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?
• 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:

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