MISSISSIPPI CHILDREN'S MUSEUM AT HOME

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: How to Draw a 3D Handprint
3. STEM Activity: The Unpoppable Bubble

What's in your kit?

- copy paper (5 sheets)
- 2 tablespoons of glycerin (in condiment cup, in baggie)
- pipe cleaners (to make bubble wand)
- cotton glove (1)
- paper circles (5)
- 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: balls, tape, Yoga cards, Hula Hoop

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:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Materials						
N/A	N/A	N/A	Balls	Tape	Balls Yoga cards	Hula Hoop
Warm-Up						
Jump Jacks	Arm Circles	Lunges on each leg	Head, shoulders, knees, and toes	Arm stretched high in the air while standing on tippy toes	Stand up tall and twist arms from side to side	Sit on bottom with legs stretched and touch toes
Locomotion						
Bear Crawls	Bunny hops into a fast walk	Skips into a light jog	Jog while kicking bottom with each step	Down on all fours to walk backwards	Giant leaps into the air with arms held high	One legged hops
Balancing						
Indoor Hopscotch	Stand on one leg with opposite arm pointed up	Heel walks	Stand tall and bounce on toes	Tight rope across taped line	Spin jumps	Running in place
Coordination Activities						
Crab Walking	Duck walks	Jumps into squats	Have children dribble a ball with one hand	Zig Zag walks down a tape line	Juggling while standing on one leg	Hula hoop hops
Cool Down						
Lay on floor while lift-ing bottom up	Lift each foot up one at a time	Stand up tall and lean side to side	Breathe in and out	Sit with crossed-legs with eyes closed and count to five	Superman Yoga pose for children	Arms in the air then reach to the ground

Art Activity: How to Draw a 3D Handprint

Vocabulary:

- **3D:** three-dimensional or having three dimensions. It has a volume, a top, and bottom, left and right sides, and front and back.

The Lesson:

- When Optical Illusions were invented, people didn't know if their brain was tricking them or their eyes were tricking them. Epicharmus and Protagorus invented optical illusions in 450 B.C. Epicharmus believed the five senses (sight, sound, smell, taste, and touch) were not paying enough attention. He says, "The Mind sees and the mind hears". Protagorus' philosophy is "Man is the measure of all things" enhanced art, architecture, and science.

Set Up: Gather supplies: pencil, markers, paper

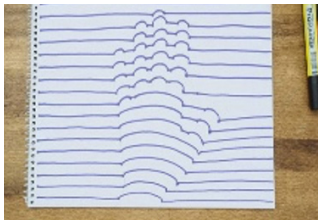
The Activity:

1. Trace your hand lightly using a pencil.
2. Take your marker and draw lines across the paper to an outline of your hand.
3. After that point, draw a curved line to the next point on the outline and then continue a straight line.
4. It is now time to make your hand 3D! Take at least 3 markers in different colors and fill the gaps between basics lines by drawing lines in between.
5. Always repeat the same order of colors and fill in any white spots you missed.

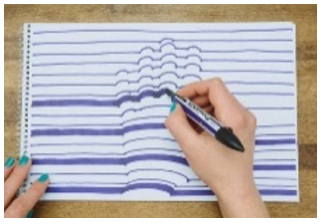
Step 1

Step 2

Step 3



Step 4



Step 5

Visit mschildrensmuseum.org/activities-you-can-do-at-home for downloadable activities.

STEM Activity: The Unpoppable Bubble

The Lesson:

- A traditional soap mixture for a bubble is made up of three layers: soap, water, and another layer of soap. This "sandwich" that makes up the bubble is called soap film. The soap film pops when the water trapped between the soap evaporates.
- When we add glycerin, it makes the soap layer thicker which prevents the water from evaporating as quickly. Evaporation is when a liquid like water changes to a vapor, like a cloud, because the water particles bounce together when they heat up.

Set Up:

Gather materials:

- 2 cups of water
- 1/4 cup of dish soap
- 2 tablespoons of glycerin
- a few pipet cleaners
- cotton gloves
- a bowl and a measuring cup

The Activity:

1. Make your bubble wand! Use pipe cleaners to make a loop.
2. Fill your bowl with water and dish soap. Stir very gently. Avoid causing the solution to foam.
3. Add food safe glycerin to your solution.
4. Stir the solution slowly together.
5. Have your bubble magicians put on the cotton gloves. This acts as a soft layer for the bubbles to rest upon. Wetting the glove in the solution will also help with holding the bubbles.
6. Dip your pipe cleaner bubble wand into the solution and blow to create your unpoppable bubbles.
7. Hold the bubble in your hand and bounce it from person to person!

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