



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
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What's in your kit?

- plastic cup (for STEM)
- plastic straw (for STEM)
- paper circles (for fitness hula hoop jumps)
- copy paper (for art)

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: Hula Hoop, bean bags, balls, tape

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						
Hula Hoops	N/A	Bean Bags	Balls	Any elevated object that is sturdy	Balls Tape	N/A
Warm-Up						
Sit on bottom with legs crossed and toss ball back & forth with child	Light jog around your home	Calf stretch Squatting butterfly stretch	Jumping Jacks	Run in place	Wiggles Arm rotations	Stretch up as high as you can
Locomotion						
Hula hoop jumps	Lie on back and kick legs	Have children slide like a snake	Pull legs close to chest and roll	Walk in small circles	Jump while catching and throwing a ball	Run while crouching and leap high in the air.
Balancing						
Grab both of the child's hands and allow them to lean backwards	One leg hops	Walk briskly with arms out. Place a bean bag on top of head and arms	Walk backwards while moving head left and right	Lie on lifted platform on belly side with arms and feet outstretched	Jump like a frog onto different spots on the floor/ground	Stand on one leg with opposite hand in the air
Coordination Activities						
Lie on back with feet in air & reach up to toes	Bear crawling at a fast pace	Alternate lifting arms into the air	Clap hands while bouncing on tippy toes	Jump over a study object	Kicking a ball back and forth	Jogging butt kicks while holding a conversation
Cool Down						
Stand tall with arms stretched high and breathe in and out	Sit on bottom with legs outstretched and lift one at a time	Stand tall with arms by side. Slowly walk getting lower with each step	Allow child to sit while squeezing a small ball	Clap hands and tap knees together	Wave hands at each other	Calf stretch Arm stretch

Art Activity: The Dot

Vocabulary:

- **Expressionist:** is a modernist movement, initially in poetry and paintings originating in Germany at the beginning of the 20th century.
- **Color Theory:** is a body of practical guidance to color mixing and the visual effects of a specific color combination.
- **Primary Colors:** are sets of colors that can be combined to make a useful range of colors. (Red, Blue, and Yellow).
- **Secondary Color:** is a color made by mixing of two primary colors in a given color space.
- **Contrast:** is the difference in luminance or color that makes an object distinguishable.

The Lesson:

- In honor of The Dot, students are introduced to the experimentation with color mixing, and create a piece of art to be a part of a large, collaborative exhibit. Even though International Dot Day is in September, this project can be done throughout the year. The Dot is based on the color study *Farbstudie Quadrate*, by the French Expressionist, Wassily Kandinsky, well known for his color theory

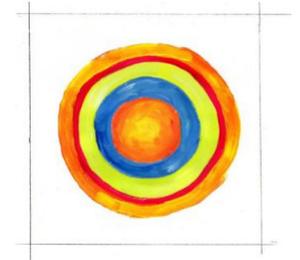
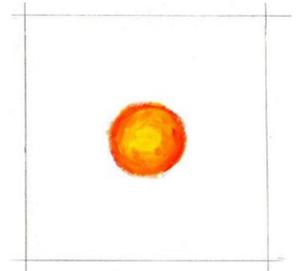
Set Up:

Gather supplies:

- Tempera Paint
- Oil Pastels or Crayons
- Pencils
- Paint Brushes (medium and small)
- Watercolor Paper 9x12 (Faber-Castell)

The Activity:

1. Begin by drawing a 7"x7" square. Next, paint a big dot of color in the center of the square.
2. Now paint 4 to 5 rings in different colors in various thickness around the big dot.
3. Paint the rest of the square. Let it dry.
4. Demonstrate how to add design detail with paint, pastel, or crayon. Make contrasting dots, lines, and squiggles. You can cut the square out and make a collage of dots on the wall.



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

STEM Activity: Engineer a Bubble Blower!



The Lesson:

- How hard or soft do you have to blow to get the most bubbles?
- If you add more soap, will you see more bubbles?



Set Up:

Gather supplies: plastic cup, plastic straw, water, soap

The Activity:

1. Have an adult carefully poke a small hole in your plastic cup about an inch and a half from the bottom. This needs to be big enough to stick your straw in. If your cup cracks, hot glue should effectively seal the cracks.
2. Make a bubble solution with equal parts of water and soap, mix it together, and pour into your cup. Fill up about an inch of your cup, half an inch lower than your straw hole.
3. Stick your straw into your cup, tilt it into your bubble solution, and BLOW!

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

