MCM’S Activity Kit & Parent Guide

Included in your kit are the materials and information for the following activities:

1. Health Activity: The Importance of Sleep
2. Art Activity: Sculpt like Donatello?
3. STEM Activity: Seed Germination
4. Story Reading and Retelling: The Hare and the Tortoise
5. All About Me Activities

Instagram/Facebook Moment

We would like to see your finished products!

Please tag us on social media, @mschildsmuseum on Instagram and @MississippiChildrensMuseum on Facebook, using the hashtag #mcmathome.

You may also send us an email with any questions or ideas at programs@mcm.ms
Health Activity: The Importance of Sleep

The Lesson:

**How do you know if you’re getting enough sleep?** If you aren’t getting enough sleep, you will feel it in many ways besides just feeling tired. You may:

- find it harder to focus on tasks like school and homework.
- feel hungry when you really aren’t.
- feel frustrated or irritated more often?
- forget things more often.
- feel sad when you normally wouldn’t.
- have lower energy, like not wanting to go play outside.

**How do you fall asleep and get better sleep?**

- Be sure that you go to bed at the same time each night. It can be tempting to stay up later on some nights, especially on the weekends, but it’s important that we go to bed at the same time each night.
- Going to sleep at the same time each night isn’t the only important habit. We should also try to wake up at the same time every morning. If you have a hard time waking up, set an alarm and put it across the room so you have to get up when the alarm goes off!
- During the day, try to get outside and soak up some sun! We have something that we call our circadian rhythm. This is how our bodies know when to be awake or asleep. Being outside in the sun helps our bodies know when it is daytime and we should be awake, or when it is nighttime and we should be asleep.

**Creating a bedtime routine can help us fall asleep faster because we calm our minds and bodies.**

- Stop looking at screens an hour before bedtime. Screens on our devices, like phones, tablets, and TVs, trick our minds and make us think it’s actually daytime! This is because the blue light from our screens mimics sunlight. Turning these devices off before bed helps us calm our minds.
- Instead of looking at screens, try reading a book. Reading by softer light, like a lamp, helps calm our minds as well, getting us ready for sleep.
- Taking a warm bath or shower before bed relaxes our muscles.
- Listen to some soft music.
- Do some easy stretching to continue relaxing your muscles.

Set Up:

Gather supplies: pencil or crayons, paper.

The Activity:

- What kind of bedroom routine do you have? Keep a journal and write or draw the bedtime habits you have right now. Look at your habits. Are they good habits, or not so good habits?
- How can you change your bedtime routine to help you sleep better? Keep track of the changes you make and see what does or does not help you sleep better!
Art Activity: Sculpt like Donatello

Vocabulary:
• Renaissance: This means “rebirth” in French. During this time, there was a “rebirth” in interest in the arts. People also made scientific discoveries during this time.
• Stucco: A fine plaster that is used for coating wall surfaces or molding into decorations for buildings.

The Lesson:
• Donatello was born in Italy in 1386.
• He was a sculptor who worked in stone, bronze, wood, clay, wax, and stucco.
• He was a realist, which means that he made his sculptures look like real people.
• He worked during the Italian Renaissance.

Set Up:
Gather supplies: play-doh

The Activity:
• Donatello focused on making his sculptures look like real people. Choose someone in your family (or yourself!) and try to create a sculpture of them.
• What do you have to think about to make your sculpture look real?
• How tall is your subject?
• Do they have long hair or short hair?
• What kind of clothes do they usually wear?
• Use your clay to create your sculpture!

Want more?
Visit mschildrensmuseum.org/activities-you-can-do-at-home for downloadable activities. Be sure to take pictures or videos and tag #MCMAtHome
STEM Activity: Seed Germination

Vocabulary:
- **STEM**: Science, Technology, Engineering, and Math.
- **Germination**: The process of a plant growing from a seed.

The Lesson:
- Seeds and dried beans and peas contain dormant plants.
- These tiny plants need signals to make them “wake up” and emerge from the seed.
- Germination is the name for the processes the plant goes through in order to sprout from the seed and form leaves.
- Plants need special signals to germinate, including light, air, and water.
- Temperature can also play a role, which is why you don’t want to put your seed against a freezing cold window.
- When a plant first sprouts, it gets nutrients from the seed. You can see the seed shrinking as the plant grows.
- As a plant matures, it depends on its roots and leaves to collect the energy it needs.
- Once it reaches a certain size and uses up the nutrients in the seed, your window sprout will have to be transplanted into soil to survive.

Set Up:
Gather materials: paper towels, sandwich size ziploc bag, water, seeds.

The Activity:
1. Fold a paper towel so it will fit inside a sandwich size ziploc bag.
2. Soak the paper towel in water and slide into the bag.
3. Place the seeds near the bottom of the bag.
4. Seal the bag and lay near a window to make sure the seed gets all the sunlight it needs to grow.

Want more?
Find more STEM activity pages to experiment at home online at mschildrensmuseum.org/activities-you-can-do-at-home

Be sure to take pictures or videos and tag #MCMAtHome
Read the following story:

**THE HARE & THE TORTOISE**
from The Aesop for Children presented by the Library of Congress

A Hare was making fun of the Tortoise one day for being so slow. "Do you ever get anywhere?" he asked with a mocking laugh. "Yes," replied the Tortoise, "and I get there sooner than you think. I'll run you a race and prove it."

The Hare was much amused at the idea of running a race with the Tortoise, but for the fun of the thing he agreed. So the Fox, who had consented to act as judge, marked the distance and started the runners off.

The Hare was soon far out of sight, and to make the Tortoise feel very deeply how ridiculous it was for him to try a race with a Hare, he lay down beside the course to take a nap until the Tortoise should catch up.

The Tortoise meanwhile kept going slowly but steadily, and, after a time, passed the place where the Hare was sleeping. But the Hare slept on very peacefully; and when at last he did wake up, the Tortoise was near the goal. The Hare now ran his swiftest, but he could not overtake the Tortoise in time.

**Use Text Evidence:**
Under line the evidence with the color indicated on the crayon.
- Use **RED** to underline the sentence that shows why the Hare was so amused.
- Use **BLUE** to underline the sentence that shows why the Hare took a nap.
- Use **YELLOW** to underline the sentence that shows why the Tortoise won the race.
- Use **GREEN** to underline the word that is an antonym (opposite) for slowest.
- Use **ORANGE** to underline the sentence that BEST shows the theme of the story.

**The Lesson:**
- What is the lesson of The Hare & the Tortoise?
- Use text evidence and details from the story to explain the lesson.
- How are you alike/different from the Tortoise? How are you alike/different from the Hare? Write or draw what describes how you are alike or different from each character.
# Vocabulary Exercise

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<th>Vocabulary Word</th>
<th>Definition</th>
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All About Me

My name is: [blank]

My birthday is: [blank]

My favorite color is: [blank]

My favorite food is: [blank]

My favorite book is: [blank]

My television show is: [blank]
Things I Like About Me
**The A-Z of Me**

Directions:
Write a word or short phrase that describes you for each letter of the alphabet.

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All About Me Board Game

Set Up:
Gather supplies:
• Dice
• Objects to use as game pieces
• A friend or two
• The game board

Instructions:
• Roll the dice and move your game piece that number of squares.
• Read what is written in the square and share the answer to the question with your friends!
• The game can be played with 2-4 players.
• The first player to get to the finish wins!

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All About Me for Older Students

Draw yourself

Draw your interests

Name:

is age

and lives in

School:

Favorite Activities

Favorite Subjects
All About Me for Older Students

#Discover

All About Me

Draw yourself

Name:

Age:

Photo:

Draw your interests

Favorite Subjects

Favorite Activities
TALKING TO AND WITH CHILDREN FROM BIRTH IS ESSENTIAL TO LEARNING TO READ.

Human beings learn language at a very early age by listening to others speak and then practicing these words themselves. This “give and take” is fundamental to early literacy development and, specifically, learning to read. More children in Mississippi need to receive this oral stimulation early. TALK from the START! is a statewide campaign to raise awareness and boost the early language development of our youngest Mississippians.

ROCKY’S FAVORITE BOOKS FOR AGES BIRTH - 1 YEAR+

We’re Going on a Bear Hunt by Michael Rosen & Helen Oxbury
Ten Little Fingers and Ten Little Toes by Mem Fox
The Little Blue Truck by Alice Schertle
Where’s Spot? by Eric Hill
Please, Baby, Please by Spike Lee
The Runaway Bunny by Margaret Wise Brown
Brown Bear, Brown Bear by Bill Martin Jr. & Eric Carle
Moo, Baa, La La La! by Sandra Boynton
Good Night, Gorilla by Peggy Rathmann
Chicka Chicka Boom Boom by Bill Martin Jr. & John Archambault

ROCKY’S FAVORITE BOOKS FOR AGES 2-3 YEARS+

The Very Hungry Caterpillar by Eric Carle
Goodnight Moon by Margaret Wise Brown
It’s Ok to Be Different by Todd Parr
The Snowy Day by Ezra Jack Keats
Green Eggs and Ham by Dr. Seuss
Cars and Trucks and Things That Go by Richard Scarry
If You Give a Mouse a Cookie by Laura Joffe Numeroff
Frog and Toad by Arnold Lobel
The Mitten by Jan Brett
Llama Llama Red Pajama by Anna Dewdney

ROCKY’S FAVORITE BOOKS FOR AGES 4-5 YEARS+

Caps for Sale by Esphyr Slobodkina
Don’t Let the Pigeon Drive the Bus by Mo Willems
Alexander and the Terrible, Horrible, No Good, Very Bad Day by Judith Viorst
Stellaluna by Janell Cannon
The Gruffalo by Julia Donaldson
Curious George by H.A. & Margaret Rey
The Little Engine That Could by Watty Piper
Where the Wild Things Are by Maurice Sendak
Chrysanthemum by Kevin Henkes
The Maggie B. by Irene Haas
ROCKY’S FAVORITE BOOKS FOR FIRST GRADE
Strega Nona by Tomi dePaola
Mae Among the Stars by Roda Ahmen & Stasia Burrington
Giraffes Can’t Dance by Giles Andreae & Guy Parker-Rees
At the Same Moment Around the World by Clotilde Perrin
One Grain of Rice by Demi
Cloudy with a Chance of Meatballs by Judi Barrett & Ronald Barrett
Thunder Cakes by Patricia Polacco
Tar Beach by Faith Ringold
Hil Fly Guy by Tedd Arnold
The Big Honey Hunt by Stan & Jan Berenstain

ROCKY’S FAVORITE BOOKS FOR SECOND GRADE
Flat Stanley by Jeff Brown
Duck for President by Doreen Cronin & Betsy Lewin
Mercy Watson by Kate DiCamillo
Dog Man by Dav Pilkey
Martin’s Big Words: The Life of Dr. Martin Luther King, Jr. by Doreen Rappaport
Dinosaurs Before Dark by Mary Pope Osborne
Moses Goes to a Concert by Isaac Millman
Rosie Revere, Engineer by Andrea Beaty
Jumanji by Chris Van Allsburg
My Father’s Dragon by Ruth Stiles Gannett & Ruth Crisman Gannett

ROCKY’S FAVORITE BOOKS FOR THIRD GRADE
Cam Jansen and the Mystery of the Babe Ruth Baseball by David Adler
The Paperboy by Dav Pilkey
Sideways Stories from Wayside School by Louis Sachar
The Magic School Bus Inside Ralphie by Beth Nadler
Tales of a Fourth Grade Nothing by Judy Blume
Harry Potter and the Sorcerer’s Stone by J.K. Rowling
The One and Only Ivan by Katherine Applegate
Charlotte’s Web by EB White
Stargazers by Gail Gibbons
The Boxcar Children by Gertrude Chandler Warner

FOUNDING PARTNERS

The mission of MCM is to provide unparalleled experiences that ignite a thirst for discovery, knowledge, and learning in all children. The museum accomplishes this mission through hands-on and engaging exhibits and programs focusing on literacy, the arts, science, health and nutrition—the keys to helping our children mature into healthy and productive adult learners.

WWW.MSCHILDRENSMUSEUM.ORG

The Barksdale Reading Institute works to improve the overall quality of public education in Mississippi through strategic literacy initiatives and providing professional development to teachers and administrators.

BRI was founded in 2000 by Jim and Sally Barksdale, who, after researching the state of education in America, became convinced that reading is the most fundamental skill that every child must master in order to become successful.

WWW.MSREADS.ORG