



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

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Story Reading and Retelling

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.

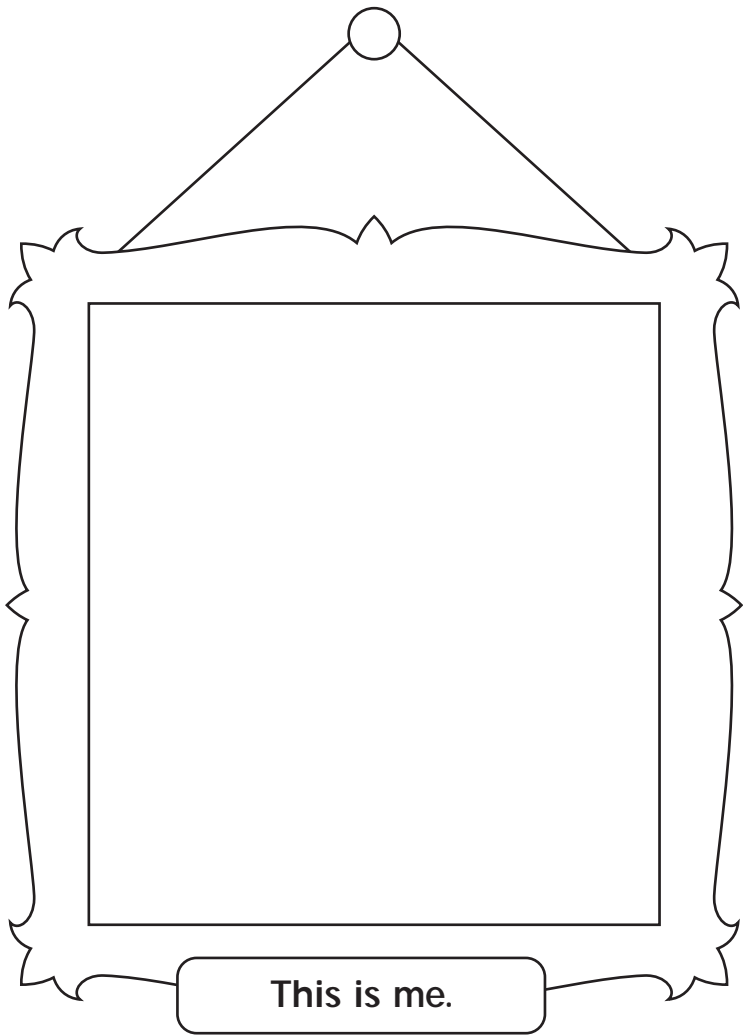
The Lesson:

- 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.

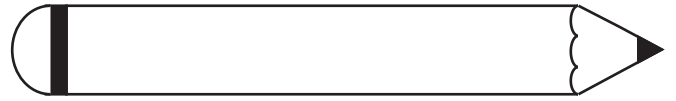
Vocabulary Exercise

Vocabulary Word	Def nition What does word mean?	Illustration Draw the meaning of the word?
mocking		
ridiculous		
consented		
swiftest		
amused		
course		
steadily		
overtake		

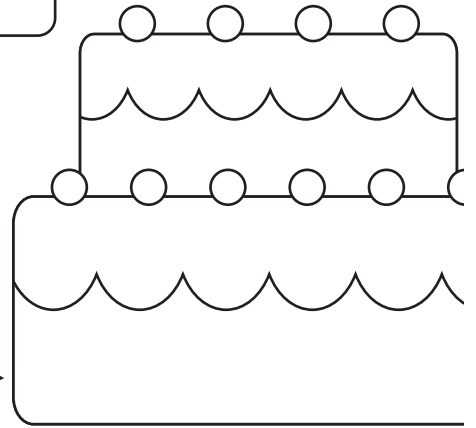
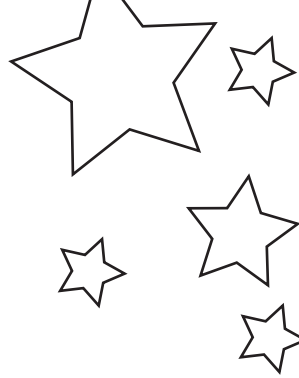
All About Me



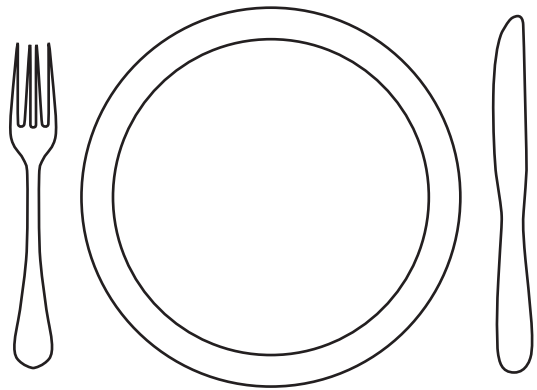
My name is:



My birthday is:



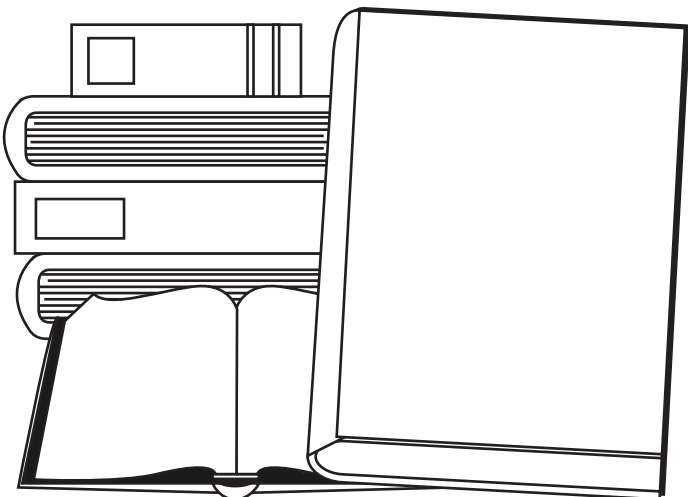
My favorite food is:



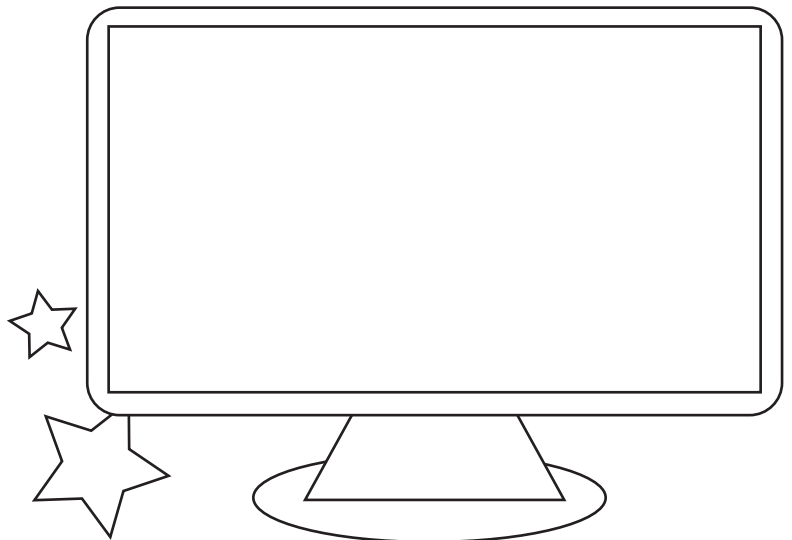
My favorite color is:



My favorite book is:



My television show is:



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.

Name: _____

A _____

N _____

B _____

O _____

C _____

P _____

D _____

Q _____

E _____

R _____

F _____

S _____

G _____

T _____

H _____

U _____

I _____

V _____

J _____

W _____

K _____

X _____

L _____

Y _____

M _____

Z _____

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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

Todo sobre mí

favorite day of the week
día de la semana favorito

someone I love
alguien a quien amo

favorite book
libro favorito



favorite sport
deporte favorito

something that makes me happy
algo que me hace feliz

something I do to stay healthy
algo que hago para estar sano

something that makes me angry
algo que me enfada

favorite film
película favorita

something I know about dogs
algo que se sabe sobre perros

something I would like to learn
algo que me gustaría aprender

something I am good at
algo que hago bien

Start
Comienzo

favorite season
estación favorita

favorite pizza
pizza favorita



I am proud of
algo de que estoy orgulloso

favorite TV show
programa de televisión favorito

favorite relative
pariente favorito

something new I would like to try
algo nuevo que me gustaría probar

something that makes me sad
algo que me hace triste

favorite color
color favorito

favorite fruit
fruta favorita

something that makes me nervous
algo que me pone nervioso

favorite ice cream flavor
sabor de helado favorito


favorite vacation
vacaciones favoritas

favorite animal
animal favorito

favorite vacation
vacaciones favoritas

favorite type of cake
tipo de pastel favorito

favorite song
canción favorita



something I know about elephants
algo que se sabe sobre elefantes

favorite hobby
pasatiempo favorito

favorite vegetable
vegetal favorito

favorite thing to do in summer
cosa favorita para hacer en el verano

something I like about school
algo que me gusta del colegio

favorite snack
merienda favorita

someone I like to spend time with
alguien con quien me gusta pasar el tiempo

something I know about penguins
algo que sé sobre pingüinos

Finish
Fin

favorite number
número favorito





All About Me for Older Students

All About Me









All About Me for Older Students

All About Me



Home Profile

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
