical science and simple machines. Although humorous, they actually follow a logical sequence that takes into account force, motion, gravity and inertia. The cartoons he drew, available on-line, are a great way to introduce a simple machines unit. Another mesmerizing opener for a unit is the YouTube video created by Ok Go for their song "This Too Shall Pass":

Resources useful for making Rube Goldberg Machines

Ramps
Toy train tracks
Gutters
PVC pipes
Trays
Fan
Marble runs

Recyclables
Cardboard Rolls
Plastic water bottles
Cardboard
Cans
Plastic tubing

Things that Roll
Marbles
Balls: tennis, baseball
Toy cars
Dominoes
Skateboard
Roller skate

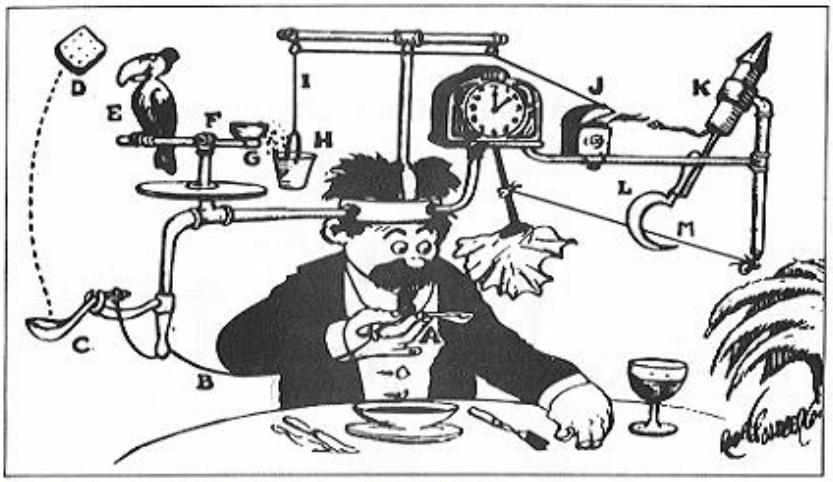
Additional Items
Chopsticks
Bowl
Sand
Tape
String
Pins
Ruler
Balloons
Hammer
Wooden blocks
Cereal boxes

Things that move
Mousetrap
Dominoes
Toaster

Rube Goldberg's Machines

Rube Goldberg was an American cartoonist in the early 1900s. He became famous making cartoons like the one below. In them a simple or silly task is accomplished in an extremely complicated and humorous way. His machine for a self-operating napkin uses a parrot, alarm clock and fireworks!

Self-Operating Napkin



Rube Goldberg's Self-Operating Napkin from 1915

Using the six simple machines (pulley, lever, wedge, screw, inclined plane and wheel & axle) can you make your own **Rube Goldberg machine?** Think of an everyday task you would like to accomplish, and make a machine for it using all six of the simple machines.

Exploration 2: Catapult directions

POPSICLE STICK CATAPULT FOR KIDS STEM ACTIVITY

July 19, 2018 by littlebins

POPSICLE STICK CATAPULT SUPPLIES:

- 10 Jumbo Popsicle Sticks
- Rubber Bands
- Firing Power (marshmallows, pompoms, pencil top erasers)
- Plastic Spoon (optional
- Bottle Cap
- Sticky Dots

HOW TO MAKE A CATAPULT WITH POPSICLE STICKS

STEP 1: Make predictions. Which object will fly the farthest? Why do you think one will fly farther than the other?

STEP 2: Hand out supplies to each individual or in small groups, and build a Popsicle stick catapult following the instructions below.

Read more about the science behind the catapult and simple ways to create a catapult science experiment below!

STEP 3: Test and measure how far each item goes when flung from the catapult. Record results.

This is a simple and quick Popsicle stick catapult using just two supplies. The best part is that you can also grab the supplies at the dollar store!

Adult supervision and assistance is highly recommended when using scissors. You will want to use a pair of scissors to make two v notches on either side of two jumbo craft or Popsicle sticks (in the same place on both sticks). Use the below photo as a guide for where to make your notches. Once you have made your notches in two of the sticks, set them aside!

Take the remaining 8 craft sticks and stack them one on top of the other. Wind a rubber band tightly around each end of the stack.

Go ahead and push on of the notched sticks through the stack under the top stick of the stack. Make sure to watch the video again to see this done.

At this point flip your partially made popsicle stick catapult over so that the stick you just pushed in is on the bottom of the stack.

Lay the second notched stick on top of the stack and secure the two popsicle sticks together with a rubber band as shown below. The V notches that you cut help to keep the rubber band in place. Create more leverage with your catapult by pushing the stack of popsicle sticks towards the notched ends connected by the rubber band. Read about the science behind this below!

In your journal:

- Make a list/drawing of each of the items you will launch. Make a prediction by answering these questions:
- Which object will fly the farthest?
- Why do you think one will fly farther than the other?

Exploration 3: Make a Jet Propelled Car

1. Here's what you need to make your 4-wheel balloon car!

Jet

- Balloon
- Flexible straw
- Rubber band or tape

Body (select one)

- Water bottle
- Toilet-paper tube
- Juice box
- Disposable cup (paper or plastic)
- Fast-food or deli "clamshell" container
- Ice cream container (pint or quart)
- Milk carton (individual size)
  Cardboard sheet
  Orange-juice can

Axles (select one)

- Straws
- Barbeque skewers
- Chopsticks

Wheels (Select one)

- Bottle caps
- Lifesavers
- CD's
- Cardboard circles

Connector for attaching wheels to an axle (select one)

- Dry sponge
- Foam
- Clay
- Marshmallow (cut in half)

2. Make the jet

Put the long end of a flexible straw into a balloon.

3. Attach the straw and balloon so that no air can escape, using a rubber band or tape.

4. Insert two axles

- Poke two holes in the bottle's sides, on the part of the bottle that will be the bottom of the car. Make holes directly across from each other so the axle goes straight across.
- Slide a straw through the two holes. Adjust so the axle goes straight across.
- Repeat for the second axle.
- Slide a barbeque skewer through each straw.

5. Make the wheels

- Wedge a square of sponge (or foam or marshmallow) into a bottle cap to make a wheel.

6. Make four of these wheels

7. Add wheels

- To make it easy to push a skewer into a sponge, use the skewer's point to poke holes in the sponges.
- Center the holes so the wheels will spin evenly and not wobble up and down.
- Push the wheels onto the ends of the skewers.

8. Insert the jet

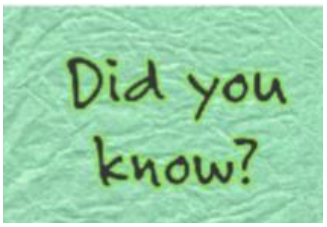
- Poke a hole in the top and back of the bottle.
- Push the jet into place so that the straw's balloon end pokes out the top and the open end pokes out the back.
- Make sure the straw at the back is as parallel to the floor or tabletop as possible. If it points up, down, or to the side, your car won't move as fast or far as if the jet points straight back.

9. Power the jet

- Blow up the balloon by blowing through the straw.
- Put your finger over the end of the straw to stop air from escaping.
- Put the car on a smooth surface. Then let go. ZOOM!!

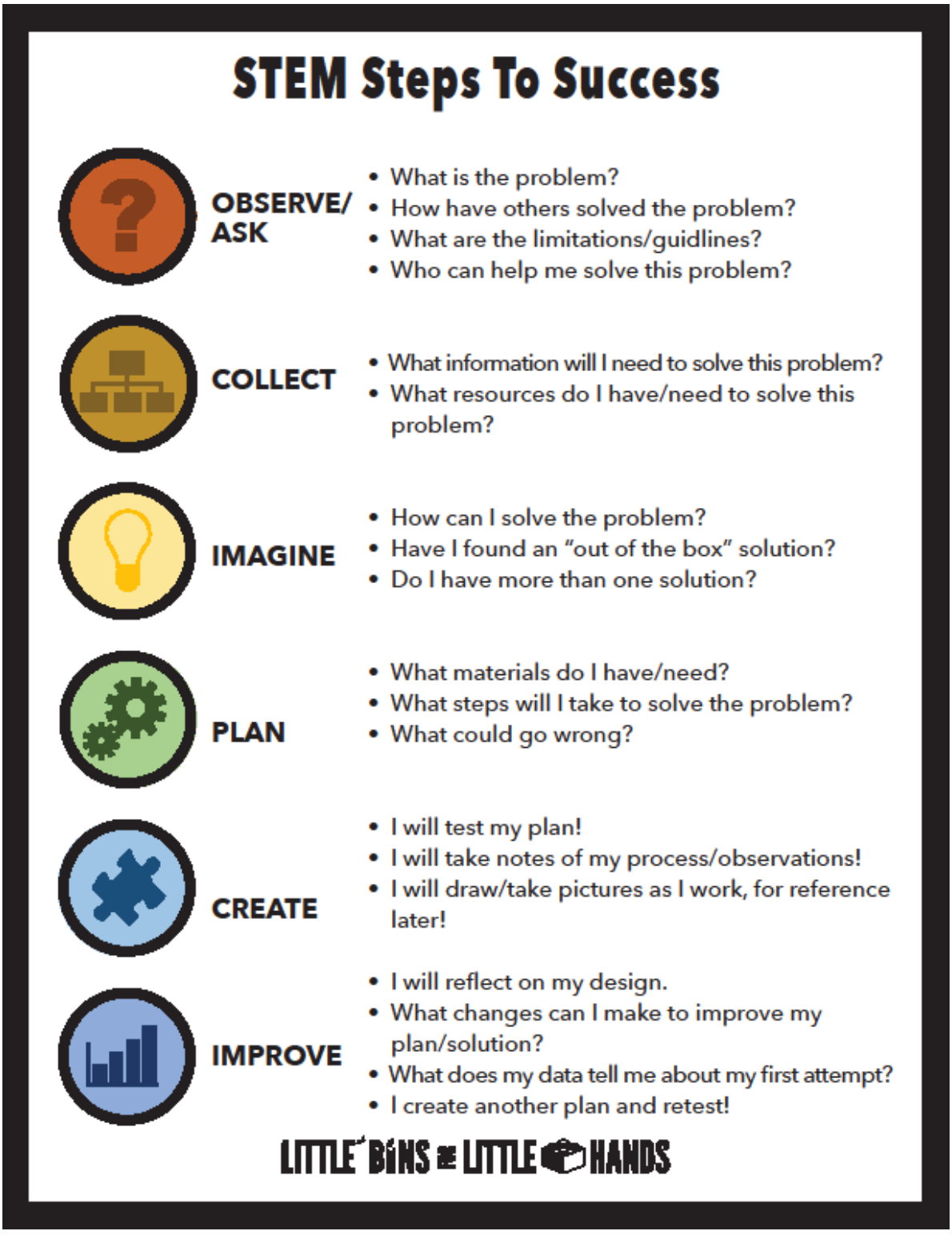
10. Did you know?

Your balloon car uses jet power to move. The stored air in the balloon pushes through the straw, creating **thrust**-the force that pushes the car forward. So when air from the balloon moves in one direction, it pushes the car in the opposite direction.



Exploration 4: 5 STEM challenges

Use your journal to answer the questions from each step of the "STEM Steps to Success" page. Record your results for any of the challenges you choose.



STEM CHALLENGES

Marshmallow and Toothpick Tower

How high can you go!
Using 100 marshmallows build the tallest tower possible!

Supplies: Mini Marshmallows, toothpicks, and measuring tape

Tips: Have kids count out 100 marshmallows. Draw out a plan to get started.

Egg Drop Challenge

Protect a raw egg from harm! Using a variety of materials or supplies on hand, design, build, and test a contraption that will protect an egg from breaking when dropped from a specific height.

Supplies: Raw Eggs, recycle bin items, and any other simple supplies on hand like bubble wrap, tissue paper, or straws.

Tips: Start by choosing a specific height to drop the egg from and use the same height each time. To reduce mess, incorporate zip top bags into the design process.

Catapult Design Challenge

How far can you launch something with a homemade popsicle stick catapult. Which items fly the farthest? Plan, design, and build a working catapult.

Supplies: Popsicle sticks, rubber bands, bottle cap, glue or sticky dots, spoons, tubes, items to launch.

Hint: Use our easy popsicle stick catapult design or let the kids get creative with LEGO, pencils, spoons and cardboard tubes!

LITTLE BINS ≈ LITTLE HANDS

STEM CHALLENGES

Build An Unsinkable Boat

Build a boat that floats and can't be sunk! Using recycled items and supplies from around the house or classroom, build boats that will float in a tub of water. Take it a step further and build a boat that will hold a specific object such as a soup can!

Supplies: Tub with water, supplies to build boats, items to test flotation

Tips: Make sure to choose an item to test flotation that you have enough or that all weigh the same and are the same size! Think rolls of pennies, soup cans, large wooden blocks, small wooden cubes, etc.

Hint: You can also challenge kids to build tin foil boats with only a 12" square of aluminum foil!

Build A Paper Bridge

Span that gap with a bridge building challenge! Set up two stacks of books and challenge the kids to build a bridge that spans the gap out of paper! Test the bridge with the weight of pennies!

Supplies: Computer paper (dig out the recycling bin), tape, pennies, and two stacks of books the same height..

Tips: Create a gap using two stacks of books that the bridge will need to span. Test the strength of the paper bridges by adding pennies to it. You can also compare other bridge building materials such as tin foil, wax paper, construction paper, or card stock!

LITTLE BINS ≈ LITTLE HANDS

Exploration 5: Slime Science

SLIME SCIENCE FOR KIDS!

April 18, 2019 by littlebins

HOW TO MAKE SLIME BUBBLING FIZZY VOLCANO SLIME

YOUWILL NEED:

- 1/2 cup Elmer's Washable White School Glue
- 1 tbs Saline Solution
- 2 tbs Baking Soda
- 1/4 cup White Vinegar
- Food Coloring (yellow and red)
- Small Container (for mixing slime volcano)
- Small Cup (for mixing vinegar and saline)
- Cookie or Craft Tray

STEP 1: Start by combining the glue and baking soda in your chosen container. You will notice that as you stir the baking soda into the glue it thickens! This is really the point of adding baking soda to saline solution slime recipes.

> **SLIME TIP:** Experiment with different amounts of baking soda!

STEP 2: For our lava colored fizzing slime volcano we used red and yellow food coloring, but we didn't make orange straight away. Add 5 yellow drops to the glue and baking soda mixture and stir.

Then add 1-2 drops of red food coloring but DO NOT stir! This will give way to a fun color burst as you mix. You can make this slime volcano any color you want!

Step 3: In another small container, mix the vinegar and the saline solution.

> **SLIME TIP:** You can also play around with the amount of vinegar you use for another way to set up a slime experiment!

Step 4: Pour vinegar/saline mixture into the glue mixture and start stirring!

You will notice the mixture begin to bubble and eventually erupt everywhere! This is the reason for the tray!

Step 5: Continue to stir until the eruption is complete. You will notice that it gets harder and harder to stir because you are mixing your slime as well! Once you have stirred as much as possible, reach in and pull out your slime! It will be a bit messy at first but this slime is wonderful! All you need to do is knead it a bit.

> **SLIME TIp:** add a few drops of saline to your hands before you reach in for the slime!

It should not be sticky on the hands either! But if after kneading your slime it still feels sticky, you can add a drop or two of saline to it and continue to knead. Don't add too much or you will end up with a rubbery slime!