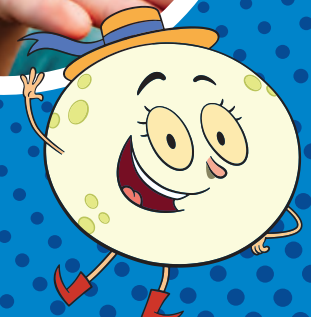




Michigan
LEARNING
 CHANNEL
 A PUBLIC MEDIA PARTNERSHIP

SUMMER!

FUN ACTIVITY BOOK



**UPPER
 ELEMENTARY**

On TV. Online. Statewide. VISIT MichiganLearning.org

SPECIAL THANKS TO OUR MICHIGAN LEARNING CHANNEL CONTENT PARTNERS:

Career Girls PBS Kids
Cartoon Academy SchoolKit
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The Jim Henson Company The State of Michigan
LearningSciencelsFun Story Pirates
MAISA Traverse City Area Public Schools
Math Park Traverse City Opera House
Michigan Architectural Foundation University of Michigan
PBS Wimee's Words

Thank You Sponsors!



The Donald and Mary Kosch Foundation

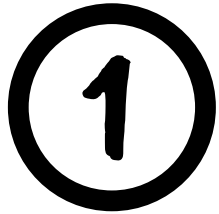
WATCH on the Michigan Learning Channel
or stream the channel at MichiganLearning.org



Visit MichiganLearning.org and follow
@MichLearning on social media to find out more.

How to Use This Book

We've curated activities that inspire learning all summer long. Fight the summer slide with math and writing refreshers, then explore your world with scavenger hunts and science experiments the whole family can try. Use the guides below to make the most of this summer!



Use Grade Levels

This book spans multiple grade levels. Choose a few lessons each week and try new ones as needed. Try tougher lessons later in the summer or next year.



Follow Weekly Themes

This book is designed to use for 8 weeks of summer. We suggest spreading it out over a few days each week and finding a time that works for your family.



Extend the Learning

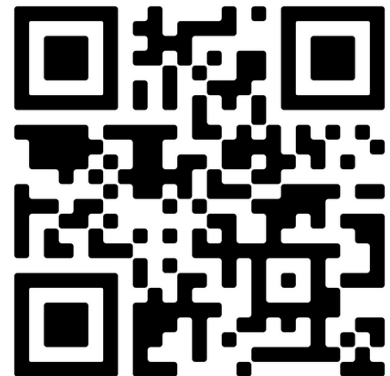
Scan the QR codes in this book to watch videos with extra instructions and examples. Find all of our summer videos at MichiganLearning.org/summer

And Don't Forget!

Share Your Thoughts

Scan this QR code to take a short survey about our Summer of Fun program to let us know what you like about our books and what you'd like to see in the future.

Or VISIT
MichiganLearning.org/SummerSurvey



Teamwork makes the dream work.

It takes teamwork to help your student make progress in school—especially when it involves special education. **Michigan Alliance for Families and Special Education Mediation Services** are here to help.

ALL SERVICES ARE FREE.

For help strengthening communication, call **Special Education Mediation Services** at **833-KIDS-1ST** or visit **mikids1st.org**.

For free resources and support, call **800-552-4821** or visit **michiganallianceforfamilies.org**.



Michigan Alliance for Families and Special Education Mediation Services are Individuals with Disabilities Education Act (IDEA) Grant Funded Initiatives through the Michigan Department of Education, Office of Special Education.



Dates and Themes

The summer program runs from **June 19 to August 13, 2023**

Each week has a set of lessons, additional programs, activities, and field trips based on the weekly theme.

Animals (June 19-25)

Explore the animal kingdom for ferocious fun!

Across America (June 26 - July 2)

From coast to coast, explore what it means to be American

Sports and Games (July 3-9)

Get serious about fun pastimes, from soccer to Sudoku.

Engineering (July 10-16)

Tinker, design, build, rebuild, and find engineering everywhere.

Our Stories (July 17-23)

From legends to our everyday lives, stories shape who we are.

Great Lakes (July 24-30)

Dive in and explore the lakes that make Michigan special.

Around the World (July 31 - August 6)

Experience food, art, music, and cultures from around the globe.

Space (August 7-13)

Meet astronauts and virtually visit the planets and stars.



On TV. Online.
Statewide.

Learn more about the Michigan Learning Channel at
Facebook Live at fb.me/michlearning
www.michiganlearning.org/summer



Follow @MichLearning on social media to find out more.

Local Events



The Michigan Learning Channel has Engagement Coordinators across the state that serve as your local connection to everything happening at our channel and at your local PBS station.

Scan the QR code or visit [MichiganLearning.org/Coordinators](https://michiganlearning.org/coordinators) to learn more about our Engagement Coordinators and see their local event schedules by region, or contact them directly using their information below.

Michigan Learning Channel Engagement Coordinators by Region

■ **WNMU**
WNMU-TV
Channel 13.4
Emily Roussin
eroussin@nmu.edu

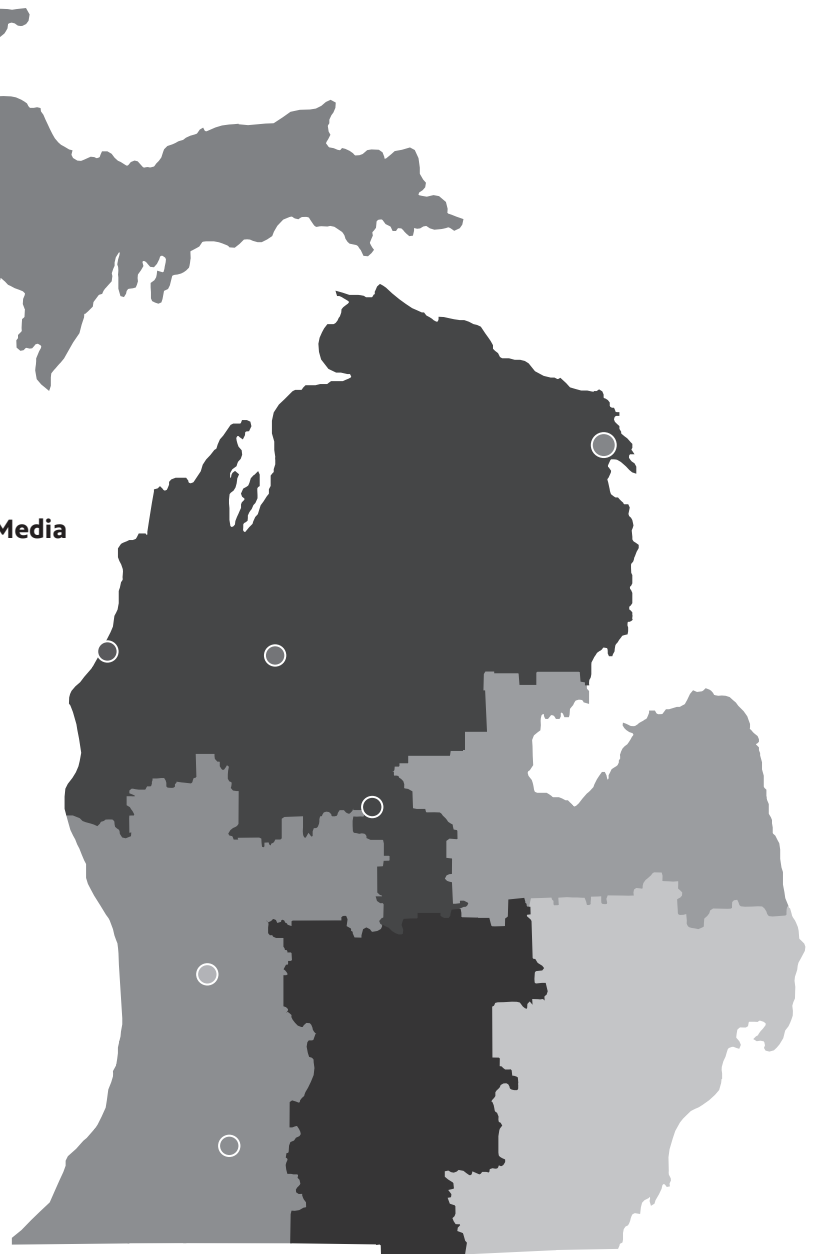
■ **WCMU**
Alpena
Channel 6.4
Renee Mahon
mahon2rm@cmich.edu

■ **WGVU**
Grand Rapids
Channel 35.6
Rachel Cain
cainra@gvsu.edu

■ **WDCQ**
Delta College Public Media
Channel 19.5
Lauren Saj
laurensaj@delta.edu


■ **WKAR**
WKAR Public Media
Channel 23.5
Robin Pizzo
robin@wkar.org

■ **WTVS**
Detroit Public TV
Channel 56.5
Shernita Rodgers
srodgers@dptv.org



On TV. Online.
Statewide.

Learn more about the Michigan Learning Channel at
Facebook Live at fb.me/michlearning
www.michiganlearning.org/summer

   Follow @MichLearning on social media to find out more.



Where to Find the Michigan Learning Channel

Find your favorite shows anywhere you go!

From the QR Codes:

Scan any of the QR codes in this book to see the accompanying video right on your device.

On Demand:

Video lessons and activities at MichiganLearning.org

Click your grade level for this week's selected lessons

Or, use "Find a Lesson" to search by grade, subject, and educational standard

On the App:

Find shows on the free PBS app

The PBS App is available for mobile devices, Roku, Apple TV, and on many Smart TVs.

Search for Read Write Roar, Math Moments, Extra Credit, DIY Science Time, Wimee's Words, InPACT at Home, Simple Gift Series, and more great programs.

On the Livestream:

Watch the 24/7 livestream at MichiganLearning.org/live-tv




On TV:

Find us on broadcast television with an antenna



On TV. Online.
Statewide.

Learn more about the Michigan Learning Channel at
Facebook Live at fb.me/michlearning
www.michiganlearning.org/summer

   Follow @MichLearning on social media to find out more.



Learn Anywhere!

On Air. Online. On Demand.

Serving students statewide through your local PBS station, the Michigan Learning Channel has everything kids need to build their brains and engage in learning key concepts to succeed in school!



Preschool

Read, sing, and play with your little one.

Wimee's Words

Join Wimee, the fun, lovable robot that inspires kids to learn through creativity.

Simple Gift Series

Make music, find something new, and read with Betty the Bookworm.

POP Check

Mindful practice tools to Pause, Own what we are feeling, and Practice relaxing.

Kindergarten to 3rd Grade

Keep kids learning with fun lessons taught by Michigan teachers.

Read, Write, Roar

Kids build literacy skills with engaging ELA lessons.

Math Might

Build number sense and learn strategies for solving math problems.

InPACT

Get moving with this home-based physical activity program.

4th to 6th Grade

Short, engaging videos and hands-on lessons keep tweens engaged.

Extra Credit

Creative writing, math, fitness, career exploration, and more!

Curious Crew

Dr. Rob Stephensen and inquisitive kids take a hands-on approach to scientific exploration.

Story Pirates

Bite-sized literary lessons with comedians, authors, and teachers.



VISIT us online to view all shows, learn about events,
and download activities!

www.michiganlearning.org

Follow @michlearning to find out more.



WEEKDAY SUMMER SCHEDULE

TIME	GRADE	WHAT'S ON
6AM	Pre-K	Wimee's Words, Simple Gifts Series, Signing Time, PBS Kids Shows
7AM		Let's Learn
8AM	Kindergarten	Read, Write, ROAR!, Math Might's and more
9AM	1st Grade	
10AM	2nd Grade	
11AM	3rd Grade	
12:30PM - 1:30PM	4th - 5th Grade	Lunch Time Block: Live From the Opera House, Camp TV, Story Pirates TV, Math & Movement
1:30PM - 3PM	Pre-K	Wimee's Words, Simple Gifts Series, Signing Time, PBS Kids Shows
3PM - 6PM	4th - 8th Grade	Afternoon Block: Make48, Make it Artsy, Extra Credit, Into the Outdoors DIY Science Time, Curious Crew, Story Pirates TV, SciGirls
6PM - 7PM	Kindergarten - 3rd Grade	Read, Write, ROAR!, Math Might's and more
7PM - 8PM		Local Shows and Quiet Time Block: Live From the Opera House, Camp TV, AADL Storytime
8PM - 9PM	7th - 12th Grade	Road Trip Nation, Great Lakes Now, Destination Michigan, Startup, Native Report, National and Local PBS Specials
9PM - 6AM		PBS programs related to educational standards

Details at MichiganLearning.org/schedule

rev 03/23

WATCH on the Michigan Learning Channel.
Episodes are available on-demand or stream the channel at MichiganLearning.org/summer

Visit MichiganLearning.org and follow @MichLearning on social media to find out more.





Learn at Home with PBS KIDS

Explore reading, math, science, life lessons, and more on the PBS KIDS 24/7 channel and live stream!
The TV schedule below offers you and your child a chance to learn anytime alongside your friends from PBS KIDS.

TIME (M-F)	SHOW
6/5c am	Clifford the Big Red Dog
6:30/5:30c am	Elinor Wonders Why
7/6c am	Dinosaur Train
7:30/6:30c am	Pinkalicious & Peterrific
8/7c am	Pinkalicious & Peterrific
8:30/7:30c am	Sesame Street
9/8c am	Sesame Street
9:30/8:30c am	Work It Out Wombats!
10/9c am	Rosie's Rules
10:30/9:30c am	Daniel Tiger's Neighborhood
11/10c am	Daniel Tiger's Neighborhood
11:30/10:30c am	Curious George
12 pm/11c am	Curious George
12:30 pm/11:30c am	Donkey Hodie
1/12c pm	Donkey Hodie
1:30/12:30c pm	Work It Out Wombats!
2/1c pm	Rosie's Rules
2:30/1:30c pm	Alma's Way
3/2c pm	Alma's Way
3:30/2:30c pm	Nature Cat
4/3c pm	Nature Cat
4:30/3:30c pm	Arthur
5/4c pm	Arthur
5:30/4:30c pm	Odd Squad
6/5c pm	Wild Kratts
6:30/5:30c pm	Wild Kratts

Access FREE, at-home learning activities, tips, and more on pbskidsforparents.org

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rev 4/23



App Learning Goals

MULTIPLE LEARNING GOALS GRADES PK-2

 Free learning games with your favorite PBS KIDS characters anytime, anywhere!

 Thousands of free videos from PBS KIDS, the #1 educational media brand for kids.

App	Grade	Learning Goals
Daniel Tiger for Parents (for parents & caregivers)	PK-K	Emotions, Self-Awareness & Relationships
Jet's Bot Builder	K-2	Science & Engineering
Molly of Denali	K-2	Literacy
Nature Cat's Great Outdoors	K-2	Science
PBS KIDS ScratchJr	1-2	Critical Thinking & Coding
PBS Parents Play & Learn	PK-K	Literacy & Math
Photo Stuff with Ruff	K-2	Science
Play and Learn Engineering (for parents & caregivers)	PK-K	Science & Engineering
Play and Learn Science (for parents & caregivers)	PK-K	Science
Ready Jet Go! Space Explorer	K-2	Science
Ready Jet Go! Space Scouts	K-2	Science & Engineering
The Cat in the Hat Builds That!	PK-K	Science & Engineering
The Cat in the Hat Invents	PK-K	Science & Engineering



FREE APPS
at pbskids.org/apps



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Week 1: Animals

June 19-25

Explore the animal kingdom for ferocious fun! Our featured careers this week are biologist, zookeeper, and veterinarian. Scan the QR code or visit MichiganLearning.org/Summer/Animals to explore all of our videos this week.

Use the sheet below to mark off this week's activities as you complete them. See if you can get a BINGO! Some of them are in this book, and some ask you to use your imagination or go outside.



Watch Curious About Careers	 60 mins. of activity	 Read for 20 minutes	Make a bird feeder	Watch DIY Science Time
 Read for 20 minutes	Watch Story Pirates	 Look for birds	Try "Environmental Science Issues"	 60 mins. of activity
 60 mins. of activity	Watch Math Park	 HAVE FUN! (Free Space)	Go for a walk or hike	 Read for 20 minutes
Watch Cartoon Academy	 Spot a squirrel	Go for a walk or hike	Watch InPACT at Home	Research a featured career
Watch InPACT at Home	 Read for 20 minutes	Watch Live From the Opera House	 60 mins. of activity	Write a story about an animal



Make a Bird Feeder



What You Need:

- Pinecone, paper towel holder or piece of bread
- Peanut butter or honey
- Your choice of the following:
 - Raisins
 - Cranberries
 - Plain popped popcorn
 - Sunflower seeds
 - Shelled plain peanuts
 - Mixed birdseed
- Safety scissors
- Wire, dental floss or cotton string

What to Do:

- 1. Select a bird feeder base:** Pinecones are a popular foundation for a bird feeder, but you may also use an empty paper towel roll or a stale piece of bread.
- 2. String it up:** Run a wire, dental floss or cotton string through your bird feeder. Secure the two ends together to make a loop.
- 3. Make it sticky:** Coat the base with peanut butter. If you know someone who has peanut allergies, use honey instead.
- 4. Add some goodies:** Roll the feeder in raisins, cranberries, unsalted and unbuttered popcorn, sunflower seeds, shelled plain peanuts or mixed birdseed.
- 5. Hang it up:** Place your bird feeder on a hook or on a tree branch outside your window. Discover which birds are popular in your neighborhood, research what they like to eat, and make a bird feeder for them.
- 6. Keep a wildlife journal:** Record what kind of birds and other animals come to visit your feeder!



Find more games and activities at pbskids.org/naturecat

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Environmental Science Issues

The video "Environmental Science Issues" discusses the importance of our environment and the steps that we can take to help protect it. Taking care of the environment is everyone's responsibility.

Try This!

Use the space below to draw your favorite environment. It might be a beautiful beach, a tranquil park, a wild forest, or anywhere that you would love to be. Then answer the questions that follow.

My Favorite Environment

What makes this your favorite environment?

What threats does your favorite environment face? For example, what might happen if someone came and cut down the trees or dumped trash on the beach?

What could you do to help protect your favorite environment?

MATH PARK

Multiplying by 10

Directions: Scan the QR code to watch the video, and then solve the multiplication problems.



$10 \times 1 = 10$

$3 \times 10 =$

$10 \times 11 =$

$10 \times 8 =$

$10 \times 2 =$

$5 \times 10 =$

$10 \times 3 =$

$0 \times 10 =$

$9 \times 10 =$

$8 \times 10 =$

$10 \times 10 =$

$7 \times 10 =$

$10 \times 9 =$

$11 \times 10 =$

$10 \times 6 =$

$10 \times 5 =$

$4 \times 10 =$

$12 \times 10 =$



Character Traits

Who is your character?	Choose a character trait to describe them. There are some suggestions below!
SHOW the character trait to the reader! Write about what the character is DOING because of that trait.	

Other words for "kind"

considerate
generous
helpful
thoughtful

Other words for "energetic"

exuberant
lively
spirited
vivacious

Other words for "friendly"

affable
amiable
gregarious
welcoming

Other words for "funny"

amusing
comical
hilarious
silly

Other words for "wise"

knowledgable
perceptive
prudent
shrewd

Other words for "unfriendly"

antisocial
disagreeable
hostile
rude

Other words for "lazy"

lackadaisical
lethargic
passive
weary

Other words for "hard-working"

diligent
industrious
persevering

DIY Air Cannon



FUN FACT

Dolphins can create vortex rings to play with in the ocean by blowing air through their blowholes. The quick burst of air combined with the round shape of the blowhole creates a vortex ring of bubbles.

AIR PRESSURE

Air pressure, also known as atmospheric pressure, is the force exerted on a surface by the weight of air. Even though it is invisible to our eyes, the air surrounding us puts about 14.7 pounds per square inch of pressure on everything on the surface of Earth. That's a lot of pressure!

MATERIALS

- Plastic or styrofoam cups
- Scissors
- Balloon
- Various items to knock over

DIFFICULTY



Why do scientists love renewable energy so much?

*Answer on the next page

VISIT
DIYSCIENTIME.ORG
FOR MORE SCIENCE FUN!

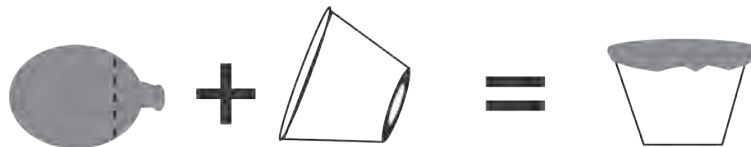
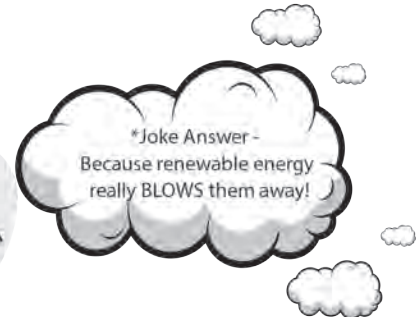


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DIY Air Cannon

EXPERIMENT

- Step 1:** Gather your materials.
- Step 2:** Cut the neck off of the balloon and keep the large part.
- Step 3:** Carefully cut a hole in the bottom of the cup about the size of a dime with your scissors.
- Step 4:** Attach the cut balloon to the mouth of the cup. Be sure to stretch it tightly and reinforce by wrapping a rubber band around the lip of the cup.
- Step 5:** Tap or gently pull back the balloon and let it go to force the air out of your cannon.
- Step 6:** Set up a target, such as hanging toilet paper, to test to see how far your air rings can reach.



WHY IT WORKS

Although you can't see it, your cup is filled with air. When you apply a force to the air molecules by pulling back the balloon and letting it snapback, the air molecules are pushed towards the opening. This movement sets off a quick chain reaction of collisions with other air molecules and the sides of the cup. The only way for the air molecules to escape is through the opening at the bottom of the cup. The quick escape of these air molecules forms a stream of air that flows straight out of the cannon.

EXTEND YOUR LEARNING

- What might happen if you used a different sized cup? Could you cut a 2 liter bottle to make a larger cannon?
- Could you try another stretchy material to take the place of the balloon?
- Does it change the experiment if you make the hole a different shape? What if you place it in a different spot?
- Experiment with your air cannon to see what changes allow you to shoot air the furthest.
- Have a target competition with a friend.

WORKFORCE CONNECTION

A meteorologist studies interactions between temperature, humidity, air pressure, precipitation and vortices in the atmosphere. They develop an understanding of how vortices such as tornadoes, waterspouts and hurricanes form so they can predict the weather to keep people informed and safe. They also study and learn about the polar vortex and how it affects the weather during winter.

it's Storytime CHALLENGE

Create a better way to combine and carry multiple drinks
(rather than a plastic 6-pack ring).



What other materials could you find and use?

- Cardboard
- Paint Stirrers
- Popsicle Sticks
- Rubber Bands
- Tape/String/Glue
- Ruler
- Wax Paper/Aluminum Foil



ASK >>>> What is the problem?



IMAGINE >>>> Brainstorm possible solutions.



PLAN >>>> Pick an idea and plan out how you are going to do it.



CREATE >>>> Build it!



IMPROVE >>>> What worked? What didn't?
 How can you make it better?



SHARE >>>> Share your idea!



Week 2: Across America

June 26 – July 2

From coast to coast, explore what it means to be American. Our featured careers this week are reporter, architect, and paramedic. Scan the QR code or visit MichiganLearning.org/Summer/America to explore all of our videos this week.

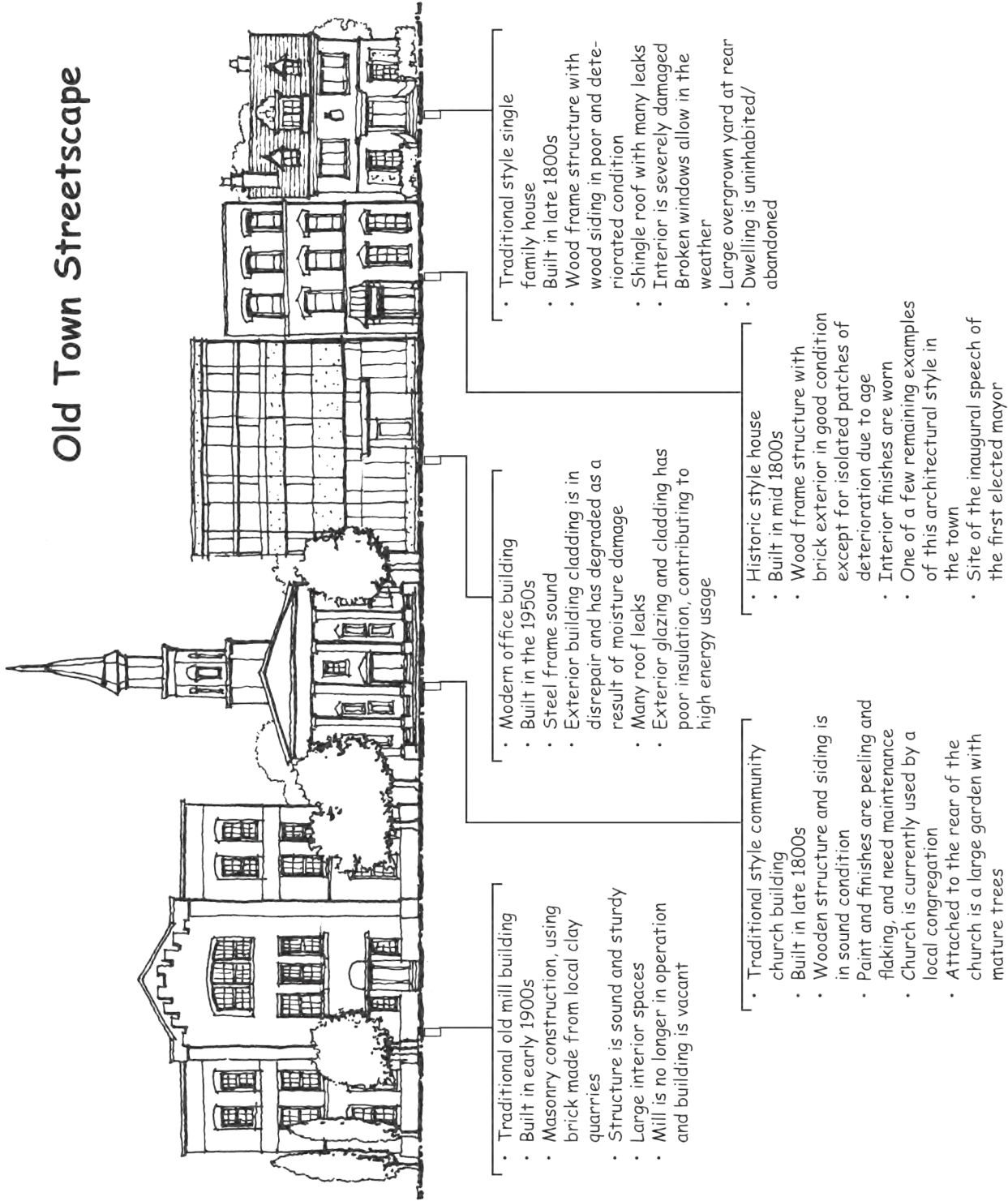
Use the sheet below to mark off this week’s activities as you complete them. See if you can get a BINGO! Some of them are in this book, and some ask you to use your imagination or go outside.



Watch Story Pirates	 60 mins. of activity	 Read for 20 minutes	Research a featured career	Guess the age of a building
 Read for 20 minutes	Research the Native Americans of Michigan	Learn about a family member’s job	Watch DIY Science Time	 60 mins. of activity
 60 mins. of activity	Draw a local landmark	 HAVE FUN! (Free Space)	 Go swimming	 Read for 20 minutes
Watch Curious About Careers	 Do a good deed	Find all the states that border Michigan	Watch InPACT at Home	Name 3 states that start with the letter M
Watch InPACT at Home	 Read for 20 minutes	Go for a walk or hike	 60 mins. of activity	Spot a fire truck

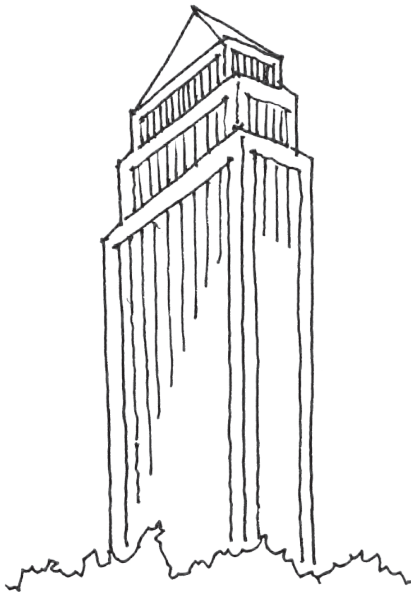
ArchiTREKS: Preservation

Old Town Streetscape

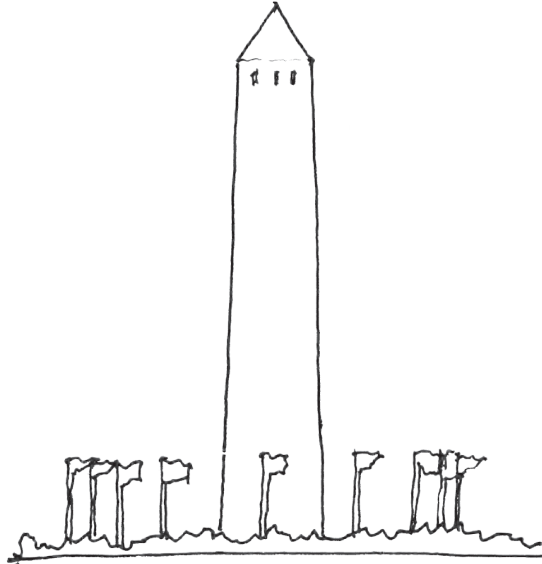


The buildings in your neighborhood may all be the same age, or they might have been built at different times. Take a walk and guess whether the buildings are old or new. What clues do you look for to help you guess the age of a building?

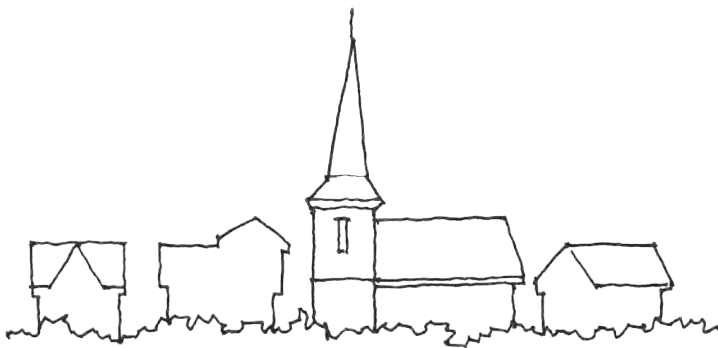
ArchiTREKS: Landmarks



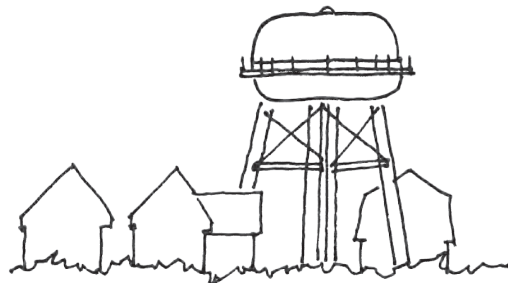
High-Rise Building



Monument



Church Steeple



Water Tower

These are examples of landmarks. What landmarks are in your neighborhood? Draw a picture of a local landmark!

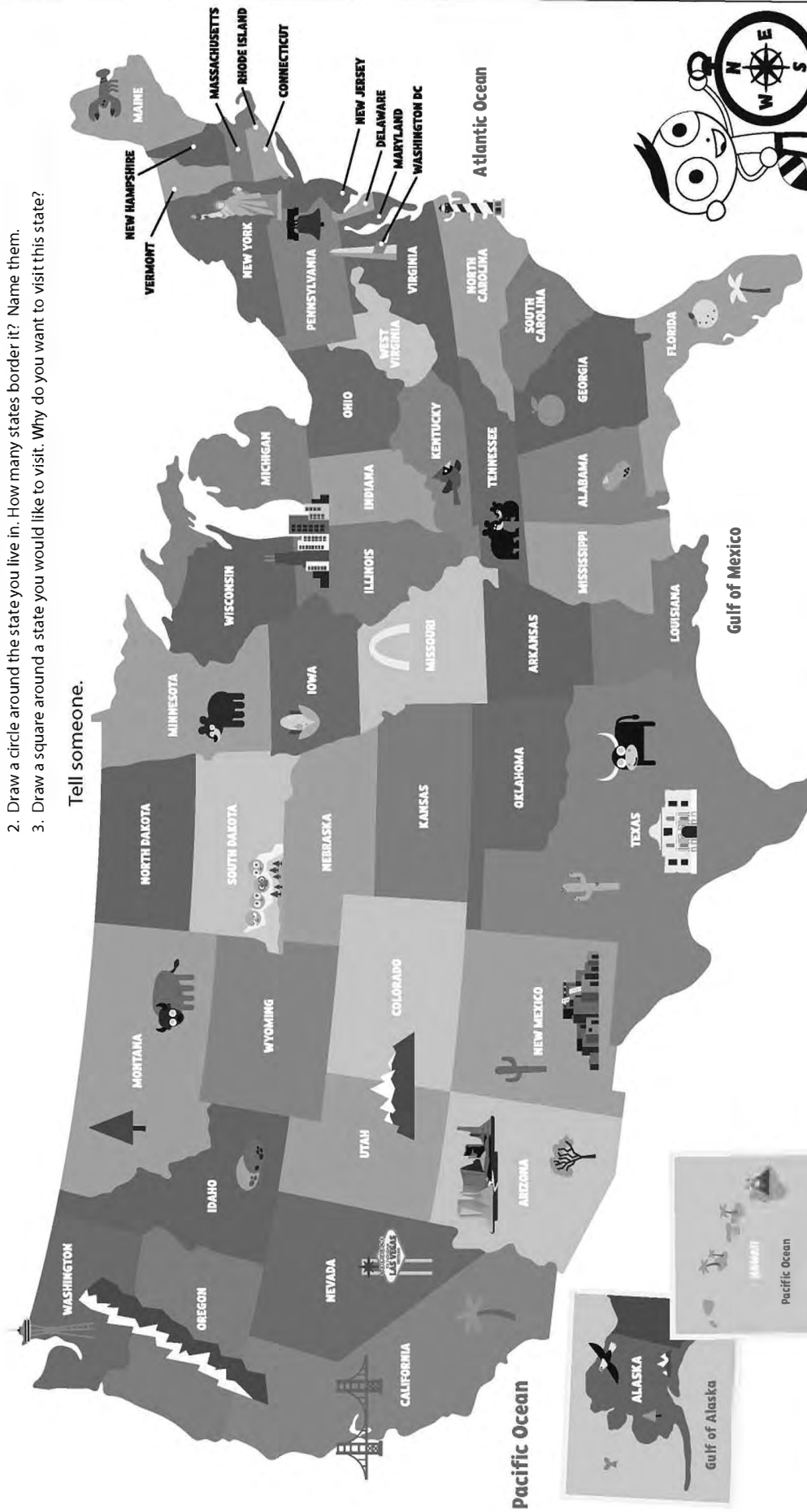


United States Map

Maps help us learn about the world around us.

1. Find the title of the map and the compass.
2. Draw a circle around the state you live in. How many states border it? Name them.
3. Draw a square around a state you would like to visit. Why do you want to visit this state?

Tell someone.



Find more games and activities at pbskidsforparents.org

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SHOW **NOT TELL!** Emotion



What **emotion** would you like to "Show, Not Tell"? Pick one from the examples below, or just choose your own! If you're not sure what some of the words mean, look at the picture of the face for a clue.



Elated



Jubilant



Thankful



Gloomy



Sorrowful



Lonely



Anxious



Petrified



Startled



Frustrated



Furious



Irate



Amazed



Bewildered



Shocked



Inquisitive

Who is your character?	SHOW the emotion to the reader. What does the character SAY because they feel that way?
What emotion are they feeling?	

DIY Electromagnets



FUN FACT

The strength of magnets are measured in units of either tesla (T) or gauss (G). The tesla is used to measure very strong magnets. Weaker magnetic fields are measured in gauss. It takes 10,000 gauss to equal just 1 tesla! The strongest magnets in the world run at 45 teslas while Earth's magnetic field is only about 1/2 a gauss!

MAGNETISM

Magnetic activities like this can be very attractive! Magnets can be found in nature and can also be created by using electricity. Electromagnets are devices that create a magnetic field through the application of electricity.

MATERIALS

- Battery
- Wire
- Nail
- Paper clips
- Electrical tape

DIFFICULTY



What is a magnet's favorite sport?

*Answer on the next page

VISIT
DIYSCIENTIME.ORG
FOR MORE SCIENCE FUN!



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DIY Electromagnets

EXPERIMENT

Step 1: Gather your materials.

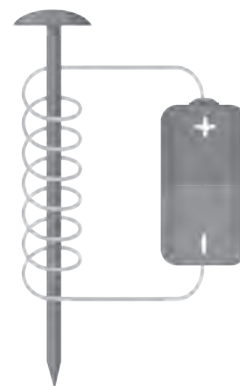
Step 2: Coil your wire around the nail, leaving some extra wire on both ends.

Step 3: Attach the wire to the battery on both ends using electrical tape.

Step 4: Bring the nail close to the paperclips to test your electromagnet!



*Joke Answer -
Pole vaulting!



WHY IT WORKS

During this activity you are creating an electromagnet. An electromagnet uses electricity to create a magnetic field. The magnetic field is created by the electric current running through the wire, and is concentrated around the inner coil of wire where the nail is located. The nail is now a temporary magnet that can pick up small pieces of metal.

EXTEND YOUR LEARNING

- How could you make your electromagnet pick up more paper clips? Or bigger paper clips?
- Could you stack two batteries together?
- What would happen if you changed the type or size of nail you are using?
- Do different types of nails work?

WORKFORCE CONNECTION

A radiologist is a doctor who performs and reads medical imaging such as ultrasounds, X-rays and MRIs to check for problems and diseases. MRIs (Magnetic Resonance imaging) are devices that take pictures of the inside of the body using electromagnets.

it's Storytime CHALLENGE

Make a Bandolier Bag

A bandolier bag or gashkibidaagan is a beaded shoulder bag with a wide strap often ornately decorated with beadwork made by the Ojibwe women. Traditionally, these bags feature designs based on nature.



Small Paper Lunch Sack

Large Paper Grocery Bag

Markers/Crayons

Glue

Beads (Optional)



What other materials could you find and use?



Did You KNOW

Where do you live?

Hint:

<https://native-land.ca> is a great resource

“I live on the land of the _____ tribal nation.”

.....
The Grand Traverse Band of Ottawa and Chippewa Indians is one of the 12 federally recognized tribes in Michigan.

- According to Cindy Winslow, the TCAPS Indigenous Education Cultural Program Director:
- We are made up of the three fires - Odawa, Ojibway, and Potawatomi.
- We are woodland Natives.
- We speak Anishinaabemowin.
- We have powwows, which are a gathering of families for celebration.
- Regalia is what a dancer wears during traditional dances, like at a powwow. Regalia is not a costume. Regalia pieces have meaning.
- We are guided by the grandfather teachings of honesty, bravery, wisdom, humility, respect, love, and truth.
- We are hunters and gatherers.












Week 3: Sports and Games

July 3-9

Get serious about fun pastimes from soccer to Sudoku. Our featured careers this week are dancer, athletic trainer, and musician. Scan the QR code or visit MichiganLearning.org/Summer/Sports to explore all of our videos this week.

Use the sheet below to mark off this week's activities as you complete them. See if you can get a BINGO! Some of them are in this book, and some ask you to use your imagination or go outside.



Try an InPACT Activity Card	 60 mins. of activity	 Read for 20 minutes	Watch Math Park	Watch Curious About Careers
 Read for 20 minutes	Watch DIY Science Time	Research a featured career	Design a new board game	 60 mins. of activity
 60 mins. of activity	Help an adult make a healthy dinner	 HAVE FUN! (Free Space)	Make up a new sport or game	 Read for 20 minutes
Practice portioning with Cyberchase	Watch Story Pirates	Try an InPACT Activity Card	Learn about a famous athlete	Watch Live From the Opera House
Watch InPACT at Home	 Read for 20 minutes	Make an obstacle course	 60 mins. of activity	Try a new food



Name _____

Week of _____

Jackie loves to be active. To help maintain good health and give her enough energy, she needs the following amounts from each food group each day:



Fruits
1 ½ Cups



Grains
5 ounces



Protein
5 ounces



Dairy
3 cups



Vegetables
2 Cups

On the chart below, circle foods and drinks that will give Jackie the total amounts from each food group that she needs for one day. Add your choices up and total carefully to be sure. Note: "oz." is the abbreviation for ounce.

Vegetables	Fruits	Grains	Protein	Dairy
Small bowl of romaine lettuce (1/2 cup)	Small orange (1/2 cup)	2 slices whole-wheat bread (2 oz whole grains)	Slice of turkey (1 oz)	Glass fat-free milk (1 cup)
Small bowl spinach (1/2 cup)	Small apple (1/2 cup)	5 whole-wheat crackers (1 oz whole grains)	1 hard-boiled egg (1 oz)	2 slices low-fat Swiss cheese (1 cup)
Medium baked potato (1 up)	Large banana (1 cup)	1/2 cup cooked brown rice (1 oz whole grains)	1/2 cup cooked black beans (2 oz)	1.5 oz low-fat shredded cheddar cheese (1 cup)
12 baby carrots (1 cup)	16 grapes (1/2 cup)	Packet of instant oatmeal (1 oz whole grains)	Small hamburger patty (3 oz)	Snack-size container low-fat yogurt (1/2 cup)
Large sweet potato (1 cup)	Mango (1 cup)	3 cups popped popcorn (1 oz whole grains)	Small chicken breast half (3 oz)	1 fat-free milk chug (1 cup)
6-8 cherry tomatoes (1 cup)	large peach (1 cup)	Medium piece of cornbread (2 oz refined grains)	12 almonds (1 oz)	Slice low-fat American cheese (1/2 cup)
Large ear of corn (1 cup)	large plum (1/2 cup)	Small whole-wheat tortilla (1 oz whole grains)	Small salmon patty (3 oz)	Small low-fat milk carton (1 cup)
TOTAL CUPS:	TOTAL CUPS:	TOTAL OUNCES:	TOTAL OUNCES:	TOTAL CUPS:

For more games and activities, visit pbskidsforparents.org



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CREATE YOUR HERO

Time
to Draw!



Draw and label your hero!

Hero's name

Activity Cards

Cut out the cards. When you're feeling antsy, try following the directions for one of the exercises!

Blast-Off Lunges

INSTRUCTIONS

1. Get into a lunge position with left leg forward, hips underneath you, and right leg behind your right hip.
2. Slowly sink into a lunge, trying to get your knee to touch the ground.
3. Immediately "blast off" by hopping upwards and into next lunge position with right leg forward and left leg behind.
4. If needed, instead of jumping into the next lunge position, jump with feet together and then bounce into lunge position.
5. Repeat as many rounds as possible.

Side Leg Lifts

INSTRUCTIONS

1. Start by laying on your side with your legs stacked on top of each other.
2. Slowly raise your top leg up towards the sky and then back down.
3. Complete 10 repetitions and then switch legs.
4. Complete 3 sets per leg.
5. For added challenge, tape a bag of water to the top leg for some added weight!

Tap Backs

INSTRUCTIONS

1. Stand up tall and proud with your feet together and hands on your hips.
2. Take your right foot and tap it right behind you, then place back to starting position.
3. Take your left foot and tap it right behind you, then place back to starting position.
4. Repeat as fast as can to get 100 tapbacks (50 on each leg).

Ski Jumps

INSTRUCTIONS

1. Start by standing tall with your feet shoulder width apart.
2. Using only your right foot, jump to the left about 2-3 feet and land on your left foot.
3. Gather yourself and then using only your left foot, jump to the right 2-3 feet and land on your right foot.
4. Repeat this as many times as you can for 30 seconds.

Bonus: After each time you jump, touch the ground with the same hand as the side you landed on.
Ex: Land on your left foot, touch the ground with your left hand.

Cereal Bowl

INSTRUCTIONS

1. Lay flat on your back with feet together.
2. Bring your knees together and raise both legs up so that your feet are facing the ceiling.
3. In slow motion, stir the imaginary bowl of cereal with feet and keep hands under your bottom.
4. Repeat 30 times.

Lay Down Hip Stretch

INSTRUCTIONS

1. Start by sitting at the edge of a bed in a relaxed position with your feet hanging off.
2. Lay back, and pull your right knee towards your chest while keeping your left leg hanging off the bed.
3. Pull your knee until you feel a stretch in your left hip and hold for 10-15 seconds.
4. Relax, switch legs, and then repeat 2-3 times per leg.

Alligator Breath

INSTRUCTIONS

1. Stand with legs hip-width apart.
2. Spread arms out wide and inhale as you reach outward.
3. When you exhale, clap your hands together as many times as possible like baby alligator jaws.

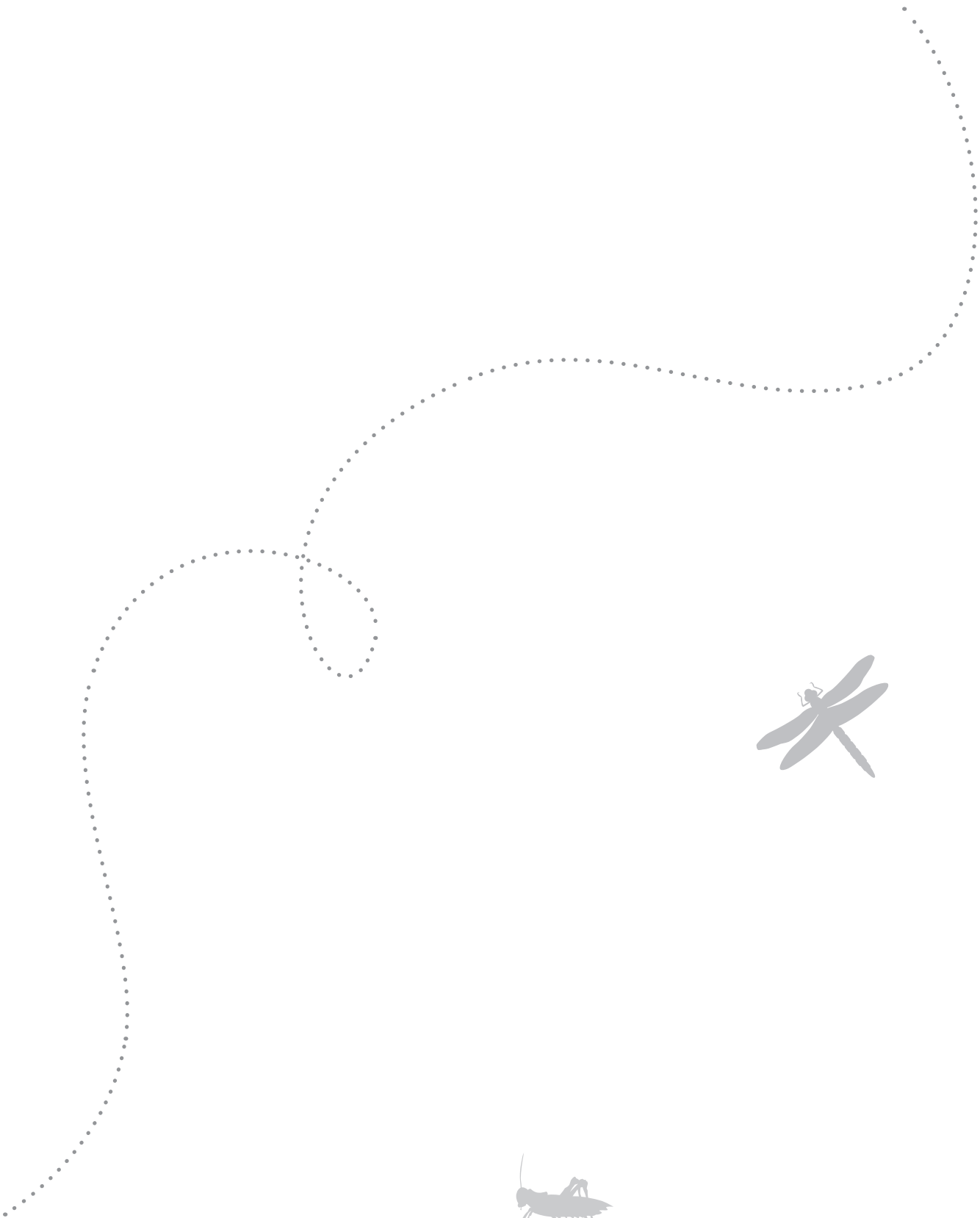
Cloud Watching

INSTRUCTIONS

1. Find a day where there are a lot of clouds in the sky.
2. Lay down on your back on the ground or in the grass and look up into the sky.
3. Watch and admire all the different clouds. Look at the different shapes they make, how fast/slow they're moving, and where they are moving to!



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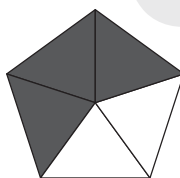
MATH PARK

Fractions of a Set

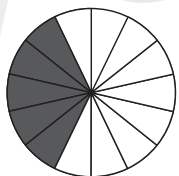
Directions: Scan the QR code to watch the video, and then write the fraction you see in the picture.



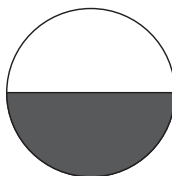
$$\frac{4}{5}$$



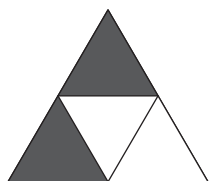
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$$\frac{\square}{\square}$$



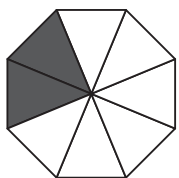
$$\frac{\square}{\square}$$



$$\frac{\square}{\square}$$



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$$\frac{\square}{\square}$$

DIY Snake Bubbles



FUN FACT

Some fish use bubbles as a nest for their baby fish eggs. These fish blow lots of tiny bubbles that float to the top of the water, creating a "hidden" spot for the baby fish eggs to hide from predators until they can hatch.

SURFACE TENSION

Surface tension allows liquids to be strong. The strength is from cohesion, where a liquid's molecules are attracted to each other. Water is made of many tiny H₂O molecules that are attracted to each other especially at the surface. Soaps and detergents decrease surface tension, breaking down dirt and grime. This decrease in surface tension allows bubbles to be made.

MATERIALS

- Bowl
- Craft stick
- Water
- Sock
- Dish soap
- Scissors
- Plastic water bottle

DIFFICULTY



What is a bubble's favorite sport?

**Answer on the next page*

VISIT

DIYSCIENTIME.ORG
FOR MORE SCIENCE FUN!

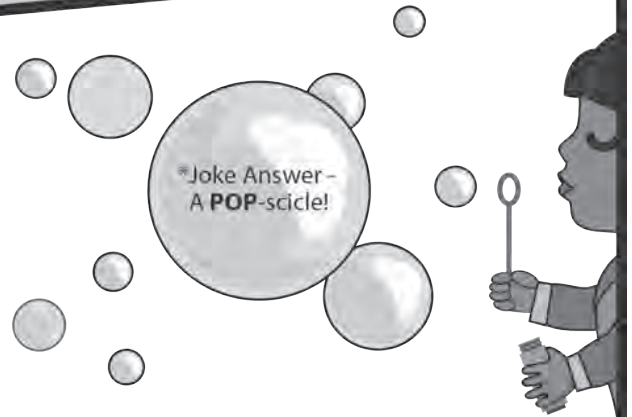


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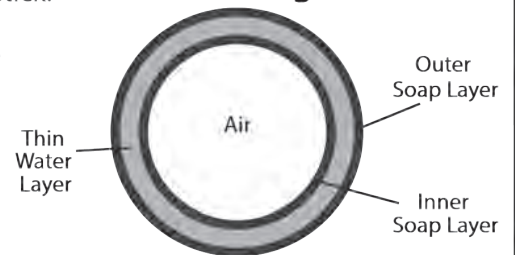
DIY Snake Bubbles

EXPERIMENT

- Step 1:** Gather your materials.
- Step 2:** Pour 2 cups of water into the bowl.
- Step 3:** Add 1/4 cup dish soap to 2 cups of water, and stir with a craft stick.
- Step 4:** Use scissors to carefully cut off the bottom of the water bottle.
- Step 5:** Put a sock over the bigger end of the bottle.
- Step 6:** Dip the sock into the soapy solution.
- Step 7:** Blow air into the smaller end of the bottle.



Bubble Diagram



WHY IT WORKS

Water mixed with soap decreases the water's surface tension and allows the water to become "flexible". A soap bubble filled with air is made of three very thin layers: soap, water, and another layer of soap. This sandwiches the water, allowing a bubble to form. As you blow the soapy water mixture through the holes in the sock material, tiny bubbles are formed very close together making the shape of a snake.

EXTEND YOUR LEARNING

- Do the bubbles look different if you use socks made of different materials? Try a dress sock or tights?
- What other bubble makers or bubble wands can you design?
- What happens if you change the amount of soap or water in your bubble solution?
- What might happen to the strength of your bubble if you were to add glycerin or corn syrup?

WORKFORCE CONNECTION

Chemists work with soaps and detergents to make the best cleaner. They need to understand the chemistry of the soap molecules and how they reduce the surface tension of water as well as grabbing onto the oils and dirt.

it's Storytime CHALLENGE

Create a better sneaker.



What other materials could you find and use?

- Cardboard
- Paint Stirrers
- Drinking Straws
- Tree Bark
- Tennis Balls
- Styrofoam
- Balloons
- Plastic Shopping Bags
- Popsicle Sticks
- Rubber Bands
- Tape/String/Glue
- Ruler
- Wax Paper
- Aluminum Foil



ASK >>> What is the problem?



IMAGINE >>> Brainstorm possible solutions.



PLAN >>> Pick an idea and plan out how you are going to do it.



CREATE >>> Build it!



IMPROVE >>> What worked? What didn't? How can you make it better?



SHARE >>> Share your idea!

LIVE
from the
OPERA HOUSE
it's
Storytime

TCAPS
Traverse City Area Public Schools
Great Community, Great Schools

Michigan
LEARNING CHANNEL
A PUBLIC MEDIA PARTNERSHIP

CITY OPERA HOUSE










Week 4: Engineering

July 10-16

Tinker, design, build, rebuild, and find engineering everywhere. Our featured careers this week are engineers from all kinds of specializations, auto design director, and software developer. Scan the QR code or visit MichiganLearning.org/Summer/Engineering to explore all of our videos this week.

Use the sheet below to mark off this week's activities as you complete them. See if you can get a BINGO! Some of them are in this book, and some ask you to use your imagination or go outside.



Watch DIY Science Time	 60 mins. of activity	 Read for 20 minutes	Watch ArchiTREKS	Try the Daring Design Challenge
 Read for 20 minutes	Find a green building outside	Watch Career Girls	Ask a family member about their job	 60 mins. of activity
 60 mins. of activity	Watch Story Pirates	 HAVE FUN! (Free Space)	Design a robot	 Read for 20 minutes
Research a featured career	Redesign something in your house	List things that use electricity	Watch InPACT at Home	Design an invention
Watch InPACT at Home	 Read for 20 minutes	Watch Math Park	 60 mins. of activity	Find a tall building in your neighborhood

MATH PARK

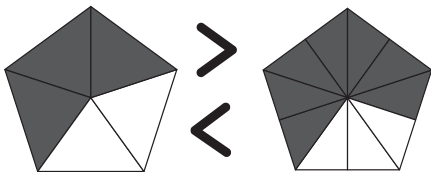
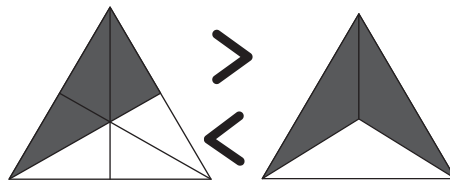
Equivalent Fractions

Directions: Scan the QR code to watch the video, and then circle the symbol that goes between them.



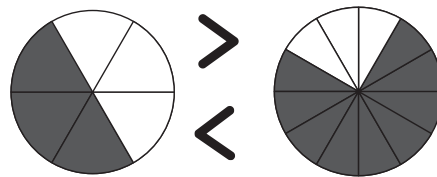
$$\frac{3}{10} > \frac{3}{5}$$
$$\frac{3}{10} < \frac{3}{5}$$

$$\frac{1}{4} > \frac{1}{8}$$
$$\frac{1}{4} < \frac{1}{8}$$



$$\frac{5}{5} > \frac{5}{15}$$
$$\frac{5}{5} < \frac{5}{15}$$

$$\frac{1}{2} > \frac{1}{4}$$
$$\frac{1}{2} < \frac{1}{4}$$





DESCRIBE YOUR HERO

What are some words to describe your hero?

What is your hero really **GOOD** at, or what is your hero's **TALENT**?

What is your hero's **WEAKNESS**, or what is your hero **AFRAID** of?

What does your hero like to do on a **NORMAL DAY**, when they don't have a big problem to solve?



Daring Design Challenge



Work together to build something new.

Sally and Nick build a bridge that's long and strong, a boat that floats, and a vase with a cool base. What can YOU create? Work together with a friend and challenge your building brains by designing some amazing creations in this collaborative game.

Materials

- Daring Design Challenge cards (print two-sided)
- The Engineering Design Process wheel
- Paper
- Pencil
- Tape
- Various household items
(Examples: wooden craft sticks, paper, straws, building blocks, fabric scraps, cans, aluminum foil, paper plates and cups, string, etc.)



Play the Game

1. Print and cut out the Daring Design Challenge cards and the Engineering Design Process wheel.
2. Together, select a game card from the pile.
3. Follow the challenge and make something amazing as you move step by step—along with THE CAT IN THE HAT—through the Design Process wheel.

Tip

The shape and weight of a design can affect how it works. You may need a wider base or different material for your designs to balance, float, or move.

Remember

Accidents happen — if you're lucky! It's okay if things don't always happen how we planned. Sometimes we discover something unexpected that makes our designs even better.

More Ways to Play

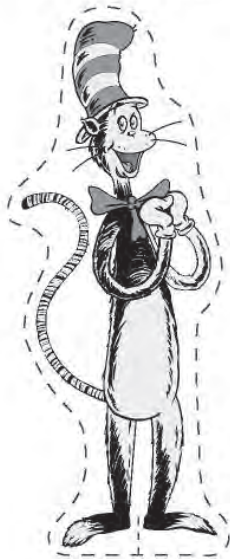
1. Think of a problem that needs to be solved. Using the four blank Daring Design Challenge cards (included in this printout), create four more design challenges. Try them with a friend.
2. Choose a design you already created and make it again using a different material.
3. Time how long it takes you to build a design. Then try it again. Can you beat your time?

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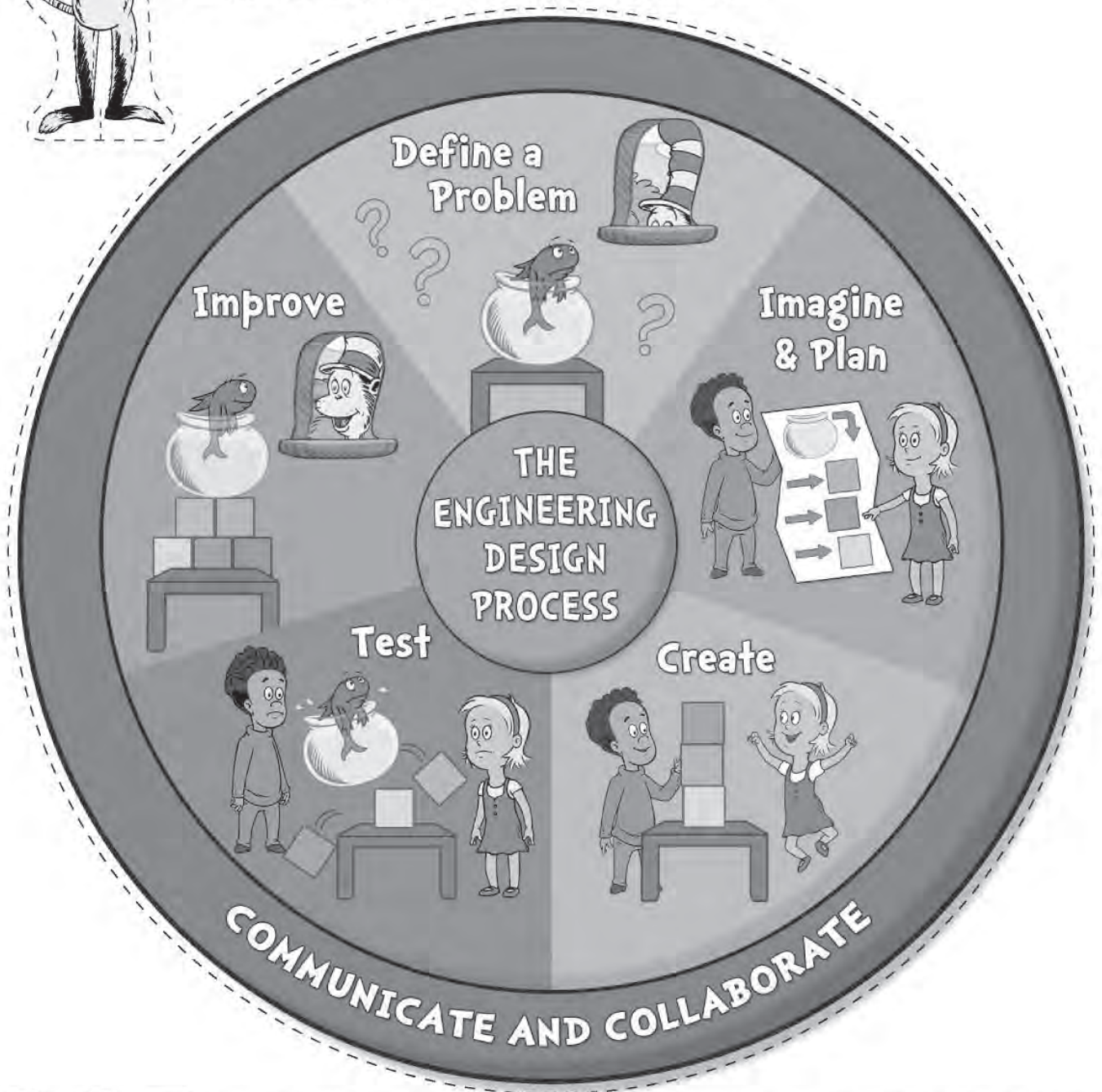
The Engineering Design Process



THE CAT IN THE HAT

Stabilizer

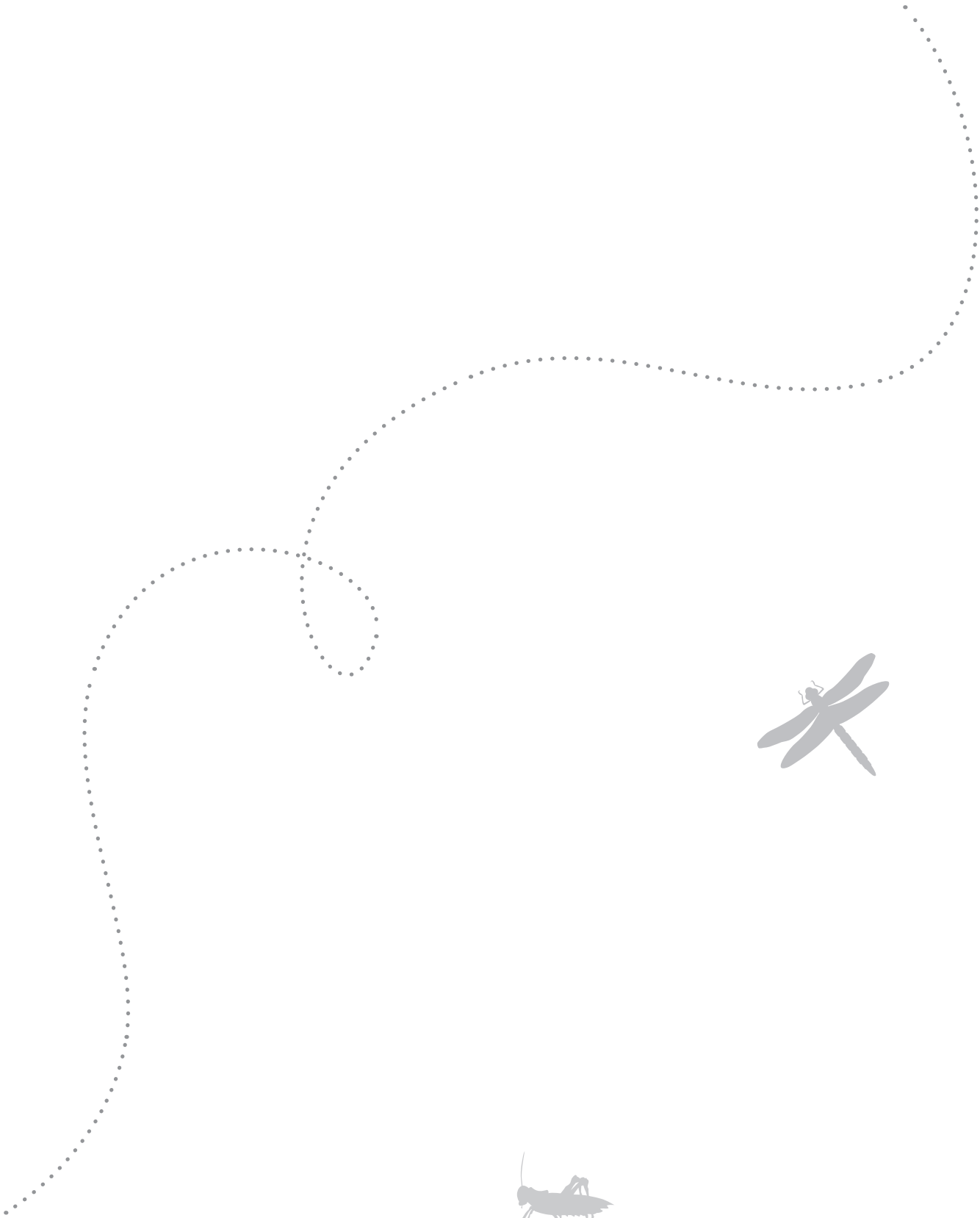
1. With an adult's help, cut out THE CAT IN THE HAT figure, the stabilizer, and the wheel. Then cut along the vertical lines at the base of THE CAT IN THE HAT and the top of the stabilizer.
2. Push the stabilizer into the base of THE CAT IN THE HAT to create a "+". THE CAT IN THE HAT should now stand.
3. Use THE CAT IN THE HAT to guide you around the wheel.



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Create a musical instrument that can make three different notes or sounds.

Imagine & Plan!

Sounds can come from hitting or plucking an object, or blowing on or through objects of different lengths. What objects can help your design work?

Make a boat that floats.

Test!

Fill the bathtub or a sink with water to test your boat. Hope it floats!

Design something taller than you.

Create!

Have fun building together. Accidents happen, if you're lucky! Use a mistake to make it even better.

Build something that will balance a pencil.

Improve!

Can it balance two pencils? Three?

Design something that can launch a coin into the air.

Test!

How do you know if it is balanced?

Create something beautiful—just because.

Imagine & Plan!

Ask a friend how your creation makes him or her feel.

Make a ball that bounces.

Improve!

Can you make something that helps you move it faster?

Build a tower as tall as your table using only paper.

Imagine & Plan!

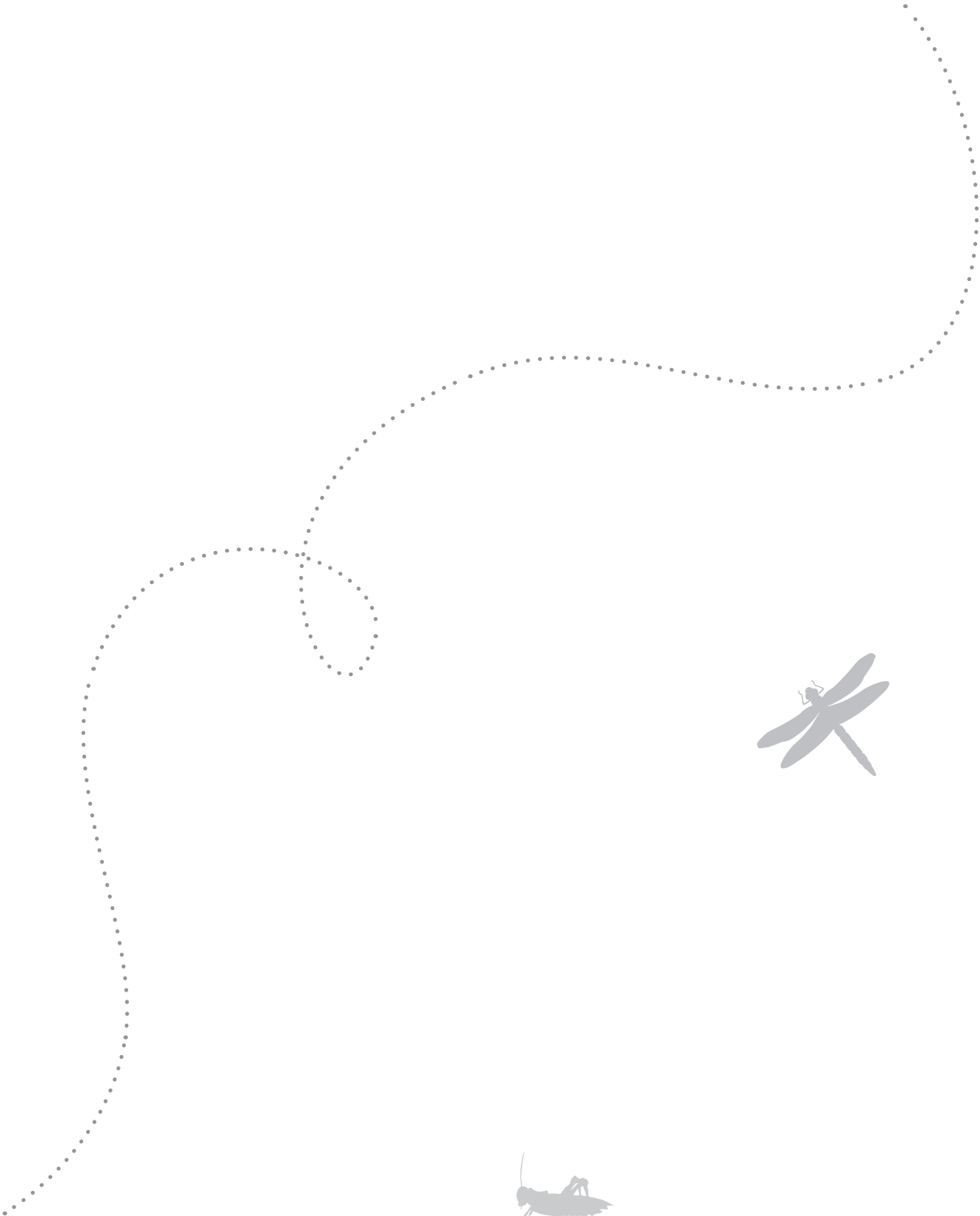
What can you do to make paper stronger and taller?



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DIY Elephant Toothpaste



FUN FACT

Seaweed is in our toothpaste! Seaweed acts as a thickening agent that allows toothpaste to be squeezed from its tube!

MATERIALS

- Yeast
- Dish soap
- Measuring spoons
- Empty plastic bottle
- Cup with warm water
- 3% Hydrogen peroxide

DIFFICULTY



CHEMICAL REACTIONS

Chemical reactions take place when the molecular or ionic structure of a substance is rearranged. When a chemical reaction occurs, a new substance is created and the process is irreversible. Today we will be making elephant toothpaste!

VISIT
DIYSCIENTIME.ORG
FOR MORE SCIENCE FUN!



**Why are chemists great
at solving problems?**

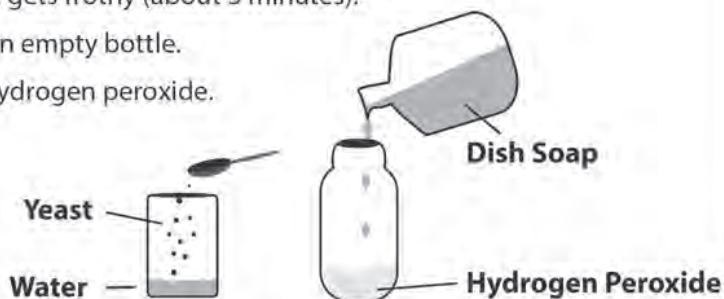
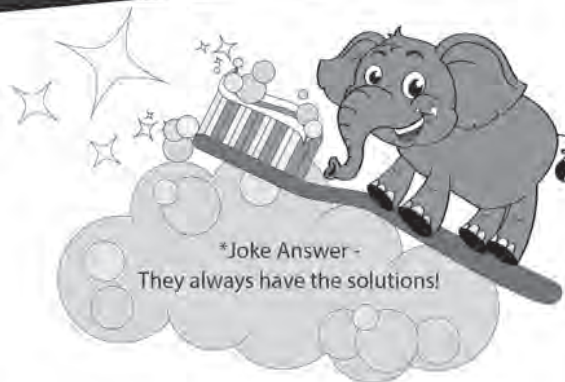
*Answer on the next page

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DIY Elephant Toothpaste

EXPERIMENT

- Step 1:** Gather materials.
- Step 2:** Place 2 tablespoons of yeast into 3 oz of warm water.
- Step 3:** Mix yeast and warm water, let stand until it gets frothy (about 3 minutes).
- Step 4:** Pour 4 ounces of hydrogen peroxide into an empty bottle.
- Step 5:** Squirt 1 tablespoon of dish soap into the hydrogen peroxide.
- Step 6:** Pour your yeast mixture into the bottle.
- Step 7:** Observe what happens!



WHY IT WORKS

"Elephant toothpaste" is created when a chemical reaction takes place and releases one oxygen atom from the hydrogen peroxide (H_2O_2). Hydrogen peroxide decomposes, or breaks down, into water (H_2O) and oxygen (O_2) naturally over time, but the yeast causes this to occur faster. The yeast has an enzyme in it called catalase. Catalase is a catalyst, something that increases the speed of the reaction. The catalyst is what causes the oxygen to be released quickly to create our "elephant toothpaste." So why did we add soap? We wanted to capture all of the released oxygen (gas) from the chemical reaction!

EXTEND YOUR LEARNING

- Would the experiment still work if you added more yeast?
- What happens if you don't add the soap?
- Does the shape or the size of the bottle change how the elephant toothpaste flows?

WORKFORCE CONNECTION

Cosmetologists, people who study the application of beauty treatments, work carefully with chemical reactions on a daily basis to help color people's hair. When someone's hair is bleached, a chemical reaction takes place to change the melanin from brown to a colorless (pale yellow) color. This irreversible process (chemical change) then allows the cosmetologist to apply a new color to the hair.










Week 5: Our Stories

July 17-23

From legends to our everyday lives, stories shape who we are. Our featured careers this week are writer, archaeologist, and teacher. Scan the QR code or visit MichiganLearning.org/Summer/Stories to explore all of our videos this week.

Use the sheet below to mark off this week's activities as you complete them. See if you can get a BINGO! Some of them are in this book, and some ask you to use your imagination or go outside.



Learn about a family member's job	 60 mins. of activity	 Read for 20 minutes	Read a story from a different country	Try "Going on a Book-nic"
 Read for 20 minutes	Research a featured career	Watch Cartoon Academy	Draw a family portrait	 60 mins. of activity
 60 mins. of activity	Fill out the Career Girls Comic	 HAVE FUN! (Free Space)	Watch Story Pirates	 Read for 20 minutes
Watch Live From the Opera House	Write an original story	Watch DIY Science Time	Watch InPACT at Home	Make a family recipe
Watch InPACT at Home	 Read for 20 minutes	Draw a comic strip	 60 mins. of activity	Watch Math Park



Going on a Book-nic

Name _____



Book Character Hunt: A-Z

Instructions:

1. Assign one person to be the recorder for your book character hunt. Choose an adult or child who can write down the names.
2. Work together to name the book characters that start with the letters A-Z, and record them in the list below. Be creative and ask for help when you need it.

Letter	Book Character	Letter	Book Character
A	_____	N	_____
B	_____	O	_____
C	_____	P	_____
D	_____	Q	_____
E	_____	R	_____
F	_____	S	_____
G	_____	T	_____
H	_____	U	_____
I	_____	V	_____
J	_____	W	_____
K	_____	X	_____
L	_____	Y	_____
M	_____	Z	_____

Find more games and activities at pbskidsforparents.org



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Career Comics 1 Career Video: _____

Scan the QR code to visit the Career Girls website and find a career video that interests you. Then ask yourself: *What is this job like?* Create a comic starring you in this career. At the top, fill in the career and sign your name. Use words and pictures to tell what happens on the job!

I Want to Be _____ By _____

If you like _____ and _____, you might like to be _____ (career)

How do you get ready for this career?

You can start by _____ and _____

You'll need some skills, too.

Like these:

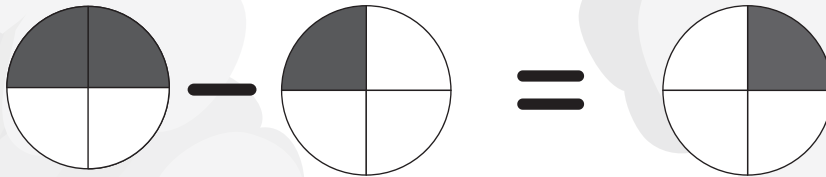
- 1.
- 2.
- 3.

What else can you do to prepare?

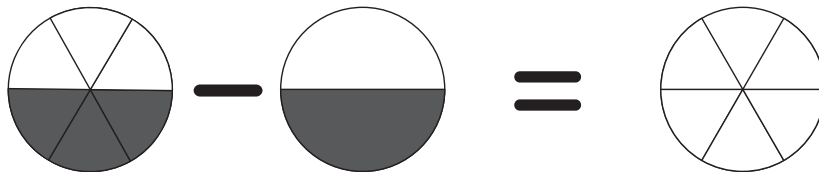
MATH PARK

Adding & Subtracting Fractions

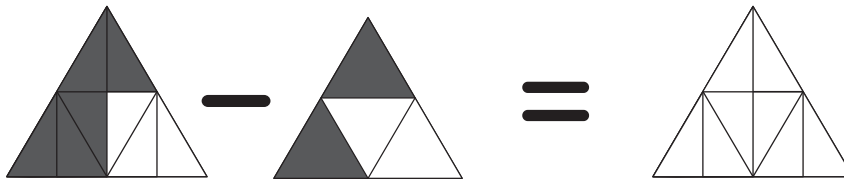
Directions: Scan the QR code to watch the video, and then add and subtract the fractions.



$$\frac{4}{8} + \frac{1}{8} = \underline{\hspace{2cm}}$$



$$\frac{2}{4} + \frac{1}{4} = \underline{\hspace{2cm}}$$





THE HERO SIZED PROBLEM

Every story involves some sort of problem, but in a hero story that problem is SO HUGE that a whole community is in danger, and a hero needs to save the day! For more ideas on how to create a Hero Sized Problem, check out our Hero Stories videos at storypirates.com/storypiratesuniversity.

What is the **COMMUNITY** where your story takes place? A city? A town? An underground snow fortress? Use your imagination, then draw and label a picture or map!



What is the **HERO SIZED PROBLEM** in the community?



CREATIVE SOLUTIONS

The Hero Sized Problems of today can't be solved just by punching, kicking, and blowing things up. Heroes need to be able to use their imaginations, and come up with creative ways to solve problems that nobody has ever thought of before. For more ideas on how to invent some **CREATIVE SOLUTIONS**, and then have your hero **TRY, FAIL, AND TRY AGAIN**, check out our Hero Stories videos at storypirates.com/storypiratesuniversity.

The **FIRST** solution the hero tried:

Unfortunately (what went wrong?):

The **NEXT** thing the hero tried:

Unfortunately (what went wrong?):

The solution that **FINALLY** worked:

It worked because:

DIY Heatless Lava Lamp



FUN FACT

Lava lamps were invented in 1948 and were originally called "Astro Lamps." The lava lamp made its television debut in the US in the 1960s on a show called "Doctor Who." Sales skyrocketed after this TV appearance!

MATERIALS

- 2-liter bottle
- Vegetable oil
- Water
- Effervescent tablets
- Food coloring
- Funnel

DIFFICULTY



DENSITY

Density is a measurement of the matter an object has within a given volume. Objects with more matter in a given volume have a higher density. Objects with less matter in the same amount of volume have a lower density. Density is found by dividing the mass of an object by its volume.

VISIT

DIYSCIENCE.ORG
FOR MORE SCIENCE FUN!



ALABAMA PUBLIC TELEVISION

What runs but never walks?

*Answer on the next page

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DIY Heatless Lava Lamp

EXPERIMENT

- Step 1:** Gather your materials.
- Step 2:** Clean and rinse your empty 2-liter bottle.
- Step 3:** Pour 3 cups of water into your bottle.
- Step 4:** Add food coloring to the water.
- Step 5:** Gently pour vegetable oil into the bottle and observe how the water and oil interact.
- Step 6:** After allowing the water and oil to settle, drop pieces of the effervescent tablets into the bottle.
- Step 7:** Observe what happens!



*Joke Answer -
The water from your faucet!

WHY IT WORKS

The oil and water stay separate because they have different densities. The oil floats on the water because it's less dense than water. When the effervescent tablet sinks to the bottom, it mixes with the water and starts a chemical reaction that produces carbon dioxide, a gas that rises through the oil. When these bubbles rise, they pull some of the colored water up and through the oil. The gas eventually escapes at the top, but the water falls back down through the oil because it is more dense!

EXTEND YOUR LEARNING

- What happens if you add more pieces of effervescent tablet, or change the amount of water in the bottle?
- Try shining a light, like a flashlight, through the bottle. What can you see differently?
- Is there a limit to the number of times you can repeat the experiment?

WORKFORCE CONNECTION

Paint chemists are scientists who study the properties and use of paint. Most paints are made of the same basic ingredients: pigments, binders, liquids, and additives. How these ingredients interact due to their densities plays an important part in determining the way that paint performs. Paint chemists study things like how well a paint can cover a surface or how long a paint may be able to last outside in the weather.

it's Storytime CHALLENGE



Poetry brings people together.
It is a great way for you to share your thoughts and feelings about big ideas. Poetry helps us see the beauty in ourselves and others as we work with the beauty of words.



What other materials could you find and use?

Notebook Paper or Scrap Paper
Pencil or Pen

Markers
Scissors (*regular or decorative edge*)
Large Paper

Grocery Bag
Watercolor Paints (*optional*)



I am _____

I wonder _____

I hear _____

I see _____

I want _____

I feel _____

I worry _____

I dream _____

I try _____

I hope _____

I am _____ (*repeat the first line*)



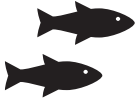













Week 6: Great Lakes

July 24-30

Dive in and explore the lakes that make Michigan special. Our featured careers this week are meteorologist, oceanographer, and water chemist. Scan the QR code or visit MichiganLearning.org/Summer/Lakes to explore all of our videos this week.

Use the sheet below to mark off this week's activities as you complete them. See if you can get a BINGO! Some of them are in this book, and some ask you to use your imagination or go outside.



 Go fishing	 60 mins. of activity	 Read for 20 minutes	 Watch the sunset	Make a pond viewer
 Read for 20 minutes	Watch Story Pirates	Name all 5 Great Lakes	Design a boat or ship	 60 mins. of activity
 60 mins. of activity	Draw an underwater world	 HAVE FUN! (Free Space)	Watch BeLEAF It or Not	 Read for 20 minutes
Watch Curious About Careers	 Go swimming	List careers that work in or near water	Watch InPACT at Home	 Play in the rain
Watch InPACT at Home	 Read for 20 minutes	 Watch the sunrise	 60 mins. of activity	Watch Live From the Opera House



A POND WITH A VIEW

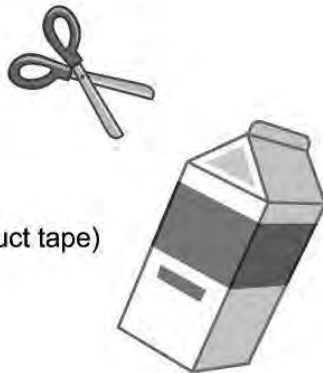
DIFFICULTY: EASY

While there is action all around a pond, what do you think is happening *in* the water? Ponds are filled with animal and plant life that have special qualities that help them spend all or most of their lives underwater. Make this pond viewer to bring on your next pond exploration!



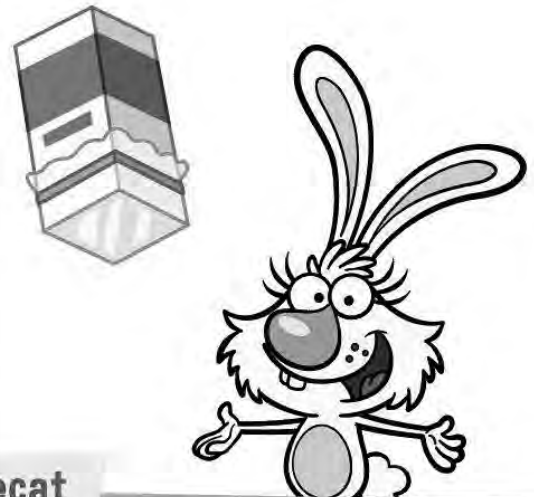
MATERIALS

- One-half gallon milk carton
- Scissors
- Waterproof, strong tape (e.g. duct tape) or a sturdy rubber band
- Heavy, clear plastic wrap



LET'S MAKE A POND VIEWER!

- 1 Have an adult cut off the very top of the milk carton and the very bottom to create a rectangular tube.
- 2 Tear off a sheet of plastic wrap and place it over one of the open ends. Fold down the plastic wrap... make sure wrap is smooth and tight for clear viewing.
- 3 Using the tape or the rubber band, secure the plastic wrap in place. Keep the plastic wrap as tight as possible so you have a flat viewing surface.



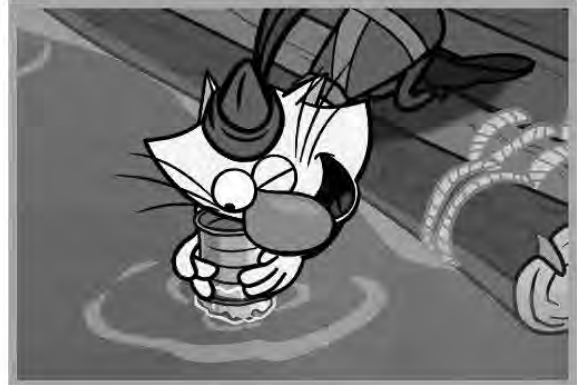
pbskids.org/naturecat

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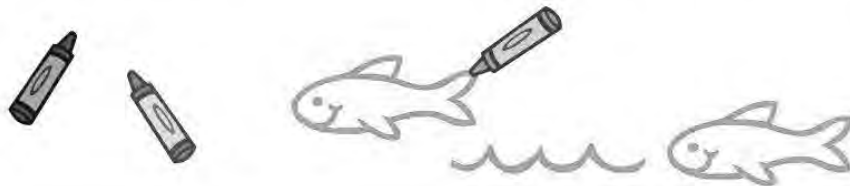
POND VIEWING TIPS

- 1 Splashing and stirring up mud will make it difficult to see into the pond. Be as still as possible when using your viewer.
- 2 Despite what NatureCat says, it is noble and fun to get wet! If the shoreline is murky, slowly wade out to your knees before using your viewer where it may be less murky.
- 3 Other ways to view: on a dock, over the side of a canoe, or in a stream, lake or tide pool!



LET'S TAKE A CLOSER LOOK

Describe a plant or animal that you see. Draw a picture of it, and ask an adult to help you identify and label your picture.



pbskids.org/naturecat

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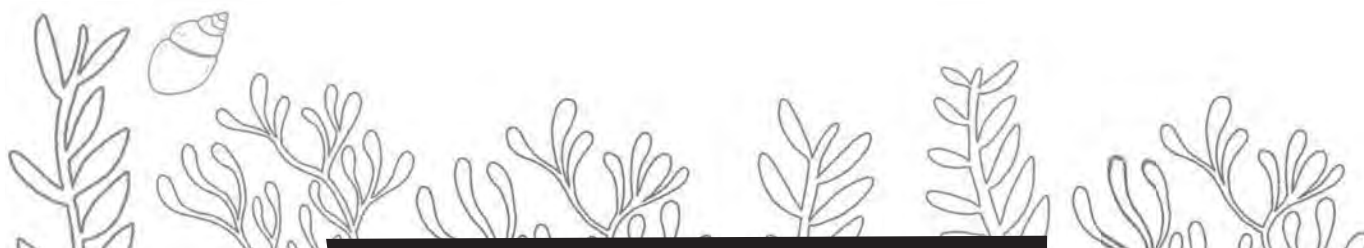
Scribbles
and
Ink.

Underwater World



Draw an
underwater
world.

What
creatures live
here?



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DIY Bouncy Ball Recipe



FUN FACT

Bini the Bunny holds the world record for the most basketball slam dunks in one minute by a rabbit. Bini made 7 dunks in just 60 seconds! Now that's one bouncy bunny!

MATERIALS

Ball mixture

- Glue
- Cornstarch
- Food coloring
- Mixing bowl
- Measuring spoons

Borax Bath

- Borax
- Warm water
- Mixing bowl

DIFFICULTY



POLYMERS

Polymers are large molecules made from bonded (chemically linked) groups of similar atoms. The word polymer is Greek for "many parts." Polymers are made of many monomers (Greek for "one part"). A polymer is a chain of linked monomers. Polymers can be found all around us: bicycle tires, plastic plates, strands of our hair, and even super duper bouncy balls!

Why did the bucket bounce?

*Answer on the next page

VISIT

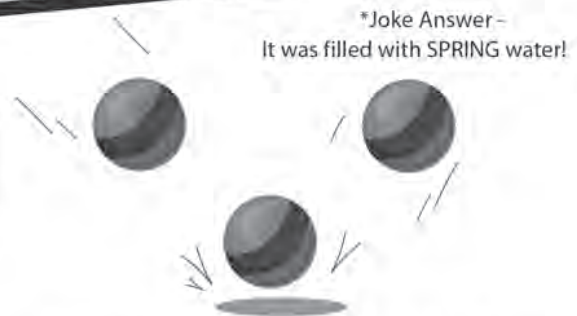
DIYSCIENTIME.ORG
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DIY Bouncy Ball Recipe



EXPERIMENT

- Step 1:** Create a Borax bath by mixing together 2 Tbsp Borax into 1 cup of warm water in a mixing bowl.
- Step 2:** Create your ball mixture by mixing together 1 Tbsp cornstarch with 2 Tbsp of glue. If you want your ball to be colored, add food coloring and mix together in another bowl.
- Step 3:** Carefully drizzle your ball mixture into your Borax bath. Allow it to sit in the bath for 15-20 seconds. Stir and make sure that all parts of the mixture have been activated by the Borax bath (should feel firm).
- Step 4:** Remove your ball mixture from the Borax bath and form into a ball shape. A measuring spoon can be used as a guide to help shape your ball. Place your ball back into the Borax bath for 60 seconds.
- Step 5:** Be sure to wash your hands after handling the Borax bath.
- Step 6:** Try bouncing and testing your ball!

WHY IT WORKS

You are seeing a chemical reaction right before your eyes during this experiment. The glue is a polymer and the Borax links together the molecule chains of the glue. The cornstarch helps to thicken the mixture, allowing it to be formed and hold a ball-like shape. Although you can't see the molecules linking in the chemical reaction, we know a chemical reaction has taken place because our ingredients have combined to create a new item!

EXTEND YOUR LEARNING

- What happens if you changed the amount of cornstarch or glue used in the recipe? Could you make a larger ball?
- Does your bouncy ball behave differently if chilled in the freezer?
- Could you separate your recipe and use different food coloring to make a multi-colored ball?

WORKFORCE CONNECTION

A geneticist is a biologist who studies genetics, the science of genes, heredity, and variation of organisms. The genes they study are made of polymers called DNA. Two long strands of these polymers form the familiar double helix shape of DNA. The monomers that make up DNA strands are called nucleotides. Geneticists study the genes of organisms like human beings, animals, crops and bacteria.

it's Storytime CHALLENGE

Build a boat that can float for 3 minutes.



What other materials could you find and use?

- Cardboard
- Paint Stirrers
- Paper/Newspapers
- Drinking Straws
- Tree Bark
- Tennis Balls
- Styrofoam
- Balloons
- Plastic Shopping Bags
- Popsicle Sticks
- Rubber Bands
- Tape/String/Glue
- Ruler
- Wax Paper/Aluminum Foil



ASK >>> What is the problem?



IMAGINE >>> Brainstorm possible solutions.



PLAN >>> Pick an idea and plan out how you are going to do it.



CREATE >>> Build it!



IMPROVE >>> What worked? What didn't? How can you make it better?



SHARE >>> Share your idea!

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it's
Storytime

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Week 7: Around the World

July 31 - August 6

Experience food, art, music, and cultures from around the globe. Our featured careers this week are chef, airplane pilot, and cybersecurity expert. Scan the QR code or visit MichiganLearning.org/Summer/World to explore all of our videos this week.

Use the sheet below to mark off this week's activities as you complete them. See if you can get a BINGO! Some of them are in this book, and some ask you to use your imagination or go outside.

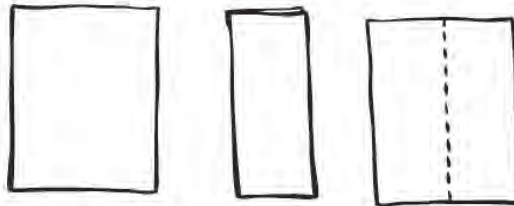


Make paper airplanes with Ready Jet Go	 60 mins. of activity	 Read for 20 minutes	Write a story about traveling	Learn to say hello in another language
 Read for 20 minutes	Write your hero story with Story Pirates	Design your own flag	Learn about a family member's job	 60 mins. of activity
 60 mins. of activity	Watch Math Park	 HAVE FUN! (Free Space)	Watch DIY Science Time	 Read for 20 minutes
Watch Live From the Opera House	Learn about a place you'd like to visit	Watch Cartoon Academy	Watch InPACT at Home	Watch Virtual Vitamin Z
Watch InPACT at Home	 Read for 20 minutes	Make Density Art	 60 mins. of activity	Create a musical instrument

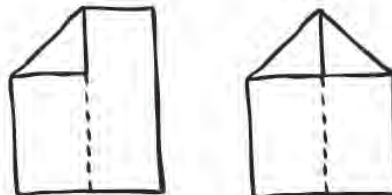


Paper Airplane

1. Fold paper in half the long way and reopen.



2. Fold the top two corners into the center spine of the paper.



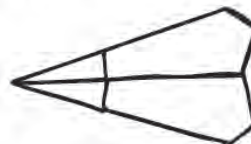
3. Refold lengthwise and rotate the paper to lay on the table like this:



4. Fold the top left corner down to lay parallel to the bottom spine. Repeat this step on the other side.



5. Turn the paper over and repeat the last two steps. Your airplane should look like this!



6. Now, try to fly it to the moon! How far can you make the airplane fly?

For more games and activities, visit pbskidsforparents.org

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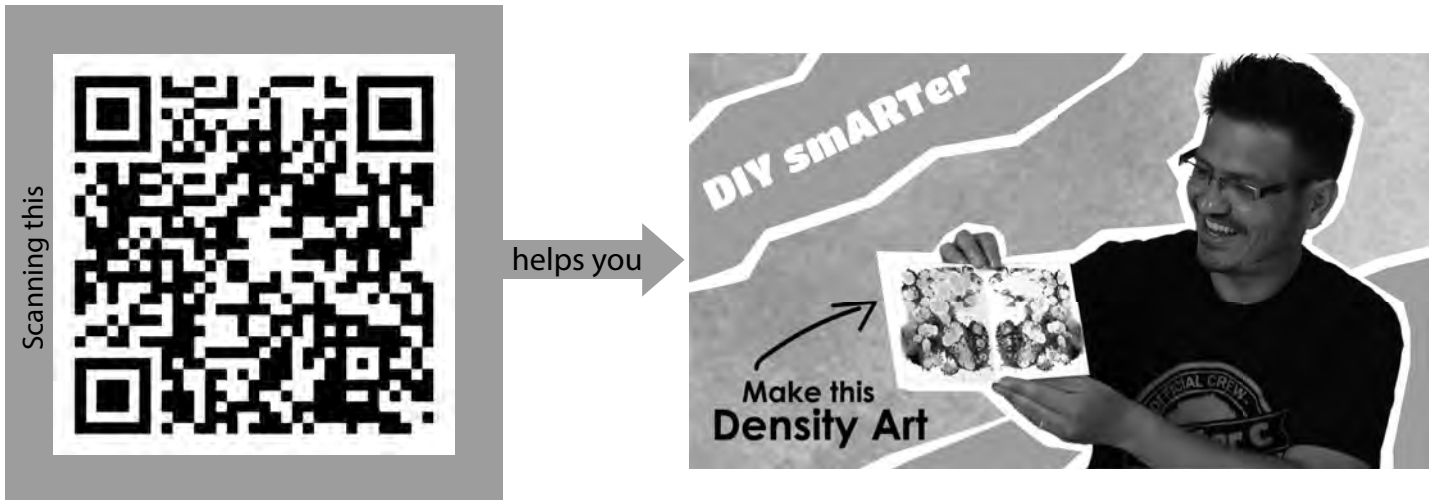
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Density Art



1. Scan the QR code on this sheet to watch the video and follow along with Mister C.



2. You'll need:

- a. This printout
- b. Plain printer paper or canvas paper
- c. Food coloring
- d. Vegetable Oil
- e. Pipette or straw
- f. Pan

Discussion Questions:

Does the type of paper impact the art?

How can you manipulate the colors to make more colors than you originally had in the food coloring box?

What if you added something like glitter to the oil and water mixture?

Fun Fact:

Symmetry is used in photography to create beautiful images. Butterflies have a line of symmetry down the center of their bodies.

MATH PARK

Introducing Decimals: Tenths

Directions: Scan the QR code to watch the video, and then write each fraction as a decimal.



$$\frac{1}{10} = 0.1$$

$$\frac{3}{10} =$$

$$\frac{8}{10} =$$

$$\frac{2}{10} =$$

$$\frac{5}{10} =$$

$$\frac{9}{10} =$$

$$\frac{10}{10} =$$

$$\frac{7}{10} =$$

$$\frac{6}{10} =$$

$$\frac{4}{10} =$$

*Joke Answer -
They have lots of degrees!

DIY Thermometer

EXPERIMENT

Step 1: Gather materials.

Step 2: Fill your bottle about half way up with water and add a few drops of food coloring.

Step 3: Shape the modeling clay into a sphere larger than the opening of the bottle. Carefully poke your straw through the clay (make sure the straw doesn't get blocked).

Step 4: Place the clay sphere and straw on top of the bottle, allowing the straw to reach near the bottom of the bottle (don't allow the straw to touch the bottom of the container). Seal the bottle with the clay, making sure there are no gaps to allow air to enter.

Step 5: Note the level of the water, this is room temperature.

Step 6: Try placing your thermometer in ice water and observe what happens to the liquid in the straw.



WHY IT WORKS

When the temperature of the liquid in the bottle increases, it has gained energy, causing its molecules to expand and rise into the narrow straw. When the liquid cools, its molecules lose energy causing them to contract, allowing the liquid in the tube to fall to a lower level. Therefore, high levels of liquid in the tube indicate a higher temperature and low levels indicate a lower temperature.

EXTEND YOUR LEARNING

- What happens if you put your thermometer into warm water?
- Would using a liquid other than water change the way your thermometer behaves?
- Could you add lines to your thermometer to get a better, more accurate reading?

WORKFORCE CONNECTION

Solar photovoltaic (PV) installers, also known as PV installers, assemble, set up, and maintain rooftops or other systems that convert sunlight into energy. Solar photovoltaic installers usually work as part of a team. They must understand how solar energy is converted into electric energy by the solar panels they install. They must also set up systems to safely store this collected solar energy for use in homes and businesses.

it's Storytime CHALLENGE

What else can you make with origami?
It can be a design that you know, or you can create your own design.



What other materials could you find and use?

- Paper/Newspaper •
- Ruler •
- Scissors •



ASK >>> What is the problem?



IMAGINE >>> Brainstorm possible solutions.



PLAN >>> Pick an idea and plan out how you are going to do it.



CREATE >>> Build it!



IMPROVE >>> What worked? What didn't?
 How can you make it better?



SHARE >>> Share your idea!

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 it's Storytime

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Week 8: Space

August 7-13

Meet astronauts and virtually visit the planets and stars. Our featured careers this week are astronaut, astronomer, and computer scientist. Scan the QR code or visit MichiganLearning.org/Summer/Space to explore all of our videos this week.

Use the sheet below to mark off this week's activities as you complete them. See if you can get a BINGO! Some of them are in this book, and some ask you to use your imagination or go outside.



 Stargaze	 60 mins. of activity	 Read for 20 minutes	Draw a space creature	Watch Career Girls
 Read for 20 minutes	Try the Odd Squad Robot Coder	Create your own constellation	Research a featured career	 60 mins. of activity
 60 mins. of activity	Draw your hero story with Story Pirates	 HAVE FUN! (Free Space)	Look at the clouds	 Read for 20 minutes
Name all the planets in the solar system	Watch NASA at Home	Watch Live From the Opera House	Watch InPACT at Home	Visit a new place
Watch InPACT at Home	 Read for 20 minutes	Design a rocket ship	 60 mins. of activity	 Stargaze



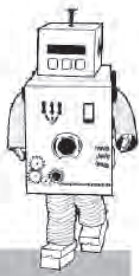
Robot Coder





Name _____



Follow the code! Agent Oswald needs YOUR help to move the ODD-some robot through the warehouse to retrieve his gadgets. Use the key on the side of the page and follow the codes to guide the robot.



		Start 		

Key



-  Forward
-  Left
-  Right
-  Number of Spaces

Code 1  **2**  **2** **Where did you end?** _____

Code 2  **1**  **3** **Where did you end?** _____

Code 1 = 2 on the grid, Code 2 = X on the grid

Find more games and activities at pbskidsforparents.org



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Robot Coder

Name _____

Write your own code! Mark a box on the grid as the start. Select a shape (● ◆ ▲ ●) as the ending point. On a separate piece of paper write the name of this shape. This is the answer to Code 1.

Fill in the blank spaces below for Code 1. You don't have to fill in all the boxes, but you can. Use arrows (e.g., ↑ ↓ ← →) and numbers to create your code. Remember, the robot must move around objects.

To create Code 2, do the same thing only choose a different shape for the ending point. Write the name of this shape on a separate piece of paper. Fill in the blank spaces below for Code 2.

Challenge a family member or friend to follow your codes and tell you where they ended. You can then reveal your answers!

Code 1

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

Where did you end? _____

Code 2

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

Where did you end? _____

Find more games and activities at pbskidsforparents.org



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MATH PARK

Introducing Decimals: Hundredths

Directions: Scan the QR code to watch the video, and then write each fraction as a decimal.



$$\frac{1}{100} = 0.01$$

$$\frac{3}{100} =$$

$$\frac{8}{100} =$$

$$\frac{2}{100} =$$

$$\frac{5}{100} =$$

$$\frac{9}{100} =$$

$$\frac{10}{100} =$$

$$\frac{7}{100} =$$

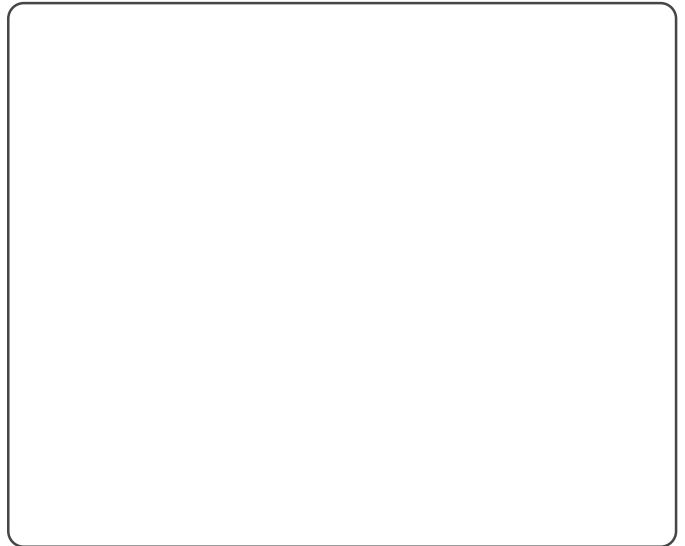
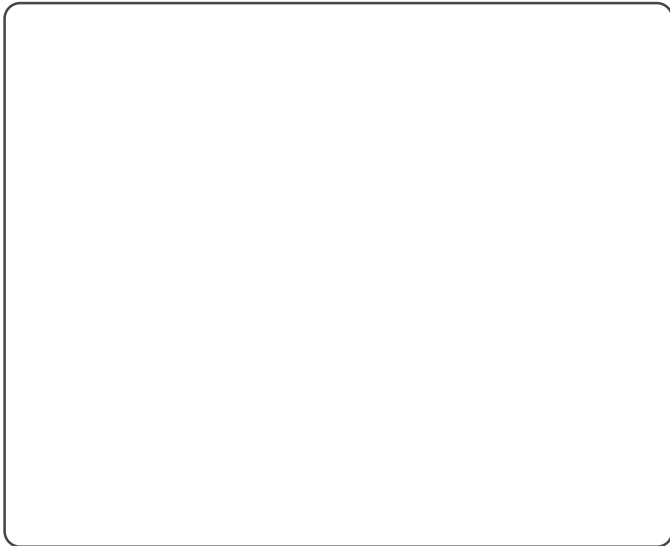
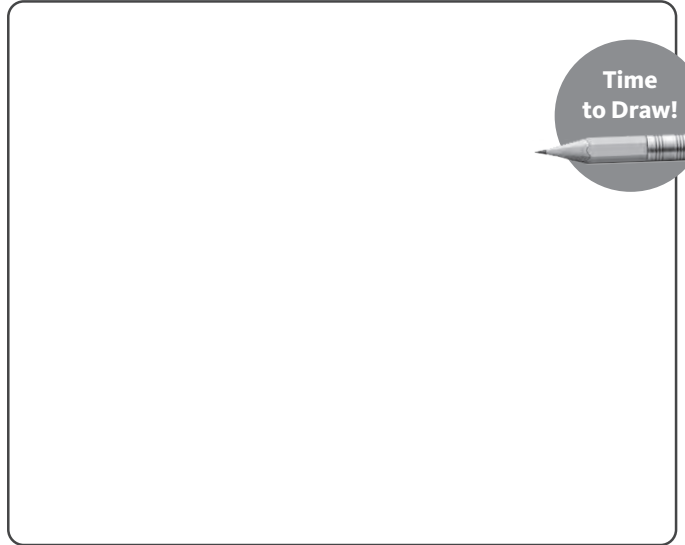
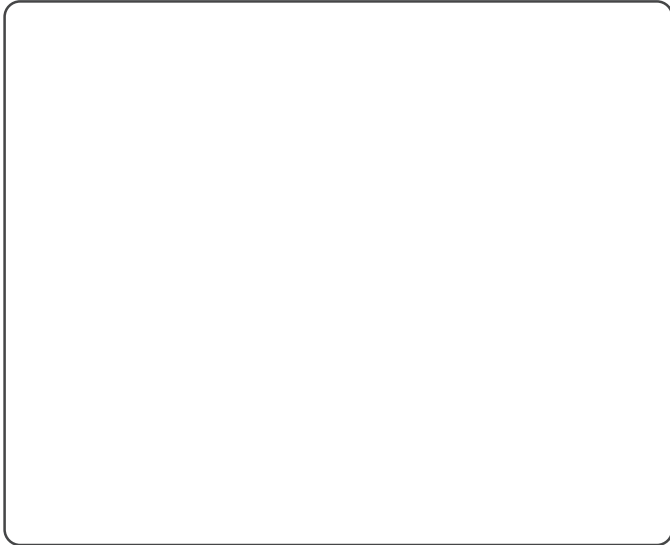
$$\frac{6}{100} =$$

$$\frac{4}{100} =$$

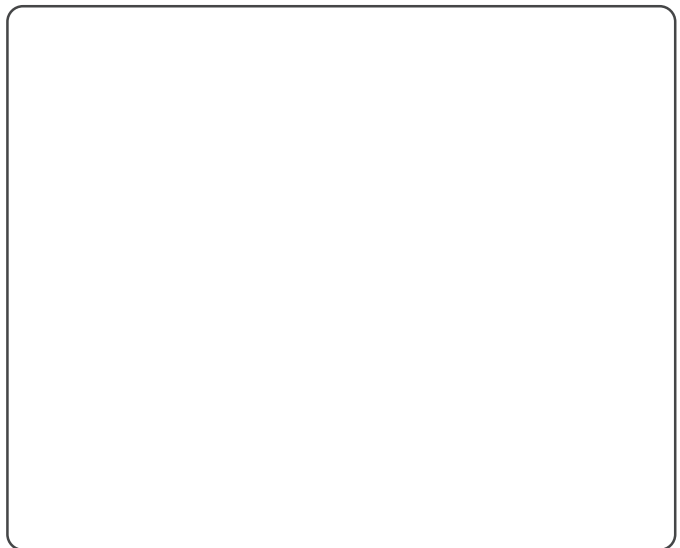
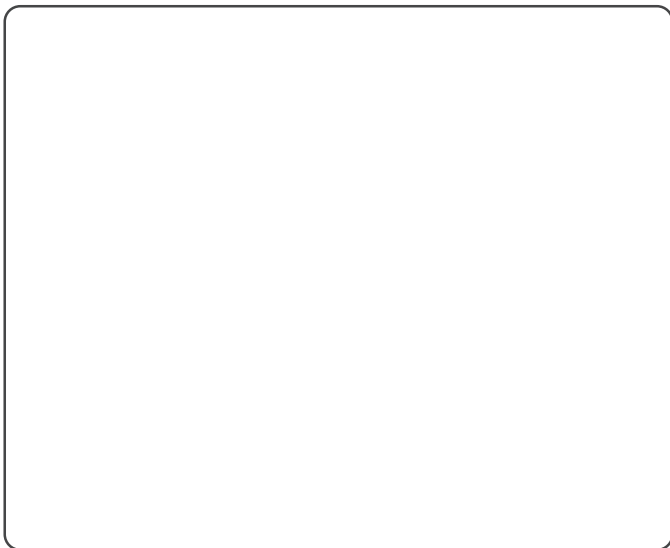
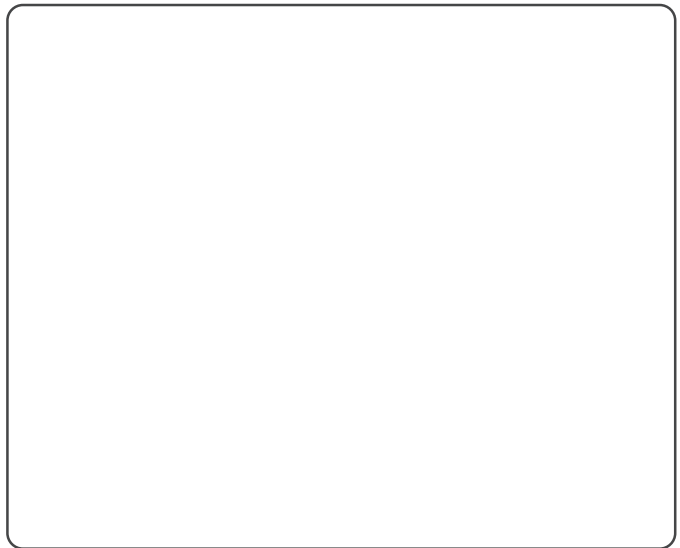
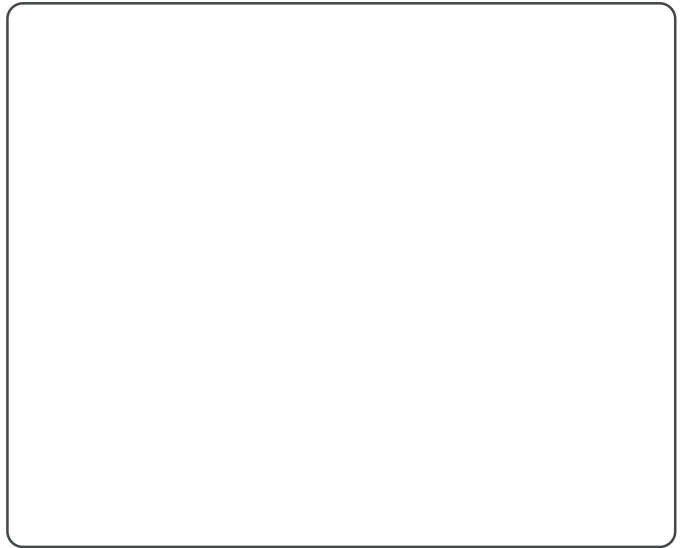
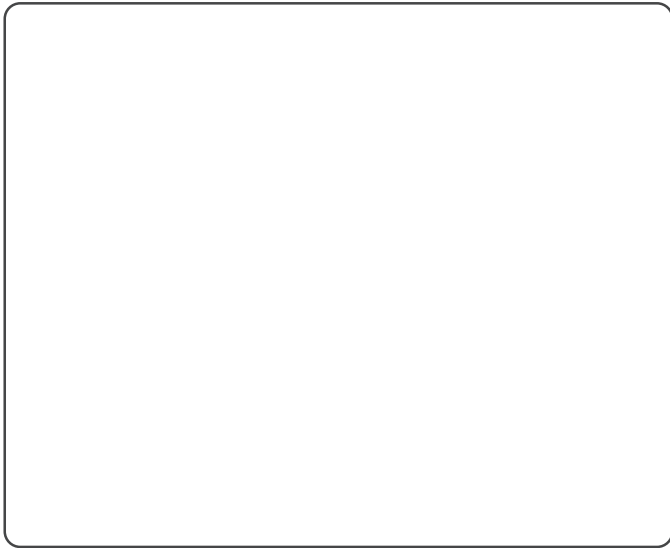
DRAW YOUR STORY!



Use the story you wrote earlier in this book to draw a comic!



DRAW YOUR STORY!



it's Storytime CHALLENGE

Design a lever contraption to launch a ping-pong ball high enough in the air to catch it!



What other materials could you find and use?

- Duct Tape
 - Paint Stirrers
 - 1 Ping-Pong Ball
 - 1 Wooden Block or Spool
 - 3-oz Paper Cups
- What else can you launch?
(hint: stuffed animals are fun to launch!)

- ASK** >>> What is the problem?
- IMAGINE** >>> Brainstorm possible solutions.
- PLAN** >>> Pick an idea and plan out how you are going to do it.
- CREATE** >>> Build it!
- IMPROVE** >>> What worked? What didn't? How can you make it better?
- SHARE** >>> Share your idea!



DIY Thermometer



FUN FACT

Before there were thermometers there was an instrument called a thermoscope. Thermoscopes are devices that show changes in temperatures. Unlike a modern thermometer, thermoscopes don't have standard scales for measuring temperature.

THERMAL ENERGY

Thermal energy is the energy contained within a system that is responsible for its temperature. Heat is the flow of thermal energy. The total kinetic energy of moving particles of matter is called thermal energy. All matter has thermal energy, even matter that feels cold. That's because the particles that make up matter are always in motion and have kinetic energy.

MATERIALS

- Ice
- Water
- Small bowl
- Food coloring
- Modeling clay
- Bottle with small neck
- Clear plastic drinking straw

DIFFICULTY



Why are thermometers so smart?

**Answer on the next page*

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WHAT IS MEET UP AND EAT UP?

Meet Up and Eat Up provides FREE nutritious meals for children and teens 18 years and younger.

HOW DO I SIGN UP?

No application or sign-up needed, just come and join us!

WHERE IS IT?

To find a location near you

Visit: www.michigan.gov/meetupeatup

Call: 211

Text: Food to 304-304

Mande por texto "Comida" al 304-304



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SUMMER!

FUN ACTIVITY BOOK

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**UPPER
ELEMENTARY**

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