Science is Fun!

Chia Pet

- Soil
- Sawdust (optional as a filler)
- Nylon – (knee highs are pretty cheap)
- Chia seed, wheat grass seed, regular grass seed, or any other herb seed
- String or rubber bands
- A little bowl for your creation to sit in

Cut nylon to size you would like your chia pet to be. Get nylon wet. Add seeds to toe area or where you would like “hair” to grow. Add plenty of seed so you have a lot of hair! Add 2 handfuls of dirt on top of seeded area. If you don’t have enough dirt, you can add sawdust to fill the rest of the nylon until you get desired size. Allow room for give so you can “design” your pet. Now you can create your pet into something other than a potato! You can make a head, caterpillar, or anything you want. You can use rubber bands or string to tie off different areas. Tie off the area you would like and then shaping afterwards is easy. Place your creation in a little bowl in an area where everyone can watch its hair grow. Refer to seed instructions on how to start growing. It took ours a week to start growing.

Ice Breaker Experiment

- Salt
- Water
- Little bowls or plates
- Mini toys or small objects
- Container – size depends on
- Ice cubes
- Optional: random tools or kitchen gadgets

Make an ice block in a large food storage container. Fill it with cold water and mini toys and/or objects (mini Lego men, pen top, crayon, a glow in the dark snake, money – some sink, some float, just stuff that is on hand!). Add lots of ice to speed up the process and then put it in the freezer. The ice helped keep the toys separated and at various levels. Ours froze in just over 1.5 hours.

While the big block is freezing try this experiment on a small piece of ice. Give everyone a small bowl with piece of ice. Then give everyone a little sugar to sprinkle on the ice to see what happens. Do the same with salt. What happens? With the salt the ice starts melting quickly.

Now it is time to pull out the big block of ice! Try to get the items out. Try plastic knives, forks, and anything else you can think of. Remember the previous experiment?

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**Simple Summer Recipes**

**Fruit Kebabs**
Cut and prepare a variety of fruit. Here are some great fruits you can include: pineapple, strawberries, blackberries, grapes, cantaloupe, bananas, apples, blueberries, raspberries, mandarin oranges, mangoes, kiwi, pears, or others! Cube cheese and make waffle triangles if you’d like to include these options as well. Then, let your children load up all their favorites onto skewers and enjoy!

**Fruit Pudding Pops**
For a quick, simple and refreshing summer treat, you’ll love these popsicles! Just combine 2 cups of milk, 1 package of pudding and 1 cup of vanilla ice cream. Mix in a chopped fruit, like strawberries. Stick in the freezer and add popsicle sticks after an hour and a half. Freezer four hours before you serve.

**S’mores at Home**
- **Grill**: Lay your S’mores on a sheet of aluminum foil and grill for 4-5 minutes.
- **Oven**: Bake at 350° for 4-6, then cover with your top graham cracker.
- **Microwave**: Cook on high heat for 15-20 seconds with just your cracker and chocolate layers. Add the marshmallow and cook another 8-10 seconds. Top with your remaining cracker.

**Ice Cream in a Bag**
Place a zipper baggie in a cup and wrap the bag around the mouth of the cup. Combine ½ cup of whole milk, 1 tbls sugar, and ½ tsp vanilla in the bag. Seal and tape shut with packing tape for a tight seal. Add 6 tbls rock salt or ice cream salt to a larger zipper bag. Place your smaller sealed bag inside the large bag and seal. Shake and squish for 10 minutes to mix. Rinse the outside of the ice cream bag to avoid adding any salt to your mixture. Add in a favorite mix-in like Oreos or fruit!

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Mr. Freeze Dice Game

Roll a dice and color-by-number!
1 - One body circle
2 - Hat or Scarf
3 - Eyes or Mouth
4 - One Button
5 - One Arm
6 - Nose or Snow

Dot to Dot Game

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**Circle Art**

- Crayons, markers or colored pencils
- Lots of circles
- Paper

Gather circles. Any shape or size will be perfect. Trace your circles on the paper. Circles can be put anywhere on the paper. Let them get creative. When tracing is finished, color in the circles. Create a variety of patterns when coloring, too. Enjoy your time coloring and be patient. Praise your work, because it will look awesome!

**Sponge Bombs**

- Sponges
- Rubberbands or hair ties
- Scissors

Cut your sponge short-wise into 7-8 approximately ½” wide strips. Wrap a rubberband around the center of all the sponges and then spread each sponge strip apart to make a bomb.

**Make A Monster**

- Scissors
- Glue
- Paper in a variety of shapes and colors

Pick a shape for the body and cut it from a large piece of paper. Make a variety of other shapes using your paper to create arms, legs, eyes, hair, mouth, nose and anything else you would like to create. Get creative and have fun!

**Homemade Watercolor Paint**

- Cornstarch and Water
- Food Coloring
- Containers
- Paintbrush, Mini sponges, or Qtips

Combine 1 part water and 1 part cornstarch. Stir together. I used a total of 1 T. water and 1 T. cornstarch. Divide up mixture into mini containers/cups. Add one drop of food coloring to each container. Paint your heart out! You may have to add a little water if you paint for a long time.

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Destination: Summer Fun!

Pick out your ten favorite activities from the options below and create your own summer fun destinations chart by filling in your train cars on the next page. Cut out and glue them one into each train car. Then, check each off as you complete them throughout the summer by coloring in your ticket, crossing it off, or mark it with a sticker.

Ride a Bike  Go on Hike  Climb a Tree  Activities Worksheet  Community Service  Blow Bubbles

Obstacle Course  Cloud Gazing  Water Balloons  Try a Recipe  Read a Book  Play Frisbee

Backyard Picnic  Blanket Fort  Puppet Show  Science Experiment  Play at the Park  Gaze at the Stars

Visit the Library  Complete a Puzzle  Feed the Ducks  Treasure Hunt  Complete a Project  Make a Movie

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Tell me your favorite summer activity...