



3s' Team Activity Packet

April 20 through April 24, 2020

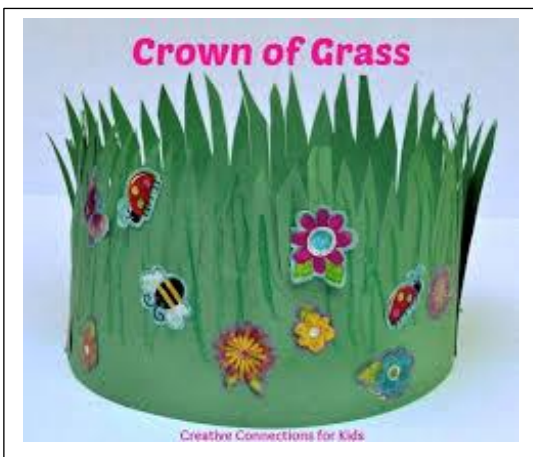
Dear Parents,

This year is the 50th anniversary of Earth Day. When Earth Day began on April 22, 1970, people wanted everyone to appreciate our planet. They started to conserve energy by driving slower, shutting off their lights more often, making compost piles, recycling newspapers, bottles, and cans, and by trying to use more materials that will break down naturally to save our natural resources. We hope you will try the experiment below to see how long it takes for everyday materials to break down and return to earth.
Liz

We do not inherit the earth from our ancestors, we borrow it from our children –
Native American Proverb

Theme of the Week: Earth Day

Art and Craft Activity 1: Make an Earth Day Crown



Supplies: Green construction paper, (you may have to piece 2 pieces of paper together) scissors, stickers, crayons, markers

Directions:

- Make a beautiful headband to celebrate our earth!! Take a long piece of green construction paper.
- Cut or tear pieces of paper on one long side (A great exercise for fine motor skills!).
- Decorate the headband by drawing or pasting stickers or pictures of flowers, bees, bugs, or anything else you find in nature. Wear the headband with pride!

Activity 2: Rock On! Earth Day fun - Paint a rock for your garden!

Supplies: Rocks collected from your yard, Acrylic paint, paint brushes, acrylic paint pens or sharpie markers

- 1) Hunt for rocks that will enhance your garden. Wash and dry rocks.
- 2) Paint rocks with acrylic paint, let dry over night
- 3) Paint faces, hearts, stripes, or flowers to decorate (I used paint pens for this)

Be careful with acrylic paint, it is water soluble paint until it dries, then it is permanent.

You should supervise any child using it, and wash any brushes immediately when done.

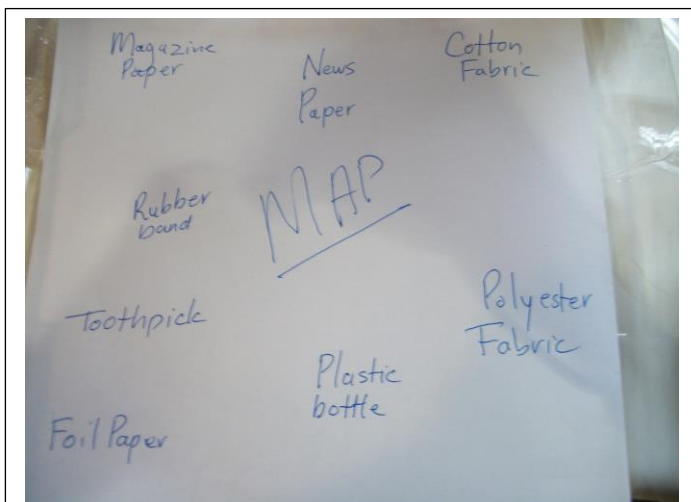


Science Activity: Decomposable Experiment



Supplies:

- A large recycled aluminum or plastic pan
- Soil
- Water
- Sample waste items – a toothpick, tin can lid, piece of aluminum foil, a piece of plastic bottle, a piece of a magazine page, a piece of a newspaper page, a piece of cotton fabric, a piece of polyester fabric, a rubber band.
- Paper and a pencil



Directions:

1. Invite your child to fill the pan with about one to two inches of soil.
2. Together, place the samples of solid waste on top of the soil. Use small pieces of everything.
3. With the paper and pencil make a "map" of where your samples are placed on the soil.
4. Cover the items with another layer of soil about the same thickness as the first.
5. Sprinkle enough water to wet the soil.

6. Here's the hard part – wait for about two weeks, making sure that a little bit of water is sprinkled on the soil each day so the soil stays moist.
7. At the end of two weeks, working together, carefully remove the top layer of soil. Try not to disturb your sample items.
8. Check the sample items. Record which items have started to break down and which ones look the same.
9. You can then cover the items again and look again two weeks later.

Copyright TLC Press April 2007

Cooking Ideas

Recipe 1: Earth Day Dirt Cups

Ingredients:

2 cups milk
1 small box instant chocolate pudding
1 package Oreos
1 small tub Cool Whip or whipped cream
Gummy worms
Clear cups



Directions:

Place ½ a package of Oreos in a Ziploc baggie or divide among several baggies if you have more than one child participating. Crush the cookies with your hands, the side of a coffee mug or a rolling pin.

In a bowl, whisk together pudding, milk, and 2/3 to 1 entire tub of Cool Whip. Allow it to set and thicken for a few minutes. Stir again.

Have your Bradley Bears layer the pudding and crumbs twice (4 layers in total)

Top it off with a gummy worm or gummy bug.

Refrigerate and enjoy your Earth Day!

Additional recipes from <https://www.earthday.org/earth-day-climate-friendly-recipes-2020/>

Recipe 2: Overnight Oats with Peanut Butter

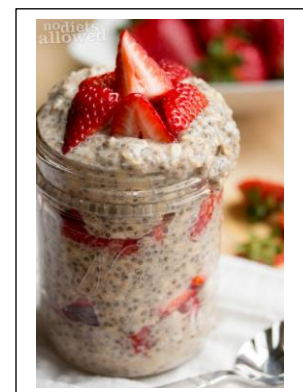
Prep time: 10 minutes

Cook time: sits overnight, but no cooking required!

Servings: 1

Ingredients:

½ cup your favorite non-dairy milk (we suggest oat milk or almond milk)
2 tablespoons peanut butter (or other nut butter of your choice)
½ cup rolled oats
¾ tablespoon chia seeds
½ teaspoon flax seeds
1 tablespoon maple syrup or coconut sugar
Berries, as a topping (optional)



Directions:

- In a jar: add milk, chia seeds, flax seeds, peanut butter, and maple syrup or coconut sugar, then stir to combine. (The peanut butter doesn't need to be completely mixed with the almond milk.)

- Add the oats and stir a few more times. Be sure that the oats are immersed in the milk.
- Cover securely with a lid or seal and set in the refrigerator overnight to soak.
- The next day, open and enjoy as is or garnish with berries.

(Note: Overnight oats will keep in the refrigerator for about 2 days.)

Recipe 3: Couscous with Vegetables

Prep time: 5 minutes

Cook time: 5 minutes

Servings: 2-3



Ingredients:

1 ½ cups couscous

2 tablespoons oil (olive oil or vegetable oil)

Pinch of salt

1 ¾ cups veggie broth (or water)

1 cup vegetables (frozen, canned, or fresh — any vegetables you'd like to use)

Dash of seasoning (some options: soy sauce, salt and pepper, oregano and basil, rosemary, etc.)

Directions:

- Bring the broth or water, salt, and 1 tablespoon of oil to a boil in a medium pot.
- Once the mixture is boiling, pour in the couscous, cover the pot with a lid, and reduce to a low heat for about 5 minutes.
- In a separate pan, heat 1 tablespoon of oil on medium, then add the vegetables and any desired seasoning, cook for 3-5 minutes, stirring occasionally until done.
- Fluff the couscous with a fork, then combine with the vegetables and serve.

Songs and Blessing:

Blessing:

We thank you for this earth, our home;
 for the wide sky and the blessed sun,
 for the ocean and streams,
 for the towering hills
 and the whispering wind,
 for the trees and green grass.
 Amen.

Songs:

REDUCE REUSE RECYCLE SONG

Reduce, Reuse, Recycle Song for Kids by The Kiboomers

<https://www.youtube.com/watch?v=AOvcW8I3RzE>

Reduce, Reuse, Recycle
It's very easy to do
It's simple to remember
Recycle what you use!

Separate glass and paper
Separate plastic and tin
Then put them their places
In the recycling bin!

Plastic with plastic
Paper with paper
Tin with tin
and glass with glass

How to Care for the Earth Song

To the tune of "Here we go round the Mulberry Bush"

This is the way we pick up the trash
pick up the trash, pick up the trash

This is the way we pick up the trash
pick up the trash, pick up the trash

We take care of earth

This is the way we turn off the lights
turn off the lights, turn off the lights

This is the way we turn off the lights
turn off the lights, turn off the lights

We take care of earth

(turn off the water...)
(recycle our trash...)

Book Suggestions:

The Earth Day by Todd Parr

https://www.youtube.com/watch?v=aXnWUS_K0XQ

Biscuit's Earth Day Celebration by Alyssa Satin Capucilli

<https://www.youtube.com/watch?v=DYft6Mb8Ae8>

How to Help the Earth by the Lorax, by Tish Rabe

<https://www.youtube.com/watch?v=lbUS3jPjyrc>

Once There was a Seed by Judith Anderson

https://www.youtube.com/watch?v=R-Bvdl_D8Qc

Little Seeds by Charles Ghinga

<https://www.youtube.com/watch?v=2fyYJzsj3UY>

It's Earth Day by Mercer Mayer

<https://www.youtube.com/watch?v=Pi8Kae6KRws>

Dr Seuss Hooray for Diffendoofer Day by Dr. Seuss

<https://www.youtube.com/watch?v=Np4HBzm3s9s>

Compost Stew

<https://www.youtube.com/watch?v=Xuu4bJ18aSE>

Dora Celebrates Earth Day Little Green Nickelodeon (Dora the Explorer)

<https://www.youtube.com/watch?v=4mFuxn2nIRA>

Fancy Nancy-Every Day is Earth Day by Jane O'Connor

<https://www.youtube.com/watch?v=KBx8O7MkoPQ&t=28s>

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

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

Additional Resources:

Earth Day Coloring Page:

Reduce, Reuse, Recycle Coloring page:

<https://preschoolmom.com/PreschoolPrintables/EarthDay>

Musical Activities:

From Little Hands Music – BHCNS' Music Providers

April 11 through April 17th was NAEYC's (The National Association for the Education of Young Children) Week of the Young Child...All the best for a great week from Little Hands Music!

Here are some videos to celebrate with!

[Making Musical Instruments at Home with Ms Debbie](#)

[The Story of the Sunshine Ship with Ms Caitlin](#) then you can sing this song about "[the wind blew the Sunshine all over town!](#)" and here's [this song about the Wind](#), too!

If you need a windy rocking song, here's a "[North Wind](#)" song. Enjoy this windy, musical Monday!

Ms Caitlin, Ms Jenete, and I want to be a support to you during this time. We've set up a private Facebook group called "Musical Moments" where we are posting daily music and movement videos, as well as other resources, live classes and more. Please join us! [Invite here.](#)

With virtual musical hugs from a safe social distance,
Ms Beth, Ms Caiti, and Ms Jenete

Outdoor Activities:

From Montgomery County Resource and Referral Center:

1. Pick a special spot in your backyard, under or near a tree, by a beautiful flowering bush or a large rock that you can visit daily. Sit or stand in this spot and let your senses free. What smells or feelings do you experience? What do you notice and hear?
2. Go on a walk around your neighborhood, keeping social distance of course, and notice the changes taking place as spring rolls in. Have your children pick a special tree, rock, garden that you can pass by and greet each day. While you greet the object, do a few rounds of deep breathing – let children count to five slowly while everybody inhales and then exhale with vocalization.
3. Do yoga outside. Take some towels or mats out and let the children choose an animal that you then do a pose to. There are many kid yoga websites, but here's one to try <https://mothernatured.com/animal-play/animal-yoga-for-kids/>
4. On a pleasant day, bring some old blankets outside and have a picnic, then lie back and enjoy the weather. Look at the clouds and identify shapes or images in the clouds.
5. Plant a container garden and watch it grow or let children just have fun digging in the dirt.
6. If you are lucky enough to have a climbing tree, climb up to a low branch and sit for a bit. Notice how different everything looks from this new perspective.

From BHCNS:

- Dig up earthworms and look at them with a magnifying glass (please put them back in the earth)
- Dig up bugs and look at them (please put them back in the earth)
- Eat herbs for snack
- Sort recycling
- Plant seedlings

Additional Art Activities:

From the New York Times:

This weekend the New York Times had a coloring page to show your appreciation to all the workers who are doing their jobs to help us stay healthy.

Color and put in your house window to let everyone know you are grateful.

