



3s' Team Activity Packet

April 13 through April 17, 2020

Dear Parents,

Happy Easter! Happy Passover! Happy Spring Time! While your celebrations were probably very different from past years, I hope you were able to enjoy your celebrations. I also hope your children will enjoy these fun and creative activities our 3s' team has put together for their friends. Feel free to share these activity packs and other BHP CNS resources with your extended families and friends!

Liz

Theme of the Week: April Showers and Rainbows

Art and Craft Activities:

Activity 1: RAINBOW ART

Supplies:

- crossword puzzle - print out or find in newspapers /magazines and/or Sudoku puzzle
- coloring item - markers, color pencils, crayons

Steps:

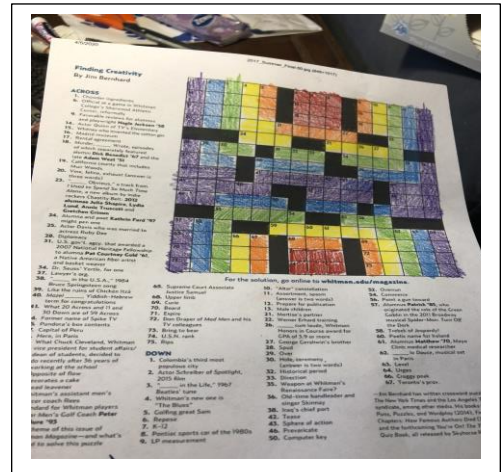
Crossword Puzzle

This is a picture of a rainbow - Start in the middle bottom with red and work outwards with orange, yellow, green, blue and purple. Rotate paper around and start again.

Scramble Puzzle

The second one - is just a scramble, random coloring making a mosaic

Fun way to doodle that April shower away!



Activity 2: Rainbow Bubbles Craft

Supplies

White Paper
Red/ Yellow/ Blue Paint
Dish Soap
Straw
Water
Sugar 1 tsp* (optional)

Instructions

- Add paint into a bowl, mix in the soap, sugar, and water. There are no specific measurements.
- Blow the bubbles using the straw and scoop the bubbles with the paper.
- Repeat with different colors to make a rainbow.



These YouTube videos illustrate the process better than a written description can.

<https://m.youtube.com/watch?v=yVOct5b1sPM>

<https://www.youtube.com/watch?v=m-n12RkV1zo>

*Apparently the sugar helps make stronger bubbles.

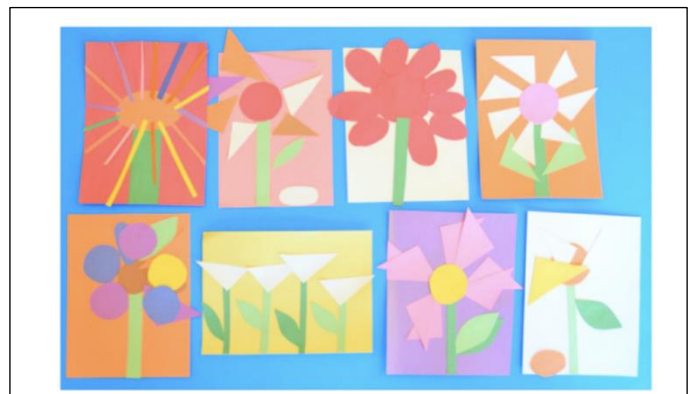
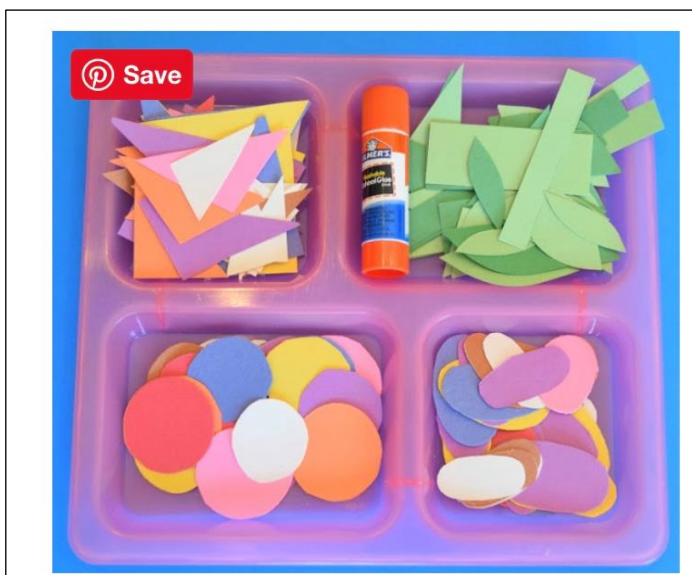
This painting activity would be a good outdoor project or you will want to cover your table with newspaper or a water proof cloth.

- Ideas: you could use a cookie sheet to make the bubbles and lay the paper across the mixture to make marbled paper.

Crafts 3 and 4 are from our Art Stay and Play Teacher, Mrs. Magary

Craft 3: Make Rainbow Flowers

I love this project because you can do one or many and come back to it as often as you like! And the end result is a beautiful colorful page that you made.



Materials you'll need:

- colored paper (or recycled magazine pages)
- scissors (child safe)
- glue stick
- compartment tray or plate (optional)

Steps: (mom or dad):

1) Depending on the cutting skill of your child, prepare different colored petals using circles or ovals, triangles and any other shape you like. You can cut them out and have your child assemble. For further challenge (or just to see their capability), outline these shapes on small pieces of paper and let them cut.

Tips for helping children cut: place scissors on table in front of child, have child pick up using dominant hand. Thumb goes in round hole, other 4 fingers in longer hole. Thumb should always point up. Thumb should only be moving up and down, not sideways or against surface. Encourage them to follow the line with their eyes, their hands will follow. Move the paper to accommodate.

If you don't have any colored paper at home, feel free to use pages from older magazines, newspapers, any paper you can get your hands on.

- 2) Repeat for stems and leaves, maybe even grass!
- 3) Assemble on full sheet using glue stick (or liquid glue).
- 4) Take pictures and share so we at BHPCNS can see!

For more information: [Invitation to Create a Flower Garden](#)

Craft 4: Potato Prints

This one is a bit more involved but will be fun and sensory loaded. These make beautiful prints for homemade cards grandparents and loved ones are sure to love.

Materials needed:

- potatoes
- knife
- craft paints (tempera or activity)
- paintbrush
- plate for palette
- towel
- craft paper



Potato Prints Continued:

Steps for mom and dad:

1) Newspaper your work area and have paper towels handy. Start by cutting potato in half lengthwise. Press open half of potato onto towel to absorb moisture.

2) Once potato is dry, begin cutting designs in to it. Kids can use a child proof knife if you have one. If it makes you nervous, let the adult do the knife work. Otherwise, kids can try using a toothpick or long wooden skewer to make lines, zig zags, circles, etc. Take your time as the potato can still be slippery!

3) Press the designed potato to a towel again to dry completely. This will help the paint adhere. The drier the better! You can even pause here for a snack :)

4) Squeeze out paints on a paper plate (or other disposable surface). Depending on the design and your child's color wishes, it might be better to paint the surface using a paintbrush (it would be difficult to keep colors apart) then stamp onto paper! Pull away to see your design. Repeat until paint runs out. When you want to use a new color, simply rinse off paint and dry off again.

If you want to make others, see the link below!
Don't forget to snap a pic so we can see!

[DIY Potato Easter Egg Stamps for Kids](#)

Science Activity: Rain Cloud in a Jar



Supplies:

- Glass jar or tall glass
(you could experiment and see if different materials, plastic, worked too)
- Water
- Dropper
- Shaving cream (you could experiment here too, maybe try whipped cream?)
- Blue and assorted food food coloring

Rain Cloud in a Jar Continued:

Directions:

Prediction:

- The blue food coloring (representing the water in a cloud) goes through the cloud to make rain
1. Ask your child to pour water in the glass (the atmosphere), leaving about an inch at the top.
 2. Add a layer of shaving cream (clouds) to the top of the water. Do not make it too thick!
 3. Add a few drops of blue food coloring to the top of the shaving cream and watch the magic! The food coloring represents when the water gets heavier.
 4. Wait to see what happens when the amount of water in a cloud gets too heavy.
 5. It will look like streaks of rain as if falls through the water. You can use different color food colorings to make a rainbow too! Beautiful!

Extension:

Go outside! Talk to your child about clouds, how they all look different. Some are white, some are different shades of grey. Lie on your back in the grass, and use your imagination! Does that cloud look like a butterfly? How about a dragon! Have fun!

Rainbow Facts:

- Sunlight is made up of many colors: red, orange, yellow, green, blue, violet.
- Rainbows are formed when light shines through water, as when the sun shines through the rain. The light is bent and reflected. Rainbows appear after the rain but can also be seen in water drops, mist, fog, spray and dew.
- No two people see the exact same thing when looking at a rainbow.
- Rainbows cannot be touched.
- There is no end to a rainbow. Although they look like an arc, rainbows actually are in the shape of a circle.
- Rainbows are considered good luck.
- Irish legend is that there is a leprechaun and a pot of gold at the end of a rainbow.

Cooking Activity: Rainbow Sprinkle Cookies

Rainbow Sprinkle Cookies



This is a great recipe to make with your child/children to cheer up a rainy day. Everyone can help measure and mix. The best part is rolling balls and then rolling it in the sprinkles. The directions are easy to follow with the help of this YouTube video. <https://www.youtube.com/watch?v=ilzTW3nXcjE>

Rainbow Cookies Continued:

Remember to bring the butter and egg to room temperature a few hours before baking to ensure smooth mixing.

First, wash hands, then preheat the oven to 300 degrees:

Ingredients:

1 cup unsalted butter at room temperature.

1 cup sugar

½ tsp baking powder

½ tsp baking soda

½ tsp salt

½ tbsp. vanilla

1 egg at room temperature. *(cold egg will curdle the butter)*

2 ¼ cups flour

zest of 1 lemon (optional)

Rainbow sprinkles

Mix the butter and the sugar with an electric mixer. Add the baking powder and baking soda and salt. Add the vanilla. Then add the flour and mix until a dough forms. Add the optional zest of the lemon.

Line Cookie sheet with parchment paper or grease with butter. Roll the batter into approximately 2 inch balls. Place rainbow sprinkles on a small plate and roll the balls in rainbow sprinkles. Place on cookie sheet about 2 – 3 inches apart. Flatten with your hand.

Bake at 300 for 15 to 20 minutes.

Caution: *the batter contains raw egg – do not taste.*



Unbaked cookies: photo by Mrs. Jacob



Baked cookies: photo by Mrs. Jacob

Cooking Ideas Continued:

If you feel exceptionally ambitious, here is a link to five more rainbow sprinkle-filled desserts that will inspire you: <https://www.youtube.com/watch?v=TG8OP1--xE>

Songs and Blessings:

Blessing

Our hands we fold,
Our heads we bow,
For food and drink
We thank God now.
Amen

Blessing:

Thank you for the world so sweet.
Thank you for the food we eat.
Thank you for the birds that sing.
Thank you, thank you, for everything.

Songs:

Rainbow song: Sung to the tune of *Twinkle, Twinkle, Little Star*

*Red and Orange, green and blue,
Shiny yellow, purple, too
All the colors that we know
Live up in the rainbow
Red and orange, green and blue
Shiny yellow, purple, too*

Springtime Song: Sung to the tune of *Frere Jacques*

*I see rainclouds
I see birds' nests
Butterflies too!
Flowers too!
Everything is growing
The wind is gently blowing
Spring is here!
Spring is here!*

Book Suggestions:

A Rainbow of my Own by Don Freeman

<https://www.youtube.com/watch?v=YNsFgiM2SNY>

Sky Fire by Frank Asch

<https://www.youtube.com/watch?v=L6G7zDNZNj0>

- Planting a Rainbow
- What Makes a Rainbow
- A Rainbow of My Own
- Rainbow and You
- Over the Rainbow
- All the Colors of the Rainbow
- Rainbow Fish

Little Cloud by Eric Carle

<https://www.youtube.com/watch?v=0fpz2PiJuyA>

And There are More Books, Crafts, Science Experiments on BHPCNS YouTube Channel:

https://www.youtube.com/channel/UCLw9EC3Qxv9sG6ySuivSSGA?view_as=subscriber