

Trail Activities

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Trail to Knowing Me Activities

If You Were one of Snow White's Dwarfs

You'll need: Paper and pencils

1. Open this activity by having members list as many of Snow White's seven dwarfs as they can.
2. Allow a few minutes for this to be accomplished, and then see if they could name all of them. If not provide the answers – Doc, Dopey, Grumpy, Sneezy, Happy, Sleepy and Bashful.
3. Instruct members to write down the name they think Snow White would give to them if she were to meet them first thing in the morning just after they have woken up (i.e.: Lazy Bones, Sleepy Head). Now instruct members to do the same thing, but this time when Snow White meets them just before bedtime. Do not share the names with others. This will be done later.
4. Collect the papers then randomly read the newly created dwarf names. Have member's guess which dwarf name represents which member. Discuss why they chose that name for themselves.

1-KM

Personalized Plates

You Need:

Plain white paper plates
Colored markers or crayons

Instructions:

Give each child a plate. Place the markers/crayons where they can be shared by all that are participating. Have the child draw a circle around their plate about two inches from the edge. Now have them write their name in the middle of the plate, inside the circle they have drawn. Have kids decorate the area inside the circle any way they want. This is their personal design.

On the outside of the plate (the rim) have the kids write as many positive words they can think of to describe who they are i.e.: kind, gentle, fun, interesting, friendly, smiles a lot, comforting, positive, helpful. Display their personalized plates at a group ceremony that others are invited to attend so everyone can see their "Positively Positive Personalized Plates."

3-KM

Me Bag

You'll Need:

A large paper grocery sack, one for each child
Markers, crayons, stickers, glue, scissors
Old magazines or any other items to decorate sack

Instructions:

Provide each child with one large paper sack. Instruct the children to decorate their "Me Bag" in a way that represents themselves. They could cut pictures out of the magazines of their favorite foods, hobbies, and interests.

After everyone has decorated their "Me Bags" explain that they are to take the bags home and put inside any special or important objects that they would like to share with their club. Instruct them to bring the bag back on your next club meeting day to share their special items inside. Leaders could already have completed their own "Me Bag" to use as an example. Leaders can share something special from inside their bag with the group. The kids will love hearing something special about you! (Kids could bring something new each week to share)

5-KM

Picture Me Collage

You Need:

Stack of magazines
Paper, Scissors and Glue

Instructions:

Have kids look through the magazines and cut out pictures that illustrate them. Give suggestions as to the type of pictures they could cut out:

- Favorites: food, color, sport, music
- What they want to be when they get older
- Family, friends, home, pets
- Things that represents how they feel

After they are completed have each one share their "Picture Me Collage".

2-KM

Take As Much As You Want

You Need:

A roll of toilet paper

Instructions:

Explain to the group that you are going to pass around the roll of toilet paper and they should "take as much as they want". After everyone has a good laugh over the amount of paper they took, explain how the game works.

For every piece of toilet paper the kids ripped off, they must tell the group one thing about themselves. Some realize they took quite a bit of toilet paper, but with a little prompting and help from you they will find things to share.

Everyone has a good laugh at this game, because they don't know how much toilet paper to take. Some might take one square some might take lots! For extra laughs you could instruct them to "take as much as they need to get the job done!"

4-KM

An Opening Activity for Your Club

As part of the opening for a club meeting, have each member proclaim one positive thing they have done since the last weeks' meeting. Encourage them to remember things like, they picked up a piece of trash, they ate more fruit and vegetables, that they helped a sibling with their homework or practiced not saying something negative about a someone.

6-KM

Chrysanthemum's Graph

Do you have or know someone who has a long or strange name? Read the book *Chrysanthemum*, by Kevin Henkes, to your group. Talk about the main character's name and how her parents made the decision to name her. Discuss with the group members, if they know, how they received their names – for example, it was a family name, their parents liked the name, they were born in that month (April, June) etc. Discuss the length of "Chrysanthemum" name. How many letters are in each of the members names? Give the members a piece of large-block graph paper or have them draw boxes to show the number of letters in their names. Transfer the information to a group "Number of Letters in Our Names" graph. Leaders be sure to include your names too!

7-KM

Hand Print Poem

Have the members write their name at the top of a 12 x 18-inch sheet of white or light colored construction paper. Trace both hands on the paper. Have the members press each finger, including thumbs one at a time on a stamp pad, then onto the corresponding finger on each hand outline. Glue a copy of the following poem on the paper. Be sure to date the bottom of the Hand Print Poem.

Hand Print Poem:

Here are my fingerprints
For everyone to see.
No one else has these prints
They belong to just me.

You could also include a small photo of the member and place it in the palm of the hand.

9-KM

Make Tactile Names

You'll Need:

- Tag board or card stock paper (heavy stiff paper)
- Glue
- Beans of different sizes and colors
- Sequins
- Macaroni
- Colored construction paper

Instructions: Write each child's name on the heavy stiff paper using a large, wide style of print. Let the children glue the beans, sequins or macaroni onto the letters of their name.

You could also have the children tear off small pieces of different sizes of colored construction paper to glue onto the letters of their name creating a mosaic style print.

8-KM

Trail to Family and Community

Stop 'n' Speak

Activities

Getting Acquainted Bingo

You'll need: Up-beat music and music player

1. Form two equal groups and have the first group stand in a circle, facing out.
2. Have the second group form a larger circle around the first group facing in. Explain that each member in the outer circle must be facing one person in the inner circle.
3. Play music having outside circle move clockwise, inside circle moves counterclockwise. When the music stops, each member should partner up with the person in front of them. Principal is the same as musical chairs.
4. Leader will call out topics, at which time the partners will talk to each other to learn more about each other.
5. Topics to call out could be brothers/sisters, best vacation, funniest thing that ever happened to me, favorite animal

Note: Play before snacks, share what they have learned.

1-FC

Build a Time Capsule

You Need:

- Container with a lid to represent a "time capsule", such as a school box, shoe box, oatmeal box, coffee can, etc.
- Items to place in container

Have club members decorate the container. Have each club member bring or create one or more items that can be placed into the "time capsule." Ideas for the capsule contents could be:

- Bring small item from home that represents the member
- Draw a picture
- Measure the height of each member
- Write a note or write a goal for the year
- Include a snapshot

Place items in the time capsule container and seal it. Place it where it can be retrieved. At a designated time, open the container and review your history.

3-FC

Crazy Crossing

You Need: A list of descriptive phrases such as the following: "I'm wearing socks," "I forgot to brush my teeth today," "I have a pet," "I am an only child," "I the youngest child" and so on.

Form two equal teams. Have teams stand against opposite walls of your meeting room, facing each other. From your list, call out the various descriptive phrases beginning with "Cross over if you....." Tell kids that when a phrase applies to them, they are to run to the opposite side, changing teams. Keep the action level high by keeping the pauses between phrases brief and occasionally calling out phrases that applies to everyone ("Cross over if you are a Camp Fire member." Continue until teams are well mixed and kids have learned several things about one another. Have your last question be: "Cross over if you have learned something new about another player."

Note: This is a great activity to do before your meeting begins. It gives a chance to burn off some energy before settling down for snacks. Start a discussion during snack time, asking what the players learned about each other.

5-FC

You Need:

- 5 x 5 square paper marked to form a bingo card
- Pencil

Prepare the paper with lines to form a bingo playing card. Fill in each square with questions you know that at least each one of the players could answer; Has a brother or sister. Likes to eat pizza. Favorite color is blue. Has a pet.

Each player is to be given one of the prepared bingo cards and a pencil. Have the players move around and get "acquainted" with the other players by asking them the questions on their bingo card squares. When players find someone who can answer that question, they are to write that player's name in the square. The first one to call out a bingo is the winner.

Note: Make sure all players know how the game is played before beginning. Decide ahead of time how a bingo can be made; up/down, four corners, diagonally.

2-FC

Eyes To See You

You Need:

- Boxes of toothpicks and paperclips – one for each pair
- Rolls of scotch tape – one for each pair

INSTRUCTIONS:

Form pairs and give each pair a box of toothpicks, a box of paperclips and a roll of tape. Instruct the teams they have ten to fifteen minutes to work with their partner to create a pair of glasses they can wear using the items provided to them (boxes included.) Be creative. After the time is up, have the pairs model and describe their creations for the group (one models, one describes). Let the partners decided which will do what. After all the teams have had a chance to model/describe their pair of glasses discuss the following suggested questions:

- What did you learn about your partner during this activity?
- Was one of you better at designing the glasses versus making the glasses?
- How does working together and learning about each other help us "see" each other more clearly in real life?

4-FC

Family Traditions

Discover what traditions your family has. Think beyond the traditional holidays; Christmas, Thanksgiving. Do you have a bedtime tradition? How about having a special family night at home? Do you eat pizza every Friday night?

Discuss with your club the meaning of family traditions. Traditions give a person a sense of belonging and ensure the survival of family lore and culture. Family traditions strengthen the sense of family belonging.

Help members create a new tradition that they can start with their family. Give suggestions such as creating a family dinner hour, create a family cheer, make a family flag or emblem to use as a wall hanging. You could start a family scrap album, have a picnic day, or have a family council night where all family members can discuss plans, grievances, chores or their accomplishments for that day or week. Create a family time capsule, have a story time where you talk about stories that you remember about each other. Try making a family map where you place pictures of family members on a map to show where they live. You could even plan, prepare, and host a family reunion.

7-FC

Try to Understand

Try to understand how someone with sight limitations has to deal with doing everyday tasks. Borrow a thick, strong pair of glasses. Have youth members try to tie each other's shoes. Copy a list of five words, walk to the light switch and turn it off and on or other activities the youth can think of. Have the youth talk about what was difficult and how it made them feel.

* * * * *

Try to understand how someone with dyslexia or a learning disability reads and writes. Give the youth member a piece of paper, a pencil or marker and a mirror. Have them draw a star, a figure 8 and write their name while only looking in the mirror. Have the youth talk about what was difficult and how it made them feel.

Continued to the right →

6-FC

A Word a Day in a Positive Way

You'll Need: Index cards
Crayons or markers

Instructions: Discuss words that are negative and words that are positive. Which words were easier to come up with? How do these words make us feel? What would happen if we were to choose one word a day and become an example of the meaning of that word? Do you think anyone would notice? Let's find out! Let's learn some new *positive* words and behave as or act out their meaning.

Give each member seven index cards. On one side of each card, write one *positive* word that will be used for a day. On the other side write its meaning and examples of how you could behave or act out the meaning of the word. Be sure to decorate your index cards "positively." Carry one of the cards with you throughout the day. Share your positive word with others to see if they too can become positive. Use all seven of your positive words, one per day for a week.

CONTINUED TO THE RIGHT →
8-FC

Message in a Bottle

You'll Need:

- One bottle or container per child, per time you correspond with another group (5 months x 10 kids for a total of 50 containers), (the original activity suggested film canisters, but pill bottles might work or you might choose to send the same bottle back and forth to conserve)
- Strips of paper that fit into your bottle that you will write your message on
- Items to decorate your bottles with; paint, puffy paint, buttons, ribbon, etc.
- Pencil or pen to write message with

Instructions: This activity should be started at the beginning of a Camp Fire year and ending towards the end of the year. Choose a group that would exchange "messages in a bottle" with your group. Determine the length of time and how often you will exchange your "message in a bottle". Decorate your bottle using various craft materials or wrap using paper mache, contact paper or colored paper. You could decorate all of your bottles at once or choose to do one at a time.

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Try to Understand (Continued)

Try to understand how someone with a physical limitation copes with doing daily tasks. Have the youth members put uncooked macaroni in their shoes and walk around. Have the youth place their dominant writing hand behind their back. Then have them move a stack of books, a few pencils to another table and as a reward pour themselves a drink, all the while only using one hand/arm. Have the youth talk about what was difficult and how it made them feel.

6-FC (cont.)

A Word a Day in a Positive Way (Continued)

End your weeklong "Word a Day In a Positive Way" activity by discussing how each member felt about learning new positive words. Was it easy to behave like the meaning of the word? Did they notice that they might have had a positive impact on other people around them? Did they share their word with anyone else, if so how did that person react?

Examples of uniquely positive words:

Imagine: *To form a mental picture of something not present.*
– Try to *imagine* all day long that you are on top of the world and you haven't a care. *Imagine* you can be anything or do anything you want. *Imagine* the positive.

Shine: *To give out light, be outstanding* – Smile, laugh, be courteous, spread good cheer, *Shine!*

Splendor: *Brilliance, magnificence, brightness, display, show* – Be magnificent, display your possessiveness, show your brightness, you are simply *Splendid*.

8-FC (cont.)

Message in a Bottle (Continued)

Write down clues about yourself. Try to give clues that someone could use to guess who you are: I'm not short, but I'm not tall either or my hair is not red, black or brown (blonde). Sign your message with a secret name, or nickname so your "bottle buddy" won't know who you are.

At the end of the determined bottle trading time, plan a fun party where both groups meet and they try to guess whom their "message in a bottle" buddy is. Have a great time!

9-FC (cont.)

Memorial Day Observed in May

Inform your group about Memorial Day, its meaning and its importance. Discuss the history behind this special holiday. In honor of this important day, have the members wear their Camp Fire uniform: red, white and blue.

Have the youth tell you stories about one or more family members that have passed away. Create flower arrangements to place on graves or participate in a Memorial Day celebration. Honor the nation's armed services personnel killed in wartime as well as family members that have passed away.

Have a special ceremony to honor those who have lost their lives. Share your stories with your invited guests. Serve refreshments and present them with a token symbol to represent Memorial Day and its meaning.

10-FC

Public Behavior

Have a discussion about appropriate behavior in public places on field trips and at Grand Council Fire. Some items to consider are voice level, disposal of trash, thank you notes, staying on the path or trail, holding the door for someone else, keeping hands to themselves, sitting still, listening to others. What are your club guidelines? Discuss peer influence. How do the members help each other to display the positive behavior?

Now that you have discussed and set guidelines of behavior, plan a fun field trip to practice what you have learned.

11-FC

Trail to Creativity

Activities

Rolled-Up Record

You'll need: Large roll of paper suitable for recording events and activities the group will do throughout the year & Markers

This activity is an ongoing process in which your group will record all of the activities/events they have done throughout the year and all that they have learned and accomplished.

At the end of a month have members discuss what they have done during that month. Have each member be responsible for recording that information on the designated area of paper (include month name). At the end of the year unroll your record to see what all you have done. Celebrate a successful, fun year.

Note: Roll of paper should be long enough to record group's activities for each month that you meet during the year. If you meet Sept. through June, and allow a two-foot area to record on, you will need a 20-foot roll of paper.

1-C

Finger Paint Recipe

You Need:

- 2 cups cold water
- ½ cups cornstarch
- 3 tbsp. sugar
- Food coloring
- Saucepan for cooking
- Plastic container for storing

INSTRUCTIONS:

Add to the saucepan the water, cornstarch and sugar. Cook over low heat, stirring mixture constantly until it is well blended. Remove from heat.

At this point, you can divide the finger paint mixture into individual plastic containers, according to how many different colors you want. Add food coloring to the individual mixture and create different colors of finger paint.

Continued to the right →

Group Socks

You Need:

- A pair of plain white athletic style socks for each member, in their sock size. They could purchase a pair and bring it to a meeting. A smooth type sock would work best for this.
- Fabric paints permanent
- Anything to decorate your sock with. (Must be permanent)

INSTRUCTIONS:

The idea of group socks is to create a pair of socks that represents the group and an individual member. One sock will be used for a group sock the other for an individual sock. Decorate one of the socks with a group symbol. If a group symbol has not been decided upon, simple symbols could be decorated to represent the entire group's interests, (mountains, camping, trees, hands to represent helping). A group name could take the place of a group symbol.

CONTINUED TO THE RIGHT →

4-C

Make matching club hats or use as a donation for needy kids

You Need:

- 1/2 Yard of Fleece (will make 2 hats)
- Fabric Scissors
- Needle and Thread or Sewing Machine

INSTRUCTIONS:

Cut fleece to 16" x 21" so it stretches the long way. Fold in half with right sides together. Stitch along the short ends to make a tube that will fit over your head. Leave the last 4" unstitched. This will become part of your fringe. Cut 4" slits every 3/4" along this end. Turn right-side out. Cut a piece of scrap to 1" x 8". Gather fringes and tie tightly with scrap. Roll bottom up twice to make band.

http://www.makingfriends.com/winter/fleece_hat.htm

2-C

Face Paint Recipe

You Need:

- 1 tsp. cornstarch
- ½ tsp. water
- ½ tsp. cold cream
- 2 drops food coloring, your choice

INSTRUCTIONS: Mix all ingredients well. Enjoy!

Puffy Paint

You Need:

- Flour
- Salt
- Water
- Tempera paint

INSTRUCTIONS: Mix equal parts of flour, salt and water in a bowl. Add a small amount of tempera paint to the mixture and pour into a small plastic squeeze bottle or small plastic container. Repeat the procedure to make as many colors as you wish. Squeeze or spread onto heavy paper, cardboard or any other desired material to make designs. Mixture will harden into puffy shapes.

3-C (cont.)

Group Socks (Continued)

On the other sock, the members are to decorate it with their individual Camp Fire name or individual symbol. If Camp Fire names have not been chosen yet, the sock could be decorated using symbols that represent their name, personality, likes, etc.

Have kids wear their socks to club meetings, field trips or Council Fire as a reminder of the special bond they have as a Camp Fire club. You could decide to wear your group sock on the left foot and the individual sock on the right foot

Use a plastic soda pop bottle to place the sock on while painting and decorating. This makes it easier to hold on to and prevents the paint from drying or transfer to the other. Make sure that you do not paint upside down on the sock.

4-C (cont.)


Chinese New Year

Chinese New Year starts with the New Moon on the first day of the New Year and ends on the full moon 15 days later. The 15th day of the New Year is called the Lantern Festival, which is celebrated at night with lantern displays and children carrying lanterns in a parade. Check a Moon Phase calendar for dates.

Discuss with your group how different cultures celebrate their own holidays that are often different than the American holidays. Celebrate and honor the Chinese New Year. Prepare paper lanterns and paper dragons and have a party.

Chinese New Year Dragons:

Take a brown paper bag (grocery size). Cut holes for eyes then decorate it with markers, crayons or construction paper. Add streamers to the bottom and have a parade with your Chinese dragon.

Continued to the right 
6-C

Party Fun

Prepare fun party items to celebrate with:

Lunch Bag Poppers:


Have kids color or paint a lunch paper bag and then fill with fairly tiny cut up pieces of newspaper, construction paper or paper from a hole punch. Blow a little air into the bag and tie with a ribbon. When the time is right the kids can pop the bag by holding the top end with one hand and smacking the bottom of the bag quick and hard with the other hand.

Toilet Paper Roll Poppers:

Fill empty toilet paper rolls with confetti and treats. Cover it in wrapping paper, letting a little hang of the ends. Tie some ribbon around each end. When ready to use just pull the ends.

Shaker Noise Makers:

Fill an empty soda bottle with rice or stones. Seal the top of the bottle and decorate with paints, ribbons, buttons, etc.

Continued to the right..... 
7-C

Yarn Dream Catcher


Recommended for ages 7 and up

You Need:

- Lid from round ½ gallon ice cream container
- Yarn in two or more colors
- White glue, scissors, hole punch

INSTRUCTIONS:

Cut or push out lid top leaving only the rim ring. Punch holes all around the rim. Cut yarn into 3 yard lengths. Stiffen one end of each piece with white glue (or tape). Feed one piece of yarn through a hole in the rim. Pull through rim. Tie off, glue and trim. Repeat with one or more pieces of yarn.

Continued to the right 
8-C

Paper Lanterns:

You Need:

- Construction paper
- Scissors, tape, ruler pencil
- Items to decorate paper with and glue if necessary

Use your ruler to measure and cut 1" off the short end of your paper. Set aside to use as the handle. Fold the paper in half lengthwise. Draw a line 1" from the end of the long edge of the paper opposite the folded edge. This will be the "stop cut" line. Measure and mark lines 1" apart starting at the folded edge and moving towards the "stop cut" line. Unfold the paper. Re-crease the paper in the opposite direction. This will hide any pencil marks. Match the long edges together on the lantern and use tape to hold it in place. Staple the handle to the top of the lantern. Decorate with items you have chosen.

6-C (cont.)

Party Hats:

Turn a large paper grocery bag inside out. Roll up the opening, scrunching it together to fit the child's head. Shape the hat in various ways. Roll the brim only a little, it's a top hat; roll it a lot, a bowler. Punch on the sides for a pirate hat, etc. Now decorate using glitter glue, paint, markers, streamers, feathers, etc.

OR

Try using a large bowl as a pattern to cut a 12" circle out of construction paper. Cut a slit to the center. Next, overlap or staple together to make a hat shape. Decorate with feathers, sequins, buttons or anything for a festive look!

from makingfriends.com

7-C (cont.)

Dream catchers (continued)

Make three tassels by wrapping yarn several times around four fingers. Leave a few inches of yarn on one end. Remove from fingers and pinch together at that end. Use another piece of yarn to wrap pinched strands together. Tie off. Cut open loops on other side. Push long piece of yarn through a hole punched in the rim. Glue and trim with beads, feathers and other accessories

<http://www.makingfriends.com/yarn%20dream%20catch.htm>

8-C (cont.)

New Year Wishes

My Wish for the World Box:

Kids want to change the world. Have them write their hopes and dreams for the world on small star cutouts that you have provided for them. After they have written their wishes on the stars have them share their wish with other members by reading their wishes aloud. After they have shared their wishes place them into a decorated box. At a later date open the box to see if any of their wishes have come true.

Wish Bags:

Decorate brown paper bags with stamps, stickers and crayons. Instruct kids to whisper their New Year wish into the bag, blow it up and pop it. Their wish has now been sent away, with hopes that it will come true.

5-C

Expressions of Color” Creative Quilt

You Need: 8x8 squares of construction paper in various colors, enough for each member to pick from (be sure to have several of each of the color squares, some members might want the same color)
Markers, crayons or colored pencils
Stickers, glitter, stamps, puffy paints, ribbon, magazines
Glue

INSTRUCTIONS:

Discuss colors and how they make you feel. After the members have given you some examples, share some of the examples on the other side of the card, explaining that colors can have many different meanings.

Tell the members that you are going to make an “Expressions of Color” quilt. Have members choose a colored square that expresses a color that is meaningful to them. Create a symbol or use pictures from magazines that represent the color they choose and decorate it. Example: square color is-pink, symbol-heart, meaning is-family/love, decorate-magazine pictures, ribbon, markers, and glitter.

Continued to the right. 

11-C

Sit Upsons

Make Sit Upsons that reflect the character of each member. Use one element that is representative of the club or Camp Fire USA and have the members include other elements that give clues to their personality. When you make sit upsons you may want one waterproof side so it can be used for out of doors activities during the spring. Make them easier to store and carry by adding a fabric, twine or rope handle to one edge. If you already have sit upsons, do they need to be refreshed or jazzed up for council fire and upcoming award ceremonies?

12-C

Junk Mail Beads

These beads are made from coated, shiny, junk mail and are very strong and fairly waterproof.

You Need:

Junk mail with a coated, shiny surface
Ruler, pencil, scissors, and White Glue
Round toothpicks
Strong, thin string, such as kite string
Needle for threading beads

INSTRUCTIONS:

Cut the paper into small strips approximately ¾” wide by 4 ½” long. Roll each bead by wrapping it tightly around a toothpick. Complete the bead by gluing the last ½ “ of the strip. Remove the toothpick and repeat until all the beads are made. Thread beads with needle to make necklaces or bracelets.

<http://www.kid-at-art.com>

9-C

Expressions of Color – Creative Quilt (continued)

After everyone has completed their square, join them together creating a quilt hanging. You could place colored strips of paper around the squares to give it a completed look. Proudly display at a ceremony.

Colors and their meaning – Examples:

Red: Life, fire, warmth, love, strength, courage

Orange: Fire, flames, hospitality, pride, wisdom

Yellow: Sun, light, wisdom, nature, and happiness energy

Green: Nature, wealth, hope, life, youth, freshness, creation, growth

Blue: Sky, day, thinking, devotion, truth, justice, charity, loyalty

Purple: Power, royalty, love of truth, loyalty, patience, healing, dignity

Brown: Earth, growth, warm, security, bark, wildlife

Black: Mighty, sophistication, determination, night, humility, sorrow

White: Day, innocence, purity, perfection, wisdom, truth, simplicity

11-C (cont.)

CD Photo Frame

You’ll Need: Old CD’s & Photo
Flour/salt dough (Play Dough)
Scissors, Table Knife, and Paint
Double stick tape & Tacky glue
Adhesive backed felt

Instructions: Use flour/salt dough to mold a base for your photo frame. Make sure that is at least 1” deep and 2” around. Make it any shape you want. You could also use a cookie cutter to make a shape.

Use a table knife to make a slot in your base. Go at least halfway down through base and wiggle it back and forth a little bit to widen and make a slot. Bake or air-dry. Paint. Cut photo into a 3” circle. Attach it to the CD with double face tape. Cover the back of the CD with adhesive backed felt. Use tacky glue to secure CD into slot in base.

From: makingfriends.com

13-C

Activities

You'll need: Groups of four or five

1. Each group selects an animal common to the area.
2. Tell each group to imitate the body of their animal using each person.
3. Tell the group that they will appear before a panel of experts who will guess their identity on the basis of movements and behavior they act out. No noise is allowed when acting out animal.
4. Give groups 5 minutes to work on their animal and act.
5. Group presents to other groups and the others guess what they are.

1-E

To make nature trailers, simply lay a long piece of clear packing tape sticky side up on a table and tape it down at each end. The children love "sticking" their nature finds on the tape. (So, with that said, plan a nature hike to collect the nature treasures.) It is also a good to have other little things on the table for them to add to the tape if they want to such as small pieces of colorful paper, popcorn kernels, beans and peas, yarn to snip pieces from, etc. When the children are finished, they can put another piece of the clear tape on the top of the "nature trailer." A string can be attached for hanging, streamers of ribbon, yarn, etc. can be attached to the bottom; they can be rolled up and wrapped as a very special gift. These "nature trailers" look so pretty hanging in a window with the sun shining through them.

2-E

Leaf Casts 3-E

You'll Need:

- Plaster of Paris
- Vaseline (petroleum jelly)
- A leaf from outside (your choice)
- A lid large enough to lay the leaf into and pour enough Plaster of Paris to cover the leaf (margarine tub lid, etc.)

Instructions:

Start by smearing the underside of the leaf with Vaseline. Do the same to the inside of your lid, covering the bottom and sides. Place the un-greased side of the leaf on the lid (this would be the topside of a leaf). Pour enough plaster over the leaf to fill the lid to its lip. After the plaster has hardened, gently remove it from the lid and peel away the leaf.

Note: You can make your leaf cast into a hanging cast by simply opening a paperclip and placing one end into the Plaster of Paris before it hardens. Avoid placing the opened paperclip too far into the plaster (you do not want it to poke through the face). If you like you can paint your leaf cast, but you must carefully wipe away of the petroleum jelly from your cast so the paint will stick to the plaster.

Pop-up Groundhog Puppet

Groundhog Day is celebrated on February 2nd of each year. According to American tradition, the groundhog leaves the hole where it has been hibernating to discover whether cold winter weather will continue. If the groundhog cannot see it's shadow, it remains above ground ending its hibernation, but if its shadow is visible, six more weeks of cold weather will ensure, and the animal returns to its burrow.

You'll Need:

- Paper cup (or Styrofoam cup)
- Craft stick (Popsicle stick)
- Brown construction paper
- Crayons, markers or paints
- Scissors and glue

Continued to the right4-E



Green Watch Zone

Go for a walk and take a bag along to pick up trash. Before you go back inside, pick a spot to keep your eye on throughout the year. This will be your *Green Watch Zone*. Today, take a look at the plants there. Do they have leaves right now? Can you see any little shoots poking up through the dirt? Any seeds or berries left from last year? If you watch this spot carefully, you'll be the first in your neighborhood to know when Spring (or the next season) arrives.

From: People for Puget Sound

9-E

Pop-up Groundhog Puppet (continued)

Instructions:

Cut a circle or oval from brown construction paper for the body. Cut a smaller circle out of brown paper for the head. Draw a mouth and eyes on the head or use packaged goggle eyes if you prefer. Cut two ears from brown construction paper and glue onto groundhog head. Glue the groundhog body and head to the craft stick, placing the head at the top of one end of the craft stick. Cut a small slit in the bottom of the cup. Decorate the cup to look like the grass/ground. Insert the bottom of the craft stick into the hole.

You now have an adorable pop-up groundhog puppet. Simply slide the craft stick up and down inside the cup. You can act out Phil the groundhog popping out of his hole in Punxsutawney, Pennsylvania.

<http://www.enchantedlearning.com>

Chopsticks and Bird Beaks

What do bird beaks and chopsticks have in common? They are part of a really fun demonstration on how birds eat.

You'll Need:

Chopsticks
Popsicle sticks
Different sized small objects, such as, spaghetti, rice, seeds, a cookie, Jell-O, etc.

Instructions:

First, try and use the chopsticks to pick up the small objects you chose. Describe what you could pick easily. What was more difficult to pick up? What could you not pick up with the chopsticks at all?

Now use the Popsicle sticks the same way. Describe what you could pick up easily. What was more difficult to pick up?

Continued to the right
5-E

Snowflakes and Sleet

Some snowflakes are larger than others are. Larger snowflakes actually fall more gently and slowly than sleet that weighs about the same, but seems smaller. Here's an experiment to compare the two.

You'll Need:

A sheet of construction paper
Scissors

Instructions:

Ask your group this question: Which falls faster, sleet or snow?

Cut your construction paper into about 30 squares exactly the same size. Separate the squares into two piles of 15 squares each

Continued to the right ...
6-E

Night Vision Experiment How much can you see in the dark?

You'll Need:

A bunch of different colored socks that have not been sorted
Light and dark colored shirts that belong to various members of your family

Instructions:

Once it is dark outside, go into a room and close the door. Close the blinds or shades so that only a little bit of light comes into the room. Turn out the lights. Look around the room. What can you see? How close do you have to get to something to see it? Is it easier to see objects that are closer to the window. Sort the socks in the dark. Make a pile of white ones and a pile for all the other colors. Ask a helper to stand on the other side of the room and hold up the shirts one at a time. Can you tell whom the shirt belongs to right away?

Continued to the right

Chopsticks and Bird Beaks (Continued)

What could you not pick up with the Popsicle sticks at all? Birds mainly use their mouths to feed. Some will use their feet to hold their food, but not all of them. Some can only use their beaks. The shape of their beaks will often determine what kind of foods they can eat. Did you notice the difference between using the chopsticks and the Popsicle sticks?

Think about what shape of beaks different kinds of birds have; ducks, hawks, flamingoes, and pelicans. Now, find out what kinds of foods these birds eat. Do you see a correlation between the shape of their beaks and what they eat?

Is there a difference in the shape between birds of prey and birds that only eat berries and other vegetation?

5-E (cont.)

Snowflakes and Sleet (Continued)

Leave one pile of squares as they are. These will represent your snowflakes. Crumble each of the 15 squares in the other pile into little balls. These will represent your sleet.

Stand up as tall as you can, or stand on a stool, step or deck. In one hand hold your "snowflakes." In your other hand hold your "sleet."

Now drop your "snowflakes" and "sleet" at the same time by quickly turning both your hands over at the same time

Which one hits the floor first? Why do you think this is?

NOTE: This experiment could be done as individuals allowing each child to have 15 snowflakes and 15 pieces of sleet or as a group dividing the snowflakes and sleet between all members.

6-E (cont.)

Night Vision Experiment (Continued)

Look around the room again. What can you see now?

Is it easier to see in the dark as time passes than it was when you first turned off the lights? What happens? You probably sorted some of the socks wrong because you couldn't really see the colors. It was probably very hard to see things, especially from far away. However, as time passed, your eyes adjusted and it probably got a little easier. Why? The human eye is not made to see very well in the dark. We really don't need to, since we are usually asleep at night. A lot of animals can see as well at night as we see during the day. They are nocturnal animals. These are usually animals that do there hunting or spend most of their waking hours at night. Nocturnal animals usually have very big eyes to let more light in.

8-E (cont.)

I See See (Un-Nature Trail)

This game introduces the concept of coloration, adaptation and enhances children's observational skill and visual awareness. It is to increase children's awareness about littering outdoors.

Find a trail where you can see the ground and there is not a lot of tall grass or thick shrubs. Place along the trail a dozen or so man-made objects, doing so before the children arrive so they don't know where the items have been placed. Some of them should stand out, like brightly colored balloons or florescent pink plastic bugs. Other items should blend with their surroundings, and therefore making it more difficult to pick out. Keep the number of objects you've placed a secret. (The object is to have the children look for objects that are foreign to the environment, so place your man-made items slightly hidden to the eye. You want the children to look for and notice that the object doesn't belong in nature).

Continued to the right . 

Nature Charades

Be a dandelion parachute, freely drifting. Or a tree; feel your highest branches swaying with the wind. Become a coyote pup running across a flower-covered meadow; become a bear in hibernating in its winter cave. Role-playing gets you into the moods, qualities and behavior of nature's life forms.

Choose an animal, plant, tree, river, mountain or any other subject and pretend you are it. Move your body and imagination to experience the existence, movements and feelings of the subject you have become. The more you can put your whole being into pretending, the more you'll take on the character and feelings of your subject.

Have the kids take turns becoming an item in nature. Try being a snake or a banana slug slithering along the ground. Or act out the life cycle of a tree. Become a moth turning in to a beautiful butterfly. Let the other kids try to guess what the nature item is. End the nature charades by talking about how they felt being that item. Was it hard to slither like a slug? How long did it take to get someplace? Was it easy to crawl out of a cocoon and fly away? Would you rather be a big animal or a small one? 11-F

Backyard Safari (Scavenger Hunt)

Make a list of things that you could find in the yard or park. Include flowers, berries, pinecones, seeds, rocks and bugs. Be specific about colors, shapes, sizes and descriptions (this leaf has needles or this leaf has five points). Give each member their own list so they can collect the items on their own. Make the list long enough that the members stay busy looking, but not so long that they become bored.

After everyone has found the items, gather together and talk about what items they found and where they found them. You could use the items to create a nature collage or some other nature craft.

Some other suggestions for your list could include: A feather, exactly 10 of something (grass blades, etc.) a thorn, three different kinds of seeds, something round, fuzzy or sharp, man-made litter, something straight, something beautiful.

You could include a picnic lunch for you fun backyard safari !

 13-E
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I See See (Un-Nature Trail) (Continued)

Have the kids walk the trail once the items have been placed. Send them out on the trail in intervals, so that each child can look on their own. They can write down the objects that they see that don't belong in nature or they can try and remember them. Tell them not to share the location of a man-made item with the other kids.

After everyone is through walking the trail and discovering the location of the items, tell them how many man made items you place on the trail. Have them name off all of the items they found. Did they find them all? Re-walk the trail and gather all of the items that you placed there.

End the walk by sitting down and have a snack while discussing the ways camouflage and coloration helps the animals. Discuss the importance of not littering, and the effect it has in nature. Were the man made items easy to see? Why is that so? Remember to remove any man-made items you have from your snack and place them in the garbage.

10-E (cont.)

What Animal Am I?

You'll Need: Pictures of different animals, one for each member of your group
Safety pins to pin on the animal pictures

Have the members stand in a line facing forward. Explain the rules of the activity before you begin: You are going to pin a different animal picture on every member's back. They are not to say what animal picture is on another member's back.

Pin a different animal picture on the back of each member. Don't show the pictures of the animals to the members. Remind the kids that they are not allowed to say the name of the animal.

The object of the activity is to ask questions of other members and try to guess the identity of the animal that is pinned on his or her back. Members can only answer yes or no to a question. They may not give out any clues only a yes or no answer. Allow enough time for members to try and figure what animal they have pinned to their back, then give members an opportunity to guess their animal.

12-E

Earth Day Recipe Earth Day - April 22

Mudpie Cookies

Ingredients:

2 c. sugar
2 tbsp. cocoa
½ c. milk
½ c. butter
½ c. peanut butter
2 c. oatmeal

Equipment:

Measuring cup
Medium mixing bowl
Medium pan to cook on stove
Measuring spoons
Waxed paper
Large spoon

Instructions:

Melt butter in the pan on top of the stove. Mix in the sugar and cocoa. Cook until mixture comes to a full boil and cook for two minutes, stirring the mixture the whole time to prevent burning. Remove from stove and add the rest of the ingredients. Mix thoroughly. Spoon on to wax paper and allow to cool. Voila! Now you can eat your mudpies.

Log Plant Life

Create a log. It can be a simple drugstore notebook or the youth can make and decorate a unique log. Look for specific types of plants throughout the year. Consider taking a field trip to the Washington Park Arboretum in Seattle. Details on location and other information can be found at <http://depts.washington.edu/uwbg/>

Some plants the arboretum suggest to look for are:

January: Heather, hellebore, holly, mahonia, sarcococca, witch hazel, the Winter Garden

February: Daphne, dogwood, chimonanthus, heather, hellebore, holly, rhododendron, sarcococca, witch hazel, the Winter Garden

March: Camellia, flowering cherry, corylopsis, daphne, forsythia, heather, hellebore, magnolia, rhododendron, witch hazel

14-E

Continued to the right .



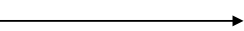
Bird Feeder

You'll Need: Cardboard toilet paper roll
Wax paper (approx. 8x8 inches minimum)
Peanut butter
Knife
Paper plate
Yarn or string
Bird food (recipe provided on other side)

Instructions:

Make a hole on one end of the toilet paper roll and across to the other side. Put the yarn through the hole in the toilet paper roll and lay it out on a piece of wax paper. Spread the peanut butter all around the outside of the toilet paper roll. Place the birdseed on the paper plate (recipe on other side). Roll toilet paper roll in birdseed. Tie knot in the yarn and hang from a branch of a tree. Watch it disappear!

Continued to the right . . . 16-E



Disappearing Bird Feeder

You'll Need: Stale bagel
Peanut butter
Solid vegetable shortening (Crisco)
Bird seed
Yarn or string

Instructions:

Tie a piece of yarn around the bagel for hanging. Mix peanut butter (creamy or chunky) with vegetable shortening. Make a mixture using the peanut butter and shortening. The mixture should be enough to completely coat the stale bagel. The completed mixture should contain about 2/3 peanut butter to 1/3 shortening (the vegetable shortening keeps the peanut butter from sticking to the bird's gullet). Roll in birdseed. There you have it. Hang bird feeder to any tree and watch it disappear.

15-E

Log Plant Life (Continued)

April: Azalea way, barberry, camellia, flowering cherry, halesia, maple, madrona, magonolia, rhododertron, serviceberry

May: Crab apple, dogwood, magnolia, mountain ash, rohododendron, red bud, serviceberry

June: Rock roses, brooms, Korean dogwood, rhododendrons, stewartia, styrax

July: Stewartia, eucryphia, hydrangeas, maackias

August: Eucryphas, hydrangea, sorrel trees, crabapples (fruit)

September: Franklini, Japanese maples, sorrel trees

October: Fall colors: Japanese maples, witch hazels, sourgums, sorrel trees, buckeyes, strawberry trees, mountain ash,

November: Hollies, callicarpa, mountain ash, viburnum

December: Sarcococca, hollies, the Winter Garden

14-E (cont.)

Bird Food (Continued)

You'll Need: 1 cup cornmeal
1 cup uncooked oatmeal
1 cup flour
1 cup wheat germ
1 cup raisins
1 cup powdered nonfat milk
½ cup vegetable shortening (Crisco)

Directions: Combine all the ingredients in a mixing bowl. Mix together. Lightly grease and flour a baking pan. Pour onto the baking pan all of the mixed ingredients. Bake at 350 degrees for about one hour. Let cool and then break into small pieces. Spread on bird feeder that you have made from the other side.

16-E (cont.)

Make a Plant Person

Make a funny "person" with a head of gorgeous green "hair". Your plant person can sit in a plastic lid/ bowl in your kitchen and you can watch his/her hair grow each day!

You'll Need: An old nylon stocking
Some soil
Two tablespoons of grass seed
Thumbtacks or whole cloves
Twist ties

Instructions: First, cut the food from the stocking and pour the grass seed into the toe. Add soil until the foot is full. Now tie the stocking tightly at the opening using the twist tie and place it on the plate with the twist-tie side down. Push in the thumbtacks or whole cloves to make eyes, nose and mouth. You may use fabric scraps or permanent ink markers instead. Soak you plant person with water and place in a sunny spot. Moisten it everyday. When the "hair" grows, you can cut it in funny haircuts with scissors!

From: <http://mailjust4me.com/play/earth1.htm>

17-E

Grow an Orange Tree

Grow your very own orange tree with the seeds from that orange you just ate for lunch. Save those seeds and let them dry for a few days.

Fill a small pot with rich, moist soil and plant your seeds in it. Now put a few craft or Popsicle sticks around the edge of the pot, securing with rubber bands. Then cover with plastic wrap to create a "greenhouse!" Make sure to put your pot in the sun and to keep the soil moist.

Soon, you'll see a stem poke through and eventually leaves will sprout! When your plant has leaves, remove the plastic wrap and your tree will continue to grow! Maybe someday, it will actually grow its own oranges.

From: <http://mailjust4me.com/play/earth1.htm>

18-E

[Type a quote from the document or the summary of an interesting point. You can position the text box anywhere in the document. Use the Text Box Tools tab to change the formatting of the pull quote text box.]

Recycling, Reusing America Recycles Day, November 15th

Recycling is when an object can be shredded, melted or processed and turned into something else. Aluminum cans can be melted down to make more cans, glass back to glass, paper to paper.

Reusing is when you find a use for an existing item, like decorating a bag to use as a gift bag or wrapping paper, decorating a can to hold pencils, etc.

The following are ideas to promote recycling or reusing:

Fire Starters: Fill an empty paper towel or toilet paper roll with dried leaves in the fall. Wrap it with newspaper, 4" longer than the roll, twist the ends of the paper to secure closed, then light the ends for easy lighting of fire. If you wrap them with decorative paper and put them in a basket, they make a nice accessory to a fireplace or to give as a gift.

Bubble Maker: Makes extra big bubbles. Mix one part dishwashing liquid to two parts water in a large tub or bucket. Stretch a wire hanger out to make a large hoop with a handle. Dip hanger into bubble stuff and wave gently in the air.

19-E

Trail to the Future

Clickety-Clackety Coin

Activities

Air Soccer

You'll need:

- 2 liter plastic soda bottle
- 1 quarter
- Water

1. Place the empty uncapped bottle in the freezer for 10 minutes.
2. Dip the coin in water.
3. Remove the bottle from the freezer and immediately place the wet coin on the top of the open bottle.
4. Wait and watch the coin move! As it moves, it will make a clickety-clackety noise.

Note: When removed from the freezer, the cold air inside the bottle expands and tries to rush out of the bottle. This airflow causes the coin to move.

1-F

Suitcase Race

You Need:

- Masking tape or string to mark a start
- Two suitcases or large bags
- One of each: pair of shoes, skirt, pants or shorts, shirt or blouse, sweater or jacket, hat, scarf/tie, any other pieces of clothing articles and accessories

INSTRUCTIONS:

Make a start line. Players make two teams and line up at the start. Place suitcases or bags about fifteen feet away.

The first player runs to the suitcase and quickly puts on over their clothes all the items in the suitcase. This player then runs back to the start line and begins removing all the clothes. The next person in line begins to put on all the clothes, then runs back to the suitcase and removes all the clothes, putting them back inside the suitcase. As soon she runs back to the line, the next person in line runs to suitcase to put on all of the clothes. Relay continues until all team members have put on and off all the clothes in the suitcase. First team done is the winner.

3-F

Catch a Rainbow

YOU NEED:

- Red, blue and yellow food color
- 1 cup milk
- Dish soap
- Shallow Bowl

INSTRUCTIONS:

- Pour 1 cup of milk into the bowl.
- Add 3 drops of red food color to one edge of the bowl, then 1/3 of the way around, add 3 drops of blue food color, do again 1/3 of the way around, add 3 drops of yellow food color.
- Do not mix or jiggle the bowl.
- Squeeze a drop of dish soap in the center of the bowl.
- Record what you see. What do you think happened?

What Happened: The dish soap does not mix with the milk. Instead it floats on top and spreads over the surface. As it spreads, it grabs the food color you dropped into it. Where the colors meet, they combine to form new colors.

5-F

You Need:

- Four or more players
- Masking tape
- Large waste can or bucket
- Six inflated balloons

INSTRUCTIONS:

Divide into two teams, evenly divided. In the playing area, place a large waste can at opposite ends of the room. These are the "goals." Each team is given six balloons. Each team is to take one balloon and race to the other end and drop the balloon in the "goal", race back and get a second balloon and do the same. The first team who completes this, wins the game.

2-F

Obstacle Course

You Need:

- Furniture
- Pillows
- Stuffed animals
- Large toy blocks, etc.

INSTRUCTIONS:

Set up an obstacle course around your house using chairs, pillows, tables, etc. Make up instructions such as, "walk around the chair three times, and then stack the pillows on top of each other" or "throw and catch the stuffed animal ten times." For younger children, set up three to four stations – you can even have an older child help them through each course. You can also have children help plan and set up the course.

4-F

Rising Arm

You Need:

- A friend
- A wall

Instructions:

- Have your friend lean on their arm against the wall for 30-60 seconds. You can also place both arms between the door opening. Pressure must be applied by the arm(s) in order to accomplish full affect.
- Then have them slowly step away from the wall.
- Their arm(s) should then rise on its own.

6-F

Firefly Tag

You'll Need: A flashlight for each member
A dark place to play (yard outdoors)

As you might know, male and female fireflies signal to each other with blinks of light. Each species of firefly uses a different pattern of flashes. Your club can play "tag" using the same trick.

Instructions: First, have everyone choose a partner and create a signal with their flashlights that they will use to identify themselves to each other— three short flashes and one long, two long ones and one short one, and so on. When it is dark outside, you will give everyone a minute to scatter to different parts of a yard (you should be away from street lights or any other existing light, it needs to be dark.) Then tell everyone that they should start "blinking" their lights and trying to match up with his or her partner. Continue until everyone has found his or her partner.

7-F

Paper Plate Songs

You'll Need: White paper plates
Crayons or markers

Instructions: Before passing out the paper plates, number them on the backside (number according to how many members there are). Give each member one paper plate. Have the crayons or markers available to use. Ask each member to draw a song, using no words, only pictures. Example: Row, Row, Your Boat - draw water, boats, oars, or Bah, Bah Black Sheep - draw black sheep with lots of wool. The members should not talk out loud while drawing, they could even sit away from each other so the other members cannot see what they are drawing. Tell them to use their imagination and choose a song that would be hard for someone else to guess.

After everyone is done drawing their song, collect the plates. Pass out pieces of paper and have the members number down the side of the paper the total number of plates that have collected (1-10, etc.) Hold up one paper plate at a time showing the number on the back first. Turn the plate around and show the picture. The members are to try to guess what song the drawing represents. At the end check the numbers on the back to see how many members guessed the correct answer.

9-F

Up the Stalk

You'll Need:
A glass of water
Fresh piece of celery with the leaves on it
Food coloring, your choice of color

Instructions: Cut off the bottom of the celery, but not too far up the stalk. Put two or more drops of food coloring in the water. Now the water is polluted. Put the celery in the polluted water and pretend it is a tree. Then wait for a little while. After a little while, go back and check the celery. You will notice that the "polluted" water has climbed up through the celery stalk.

What did you discover? When you "polluted" the water with the food coloring, the celery tried to drink the water, which made the water and the coloring come through the stalk. This shows that if we pollute the water, living things will be affected when they use the water in almost any way.

11-F

Faded Paper

It's hot and sunny. Grab some construction paper. put it in the direct sun with a few different shaped objects on each piece to try and for an interesting pattern. Items that could be used are a key, pencil, paperclip, etc. How long does it take to fade out? What else fades in the sun? The paper can then be used to create a card with a note to someone thanking them for something simple, such as: making lunch that day, doing the laundry, listening to me, have the kids make the thank you about an everyday occurrence that they appreciate.

8-F

Humdingers

Cut strips of paper, as many strips as there are members. On two strips of paper, write the name of a song (the same song on each strip) that you know the members will be able to hum a tune to. Continue to write the name of a song on the strips of paper, making sure that there are two strips with the same song on it. Example: For fourteen members, you would have fourteen strips of paper. You would have seven songs chosen and would write each of those seven songs twice.

Give each member a strip of paper. Players walk around the room humming the song that is written on their strip of paper. As one "humdinger" (member) hears another humming the same tune, they link arms. The search for a matching "humdinger" continues until all the players have found their matching song. Remember, no talking aloud, only humming.

Variations: To add to the confusion play music while the "humdingers" are searching. You could have them clap their hands or stomp their feet creating noise. With large groups, there could be more than two "humdingers" searching for their matching "humdinger" (you could have groups of three, four five or more.)

10-F

Slow Motion Relay

You Need:
Arms and legs
Tape or string to mark a start and finish line

INSTRUCTIONS:

Mark a racecourse in a large room. Mark a start and finish line. Create two teams. Each player about to race bends over and grabs their ankles. As players run the course, they must hold on to their legs at the ankles. Anyone who lets go while racing must run back to the beginning and start over.

The first team to cross the finish line wins.

12-F

Just for Fun Activities

Floating Ball

You'll need:

Drinking straw
Ping-Pong ball or a small Styrofoam ball from the craft store

1. Take the straw, hold it in your mouth and point it straight up.
2. Blow hard enough through the straw to make a good airflow stream.
3. Set the ball gently in the air stream. The ball should float in the air stream! Make sure you do not chase the ball and just let it float in the steady air stream. It won't go anywhere if you keep the straw pointed straight up and in one place.

Note: Whose ball stayed floating in the air stream the longest? Whose ball dropped to the ground first? Why does one ball stay afloat longer than the others do?

1-JF

Fun Facts

- If you wash dishes with the tap running you use 30 gallons of water. Try washing and rinsing in dishpans or the sink. You will save 25 gallons of water!
- If you brush your teeth with the tap running you use 5 gallons of water. If you wet your brush, and rinse briefly, you will use 1 gallon of water or less.
- Fingernails grow nearly 4 times faster than toenails.
- You blink over 10,000,000 times a year!
- An average person laughs about 15 times a day.
- The average person walks the equivalent of twice around the world in a lifetime.
- The vocabulary of the average person consists of 5,000 to 6,000 words.
- The word "racecar", "kayak", and "radar" are the same whether they are read left to right or right to left.
- No word in the English language rhymes with "month".
- While sleeping, one man in eight snores and one in ten grinds his teeth.

3-JF

Dancing Raisins

You Need:

Clear, carbonated soda water (Club Soda)
Clear drinking glass
Four to five raisins

Instructions:

- Pour clear carbonated soda water into clear glass.
- Drop four or five raisins into the glass.
- After about a minute, you will observe raisins moving up and down in the glass. Watch how the bubbles control the movements of the raisins!
- Watch and see whose raisins move up and down the longest.

5-JF

Move It

You Need:

A chair for each person, placed in a circle or straight line.

Instructions:

Have kids sit in a chair and explain that you're going to read some statements that may or may not be true of them. As you read each statement, kids for whom that statement is true must move one chair to the right, even if someone is already sitting there (No lap sitting. Share the space by sitting on corners of the chair). Read the suggested statements, and add more of your own, to get kids moving:

Statement: Move to the right one chair if.

- * you're wearing white socks
- * you're wearing sneakers
- * you have something in your hair
- * were late to school
- * brushed your teeth today
- * your favorite color is pink
- * forgot to do your homework

Continue until kids have moved around several times. Great before a meeting to settle kids down and prepare them to sit still.

2-JF

Lemon Writing

You Need:

- Lemon
- Bowl or cup
- Skewer stick or toothpick
- Iron
- Paper
- Adult help

Instructions:

- Cut the lemon and squeeze some lemon juice into the bowl or cup.
- Dip the stick into the juice and write whatever you'd like on the paper.
- Wait for the juice to dry.
- Iron the paper lightly and the lemon writing will appear.

4-JF

Rising Arm

You Need:

A friend
A wall

Instructions:

- Have your friend lean on their arm against the wall for 30-60 seconds. You can also place both arms between the door opening. Pressure must be applied by the arm(s) in order to accomplish full affect.
- Then have them slowly step away from the wall.
- Their arm(s) should then rise on their own.

6-JF

Fun Facts

- A woodpecker can peck twenty times a second.
- A zebra is white with black stripes, not black with white stripes.
- A cow gives nearly 200,000 glasses of milk in her lifetime.
- A cat uses whiskers to determine if a space is too small to squeeze through. The whiskers act as antennae, helping the animal to judge the precise width of any passage.
- A female lion does more than 90% of the hunting while the male simply prefers to rest!
- Dogs and cats, like humans, are either right or left-handed...or is that paws.
- A giraffe can clean its ears with its 21-inch tongue.
- A cat's jaws cannot move sideways.
- The highest kangaroo leap recorded is 10 feet and the longest is 42 feet.
- The world's smallest mammal is the bumblebee bat of Thailand, weighing less than a penny,

7-JF

Wint-o-Green Lifesavers

If you crunch down hard on a Wint-o-Green Lifesaver after dark, your friends will see blue sparks jumping around in your mouth. (Note: They ***MUST*** be Wint-o-green Lifesavers, as opposed to another brand name of candy...the sparks are made by an ingredient which is only found in Lifesaver brand.) This could be incorporated as part of a skit, or just as a silly thing for everyone to do at an evening sleepover.

From: <http://guidezone.e-guiding.com/bvfmagic.htm>

9-JF

Make a Kazoo

You'll Need:

- Paper tube roll such as toilet paper roll or a Paper towel roll cut in half
- Rubber band
- Waxed paper
- Pencil

Instructions: Cut a piece of waxed paper a few inches longer than the tube roll opening. With a rubber band, secure the waxed paper over one end of the tube. Use a pencil and punch a hole about one inch from the covered end. Hold the open end of the kazoo around the outside of your mouth and hum your favorite tune. Decorate your kazoo.

11-JF

Magic Powder

Use magic wishing powder to close a special campfire. Make a special container and pass it around the campfire circle. Everyone takes a small handful and holds it until everyone is ready. Make a wish, and on the count of 3, throw your powder into the fire. If there is magic present, you will see a sign.

Alternative: Give a ghost story teller or a helper the special container and have them toss in small amounts of the magic powder at key moments in the story.

The magic powder is just white granulated sugar or coffee creamer. Either creates beautiful sparks for just a few seconds. Make sure everyone is standing back from the fire.

From: <http://guidezone.e-guiding.com/bvfmagic.htm>

Spoon the Balloon

This is a game of gamesmanship. The players each have a spoon, and stand in a circle with about a meter between each of them. A balloon is placed on one spoon and is then tossed from spoon to spoon around the circle. The other players, without moving from their spots, do all they can, in the way of verbal discouragement, to make the receiving player lose concentration. The players who fail to catch the balloon on their spoons are out, and the others continue on until only one person is left to catch his/her balloon.

10-JF