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: Frida Kahlo
3. STEM Activity: Making a Stethoscope
4. Writing Prompts
5. Crossword Puzzles

What’s in your kit?

• Lessons and instructions for STEM, Literacy, Health and Art activities
• Yoga Cards
• Ball
• Cardstock
• Popsicle Sticks
• Yarn

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:
For the next two weeks, we challenge you to work out at home!

Set Up:
Gather supplies: Yoga cards, balls (if you don't have a ball, try a balled up piece of paper or tin foil!), parachute (this can be substituted with any material; try a blanket or a large towel!), 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:
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><strong>Materials!</strong></td>
<td><strong>Materials!</strong></td>
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<td><strong>Materials!</strong></td>
<td><strong>Materials!</strong></td>
</tr>
<tr>
<td>Yoga Cards!</td>
<td>N/A!</td>
<td>N/A!</td>
<td>Parachute!</td>
<td>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)</td>
<td>Yoga Cards!</td>
<td>Balls!</td>
</tr>
<tr>
<td>Balls!</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Yoga Cards!</td>
<td></td>
</tr>
</tbody>
</table>

**Warm Up!**
- Wiggle body and stop!
- Warm Up!
- Warm Up!
- Warm Up!
- Warm Up!
- Warm Up!
- Warm Up!
- Warm Up!

**Locomotion!**
- Walking forwards and backwards!
- Tiptoeing/walking/jumping/running! / /
- Skipping/Galloping/Hopping!
- High Knees.
- Walking on hands and feet together!
- Bopping up and down!

**Balancing!**
- Moving up and down on the spot!
- Balancing on feet, jumping and landing on feet!
- Standing on one foot!
- Balance an object on various parts of the body.
- On hands and feet (crabwalk)!
- Bounce and catch balls!

**Coordination Activities!**
- Crossing over your arms and legs!
- Moving up and down pretending to open an umbrella!
- Frog jumps landing on both feet!
- Working as a team to keep ball in a parachute!
- Hopping on one foot!
- Skipping and flapping arms!
- Clap hands and tap toes at the same time!

**Cool Down!**
- Cool Down!
- Cool Down!
- Cool Down!
- Cool Down!
- Cool Down!
- Cool Down!
- Cool Down!

**Yoga Relaxation Pose!**
- Breathing in and breathing out!
- Sitting on bottom, legs stretched out, stretch to your toes!
- Arms in the air and then reach down to the floor!
- Breathe in and out
- Yoga Mountain Pose!
- Yoga Bird Pose!

**Objectives and Developments:** Strengthen health, body awareness and spatial awareness; Improve endurance, and flexibility; Improve large and small motor skill development.

Note: Children should have a minimum of 20 –30 minutes of structured physical activity a day!
Art Activity: Frida Kahlo

Vocabulary:

• **Polio**: A disease that was common during Frida Kahlo’s time. It could leave the infected person paralyzed. However, there have been no cases of polio in the United States since 1979. That’s 41 years!
• **Self-portrait**: A painting or drawing that the artist makes of him or herself.
• **Surreal**: Surrealism was an art and cultural movement that began in 1920. The artwork often made little sense because it was trying to depict a dream or random thoughts.

The Lesson:

Frida Kahlo was a Mexican painter. She was born July 6, 1907 and died July 13, 1954. At the age of six years old, she contracted polio, which left her disabled. She was studying medicine, and planned to become a doctor, but after a traffic accident when she was 18, Frida Kahlo gave up medicine and began painting. Many of her paintings are self-portraits, although she also created some surreal paintings. She was very influenced by native Mexican culture. Out of her 143 paintings, 55 are self-portraits.

Set Up: Gather supplies: cardstock, popsicle sticks, glue, yarn, markers or crayons

The Activity:

• Start by making your popsicle stick frame. Use yarn to wrap your popsicle sticks. You can use just one strand of yarn and make your frame one color or overlap the yarn and make it several colors! Tie or glue one end of the yarn before you start to wrap it, so it stays on. Be sure you leave a little bit of wood exposed on each end of your popsicle stick.
• After you're done wrapping the sticks, carefully glue them together to make a square frame.
• Next, take your cardstock and art materials and sit in front of a mirror. Look closely at your reflection and try to draw a self-portrait. Pay close attention to your features. What does your hair look like? What shape are your eyes and nose? Is your chin rounded or more pointy?
• After you finish your self-portrait, glue it inside your frame and hang it up somewhere in your house!

Visit mschildrensmuseum.org/activities-you-can-do-at-home for downloadable activities.
STEM Activity: Making a Stethoscope

Vocabulary:
Stethoscope: A stethoscope is a medical tool for listening to someone’s heartbeat.

Set Up:
Gather materials:
- Paper Towel Tube
- Two Funnels
- Tape
- Markers and Stickers (optional)

The Activity:
1. Take one funnel and place the narrow end into the paper towel tube as far as it will go. Tape the funnel into place where the funnel and the tube meet.
2. Take the other funnel and place it into the opposite end of your paper towel tube and tape it into place. Now you should have a funnel with the wider part sticking out on both sides of your paper towel tube. Make sure there are no gaps between the funnels and the tube.
3. Decorate! Use stickers and markers to personalize your stethoscope.

How to Use Your Stethoscope:
In order to use your stethoscope, you’ll need to find a friend or a nice pet. Place one end of your stethoscope over your friend’s heart and put your ear to the other end! If you listen closely, you should be able to hear your friend’s heartbeat!

How to Your Stethoscope Works:
Your stethoscope is an ACOUSTIC stethoscope. Acoustic relates to sound and hearing. The funnel that you place against your friend or family member’s chest amplifies the sounds, making them louder. Sounds travel as waves in the air, so the tube directs the sound waves made by your heart into your ear!

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
Activities to Try with Your Stethoscope

MEASURE YOUR FAMILIES’ HEARTBEATS:
• Try counting the number of heartbeats members of your family have within ten seconds.
• Have your family member count to ten in their head while you count the heartbeats you hear.
• The number of beats you hear in ten seconds is that person’s HEART RATE. For example, if you count 11 heart beats in ten seconds, that person’s heart rate is 11 beats for every 10 seconds.

COMPARE RESTING AND ACTIVE HEART RATES:
• Our heart rates change based on what our bodies are doing.
• To see what that changes and sounds like, measure the heart rate of a person standing or sitting still and write it down.
• Now, ask that person to run or jump for thirty seconds.
• Measure their heart rate again immediately afterward.
• What happened to that person’s heart rate?
• How long does it take for that person’s heart rate to return to normal?

MEASURE A PET’S HEARTBEAT:
• Even pets have heartbeats!
• If your pet is okay with it, you can listen to their heart and figure out their heart rate.
• How is their heart rate different from your family members’?
• Does their heart rate increase after playing fetch or tug-of-war?

Be sure to take pictures or videos and tag #MCMAtHome
Memorial Day Writing Prompts

Includes: Graphic Organizers and Editing Checklists

Planning the Prompt!

- In honor of Memorial Day, think about gratitude you have for soldiers that served in the military.
- On the organizer below, list 3 reasons you are thankful for these soldiers. This will help your writing on the next few pages.

<table>
<thead>
<tr>
<th>REASON #1</th>
</tr>
</thead>
<tbody>
<tr>
<td>REASON #2</td>
</tr>
<tr>
<td>REASON #3</td>
</tr>
</tbody>
</table>

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
In honor of Memorial Day, think about gratitude you have for soldiers that served in the military.

Write about 3 reasons you are thankful for these soldiers. Explain exactly WHY you are thankful. Use details to support each reason.
Memorial Day Writing Prompt Checklist

**Paragraph**
- [ ] I indented the first line of the paragraph with 2 finger spaces.

**Capitals**
- [ ] Is there a capital letter at the beginning of all sentences?
- [ ] Is there a capital letter at the beginning of specific people, places, or things (Proper Nouns)?
- [ ] Did I fix any words that were not suppose to start with a capital letter?

**Punctuation**
- [ ] Is there an ending mark at the end of each sentence?
- [ ] Are there any sentences that RUN-ON for too long?
- [ ] Are there any sentence fragments (Incomplete Sentences)?
Memorial Day Crossword Puzzle

Memorial Day

flag
parade
Army
Navy
wreath
bravery

service
honor
Air Force
poppy
Memorial Day
Marines

Armed Forces
war
remembrance
United States
Monday
sacrifice
Memorial Day Missing Words

Word Bank

<table>
<thead>
<tr>
<th>known</th>
<th>lives</th>
<th>honor</th>
</tr>
</thead>
<tbody>
<tr>
<td>veteran</td>
<td>brave</td>
<td>country</td>
</tr>
</tbody>
</table>

1. Soldiers fight to protect our ____ ____ ____ ____ ____ ____.
2. On Memorial Day we ____ ____ ____ ____ ____ those who died.
3. These men and women are very ____ ____ ____ ____ ____.
4. A person who used to fight as a soldier is called ____ ____ ____ ____ ____ ____.
5. Memorial Day was originally ____ ____ ____ ____ ____ as Decoration Day.

Use the letters in the circles above to complete the sentence below.

For their service, we all give ____ ____ ____ ____ ____ ____!