



Big Brothers Big Sisters

Match Idea Book



MAKE IT BIG

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**Big Brothers Big Sisters
Independence Region**

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independencebig.org

Match Idea Book

Introduction

The Match Idea Book was created to provide Bigs and Littles with a variety of exciting and innovative ways to have fun. Its purpose is to guide Bigs (and Littles) with suggestions on activities that everyone can enjoy.

Although some of the activities in the Match Idea Book do require some money, we encourage our matches to focus on spending time together, not spending money together.

Enjoy!

Your Match Support Team
Big Brothers Big Sisters Independence Region

Keep an eye out for:



Lenny the Lightbulb: He has a lot of great tips to help strengthen your match relationship!



The shortest distance between two people is a good laugh, so don't hold back – be silly, make jokes and step out of your comfort zone. You can still be an adult authority figure while joking around with your Little. The important thing is to be able to know limits and set boundaries.



In the Car

They have left the thrift shop, and lost both their theatre tickets and the volume of valuable licenses and coupons for free theatrical frills and thrills.

Give papa a cup of proper coffee in a copper coffee cup.

Toy boat.
Toy boat.
Toy boat.

Peter Piper picked a peck of pickled peppers. Did Peter Piper pick a peck of pickled peppers? If Peter Piper picked a peck of pickled peppers, where's the peck of pickled peppers Peter Piper picked?

Chop shops
stock
chops

Knapsack
straps

Unique
New York.

Tongue Twisters

<http://thinks.com/words/tonguetwisters.htm>



Red lorry,
yellow lorry,
red lorry,
yellow lorry.

The sixth sick
sheik's sixth
sheep's sick.

A flea and a fly flew up in a flue.
Said the flea, "Let us fly!"
Said the fly, "Let us flee!"
So they flew through a flaw in the flue.

Sixish

A box of biscuits, a
batch of mixed biscuits

Fat frogs flying past fast.

Three gray geese in the green
grass grazing.
Gray were the geese and green
was the grass.

Black
bug's
blood.

A skunk sat on a stump and thunk
the stump stunk,
but the stump thunk the skunk stunk.

Communication & Scenario Cards

Use the attached Communication Cards and Scenario Cards (pgs. 19-21). Cut them apart and put them in a container. Have your Little choose a card and take turns answering questions. Encourage your Little to really think about his/her answers, and don't be afraid to come up with follow up questions to the answers they give.



Letter Search

Search for letters as you drive. Look on street signs, license plates, advertisements, etc. Go through the whole alphabet in order. Or use letters in your names and see who can find the letters fastest.

I Spy

Just make sure that the game doesn't run you off the road!



Out of State License Plate Search

See who can spot and call out the out of state license plate first.

Sing Along

Singing along to a CD or streaming station. Anything from Motown to Beyoncé'. Just be sure that whatever you are singing along to is parent approved and appropriate.



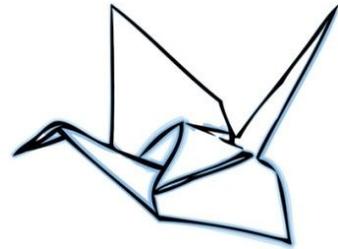
Listen so your Little will talk; talk so your Little will Listen. Avoid talking at your Little, make a point of identifying with the feeling instead. If your Little tells you they got in trouble for talking back to the teacher, how you respond will determine how deep your words sink in. *"I remember how stressful school was, especially when I had a teacher I didn't like...How do you feel about what happened?...What else do you think you could have said to your teacher?...How do you think the outcome would have been different?...Is there anything you can do about it now?..."*

Listen to them and allow them to get their feelings out without judgment. Using humor prior to getting serious can help your Little feel less defensive and more open to your words of wisdom. Depending on the situation, sometimes the very best support one can give another person is to listen without saying a thing.

Inside Activities

Board games

Want to learn a new game? Mancala is a game of strategy, good for elementary aged kids and still fun for adults. The game boards usually sold in stores are made out of wood and marbles, but it's as simple to make your own with an empty egg container and beans. Look up instructions online: <http://www.cardinalgames.com/instruct/mancala.htm>



Origami

<http://www.origami-fun.com/origami-for-kids.html>
<http://www.dltk-kids.com/world/japan/mbasic-origami.htm>



Cook!

Cooks.com is a great recipe resource. Even if you don't cook, you and your Little can give it a try together. It can be a lot of fun even if the food doesn't come out edible!

Paper football competition

See who can win by flicking a paper football through your opponents fingers held up like a goal.

Paper airplane contest

Print out instructions about different ways to make paper airplanes. You and your Little can try different ways of making them. Then test them out to see which design flies best and who makes the better plane.

Build a model airplane, car, etc.

Mad Libs

<http://www.madglibs.com/>
<http://www.rinkworks.com/crazylibs/>

Exercise

Manicures and pedicures

This does not have to be at a salon. Do you own nail art!



Tell your Little stories about yourself. It will allow your Little to learn more about you and relate to you on a different level. Example: "I remember when I was growing up there was a basketball court that I liked to go to also. And once I made a basket with my eyes closed..."



Look for teachable moments. Take advantage of times you can help your Little learn without the pressure of a school-like setting. Examples: While taking a walk, point out the poison ivy, and tell your Little what happens when you touch it. Or while at a restaurant, help your Little learn how to calculate the tip.



Visit the library

Pick out a book to read aloud to one another. Or choose a chapter book to read at the same time at home, and at your next outing you can talk about what you've read.

Put a puzzle together

Play it up

Find a script of a play that has a lot of interesting characters. Read to each other or read together, with each of you reading different characters. Practice different voices for each character. You can even act out parts of the play.

Write or tell stories

Make a fort

This is perfect for a rainy day, and also good for an outdoor activity. Use blankets, chairs, tables, pillows, tarps...whatever you can find! After it's completed, find an activity to do inside like read a book or play a game.

Learn card tricks

All you need is a deck of cards and a book of card tricks or the internet.

Look through your old photo albums

Show your Little what you used to look like back in the day. Why did people look like that? How about those old cars? How about those funny clothes?

Use your imagination

Never underestimate the power of a good imagination. So play along. You can even create structure to your play by doing something like making up your own country. Stretch your imagination as far as it will go. Create the most humorous country you can. Give it good names, funny foods, strange and unusual plants and animals and so on.

Do homework together and make it fun

Here's an idea: write on the kitchen floor using washable markers. A damp rag cleans it up. It's a fun way for a Little to learn.

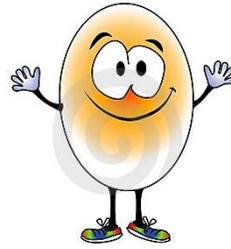
Watch the news or read a newspaper together



Arts and Crafts

Paint rocks

Littles can paint a rock to look like a sunset and give it to their guardian as a paperweight. Find the perfect rock while on a hike in the woods.



Egg buddies

Boil eggs and with permanent markers make a face. Glue felt for clothing. Make a bed out of paper towels, tissues, etc.

Crochet



Knit

Sew

Puffy paint a t-shirt

With parental permission, buy a t-shirt (pack of 3: one for each of you and one for practice) or have your Little bring an article of clothing that they don't wear much and recreate it. It doesn't have to be more than three colors of paint.

Try picking a theme for your newly decorated shirts, like sports, art designs, nature, etc. You could even take it a bit further and both wear your newly decorated nature shirts on Earth Day. Or your sports shirts to the park to throw the football around.

Collages

Hold onto several old magazines. You and your Little can go through and find pictures and words that reflect yourselves. You and your Little can talk about the collages when you're done.

Jewelry making



Be creative and provide opportunities for relationship development. This is most important to focus on early in the match relationship. Yes, going to the movie theatre is a lot of fun, but doesn't leave a lot of face time for you and your Little. Find activities where you and your Little get to talk or share in an experience and bond like baking cookies, shooting hoops, etc.

Construction paper mosaics

Tear the colored paper into a bunch of different shapes and sizes and piece them together to make your mosaic. Use colored tissue and glue (clear drying) to decorate a washed out glass jar. Put a candle in it and it makes a great gift for Little's guardian!

Carve Pumpkins

You can also use many kinds of fruits. Make edible art with fruit and tooth picks.



Ocean in a bottle

Fill a soda bottle a little less than half way with baby oil. Fill it the rest of the way with water and add food coloring. Put the lid on tight. When you turn the bottle on its side it will move like an ocean. Add something that will float and it'll look like it's riding the waves.



A lot of kids like to take home a keepsake from something fun they did. This does not mean buy a souvenir! Make something to take home, take a photo of the two of you on the outing, keep the ticket stub, or even take a bright leaf home from a walk you went on.

Match treasure box

Use an old shoe box to your advantage. You and your Little can decorate it to reflect what the two of you like. Then as your match goes on collect items from outings you go on (photos, drawings, etc) and put them in your treasure box. It's a great keepsake. Your Little will always have reminders of the fun activities you did together.

Tie-dye a t-shirt

Great way to make an old shirt feel new again...and cover up those old BBQ stains!



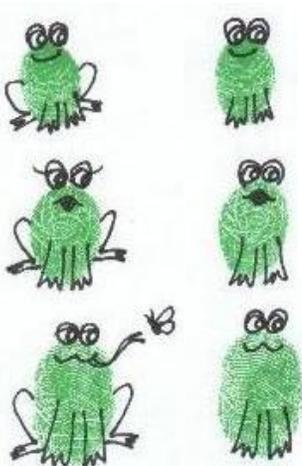
Crayon stain glass windows

Shave a bunch of colorful crayons and organize it on a piece of wax paper. Once the design is what you want, put another sheet of wax paper on top of the shavings. Place a piece of newspaper on top and iron until the crayon shavings melt flat. Do not rub the iron back and forth because it will blend the colors together and make it an ugly brown. Allow it time to cool down and cut around the melted colors.

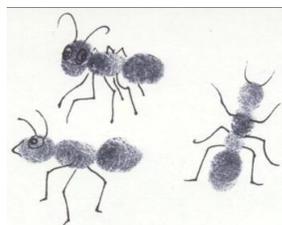
Build and/or paint a birdhouse

Scrap-booking

Thumbprint art



Using a stamp pad, press your thumb into the ink and make a print on paper. Use a marker to add details to make different creatures and designs.



Make a stationary set

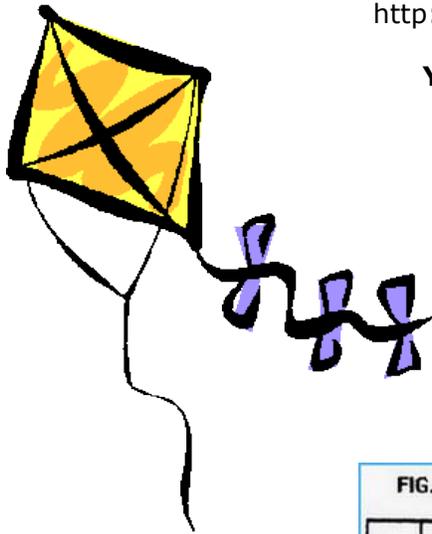
Sand art

Start with an empty food jar and colored sand. Poor layers of the different sand into the jar. Make a number of different patterns by moving the jar from side and adjust the layer's thickness. The best way to seal it on the top to prevent sand from moving is to dribble wax over the opening.

Make a Kite

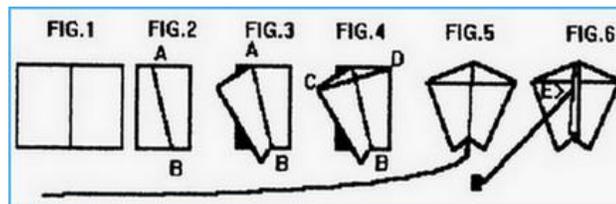
<http://www.skratch-pad.com/kites/make.html>

<http://www.howtomakeandflykites.com/>



You will need:

- 20 sheets of brightly colored 8 1/2" x 11" typing paper
- 20 8" bamboo, bbq, or shish kabob sticks
- 1 roll of florescent surveyor's flagging plastic tape (available at any hardware store)
- A plastic bag cut in a 1" wide spiral all around will also make a great tail
- 1 roll 1/2" wide masking tape or any type of plastic tape
- 1 roll of string
- 1"x 3" piece of cardboard on which to wind the string
- Scissors
- Hole punch (optional)



Directions:

1. Fold a sheet of 8 1/2" x 11" paper in half to 8 1/2" x 5 1/2".
2. Fold again along the diagonal line A in Fig.2
3. Fold back one side forming kite shape in Fig.3 and place tape firmly along fold line AB. (No stick is needed here because the fold stiffens the paper and acts like a spine.)
4. Place bbq stick from point C to D and tape it down firmly.
5. Cut off 6 to 10 feet of plastic ribbon and tape it to the bottom of the kite at B.
6. Flip kite over onto its back and fold the front flap back and forth until it stands straight up (otherwise it acts like a rudder and the kite spins around in circles).
7. Punch a hole in the flap at E, about 1/3 down from the top point A. Tie one end of the string to the hole and wind the other end onto the cardboard string winder.



Be flexible and be prepared to have a backup plan at any given time. Example: Your Little appears to be upset on the way to the parade route that you guys have been looking forward to for a month. But in finding out what's wrong you may learn that Little has a headache or upset about something that happened with his peers in school. So change things up. See if picking up some ice cream and eating it while at a park bench would be a more positive experience. Backup plans should also be used in case of weather changes. Don't cancel an outing to play basketball just because it's raining. Instead get together and have lunch.

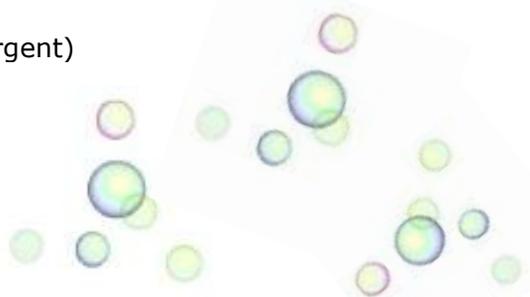


Give details and a background about answers. For example: Your Little asks you why you don't like ice cream. Instead of saying, "I don't know. I just don't like it." Rephrase it to, "Even as a kid I didn't like ice cream. I hate eating frozen foods and don't want to risk a brain freeze." It gives insight to who you are and will also encourage your Little to think about why they feel the way they do about things. Encourage your Little to answer questions in the same way.

Soap Buddies

You will need:

- Soap flakes (recommended: Ivory Snow detergent)
- Liquid food coloring
- Water
- Vegetable oil
- Bowl
- String (if you want soap on a rope)



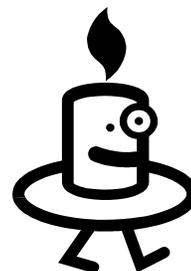
Directions

1. In a bowl pour approximately 3 cups of soap flakes.
2. Add 1 to 1 and 1/2 cups of water with a few drops of food coloring added to it.
3. With your hands mix the contents of the bowl until it forms the consistency of play dough.
4. To shape it, take a drop or two of vegetable oil and rub it between the palms of your hands -- now shape anyway you wish.
5. If you want to make soap on a rope, cut a piece of string and tie the ends together. Push the knotted end gently into your finished shape.
6. Let the completed soap stand to set over night
7. If you can't find soap flakes, you can make your own. Get some bars of pure soap and finely grate them to make soap powder. This powder may not need as much water to be workable. Start with just 1/3 to 1/2 cup per 3 cups of soap powder. Add more as needed.
8. Make shaped soap with candy molds. Press soap dough into lightly greased candy molds. Let set-up overnight before unmolding.

Candle Making

You will need:

- Crayons (non-washable)
- Candle wicks/taper candle
- 2-pint empty milk carton
- Crushed ice



There are many ways to make candles. Here is a simple but fun way using crayons. Make sure to be careful.

1. Cut the top of the milk carton off so you will have a box shape.
2. Next, melt crayons in boiling water. You can put wax crayons in plastic bags and then just place that bag in the boiling water.
3. Center the wick into the middle of the milk carton and fill it with ice.
4. Pour the melted crayons over the ice until the box is filled to the top and let sit.
5. Peel the milk carton off. You should get a candle that looks sort of like Swiss cheese. Make sure to use different crayon colors!

No Sew Pillow



<http://www.craftbits.com/viewProject.do?projectID=360>

You can use any type of fabric, but Lycra or knit fabrics will work best as they also do not fray. You can use a large cushion insert, a pillow insert of any shape, or just use loose filling.

Start by deciding on the size of your cushion, if you are using an insert then you need to lay your cushion insert onto your fabric and measure a 10 cm hem larger than the insert and cut it out. This will become the tassels for tying later. Cut out of of these, one for each side of the pillow case. No matter what shape your pillow is, just remember to make it 10 cms larger than the insert and you can't go wrong. If you are using loose filling, then cut out your fabric to your desired size and shape.

Using sharp scissors, cut a fringe of around 2 cms wide and 10 cms in length all the way around your pillow shape. You will need to do this to both sides of the pillow. To save time, you can pin the two sides together and cut them together.

Next, close up your pillow. Do this by starting in one corner and tying one fringe from each side of the pillow together into a knot. This will join both sides. Continue to do this until you have knotted up three sides.

Insert your filling or cushion insert, then close up the top of the pillow by finishing off the knots on the last side. You have finished your very easy pillow cover!

Make your own play dough

You will need:

- 3 cups flour
- 1/3 cup salt
- 2 tbsp vegetable oil
- 1 cup water
- 7 drops food coloring

Directions:

1. Mix dry ingredients with oil.
2. Add food coloring to water and mix together.
3. Add water to flour/salt/oil mixture slowly - about 1/4 cup at a time and mix together with a spoon.
4. Once you've added all the water, knead the dough with your hands.



Always remember to include your Little's parent or guardian in the match. Give a report to your Little's guardian about the fun things you did together, how your Little behaved, and at least one detail about the day. This can create an atmosphere of openness between you and your Little's guardian. If any challenges develop you will already have a more open relationship to discuss the good, the bad, and everything in between.

Outside Activities

**Jump Rope,
hopscotch, hula hoop**

Make an obstacle course

Take turns going through it. Time yourselves and see who gets through it fastest.

Catch lightning bugs



**Water
balloon
games**

Snow Art

Using colored water in spray bottles, spray some freshly fallen snow and make a beautiful work of art.

**Make a snow
man, snowball**

Go to a show

Go to a dog show, cat show, craft show, art show, car show, boat show, stamp show. There are shows for every interest...you and your Little may gain a new hobby from your exploring!



Garden

You can either plant seeds in a garden at the house or plant seeds in ceramic pots.

Skip rocks

How many times can you make your rock skip? (Hint: use flat rocks)

Scavenger hunt

Be creative. There are a lot of possibilities for this. One way could include a list of items you and your Little can collect throughout your afternoon together. The list can include items like 1 smooth stone, a red leaf, an acorn, etc. It will give you more of a goal to focus on and may keep your Little entertained.



Use the "Getting to Know You" sheet that you did at the Match Meeting with your Little as another resource for activity ideas and bonding. Use ideas from things that you have in common or celebrate the differences.

Example: "We both like baseball, let's go to the BBBS Day at the Wells Fargo Center." or "Your favorite dessert is ice cream and mine is cookies. Let's make ice cream sandwiches so we both get our favorite!"

Picnic in the park



Tennis · Baseball · Racquetball
Kickball · Bowling · Football · Hockey
Squash · Basketball · Swimming

Sports

Don't be afraid to try something new!

Lacrosse · Croquet · Volleyball · Golf
Ultimate Frisbee · Handball · Soccer
Track & Field



Do your research. Look for activity ideas on the internet, ask friends, or co-workers, or check for emails about BBBS events. Don't forget to use your Match Support Specialist to your advantage. He or she can help you with anything from activity ideas for an upcoming outing, to questions of age appropriate development. So even if it's not time for your regular contact, it's okay to call or email and ask.

Mini golf

Franklin Park, Center City;
Put-Put Golf, Springfield;
Arnold's Family Fun
Center, Oaks, Pleasant
Valley Mini Golf, Voorhees



Hardware store weekend workshops

Home Depot and Lowes offers free Saturday classes in which you and your Little can learn how to make various things like a wooden box to little car raceway. Check with your local Home Depot and Lowes prior to setting up the activity.

Parades, festivals, art shows, carnivals...



Visit a local fire house or police station



Kids love to show off their skills. If your Little is involved in a sport, dance club, plays an instrument etc., find time to see them perform. Whether it's practicing at their house or at an organized performance, it's a good way to make your Little feel special.

Chalk drawings

Fishing

You can make this as complicated as you want it to be. You can use professional equipment or just a line and hook tied to a stick.



Even if *you* are financially well-off and your Little's family is not, don't feel obligated to spend a lot of money on outings or gifts. If a match does a number of more expensive or extravagant activities together it is extremely difficult to change things down the line. Before you know it every outing's focus will be less on building the match relationship, and more on what kinds of things your Little will get or do. Your Little may never have access to much money, so help him/her realize that there are many ways to have fun without spending a whole bunch!

Visit a play or event hosted by a college or high school

These events are usually inexpensive (don't forget to use your Little's student discount). It is also a wonderful opportunity to explore a high school or college campus. Try to get there early and take time to walk around.



Children are very intuitive. They will be able to sense it when you're nervous, stressed out, upset, insecure, etc. Try not to think about the other stressors in your life and focus on the positive; spending time with a child who needs you. Remember, your Little is watching and learning from you.

Hiking/Walking

Fairmount Park

4160 Horticultural Drive, Phila., PA
215.683.0200 fairmountpark.org

Clark Park

West Philadelphia 215.730.0607 clarkpark.info

John Heinz National Wildlife Refuge

8601 Lindbergh Blvd., Phila., PA 19153
215.365.3118 fws.gov

Kelly Drive

Runs along the north side of the Schuylkill River

Valley Forge History Park

1000 First Avenue, 19406 (610)834-1550

East Norristown Farm

East Norriton, Norristown, PA 610.270.0215

Ridley Creek State Park

Edgmont Township, 19063 610.892.3900 dncr.state.pa.us

Pennypack Park

Northeast Philadelphia, 19152 pennypackpark.com

Rancocas Nature Center

Westampton, NJ, 08060 rancocasnaturecenter.org

Black Run Preserve

Marlton, NJ, 08053 blackrun.org

Go on a bike ride

Rental locations include Trophy Bikes Inc., Fairmount Bikes, Philadelphia Electric Wheels, etc. (Proper safety attire is required for Littles.) *Contact your Match Support Specialist to learn more about our partnership with **Wheel Fun Rentals**.*





You set the tone. If you are excited about an activity and talk it up, your Little may begin to respond in a similar way...even if they look at you strangely for being excited about something. Example: "Ready to go?! I've been looking forward to hanging out and having fun together all day." Rather than, "Are you sure you want to hang out? I hope you're not going to be too bored. If you don't like what we do this time, we can do something really really fun next time."



Murals of Philadelphia

Philadelphia is a very beautiful city full of culture and art. One way this is evident is through the 400+ murals that showcase unique designs and vivid colors that often reflect the surrounding communities. Take time to see how many you and your Little can find together, pick a favorite, and take pictures of what you discover.



When it's your turn to pick the activity, pick something worthwhile and a new experience even if your Little is opposed to the idea at first. Children often choose activities that they already know and like, but you have a wonderful opportunity to expose them to new places and experiences. In the end they might find that they learned something new and had a lot of fun. And if they didn't, it's okay. It's a learning experience for the future.

Volunteer

Introducing your Little to new volunteering experiences can not only be a bonding experience for you but a great way to teach your Little about giving back to the community.

This is also helpful for high school Littles who need to complete service learning hours to graduate.

Need some ideas?

SPCA, Habitat for Humanity, Homeless Shelters, The Food Bank, retirement communities, plant a tree, pick up trash, etc.

Skate park

Please make sure Little has proper safety equipment before you go!



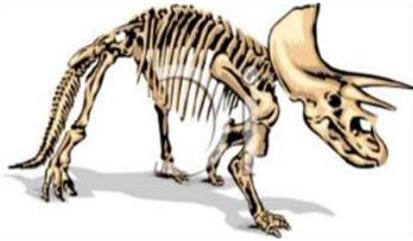
Run errands

The trick will be to involve your Little in the errands. Remember when going grocery shopping with your parent was a lot of fun? Take your time, look at the different kinds of foods, discuss food facts, calories, ethnic foods, what kinds of flavors taste good together, spices, etc.

GPS scavenger hunt

A GPS Scavenger Hunt can be found online or downloaded as an app on your phone and is a challenge to find landmarks, checkpoints and clue answers via GPS coordinates.

Or if you don't have the technology to do this, why not make your own scavenger hunt that you and your Little can do together?



Visit a Museum or Area Landmark

**Philadelphia Museum of Art**

26th Street and Ben Franklin Parkway,
Phila., PA 19130
215.763.8100
philamuseum.org

The Franklin Institute

222 North 20th St.
Phila., PA 19103
215.448.1111
fi.edu

Academy of Natural Sciences

1900 Benjamin Franklin Parkway Phila.,
PA 19103
215.299.1000
ansp.org

Philadelphia Museum of Jewish Art

615 North Broad St.
Phila., PA 19123
215.627.6747
rodephshalom.org

African American Museum

701 Arch St. Phila., PA 19106
215.574.0380
aampmuseum.org

Eastern State Penitentiary

2027 Fairmount Ave.
Phila., PA 19130
215.236.3300
easternstate.org

Edgar Allen Poe Historical Site

532 N. 7th St. Phila., PA 19123
215.597.8780
nps.gov

National Constitution Center

525 Arch St. Phila., PA 19106
215.409.6600
constitutioncenter.org

Independence Seaport Museum

211 South Christopher Columbus Blvd.,
Phila., PA 19106
215.413.8655
phillyseaport.org

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Battleship New Jersey

62 Battleship Pace, Camden, NJ 08103
856.966.1652
Battleshipnewjersey.org

Adventure Aquarium

1 Riverside Dr.
Camden, NJ 08103
856.365.3300
www.adventureaquarium.com

Magic Gardens

1020 South St. Phila., PA 19147
215.733.0390
philadelphiamagicgardens.org
*Remember BBBS Discount

Mummer's Museum

1100 South 2nd St.
Phila., PA 19147
215.336.3050
mummersmuseum.com

UPENN Museum of Archeology and Anthropology

3260 South St., Phila., PA 19104
215.898.4000
penn.museum

Please Touch Museum

4231 Ave. of the Republic
Phila., PA 19131
215.963.0667
pleasetouchmuseum.org
*Remember BBBS Discount

Japanese House and Garden

5070 Parkside Ave.
Phila., PA 19131
215.878.5097

Underground Railroad Museum

2000 Belmont Mansion Dr.
Phila., PA 19131
215.878.8844
belmontmansion.org

Wyck Historic Garden & Farm

6026 Germantown Ave.
Phila., PA 19144
215.848.1690

Elreth's Ally Museum

126 Elreth's Alley, Phila., PA 19106
215.574.0560

Brandywine River Museum of Art

1 Hoffman's Mill Road
Chadds Ford, PA 19317
610.388.2700
Brandywine.org/museum

Insectarium

8046 Frankford Ave.
Phila., PA 19136
215.335.9500
myinsectarium.com

Bartrum's Gardens

Lindbergh Blvd., Phila., PA 19143
215.729.5281
Bartramsgarden.org

**Grand Army of the Republic
Civil War Museum & Library**

4278 Griscom St., Phila., PA 19124
215.289.6484
garmuslib.org

Morris Arboretum

100 E. Northwestern Ave.
Phila., PA 19118
215.247.5777
morrisarboretum.org
*Remember BBBS Discount

Fort Mifflin

Fort Mifflin & Hog Island Roads
Philadelphia, PA 19153
215.685.4167
fortmifflin.com

Longwood Gardens

1001 Longwood Rd.
Kennett Square, PA
610.388.1000
longwoodgardens.org

Woodmere Art Museum

9201 Germantown Ave.
Phila., PA 19118
215.247.0476
woodmereartmuseum.org

National Liberty Museum

321 Chestnut St., Phila., PA 19106
215.925.2800
libertymuseum.org

Philadelphia Zoo

3400 West Girard Avenue Philadelphia,
PA 19104
215.243.1100
Philadelphiazoo.org

American Helicopter Museum

1220 American Boulevard
West Chester PA 19380
610.436.9600
Americanhelicopter.museum

Making Science Fun

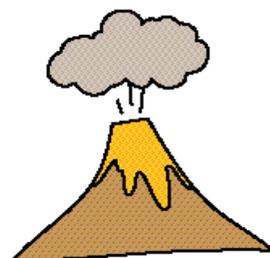
<http://www.kids-science-experiments.com/>

Volcano

Steps:

1. Clear a work surface and cover it with newspaper or a vinyl table cover.
2. Model a volcano out of modeling clay. You could use red clay around the top of the volcano to make it look like red-hot lava. You can also use sand, play dough, etc.
3. Make a hole at the top of the volcano.
4. Stir in 1 tablespoon of baking soda.
5. Add a few drops of red food coloring.
6. Add a few drops of liquid dishwashing detergent.
7. Get ready! Pour in $\frac{1}{4}$ cup of vinegar and stand back!

**The eruption is acid meeting another substance called an alkali.



Making a Lava Lamp

Mix some water and baby oil with a few drops of food coloring in a plastic bottle and watch a lava lamp in action.

Steps:

1. Fill the bottle three fourths ($\frac{3}{4}$) of the way with vegetable oil.
2. Fill the rest of the bottle with colored water.
3. Close the lid tightly.
4. Turn the bottle on its side – watch as the color moves through the oil in funny shapes and blobs.

**The water and the oil do not mix because the water has more density than the oil.



Embrace and celebrate diversity. It can be okay to talk about “taboo” topics. But because it can be a sensitive topic, it’s best to check with the parent first. Let your Little’s comfort level be your guide, never push them to divulge. For instance, if you and your Little are of different religious backgrounds it’s okay to talk about it (as long as it doesn’t become an attempt for conversion!). This is also a chance to learn about other cultures and emphasize that differences are not a bad thing.

Rubber Egg

Steps:

1. Place a hard-boiled egg in the glass jar.
2. Slowly pour in vinegar until the egg is completely covered.
3. Screw the lid back on the jar - tightly.
4. Let this sit for at least one week.
5. After a week has passed, drain the vinegar from the jar.
6. Dry the egg with a paper towel.



What happened to the eggshell?

**The vinegar (acid) dissolves the eggshell and leaves you with a rubbery egg. You can bounce the egg; but do not drop from a high height.

Magic Straw

Steps:

1. Place a potato on a table top.
2. Hold a straw at the top (without covering the hole).
3. Try to stab the straw into the potato.
4. Next, hold your thumb over the hole in the top of another straw.
5. Try to stab this straw into the potato.

What happens:

1. The open-ended straw bends and only a little bit of the straw penetrates the potato.
2. The closed straw (with your thumb covering the top of the straw) cuts deeply into the potato.

**The air trapped inside the straw gives the straw enough strength to penetrate the skin of the potato. As the straw enters the potato, the potato plug compresses the air inside the straw, increasing the air pressure, and strengthening the straw.

Slime

Slime that can't make up its mind – one minute it's oozing like a liquid, the next it's acting like a tough solid.



Steps:

1. Pour some corn starch in a bowl.
2. Add a little food coloring to a glass of water. (Food coloring can stain so be very careful).
3. Slowly stir in some of the colored water in with the corn starch (adding a few drops at a time).
4. Continue to stir with the wooden spoon until it starts to thicken to a paste. You may find that you need to add more water or corn starch to get the right mix.
5. Take a handful and watch it ooze out of your hand. It flows like a slippery liquid.
6. Squeeze the slime and it becomes a solid.

****This experiment can be very messy, so please take care and be prepared!**

Marshmallow Face

Let's see if we can make some funny faces.



Steps:

1. Using a hammer and nail, make a small hole (the size of the straw) in the middle of a metal lid of a jar.
2. Place the straw in the lid and form a clay ring (air tight seal) around the straw and lid (about an inch from the bottom of the straw).
3. Screw the lid on the jar and place the short end of the straw through the lid. The clay should keep the straw from falling in. Make sure that no air can pass through the hole around the straw.
4. Take your marshmallow and draw a face on both flat sides.
5. Open the lid and drop the marshmallow in and screw the lid on tightly.
6. Hold your mirror so you can see the marshmallow in the bottom of the jar.
7. Now suck the air out of the jar making sure there are no leaks in the clay or lid.

What happens when you stop sucking on the straw?

The marshmallow is not a solid object. It has many air pockets like a sponge. By sucking the air out of the jar you decrease the pressure inside the jar which causes the marshmallow to decrease in size, becoming a solid. When you release the straw from your mouth the air rushes back into the marshmallow allowing it to return to its normal size.

Bobbing Raisins

Steps:

1. Pour a carbonated drink into a glass/jar.
2. Drop raisins into the glass/jar.
3. Wait to see what happens to the raisins!

**The bobbing up and down works because the bubbles of carbon dioxide gas in the drink are much less dense than the drink or the raisins. Once the raisins start bobbing up and down, they will continue to rise and fall for about an hour.

- Raisins are denser than the carbonated drink, so they will sink.
- Gas bubbles attach to the wrinkles on the raisins.
- When the raisins are covered with the bubbles they become less dense than the drink, so they start to rise.
- The gas bubbles start bursting and then the raisins become denser than the drink, so they sink again.

Communication Cards

What is your favorite color?	What makes you angry? How do you respond when you are angry?	If you could be any animal, what would you be and Why?	What makes you laugh?
What was the best thing that happened to you today?	What does success mean to you?	Do you like being challenged? How?	What's a skill you wish you had? Why?
What's your favorite sport? Why?	What three things make a person popular in your school or at work?	Would you rather be rich or famous? Why?	If you could change one thing about yourself what would it be? Why?
Where would you go if you go travel anywhere in the world?	Would you rather be popular or smart? Why?	How important are someone's looks? Why?	What is the most dangerous thing you have ever done?
Would you rather be good looking, smart, or athletic? Why?	If another student/co-worker threatened you physically, how would you react? Explain.	What other cultures interest you? Why?	If you saw your friend steal something, what would you do?

<p>Which of the following is the most important quality in a person: good looks, loyalty, a sense of humor, or talent? Why?</p>	<p>If you had to lose one of your senses, which would it be? Why?</p>	<p>What do you want to do when you grow up? Or are you happy with what you are doing?</p>	<p>If you could go back in time and live in any other era, what would it be? Why?</p>
<p>Has anyone ever really hurt your feelings by calling you a name? How did you respond?</p>	<p>What do you think about marriage? Having children?</p>	<p>Do you feel safe at school/work? Explain</p>	<p>Describe the perfect... Girl/Boyfriend – Husband/Wife – Partner – Mother/Father – Why?</p>

Scenario Cards

<p>Your best friend is trash talking someone you think is nice. What do you do?</p> <p>Someone you don't like is trash talking your best friend. What do you do?</p>	<p style="text-align: center;">Way Too Serious</p> <p>You over hear a conversation between adults. They're talking about your best friend's mother. Something that would really hurt your friend. Something you didn't know.</p> <p style="text-align: center;">Do you tell your friend?</p>	<p style="text-align: center;">Fight Fight Fight!</p> <p>You heard some kid at school wants to beat you up but no one knows why. What should you do?</p> <p>What if you do know why they want to beat you up? Should you apologize? Why or why not?</p>
<p style="text-align: center;">Ethical Dilemmas</p> <p>Do you consider yourself a moral/ethical person?</p> <p>Is it possible to be a moral person but maybe not moral in every situation?</p> <p>What do you know about "situational morality?"</p>	<p style="text-align: center;">Pennies from Heaven</p> <p>You walk into a bathroom stall after someone else leaves it and see a wallet on the floor.</p> <p style="text-align: center;">What do you do?</p>	<p style="text-align: center;">The Bully and the Target</p> <p>A kid at school is being picked on all the time and you see it happening. What do you do?</p> <p>What if you really dislike the kid who is being picked on?</p>
<p style="text-align: center;">Oh Yeah???</p> <p>Do you ever think of good comebacks long after the fact? Do you try to remember them for next time?</p> <p>Do you know someone who is really good at funny comebacks?</p> <p>Do you think funny comebacks are better than challenging comebacks?</p>	<p style="text-align: center;">Not Fair!</p> <p>The whole class is being punished because someone stole something from the teacher. You know who did it.</p> <p>How would you handle this if you like the person who did it?</p> <p>How would you handle this if you didn't like the person who did it?</p> <p>If your answers are different, why?</p>	<p style="text-align: center;">Doing the Right Thing</p> <p>You and your friend are in a local convenience store and your friend decides to take a candy bar without paying for it.</p> <p style="text-align: center;">What do you do?</p> <p>What would you do if your friend was pressuring you to steal something from the store?</p>