



NOOSH SENIOR PROGRAM

TERM 2 WEEK 4



CREATIVE	STEM	LIFE SKILL	ACTIVE	SPONTANEOUS
Glove Monsters*	Popsicle Catapults* (CA)	Chocolate Chip Frozen Bites	Balloon Tennis*	
DIY Lava Lamps (MC)	Dancing Rice	Dress Ups*	Nature Scavenger Hunt (LH)	
Tape Painting*	Mentos and Coke Experiment	Chocolate Chip Cookies	Touch Football	
Chalk Paintings*	Invisible Ink Writing* (AW)		Skills Relay Races (MC)	
Baby Chicken Craft*	Memory Game* (JF)			

Resources/Items Needed for Week 4:

- Rubber/Cheap Gloves
- Googly Eyes
- Other craft supplies (*pipe cleaners, cotton buds, buttons etc*)
- Clear Water Bottles or Jar/Cup with lid
- Vegetable Oil
- Food Colouring
- Alka-Seltzer Tablets
- Popsicle Sticks
- Rubber bands
- Plastic spoons
- Small Pom poms
- White Vinegar
- Baking Soda
- Instant Rice (*must be instant*)
- Clean Jars
- 1 cup vanilla whole milk yogurt (or your favourite flavour)
- ½ cup granola (broken into very small pieces)
- ⅓ cup mini chocolate chips
- Cupcake Liners
- Variety of 2L Soda (Coke, Diet Coke etc)
- Mentos
- Balloons
- Paper Plates
- White crayons
- Watercolour paint and brushes
- 125g butter
- 1/2 cup sugar
- 1/2 cup brown sugar
- 1 egg
- 1/2 tsp vanilla essence
- 1/4 tsp salt
- 1 3/4 cups SR flour
- 150g milk choc chips
- Chalk
- Yellow paper
- Orange paper
- White paper

Glove Monsters

Resources:

- Rubber/Cheap Gloves
- Googly Eyes
- Other craft supplies (*pipe cleaners, cotton buds, buttons etc*)
- Glue
- Sticky Tape

Steps:

1. Give each child one glove.
2. Decorate the glove with craft supplies to make a monster.



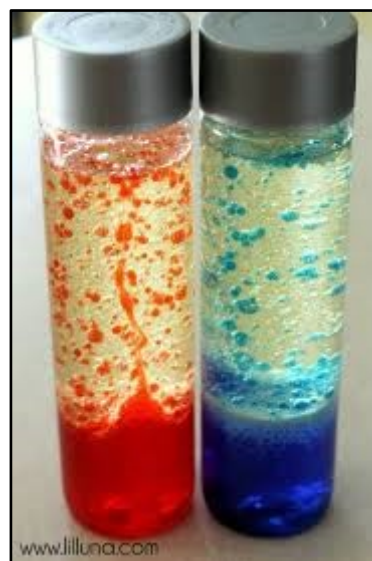
DIY Lava Lamps

Resources:

- Clear Water Bottle or Jar/Cup with lid
- Vegetable Oil
- Water
- Food Colouring
- Alka-Seltzer Tablets

Steps:

1. Fill the bottle most of the way with vegetable oil.
2. Fill the rest of the bottle with water. The water will sink to the bottom under the oil.
3. Add a few drops of food colouring; your choice of colour. The food colouring is water-based, so it will also sink and colour the water that is now at the bottom of the flask.
4. Break an Alka-Seltzer tablet into a few small pieces, and drop them in the flask one at a time.
5. Watch your lava lamp erupt into activity! As the reaction slows down, simply add more Alka-Seltzer.



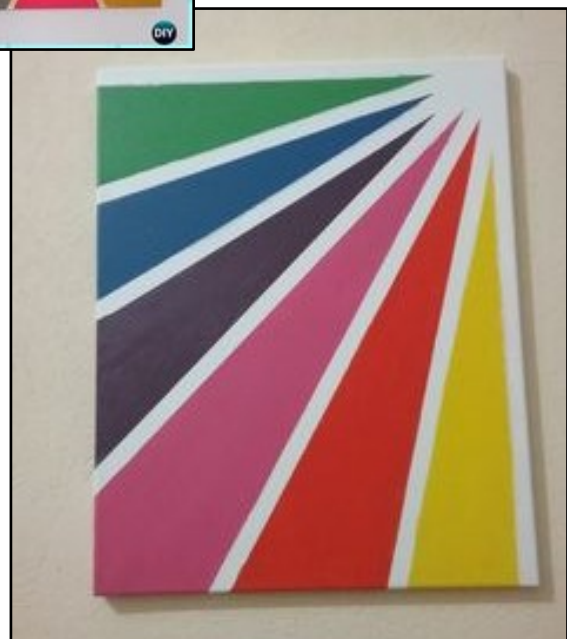
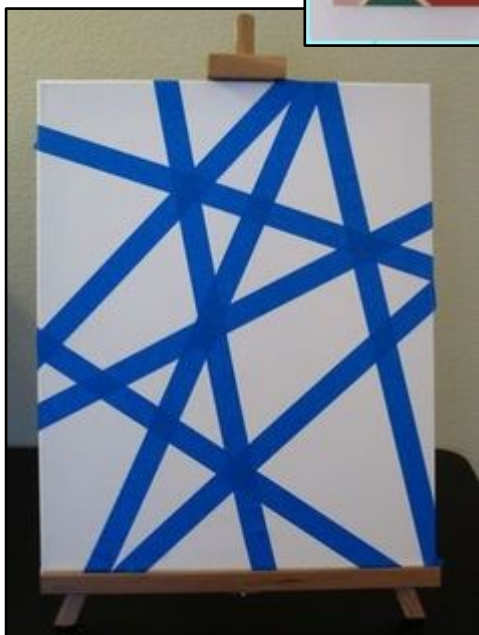
Tape Painting

Resources:

- Paper
- Coloured Textas
- Rulers

Steps:

1. Give each child one piece of paper.
2. Use a ruler to create straight lines randomly around the page.
3. For every line, rule another parallel line 1cm away to create a small strip.
4. Colour in the piece of paper using different colours for each section.
5. Try to create a pattern, or create an abstract page.



Popsicle Catapults

Resources:

- Popsicle Sticks
- Rubber bands
- Plastic spoons
- Small Pom poms
- Texters

Steps:

1. Make a stack of popsicle sticks and rubber band them together on each end.
2. Take two additional popsicle sticks and stack them together. Rubber band them together on just one end.
3. Pull the two popsicle sticks slightly apart and place the larger stack of popsicle sticks in between them.
4. Rubber band the stack of popsicle sticks to just the upper popsicle stick.
5. Rubber band a spoon to the upper popsicle stick.
6. Place a pom pom onto the spoon.
7. Hold the catapult with one hand, and use the other hand to pull the spoon down. Release the spoon to launch your pom pom!



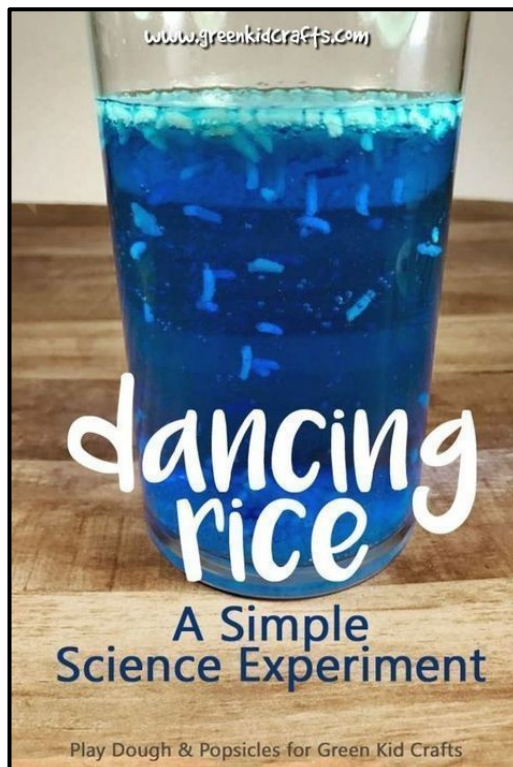
Dancing Rice

Resources:

- White Vinegar
- Baking Soda
- Instant Rice (*must be instant*)
- Clean Jars
- Water
- Food Colouring

Steps:

1. Fill the jar $\frac{3}{4}$ full of water. Mix in food colouring.
2. Add in 1 TBS of baking soda and stir. Mix completely.
3. Add $\frac{1}{4}$ cup of uncooked instant rice.
4. Add 1-2 TBS of white vinegar.
5. Watch the rice dance!



Chocolate Chip Frozen Bites

Resources:

- 1 cup vanilla whole milk yogurt (or your favourite flavour)
- ½ cup granola (broken into very small pieces)
- ⅓ cup mini chocolate chips
- Cupcake Liners

Steps:

1. Add 16 cupcake liners to mini cupcake pan. (I recommend doubling up the liner.)
2. Add crushed granola to liners so bottom is completely covered.
3. Top with yogurt and mini chocolate chips.
4. Freeze until solid, at least two hours.
5. Store in freezer bag until ready to eat.
6. Thaw for 10 minutes before serving.



Mentos and Coke Experiment

Resources:

- Variety of 2L Soda (Coke, Diet Coke etc)
- Mentos
- Sticky Tape

Steps:

1. Get a small strip of tape and line it with a couple of Mentos.
2. Prepare one of the bottles by placing it in an open area.
3. Open the lid, and drop in the row of Mentos – be quick!
4. Repeat with different varieties of soda to see which one has the best reaction.



Balloon Tennis

Resources:

- Balloons
- Paper Plates
- Rulers
- Sticky Tape
- Texters

Steps:

1. If desired, decorate the paper plates.
2. Place a ruler behind each plate, and tape them down firmly.
3. Blow up one balloon for every two children.
4. Enjoy a creative game of tennis.
5. If needed, make the racquet firmer placing two rulers on instead of one



Touch Football

Resources:

- Football
- Cones *(if desired)*

Steps:

1. Set out a rectangular field with two try lines at either end.
2. Divide players into two teams.
3. Each team lines up horizontally across the field.
4. One team starts with the ball, carrying it forward aiming to place the ball over the other team's try line.
5. When the player with the ball is touched by an opponent, they must roll the ball under their legs to a team mate.
6. Each team is only able to be 'touched' 6 times before the ball is handed over to the other team.
7. The ball must not be dropped or passed forwards.



Skills Relay Race

Resources:

- Cones
- Variety of balls (*tennis balls, etc*)
- Cricket bats (*if desired*)

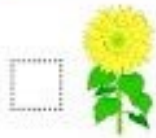
Steps:

1. Set out lines of cones parallel to each other.
2. Divide the children into teams and have them stand behind the first cone in their line.
3. One child from each team must run, weaving between the cones, up to the last cone, before returning in the same way and tagging the next child.
4. As they run, get the child to perform a different hand-eye coordination skill (bouncing the ball, throwing and catching, juggling on cricket bat).
5. Get creative!



Nature Scavenger Hunt

Nature Scavenger Hunt



flower



rocks



water



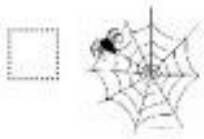
green leaf



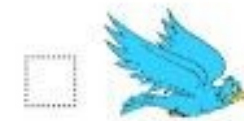
tree



grass



spiderweb



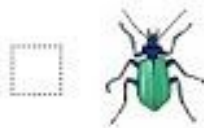
bird



sand or dirt



cloud



bug



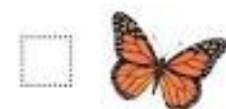
ant



brown leaf



tree bark



butterfly



fern

Invisible Ink Writing

Resources:

- White crayons.
- Watercolour paint and brushes.
- Blank white paper.
- Some water and paper roll to reduce mess.

Steps:

1. Write a secret message on the paper using the white crayon.
2. Ensure a reasonable amount of pressure is used when writing.
3. Paint over the paper to reveal the message!



Dress Ups

Resources:

- Costumes

Steps:

1. Encourage the children to dress up in the costumes at NOOSH.
2. Create a character, environment and situation.
3. Role play!

Chocolate Chip Cookies

Ingredients:

- 125g butter
- 1/2 cup sugar
- 1/2 cup brown sugar
- 1 egg
- 1/2 tsp vanilla essence
- 1/4 tsp salt
- 1 3/4 cups SR flour
- 150g milk choc chips

Steps:

1. Preheat moderate oven.
2. Grease approximately 3 trays or line with baking paper.
3. Cream together butter, sugars and vanilla until fluffy.
4. Add lightly beaten egg gradually.
5. Mix in sifted flour and salt. Add choc chips.
6. Roll into balls and put on prepared trays.
7. Cook for 8-12 minutes.



Chalk Paintings

Resources:

- Chalk

Steps:

1. Find an outdoor space on a hard surface (cricket nets, pavements).
2. Encourage the children to draw.



Baby Chicken Craft

Resources:

- Paper Plates
- Yellow paint/texter
- White card stock
- Yellow paper
- Paintbrush
- Scissors
- Glue stick
- Double-sided tape (optional)

Steps:

1. Paint/colour two paper plate a bright yellow. Let dry completely.
2. Draw two eyes in the middle of the paper plate.
3. Draw an orange beak just below the eyes.
4. Cut white paper in the shape of a egg shell and tape to top and bottom paper plate.
5. Trace the chick's wing template onto the second paper plate and cut out.
6. Glue the wings on both sides of the paper plate.

