MCM’S Activity Kit & Parent Guide

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

1. Health Activity: Weekly Fitness Challenge!
2. Art Activity: Make Your Own Papel Picado
3. STEM Activity: Floating Ball Machine
4. Reading Activities
5. Family Tree Activity

What’s in your kit?

• Lessons and instructions for STEM, Literacy, Health and Art activities
• Tissue Paper and Yarn for Art
• Straw, cardstock, and foil for STEM Activity
• MCM’s COVID-19 Special Edition Playbook
• Dinosaur or Rock Fossil Excavation Kit

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: Weekly Fitness Challenge!

The Lesson:
Strengthen health, body awareness and spatial awareness; Improve endurance, and flexibility; Improve large and small motor skill development.

Set Up:
Gather supplies: tape, balls (if you don’t have a ball, try a balled up piece of paper or tin foil!), Something to balance: a small book, a stuffed animal, etc. (try a clean, balled up pair of socks if you want to be really silly!)

The Activity:
• Children should have a minimum of 20–30 minutes of structured physical activity a day
• Follow this chart for each day of the week:

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>Balls (or balled up paper or tin foil)</td>
<td>Something to balance: small book, stuffed animal, etc.</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td>N/A</td>
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</table>

Warm-Up

<table>
<thead>
<tr>
<th>Sunday</th>
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<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arms up run in place then stop</td>
<td>Stand up, touch toes, reach to the sky, back to sitting position</td>
<td>Stand tall with legs apart &amp; arms stretched</td>
<td>Tippy toe walks</td>
<td>Skip around in a circle holding hands with children</td>
<td>Stretch arms to the side while bending knees</td>
<td>Sit on knees &amp; twist body from side to side</td>
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</tbody>
</table>

Locomotion

<table>
<thead>
<tr>
<th>Sunday</th>
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<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lay on stomach while doing a swimming motion</td>
<td>Crouch walks</td>
<td>Jumping forwards &amp; then backwards</td>
<td>High Knees</td>
<td>High Jumps</td>
<td>Running in a circle</td>
<td>Leaning Backwards &amp; then forwards</td>
</tr>
</tbody>
</table>

Balancing

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
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<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Moving up &amp; down while standing in place</td>
<td>Frog Jumps</td>
<td>Rocking side to side</td>
<td>Balance an object on various parts of the body</td>
<td>Lift opposite arms &amp; legs</td>
<td>Sitting on knees</td>
<td>Rise up slow from a squat and jump</td>
</tr>
</tbody>
</table>

Coordination Activities

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
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<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Turning while moving arms up and down</td>
<td>Jumping over a tape line</td>
<td>Kicking a ball</td>
<td>Hopping on one foot</td>
<td>Jumping Jacks</td>
<td>Jump into a star shape</td>
<td>Jump with hands together in the air</td>
</tr>
</tbody>
</table>

Cool Down

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Waving both hands</td>
<td>Hand claps</td>
<td>Lie on back while lifting legs</td>
<td>Breathe in and out</td>
<td>Cross legs &amp; touch toe</td>
<td>Sit on bottom with legs stretched out &amp; touch toes</td>
<td>Arms in the air then reach towards the floor</td>
</tr>
</tbody>
</table>
Art Activity: Make Your Own Papel Picado

Vocabulary:
- **Papel Picado**: Traditional Mexican craft that features colorful paper sheets with intricate cut-out details. It was made by stacking many sheets of paper and using chisels to cut the designs.

The Lesson:
- Papel picados arose from early Mexico. It was here that the Aztec people first chiseled spirit figures into a bark. It is similar to Chinese paper cutting which originated in China during the sixth century called “jianzhi” or (cut paper). The two paper cutting crafts are not the same, as the Chinese version is cut with scissors or knives, and the Mexican art form is cut using chisels. Near the middle of the nineteenth century, Mexican people were forced to buy products from Hacienda stores which was where they were introduced to tissue paper.

Set Up: Gather supplies: colored tissue paper, scissors, marker, yarn, tape

The Activity:
- Fold a piece of tissue paper (lengthwise) in half and then in half again. Make sure only one side consists only of folds.
- Fold the long-folded sheet in half.
- Mark a dot in the corner that is made up of folds (this will help you recognize where not to cut. This activity is just like cutting a snowflake.
- Cut shapes along all four sides avoiding where the dot is.
- To cut a shape from the middle of the rectangle, fold the paper in half again and cut a shape into the fold.
- Then unfold carefully and tape the tissue paper to a long string of yarn.

Visit mschildrensmuseum.org/activities-you-can-do-at-home for downloadable activities.
STEM Activity: Floating Ball Machine

The Lesson:
- Did you know that you can direct air flow in order to make an object hover in mid air?

Set Up:
Gather materials:
- Bendy straw
- Paper
- Scissors
- Pen or pencil
- Tape
- Ping Pong ball or ball made of foil

The Activity:
1. Trace a circle onto your piece of paper. Use a bowl to trace a perfect circle!
2. Cut out the circle and make a cut stopping at the center of the circle.
3. Form a funnel shape with your paper and secure it with tape.
4. Cut a small hole out of the bottom of the funnel.
5. Insert the short end of the straw. Secure the straw into place with tape.
6. Insure there are no holes in the straw, funnel, or where the two connect. Fill any holes with tape.
7. Place your ball in the funnel and blow through the straw. The straw directs the airflow into the funnel. The blast of air the ball to hover!

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
Early Elementary Reading Activity

Read:
  • Read the following pages about families from twinkl.com.

Activity:
  • Discuss each picture with your child.
  • Find the sheets with family member puppet cutouts.
  • Early childhood students will love role-playing with these colorful family stick puppets. These stick puppets are a great way for students to explore family diversity. Cut out each figure and adhere to a craft stick to create a hands-on activity.

Want more?
Find more LITERACY activity pages
at mschildrensmuseum.org/activities-you-can-do-at-home

Be sure to take pictures or videos and tag #MCMAtHome
Families

This is a mother.

This is a father.

This is a brother.
This is a sister.

This is a grandmother.

This is a grandfather.

This is a family.
family member puppets
family member puppets
Upper Elementary Reading Activity

Before Reading:
• Ask the child: Who are the people in your family?
• Find the pages with the Families story from Reading A-Z.
• Show the child the pictures on the front and back covers of the book.
• Read the title together. Ask: Who do you think these family members might be?
• Without reading the book, look at the pictures and the accompanying diagrams to determine which family members are in the pictures.

During Reading:
• Sit next to the child and read the book to the child. Have the child follow each word with his/her finger. Next read the book aloud and have the child read along with you. Finally, ask the child to read the book aloud by himself/herself. If the child reads a word that doesn’t make sense, ask: Did what you read make sense? Have the child try to sound out any words he/she doesn’t know. Ask: What sound does this word start with? What vowel sound is in the middle of the word? What word makes sense here? If the child still cannot work out the word, tell him/her the word. Ask the child to reread the sentence with the word and then continue reading the book.

After Reading:
• Ask the child to retell the book. Prompt with questions such as: What were some of the family members described in the book? If the child cannot answer, help him/her find the answer in the book.
• Guide the child to create a family tree, wither using his/her family or a made-up family. Have the child use the book as a model.
• Ask: What do you think the author wanted you to learn from reading the book?
• Ask the child to draw a picture of someone in his/her family inside the back cover of the book. Ask the child to write a sentence about the picture.

Want more? Find more LITERACY activity pages at mschildrensmuseum.org/activities-you-can-do-at-home

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Families

Writing
Write a letter to Mark telling him what you learned about his family.

Math
Make a graph showing how many boys, girls, men, and women from Mark’s family will be at the lake. How many are in each group? Discuss your findings with a partner.
Written by Keith and Sarah Kortemartin

www.readinga-z.com

Focus Question

Who is in Mark’s family?

Words to Know

half sister  son-in-law
members  stepchildren
siblings  stepfather

Photo Credits:

Correlation

LEVEL I

Fountas & Pinnell 1
Reading Recovery 15-16
DRA 16

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www.readinga-z.com
This is Mark. Every summer, he spends a week at the lake with his family. Let’s meet some of his family members.

Mark always goes to the lake with his mom and dad and his sister, Anna. Mark is his parents’ son, and Anna is their daughter.
At the lake, Mark will also see his mom’s parents. They are his grandparents. He calls them Grandma and Grandpa.

Mark’s mom is their daughter, and his father is their son-in-law. Mark is their grandson, and Anna is their granddaughter.
Mark’s grandparents had parents, too. They are his great-grandparents. Mark only met one of them. The others passed away before he was born.

Mark’s mom has two siblings who will be there. Her brother is Mark’s uncle. Her sister is Mark’s aunt. That makes Mark their nephew and Anna their niece.
Mark’s other uncle will be there, too. He is Mark’s dad’s brother. He married a few years ago, and his wife is Mark’s aunt.

Mark’s aunt has been married more than once. She is also a mom. She has three kids from her first marriage.
He and his new wife had a baby this year. She is a half sister to the other children.

They are her new husband's stepchildren. He is their stepfather.
Mark and his family had a great time at the lake. They can’t wait to go back next year. What types of things do you do with your family?

All of Mark’s aunts’ and uncles’ children are his cousins. Anna and Mark are their cousins, too.
Different Kinds of Families

Families can range from very big to very small. Some people live in the same house with their parents and grandparents, or with their aunts, uncles, and cousins. Some children live with only one parent, or with no parents at all. Children can live with their grandparents or other relatives, too. Other families don’t have any children. What kinds of families do you know?

Glossary

half sister (n.) a sister who is related through only one parent instead of two (p. 12)

members (n.) those who belong to a group (p. 3)

siblings (n.) brothers or sisters (p. 8)

son-in-law (n.) a man who is married to one’s daughter or son (p. 6)

stepchildren (n.) children of one’s husband or wife from a previous marriage or relationship (p. 11)

stepfather (n.) a man who has married a child’s mother but who is not the child’s birth father (p. 11)
Upper Elementary Reading Activity

Create a family tree using your family or a made-up family. Use the story as a guide.
# Upper Elementary Vocabulary Game

**The Game:**
- After reading the story, play this game to practice the words you have read.

**Set Up:** cards, game board, scissors, a partner to play with.

**The Activity:**
- Cut out the cards below and place them in a stack.
- Draw a card and read the word.
- If you read that word correctly, move along the game board the number of spaces indicated on the card.
- Place that card at the bottom of the stack.
- Now it’s your partner’s turn to draw a card.

<table>
<thead>
<tr>
<th>family</th>
<th>aunt</th>
<th>uncle</th>
<th>mother</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>3</td>
<td>3</td>
<td>1</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>father</th>
<th>sister</th>
<th>brother</th>
<th>grandfather</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>2</td>
<td>4</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>grandmother</th>
<th>wife</th>
<th>husband</th>
<th>children</th>
</tr>
</thead>
<tbody>
<tr>
<td>4</td>
<td>5</td>
<td>5</td>
<td>2</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>parents</th>
<th>stepbrother</th>
<th>half-sister</th>
<th>cousin</th>
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</thead>
<tbody>
<tr>
<td>4</td>
<td>3</td>
<td>3</td>
<td>5</td>
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</tbody>
</table>
Family Tree Activity

Cut out the leaves, fill them out, and glue them on the tree to create your very own family tree.

Name:  
Age:  
Relationship to me:  

Name:  
Age:  
Relationship to me:  

Name:  
Age:  
Relationship to me:  

Name:  
Age:  
Relationship to me:  

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Relationship to me:  

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Name:  
Age:  
Relationship to me:  

Name:  
Age:  
Relationship to me:
My Family

- mom
- dad
- son
- daughter
- sister
- brother
- aunt
- uncle
- cousin
- cousin
- nephew
- niece
- grandma
- grandpa
- stepdad
- stepmom
- baby
- parents
- grandchildren
- family