SMYTH PUBLIC LIBRARY

Summer Reading 2020

READ, LEARN, CREATE, AND HAVE FUN!
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Additional Reading Resources and Programs
Welcome!

Each year the Smyth Public Library hosts a Summer Reading Program. Our program asks children of all ages to sign-up and pledge to read a certain number of hours each week; the reading choice is up to the children and can range in length, level of difficulty, and/or genre. Throughout the week, children fill out a time sheet that corresponds to the amount of reading he or she has completed; by the end of the week the time sheet is brought to the library to be stamped and approved by our librarians. As a token of accomplishment and appreciation, the children get to pick out a prize from our special treasure chest. Additionally, each week the library hosts in-person programs for the children and community members; these programs often include learning activities, hands-on crafts, outdoor adventures, and nighttime concerts. While attending our programs is not a mandatory component of the Summer Reading Program, the goal is to get children into the library where they can experience the powers of learning beyond the classroom in conjunction with understanding the benefits of actively reading throughout the summer.

For the start of a new decade the Smyth Public Library was excited to join libraries across the nation in exploring the theme of “Imagine Your Story.” However, due to the current state of affairs and in compliance with the stay-at home orders, social distancing measures, and uncertainty of when the library will reopen at full capacity, this year’s program has been redesigned.

The 2020 Summer Reading Program entails a comprehensive list of at-home activities, crafts, and culinary explorations. Rather than offer one program each week — as it would have been, if held at the library — this year there are three different program categories. The categories are: Read, Learn, Create; Cooks Corner; and Artist of the Week. Each program category contains different activities and ideas to engage children throughout the summer. It is up to you, at home, to decide which category you wish to pursue on any given week or day. It is also up to you to decide which order you wish to complete these activities. For example: you could choose to complete a Read, Learn, Create activity on every Monday, on Wednesdays complete a Cooks Corner recipe, and on Fridays complete an Artist of the Week masterpiece.

The following packet contains all of the program categories and their corresponding activities with mini-lessons, material lists, procedures, suggestions, additional resources, and probing questions. The majority of suggestions and resources are accessible online, and additional databases and virtual activities can be found on our website. If these virtual databases and resources are difficult to navigate, the library also has curbside pickups available; simply request a book or other material to borrow and we will prepare it for you to pickup. A new version of our
Summer Reading Time Sheet is also included in this packet, so you can be sure to track the reading you have completed this summer, while still having fun! If you are looking for further suggestions, more intensive programs, or more regimented schedules, at the end of this packet there are links to extra resources and programs which have been designed by other libraries and institutions.

The library has created this version of our Summer Reading Program to foster investigative skills and promote new levels of curiosity, while respectfully socially distancing to remain healthy and safe during the summer months. We are still looking to see children and participants read throughout the summer, and to fill out those weekly time sheets in order to be recognized and acknowledged for those reading efforts over the summer. Although our treasure chest of prizes may not be available this year, to demonstrate our recognition of participants, the library will be accepting image submissions of those completed activities, crafts, culinary goodies, and masterpieces. These images will be featured on our library homepage and in the Art Gallery section of our website; submissions may also be featured on our social media accounts to highlight the work of participants and to encourage summer learning.

We have shifted our focus to offer a range of choices that can be tailored to your preferences and flexibly at home, yet we are still committed to seeing participants spend some time each day over the summer reading and keeping his or her mind in shape. Kickstart your summer; partake in our at-home summer reading program; and discover the joy of getting lost while reading… you never know where your imagination could take you as you dive deeper into the pages of a book!

*If you wish to complete these different activities from the program categories, but need assistance — whether it be related to instruction or acquiring materials — please reach out to the library. We are happy to help and assist you over the summer and would be glad to put together packets of already prepared materials, or provide additional visuals/videos of how to complete the activities!
Reading Log

I __________________________________________, completed grade ________, and pledge to read ______ minutes per day over the summer. I will read at least four days a week; starting the week of July 6 and ending the week of August 17.

Each time you read color in a spot to indicate you have completed your reading - there are extra spots if you are ambitious and read more than four days per week! At the end of the summer (if the library is still closed) please have a parent sign at the bottom to verify your summer reading, and email the library picture of your colorful log. In return, the library will post your achievement on our website and may offer a small prize for all of your dedicated reading!

Week 1: July 6

Week 2: July 13

Week 3: July 20

Week 4: July 27

Week 5: August 3

Week 6: August 10

Week 7: August 17

Parent Signature ___________________________________________________________  Date ________
Read, Learn, Create

This category focuses on providing reading suggestions, a creative activity, and follow-up section known as Dive Deeper, to foster further learning and investigative questions. Additional resources with links and videos can also be explored to provide more information related to the activity’s theme. The theme is different for each activity, so start exploring!

1: Spread of Germs

One child sneezes, and the whole room gets sick! Given our current atmosphere this activity is perfect for helping children learn about the spread of germs and the importance of healthy practices, such as hand washing. Start this activity by reading a germ-related story. Also consider having cut-out silhouettes on construction paper to show the shapes of common germs and viruses; simply performing a google search shall yield a variety of germ-cut-out options. With visuals and a story children will have a foundation for completing the following activities: Turmeric Hand Washing Challenge and The Blue Chalk Ball Challenge. Completing both activities will reinforce the importance of hand-washing and diving deeper into this topic will help children better comprehend the pandemic in which they are living through.

Reading Recommendations:

Children

1. Germs Are Not for Sharing by Elizabeth Verdick
2. Champion for Children’s Health by Greg Ptacek
3. The Care and Keeping of You by Valorie Schaefer
4. How Do Dinosaurs Get Well Soon? by Jane Yolen
5. A Sick Day for Amos McGee by Philip C. Stead

Juniors

1. Great Big Book of Tiny Germs by Bill Nye
2. Health and Medicine by David Ritchie
3. America’s Health Care Crisis by Nancy Levitin
4. Terrible Typhoid Mary by Susan Campbell Bartoletti

Teens/Adults

1. A field guide to germs by Wayne Biddle
2. The Story of the Human Body by Daniel Liberman
3. The Plague by Albert Camus
4. Pale Horse, Pale Rider by Katherine Anne Porter
5. The Stand by Stephen King
Activity:

Materials
Turmeric Hand Washing Challenge
- large bowl of water
- turmeric

Blue Chalk Ball Challenge
- sink or hand wipes
- blue chalk (or any colored chalk)
- small/medium ball

Procedures
You can choose to complete both activities, or only one!

Turmeric Hand Washing Challenge
This activity teaches the importance of hand washing.
1. Sprinkle your hands with turmeric to symbolize “germs.”
2. Using a large clear bowl filled with warm water for washing, demonstrate the 20 second rule for hand-washing (wet, lather, scrub, rinse, dry).
3. Repeat as necessary until the turmeric is gone and the clear water in the bowl has turned yellow.

Blue Chalk Ball Challenge
1. Start by having one person coat their hands with blue chalk.
2. This person should hold the ball in their hands and then start to pass it to the others participating (pass the ball at least twice around the group).
3. Once the ball returns to the first person, ask everyone to inspect their hands. Everyone should have some blue chalk on their hands. With chalk representing germs, you can now see how easily germs can spread — it would be valuable to talk about how easily germs spread and utilize other online resources to investigate the spread of germs and how this connects to our present times.

Dive Deeper:
After reading and/or completing the activities, does this topic peak your interest?

Check out these websites to further explore the topic of health, germs, and diseases:
1. NNLM: Summer health programming https://nnlm.gov/initiatives/summer-reading
Check out these videos and films to visually learn more:

1. How Germs Spread | Explaining the Science for Kids — [https://www.youtube.com/watch?v=YBGsoimPXZg](https://www.youtube.com/watch?v=YBGsoimPXZg)
2. Germ Wars - The story of kids as heroes in preventing germs — [https://www.youtube.com/watch?v=O5PwLAZNnKc](https://www.youtube.com/watch?v=O5PwLAZNnKc)
3. Germs! - Sid the Science Kid — [https://www.youtube.com/watch?v=ghLkwSlWSXw](https://www.youtube.com/watch?v=ghLkwSlWSXw)
4. The future of infectious diseases by Paul Cosford a TEDxUoChester Talk — [https://www.youtube.com/watch?v=qeSIJrmg7nU](https://www.youtube.com/watch?v=qeSIJrmg7nU)
6. Contagin (2011 Film)
7. Pandemic (Netflix Docuseries)
8. Outbreak (1995 Film)

To stimulate the brain and engage in active learning, ask these questions:

Looking to build upon writing skills? Share your responses to these questions in a personal journal or brief paragraph essay.

Looking to build upon verbal communication and discussion based skills? Share your responses around the dinner table at night with family members; each person can contributes to the conversation with their own perspectives.

Looking to visually demonstrate your ideas? Share your responses by drawing and labeling a diagram, creating a storyboard with pictures, construct a 3D model, or acting out a scene.

1. What are the results of not properly washing your hands?

2. What do you think the “germiest” thing in your house is? Why do you think this place or object has the most germs?

3. Besides washing your hands, what are other ways to prevent the spread of germs? Do you think these practices should be required by law for people at places other than their homes, such as schools, offices, grocery stores, and other public institutions?

4. Can you think of a new invention (or think of a new addition to better a preexisting invention) that could help prevent the spread of germs; help cure a specific disease; or help citizens become more aware of public health issues?

For example, due to the spread of COVID-19, scientists, engineers, artists, and individuals around the world have started to produce amenities that allow people to remain protected and healthy, while still being social and gathering with family or friends. Check out these reimagined airplane seat dividers ([https://robbreport.com/motors/aviation/seats-covid-19-protective-shields-2921414/](https://robbreport.com/motors/aviation/seats-covid-19-protective-shields-2921414)) , or these protective suits designed for people to still go out and enjoy concerts and festivals ([https://consequenceofsound.net/2020/05/covid-19-protective-suit-music-festivals-clubs/](https://consequenceofsound.net/2020/05/covid-19-protective-suit-music-festivals-clubs)) .

2: Summer Growth

Spending time outside under the bright blue sky and shining sun, or amongst the green grass,
swaying trees, and vibrant flowers is part of the summer season! Gardening may be a dirty activity filled with soil and little critters such as worms and salamanders, but this practice can be extremely beneficial and rewarding. Starting your own garden can engage all five senses; encourage home-grown and healthy eating; teach lessons of responsibility, care, and organization; and create environmental awareness. Gardens come in all shapes and sizes, and can be filled with a variety of goods — vegetables, fruits, herbs, or various blooming flowers. This activity promotes the idea of summer growth through gardening; a simple container garden makes a great first garden project, and all you need is something that can hold soil with small holes in the bottom for excess water to drain. Following a process to start your own garden, and then remembering to take care of your garden as you watch it grow shall yield exciting results with wonderful plants!

**Reading Recommendations:**

**Children**

1. *Flowers and Trees* by
2. *Harriet and the Garden* by Nancy Carlson
3. *Everyday Garden* by Cynthia Rylant
4. *Planting the Wild Garden* by Kathryn Galbraith
5. *Top and Pippo in the Garden* by Helen Oxenbury
7. *The Tiny Seed* by Eric Carle
8. *We are the Gardeners* by Joanna Gaines and Kids

**Juniors**

1. *My own Herb Garden* by Allan Swenson
2. *Gardening without Soil* by Sarah Riedman
3. *You Can Grow Tomatoes* by Julie Wanhala
4. *The Plant Cycle* by Nina Morgan
5. *The Secret Garden* by Frances Hodgson Burnett
6. *the World of Plants* by David Bellamy

**Teens**

1. *The Bizarre and Incredible World of Plants* by Wolfgang Stuppy
2. *Wondrous World of Seedless Plants* by William C. Grimm
3. *The Botany of Desire* by Michael Pollan
4. *Flowering Plants* by Mick P. Richardson
5. *The Secret Wisdom of Nature* by Peter Wohlleben
7. *Up in the Garden and Down in the Dirt* by Kate Messner
8. *The Container Garden Encyclopedia*

**Activity:**

**Materials**
- container (the type of container is up to you… you can make a container garden from any object that holds soil and has drainage holes or can easily be drilled into to create drainage holes;
consider these options: an empty egg carton is perfect for starting multiple seedlings; a 3-5 gallon bucket, recycled plastic bottle, milk jug, or juice carton also work as small and transportable gardens; or use a ceramic pot
- potting soil (you will want to use a well-draining potting mix that absorbs water but also drains well)
- seeds (the seeds are also up to you… depending on what you want to grow your seeds could be a specific kind of vegetable, fruit, or a favorite flower)
- gardening gloves

Procedure
With your seeds and container picked out, it’s time to start planting! Note: always use gloves when gardening, and make sure to wash your hands after touching any soil or plants.

1. Make sure your container has holes already drilled into the bottom, to allow for proper drainage. If your container does not already have holes you can simply drill or poke 2-7 holes in the bottom of the container. The smaller the container the less holes it will need.

2. Moisten your soil before placing it in your bucket. To make sure your soil mix is evenly moist, it is best to slowly add water and mix it thoroughly before placing it in the bucket. If you do not do this ahead of time, you may end up with pockets of soil that stay dry and will have more settling of the soil over time.

3. Place your soil in the container and plant. Add soil to about 1 inch below the rim then follow the directions listed on the seed packet. Planting seeds typically means creating little pockets or holes in the soil in the container, these holes should be about 1/4 - 1/2 inch deep and act as little pockets to hold your seeds. All remember to leave enough room around each seed so that air can circulate freely; crowded plants are more susceptible to disease and pest infestations.

4. Once the seeds have been added to the container, lightly cover them with additional soil. You do not want to over-cover the seeds because this will prevent the seeds from getting the sunlight, water, and other nutrients they need to start sprouting and growing.

5. With your seeds finally planted it is time to gently water your new garden until water begins to drain from the bottom.

6. Place your containers in a spot to match your plants’ sunlight needs. Look on the back of the seed packet to determine the amount of sun your plants require to grow (ie: full sun, part sun, shade…) and then place your container in a location either outside or inside by a windowsill that matches your seeds sunlight needs.

7. The process isn’t over yet… gardening requires daily attention! Check on your container garden daily and look for changes and growth. Monitor to determine watering needs. The best way to determine when your new container garden needs water is to put your finger in the soil and check to see if it is dry. Also keep an eye out for pest problems!

8. Over the summer your seeds should mature into wonderful plants for you to enjoy!

Dive Deeper:
After reading and/or completing the activity, does this topic peak your interest?
Check out these websites to further explore the topic of gardening:

1. Kids Gardening — [https://kidsgardening.org](https://kidsgardening.org)
5. Gardening Tips — [https://www.countryliving.com/gardening/](https://www.countryliving.com/gardening/)

Check out these videos and films to visually learn more:

1. Garden Hacks You'll Want to Know — [https://www.youtube.com/watch?v=jD8n2CKEWtA](https://www.youtube.com/watch?v=jD8n2CKEWtA)
3. How Plants Communicate & Think (BBC Documentary)
4. Backyard Aeroponics: Self-sustaining Farm for Wisconsin Cold — [https://youtu.be/H4gsnFJRAB0](https://youtu.be/H4gsnFJRAB0)
5. In the Mind of Plants (Documentary Film)

To stimulate the brain and engage in active learning, ask these questions:

Looking to build upon writing skills? Share your responses to these questions in a personal journal or brief paragraph essay.

Looking to build upon verbal communication and discussion based skills? Share your responses around the dinner table at night with family members; each person can contributes to the conversation with their own perspectives.

Looking to visually demonstrate your ideas? Share your responses by drawing and labeling a diagram, creating a storyboard with pictures, construct a 3D model, or acting out a scene.

1. What are the benefits of gardening?

2. How is gardening different around the world; do you think gardening is the same or different based on geographical locations? What are some factors that might make grading different around the world? Think about various climates and weather patterns; amount of sunlight or local temperatures. all over the world?

3. What types of plants, vegetables, fruits, shrubs, and other elements might you add to your dream garden; will you add waterfalls, ponds, stepping stones, or benches? Think about the layout of your dream garden as well as the size.

3: Flying High

Flying kites is a popular activity once the weather gets warmer and the wind starts to pick up. Green fields, parks, and beaches are large open spaces that permit kites to freely fly; filling up the sky with various colors, shapes, and sizes! While flying kites can be a leisurely activity, in
the country of Afghanistan the game of Kite Fighting, is a cultural competition that captivates the eyes of many. Kite Fighting is a game in which kite holders compete against each other by trying to cut off the opponents’ kite. The game can be played between teams or as an individual game. The Kite Flyer’s job is to maneuver the kite through the air and try to cut other peoples kites; while a Kite Runner is someone who runs after a cut kite as it falls from the sky. Once a kite has been caught by someone, it is theirs to keep! The game is quite dangerous as it results in many accidents due to the sharpness of the kite line, but despite this, many continue to partake in the game. The last kite flying in the sky is deemed the winner! While this activity does not involve Kite Fighting or dangerous kite lines, you can create your own kite and attempt to fly it in the summer skies.

Reading Recommendations:

Children
1. *A Kite for Moon* by Jane Yolen
2. *Emperor and the Kite* by Jane Yolen
3. *Kite* by Mary Packard
4. *Curious George Flies a Kite* by H.A. Rey
5. *What Can You Do in the Wind* by Anna Grossnickle Hines

Juniors
1. *The Kite Rider* by Geraldine McCaughrean
2. *Kites, Kites, Kites* by Bruce H. Mitton
3. *Kites on the Wind* by Emery J. Kelly

Teens
1. *The Kite Runner* by Khaled Hosseini
2. *Kiteworks* by Maxwell Eden
3. *Setting Free the Kites* by Alex George

Activity:

Materials
- plastic bag (garbage bag)
- string
- ribbon
- two sticks (one your sticks can be garden stakes, dowels, straight twigs, or simple skewers)
- scissors

Procedure
With your material ready to go, it’s time to start making a kite suitable for flying high in the sky!

1. Take your two sticks and and make a “†” shape with the sticks crossing over each other, so the cross stick should be tied about one third of the way along the the main stick. Using a piece of string tie the two sticks together.
2. To tie the sticks together, wrap the string around the back of the main stick and cross the string across the front of the cross stick. Then wrap the ends of the string back
around the back of the main stick and make a single knot. Then wrap each end of the
string one around either side of the front of the cross stick and back again around the
back of the main stick. Then make a double knot. Know your kite frame is complete!
3. Now it is time to cut your sail and attach it to the frame. Take the plastic bag and cut
the bag so it fits the frame of the kite. Tie the ends of the bag to the stick frame. No
need to use glue or tape. Just keep the knots tight!
4. With the bag secure and attached to the frame, next you shall attack the flying string.
5. First, tie a piece of string from one side of the cross stick to the other, leaving some
slack so the string can be pulled slightly down to form a triangle.
6. Then, tie the end of a BIG BALL of string to the bottom portion of the main stick,
loop under the slack cross string and tie a simple knot at the intersection of the two
strings (so it forms a triangular pyramid shape).
7. With the flying rope attached to the frame of the kite, you can now decorate the kite.
   Tie lovely ribbons to the end of the kite in order to help balance it. You can even
   attach a small weight, like a washer, if the ribbons don't seem hefty enough for your
   kite. Draw images or paint designs on the kite sail.
8. Everything is now set for you to fly in the sky! Search for a windy day and release
   your kite into the sky, but be sure to hold on to the end of the string to navigate and
direct your kite as it takes flight. Note: the best way to launch the kite is to have friend
   hold it while you back up slowly into the wind. Have your friend let the kite go and let
   the string out. OR, you can just hold it and run wildly into the wind! Either way
   works.

Dive Deeper:
After reading and/or completing the activities, does this topic peak your interest?

Check out these websites to further explore the topic of kites:
   1. In Kabul, Kite Flying is More Than a Sport —
      https://www.npr.org/sections/thetwo-way/2009/06/in_kabul_kite_flying_is_more_t.html

Check out these videos and films to visually learn more:
   1. Kite Fight from The New York Times —
      https://www.youtube.com/watch?v=sl3qWHkqfl8
   2. Afghan Kite Runners — https://www.youtube.com/watch?v=TrOSfp0m50U
   3. Let’s Make a Kite! — https://www.youtube.com/watch?v=mc3AUuuj9_I
   4. The Kite Runner (2007 Film)

To stimulate the brain and engage in active learning, ask these questions:

Looking to build upon writing skills? Share your responses to these questions in a personal
journal or brief paragraph essay.
Looking to build upon verbal communication and discussion based skills? Share your responses around the dinner table at night with family members; each person can contribute to the conversation with their own perspectives.

Looking to visually demonstrate your ideas? Share your responses by drawing and labeling a diagram, creating a storyboard with pictures, construct a 3D model, or acting out a scene.

1. What is the cultural significance of flying kites? Is kite flying only a cultural sport in Afghanistan? How do other cultures make or use kites?

2. If you could partake in the sport of Kite Fighting, what position would you want and why… the Kite Flyer, Kite Runner, or mere spectator?

3. What happens when you try to fly a kite and it is not windy? Why does this happen? Is there a certain science or method behind successful kite flying?

4: Reduce, Reuse, Recycle

Reduce, reuse, and recycle is a common phrase that attempts to change the way we think about our environment, climate change, and waste disposal/management. Over the years as populations increase, businesses and corporations grow, and material goods become easily accessible and desirable, our natural environment faces negative repercussions. Our carbon footprints have increased — the amount of carbon dioxide and other carbon compounds emitted due to the consumption of fossil fuels by a particular person, group, etc. has grown out of proportion and resulted in a destruction of Earth. Reducing our carbon footprint is one way to combat climate change and help the natural environment heal and restore itself. Through practices such as reducing your consumption of animal products, limiting the amount of fuel you use (consider biking instead of driving), or cutting back on electricity use, CO2 emissions could be lowered. Additionally, did you know that the average person throws away their weight in garbage every month? Waste management addresses the ways in which civilizations discard those unwanted materials; however, proper waste management has become increasingly difficult because we are creating waste/garbage faster than we can properly manage it. Setting goals of living a “zero waste” lifestyle, as well as continuing to recycle and reuse/repurpose products instead of throwing them out is another contribution to reducing your carbon footprint and helping to save the planet!

Reading Recommendations:
Children
1. *Arthur Turns Green* by Marc Brown
2. *The Earth Book* by Todd Parr
3. *The Lorax* by Dr. Seuss
4. *Recycle* by Gail Gibbons
5. *What You Can Do With An Old Red Shoe* by Anna Alter

Juniors
2. *The Magic School Bus and the Climate Change* by Joanna Cole
4. *El Nino* by Caroline Arno
5. *Recycling and Reusing our World’s Solid Wastes* by James Hahn
6. *Trash to Treasure* by Pam Scheunemann

**Teens**
1. *The Revenge of Gaia* by James Lovelock
2. *Earth Matters: An Encyclopedia of Ecology*
3. *Uninhabitable Earth: Life After Warming* by David Wallace-Wells
4. *101 Ways to go Zero Waste* by Kathryn Kellogg
5. *Garbage Land* by Elizabeth Royte

**Activity:**

**Materials**
- garbage (dig into your recycled bottles/cans/containers; find old toys/clothes; and seek out other supplies found around your house that no longer serves its original purpose)

**Procedure**
This reduce, reuse, recycle activity requires easily accessible materials and demonstrates how you can successfully repurpose those unwanted goods! Your task is to be creative, and recreate a masterpiece out of garbage… think about making a Recycled Robot, Garbage Gnome, Tin Can Container (decorate some recycled cans to make container perfect for holding pencils, markers, flowers, or more…)

1. Start by collecting as many pieces of garbage as you want.
2. Draft a plan for you creation, either sketch out a design or write down some ideas.
3. Start crafting! Use glue, rope, paperclips, or any other materials to hold your pieces together. Think outside of the box, by digging into the garbage bin. Repurpose your waste and reduce your carbon footprint

**Dive Deeper:**
After reading and/or completing the activities, does this topic peak your interest?

**Check out these websites to further explore the topic of environmentalism and recycling:**
1. Zero Waste Projects —
2. Dressing up a Tin Can —
3. Environment: Waste Production Must Peak This Century —
4. Plastic now pollutes every corner of Earth —
7. The Importance of Environment to Life — https://academic.oup.com/bioscience/article-abstract/14/7/25/237805?redirectedFrom=PDF

Check out these videos and films to visually learn more:

1. “How Dare You” Gretta Thunberg — https://www.youtube.com/watch?v=TMrtLsQbaok
2. Climate Change 101 with Bill Nye — https://www.youtube.com/watch?v=EtW2rrLHs08
3. What YOU Can Do About Climate Change — https://www.youtube.com/watch?v=VTfgNFz1DBM
5. Why I Live a Zero Waste Life with Lauren Singer Ted Talk — https://www.youtube.com/watch?v=pF72px2R3Hg
6. A Beautiful Planet (2016 Film)
7. Earth's changing climate (2007 Film)
8. Ice Age: The Meltdown (2006 Film)
9. Before the Flood (2016 Film)

To stimulate the brain and engage in active learning, ask these questions:

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Looking to build upon verbal communication and discussion based skills? Share your responses around the dinner table at night with family members; each person can contributes to the conversation with their own perspectives.
Looking to visually demonstrate your ideas? Share your responses by drawing and labeling a diagram, creating a storyboard with pictures, construct a 3D model, or acting out a scene.

1. What are ways you can reduce you carbon footprint at home? Do you recycle; use energy efficient appliances; have LED lights; use water saving devices; ride your bike instead of taking the car? Consider the actions and habits you are already doing and consider other habits you could start doing to help save our environment.

2. Could you live a zero waste lifestyle? What are the benefits to living a zero waste lifestyle, and how hard do you think it would be to maintain this lifestyle? Consider watching the Ted Talk by Lauren Singer, or other YouTube videos about zero waste.

3. Do you think our nation, and our world, is doing enough to help reduce, reuse, and recycle? Do you think our policies and laws are helping to save the environment?
4. If you were in charge of saving the world from environmental destruction what would be your first order of action; what would you do to raise awareness and prevent further decline?

5: Hey Batter, Batter
Baseball is one of America’s most widely known and celebrates sports. While it is widely believed that the sport was invented in Cooperstown N.Y. during the summer of 1839 by Abner Doubleday, historical evidence shows this is inaccurate. Games resembling baseball in the United States date back to the 18th century. However, it wasn’t until 1845, a group of New York City men founded the New York Knickerbocker Baseball Club, and one member named Alexander Joy Cartwright, established a new set of rules that would later shape modern day baseball. As a unique American tradition, Major League Baseball now has two leagues — the American League, and the National League — and there are a total of 30 teams between the two leagues. Each year this sport hosts the World Series — this annual championship allows MLB teams in Canada and the USA to compete for the ultimate prize: The Commissioner’s Trophy. Take a look at the reading recommendations, activity, and videos to further explore the sport deemed as “America’s pastime!”

Reading Recommendations:

Children
1. Goodnight Baseball by Michael Dahl
2. Mr. Baseball by William H. Hooks
3. Lucky Baseball Bat by Matt Christopher
4. Baseball’s Greatest Pitchers by Sydelle Kramer
5. Baseball A to Z by Michale Spradlin
6. Arthur Makes the Team by Marc Brown

Juniors
1. Baseball Bafflers by Wayne Stewart
2. Great Baseball Card Hunt by Daniel A. Greenberg
3. The Boy Who Saved Baseball by John H. Ritter
4. Baseball Play Like a Pro by Bike Walker
5. Sluggers by George Sullivan
6. Six Innings by James Preller
7. Winning Season by Rich Wallace
8. Gold Dust by Chris Lynch

Teens
1. Ball Four by Jim Bouton
2. The Big Bam by Leigh Montville
3. The Last Boy by Jane Leavy
4. The Art of Fielding by Chad Harbach
5. Living on the Black by John Feinstein
6. Knuckler by Tim Wakefield
7. Double Play by Robert B. Parker
Activity:
Materials
- water balloons (filled with water)
- baseball bat (or other pole/stick to use like a bat)
- 5 bases (you can uses bases, hula hoops, cones, rocks, brightly colored pieces of paper, or anything else to mark the bases, home plate, and pitchers mound)

Procedure
Hey batter, batter… it’s time to play ball! Baseball can be a fun summer sport, however playing with water balloons gives an added element of surprise and can be a perfect way to cool you off on a hot summer day.

1. Set up the playing field as a standard baseball field using Hula Hoops as bases.
2. Place a bucket of pre-filled water balloons on the “pitcher’s mound”
3. One person is designated pitcher and stands on the “pitcher’s mound”
4. Other participants stand can all line up at home plate to take turns hitting; or you can split up participants so some are in the outfield while others are hitting. Note: player in the outfield can hold water balloons and/or squirt guns to soak the hitters as they run the bases, if desired.
5. Play the game: one person is up to bat, and the pitcher pitches the water balloons to the batter. The pitcher throws balloons until the batter hits or breaks one.
6. After the batter hits or breaks a balloon, they run to first base. The pitcher tries to tag them with a water balloon as they run. The pitcher gets one throw per base (one throw from home to 1st, one throw from 1st to 2nd, etc).
7. If the water balloon hits the runner, they are out – if the water balloon misses the runner, they keep running. The runner can choose to run to the next base or stay on the base they are on.
8. As they runner runs the bases, the outfieldders can squirt them with water (just for added fun).
9. If the runner gets all the way back to home base without being hit by a water balloon, they get a run.
10. Take turns batting/pitching/
11. Note: you can modify and make your own variation of this game based on your personal preferences — maybe if the batter hits the balloon and it breaks, that counts as an automatic home run; or maybe the batter only gets 3 chances (or water balloons pitched) to make a hit, otherwise they are out and it moves on to the next batter. THe goal is to have fun under the sun while staying active and cool!

Dive Deeper:
After reading and/or completing the activities, does this topic peak your interest?

Check out these websites to further explore the topic of baseball:
1. The National Pastime — https://www.pbs.org/kenburns/baseball/pastime/

Check out these videos and films to visually learn more:

1. NPR Driveway Moments: Baseball: Radio Stories That Won't Let You Go (OverDrive AudioBook)
2. This is Baseball fo Kids — [https://www.youtube.com/watch?v=CbBxgmtED0M](https://www.youtube.com/watch?v=CbBxgmtED0M)
3. 11-Year-Old Baseball PHENOM — [https://www.youtube.com/watch?v=Js6in_sZE7o](https://www.youtube.com/watch?v=Js6in_sZE7o)
2. 42 (2013 Film)
3. A League of Their Own (1992 Film)
4. Field of Dreams (1989 Film)
5. Moneyball (2011 Film)
6. Million Dollar Arm (2014 Film)

To stimulate the brain and engage in active learning, ask these questions:

Looking to build upon writing skills? Share your responses to these questions in a personal journal or brief paragraph essay.
Looking to build upon verbal communication and discussion based skills? Share your responses around the dinner table at night with family members; each person can contribute to the conversation with their own perspectives.
Looking to visually demonstrate your ideas? Share your responses by drawing and labeling a diagram, creating a storyboard with pictures, construct a 3D model, or acting out a scene.

1. How has the game of baseball changed since it was originally invented in 1869?

2. In 2008 baseball was featured in the Summer Olympics, but in the following two Olympics (2012 and 2016) baseball was not featured. Do you think baseball should be an Olympic sport?

3. Baseball is considered to be “America’s pastime” because so many people in our nation find the sport to be intriguing and enjoyable to watch. Is there another sport or activity that you would consider to be “America’s pastime?”

**6: Moon Phases**
The Moon is an astronomical wonder that can be viewed anywhere in the world. Glowing bright, the Moon orbits Earth and functions as a natural satellite. The regular daily and monthly rhythms of the Moon’s orbit has guided timekeepers for thousands of years, and the Moon’s patterns impact cycles here on Earth (such as the ocean tides). Scientists and astronauts, have spent years researching, studying, and exploring the Moon; they have not only conducted investigations from Earth but have also propelled themselves into the universe to land on the Moon. While it may be invisible to our eyes down here on Earth, the Moon is full of various landscapes: covered in light areas known as highlands, darker areas known as maria or basins, craters, and rocks of different compositions and ages. Also, did you know that we always see the same face of the Moon?
NASA scientists know we see the same face of the Moon because the Moon is spinning on its axis at the same speed that it is going around Earth! However, have you ever noticed a change in how much of the Moon’s face we can see? Have you looked outside one night to see only a sliver of the Moon, while another night it appears as a full circle? This is because the Moon goes through a cycle approximately each month, and based on the Moon’s position between the Earth and the Sun during its orbit, we see different phases of the Moon.

**Reading Recommendations:**

**Children**
1. *The Moon* by Seymour Simon
2. *The Unicorn and the Moon* by Tomie De Paola
3. *When You Look up at the Moon* by Allan Fowler
4. *The Moon Might be Milk* by Lisa Shulman
5. *Moon Man* by Tome Ungerer
6. *Under the Moon* by Dylan Sheldon
7. *Goodnight Moon* by Margaret Wise Brown
8. *Moonshot* by Brian Floca

**Juniors**
1. *Moon Landing: The Race for the Moon* by Carole Stott
2. *Dark of the Moon* by Sara Teasdale
3. *The Girl Who Drank the Moon* by Kelly Regan Barnhill
4. *Where the Mountain Meets the Moon* by Grace Lin
5. *Full Moon Stories* by Eagle Walking Turtle
6. *Landmark History of the American People from Appomattox to the Moon* by Daniel Boorstin

**Teens**
1. *Thirteen Moons* by Charles Frazier
2. *From Earth to the Moon and Round the Moon* by Jules Verne
3. *Keeping the Moon* by Sarah Dessen
4. *Lost Moon: The Perilous Voyage of Apollo 13* by Jim Lovell
5. *Rocket Men* by Craig Nelson

**Activity:**

**Materials:**
- 2 large clear plastic cups
- 1-inch diameter yellow circle (cut out from yellow construction paper, or regular paper colored in yellow)
- black permanent marker
- black piece of construction paper
- ruler, glue, tape, and scissors
- printed out moon phases (not necessary but good for reference to complete the activity)
Procedure:
In this activity you can explore the different phases of the moon and see how the moon changes its appearance, so next time you are outside at night, take a look up at the sky and use your knowledge to think about what is the Moon’s phase?

1. Start, by measuring the height of the plastic cup. Cut a rectangular piece of black construction paper with the height of the plastic cup as the length of the paper.
2. Then take you cut out yellow circle and glue or tape on your cut-out black construction paper.
3. Roll the black paper up with the yellow circle facing out; and make sure that the yellow circle is not covered by the black paper. Insert the roll of black paper into one of the plastic cups. Secure the black paper onto the cup.
4. Put this plastic cup with your black paper and yellow circle INTO the second plastic cup.
5. Now, it is time to draw on the second plastic cup that does not contain the black construction paper and yellow dot.
6. First locate the yellow circle and write the name “full moon” under the yellow circle.
7. Imagine the cups like a clock, with the full moon as the 12’o clock position, turn the cup so that the yellow circle is now in the 3’o clock position. Trace the outline of the left half of the yellow circle and fill in with the black marker. The left half of the yellow circle will be covered and the right half will appear as a half moon or “first quarter moon.” Write the name below.
8. Now turn the cup so that the yellow circle is in the 6’o clock position. Using the black permanent marker pen, trace the outline of the yellow circle and fill in completely with the black marker. The yellow circle will be covered and will look like the “new moon.” Write the name new moon below.
9. Turn the cup so that the yellow circle is now in the 9’o clock position. Trace the outline of the right half of the yellow circle and fill in with the black marker. The right half of the yellow circle will be covered and the left half will appear as a half moon or “third quarter moon.” Write the name below.
10. Turn the cup so that the yellow circle is now in the 1:30 clock position. Trace a crescent on the left of the yellow circle and fill in with the black marker. The right uncovered part of the yellow circle will appear as the “waxing gibbous moon.” Write the name below.
11. Turn the cup so that the yellow circle is now in the 4:30 clock position. Trace a gibbous (less than the full circle, but larger than the semicircle shape) on the left of the yellow circle and fill in with the black marker. The right uncovered part of the yellow circle will appear as the “waxing crescent moon.” Write the name below.
12. Turn the cup so that the yellow circle is now in the 7:30 clock position. Trace a gibbous (less than the full circle, but larger than the semicircle shape) on the right of the yellow circle and fill in with the black marker. The left uncovered part of the yellow circle will appear as the “waning crescent moon.” Write the name below.
13. Turn the cup so that the yellow circle is now in the 10:30 clock position. Trace a crescent on the right of the yellow circle and fill in with the black marker. The left
uncovered part of the yellow circle will appear as the “waning gibbous moon.” Write the name below.

14. NOTE: To make sure you have enough space for all 8 phases of the moon, you can draw the “full moon,” “new moon” and the “first quarter moon” and “third quarter moon” first. Then you can easily draw in the “waxing gibbous,” “waning gibbous,” “waxing crescent,” and “waning crescent.”

15. With all of the phases drawn on your outside cup, it’s time to explore the phases! Holding the cups as one, turn the inside cup with the black paper and yellow dot; as you turn the cup watch the yellow dot be covered and uncovered based on the phase.

Dive Deeper:
After reading and/or completing the activities, does this topic peak your interest?

Check out these websites to further explore the topic of space and the moon:
1. NASA and the Moon — https://moon.nasa.gov

Check out these videos and films to visually learn more:
1. Tour of the Moon — https://www.youtube.com/watch?v=2iSZMv64wuU
2. Crash Course Astronomy: The Moon — https://www.youtube.com/watch?v=mCzchPx3yF8
3. Earth Without a Moon — https://www.youtube.com/watch?v=6MP920xMC0Q
4. Gravity (2013 Film)
5. Hidden Figures (2016 Film)
6. The Martian (2015 Film)
7. Apollo 13 (1995 Film)

To stimulate the brain and engage in active learning, ask these questions:

Looking to build upon writing skills? Share your responses to these questions in a personal journal or brief paragraph essay.
Looking to build upon verbal communication and discussion based skills? Share your responses around the dinner table at night with family members; each person can contributes to the conversation with their own perspectives.
Looking to visually demonstrate your ideas? Share your responses by drawing and labeling a diagram, creating a storyboard with pictures, construct a 3D model, or acting out a scene.

1. Would you want to travel to the Moon? If yes, how long would you want to stay here and what would you do for fun? If no, why would you rather stay here on Earth?
2. Do some additional research on the Moon’s features and environment. How is the surface of the Moon different or similar to Earth? Based on these findings, do you think the moon could be livable and colonized by humans?

3. Is Earth the only planet with a moon? What other planets have moons and are these planet’s moons similar or different to our Moon?

7: The Making of Books
The earliest book was developed as early as 3000 years ago and was utilized as a portable resource for documentation or drawing. These early book formats contained bamboo wood or palm leaves fastened together as pages. Other early book formats include the use of clay tablets to record information on, as well as codices — the Western codex was formed by drilling holes alongside a wooden tablet and then linking these tablet pieces together with cord or leather to create a book format. The discovery and use of parchment as a new type of book page, permitted the creation of thinner books that had easily foldable pages and could be securely nested between a wooden cover. The Chinese invention of paper around 1050 propelled the evolution of books and greatly contributed to an increase in book production. Sheets of paper could be glued together and folded onto themself to create endless pages between two hard covers. Then, Gutenberg’s invention of the moveable type around 1450 made it possible to make many copies of a text at an affordable price and fast pace. Since then books have continued to circulate around our world. Modern books machines that set the type, make paper, and print the text allows for wider distribution and greater availability of books for the public. However, books are not just simply for reading; books can be a form of art. Known as artists' books, these types of books involve a return to the intricate and personal handcrafted process of making books. Using glue, needles and wax thread, various stitching techniques, and a range of fabric or wood covers, each artists’ book is unique. In this activity, further explore the world of books — beyond reading a story — and create your own artist book, known as a Zine. Zines are the most easily made artists books that often contain content that tell a story or communicate an important message to a certain audience. Zines can be either digital or print documents, but they always reflect the artists mind and express endless creativity!

Reading Recommendations:
Children
1. *The Letters are Lost!* by Lisa Campbell Ernst
2. *How Paper is Made* by Neil Curtis
3. *Yoko Learns to Read* by Dan Elliot
4. *Llama Llama Loves to Read* by Anna Dewdney

Juniors
1. *Funny Papers* Elaine Scott
2. *The Papermakers* by Leonard Everett Fisher
3. *Fine Print* by Joann Johansen Burch
4. *Gutenberg* by Leonard Everett Fisher
5. *Read for Your Life: Tales of Survival From the Editors of Read Magazine*
Teens

1. *A Short History of the Printed Word* by Warren Chappell
2. *A History of Reading* by Alberto Manguel
3. *Fahrenheit 451*
4. *Gutenbergs Apprentice* by Alix Christie
5. *The Pleasure of Reading in an Age of Distractions* by Alan Jacobs

**Activity:**

**Materials**

1. Piece of paper (normal white printer paper will work!)
2. Something to write with (you can use crayons, colored pencils, markers, pens, or pencils)
3. A pair of scissors

**Procedure**

Making your own personal zine can be a quick and fun activity. The content of the book is up to you — fill it with drawings, poems, short stories, journal entries, stickers, and much more!!

1. Start by folding your sheet of paper in half, hamburger style.
2. Unfold the paper. The sheet is now split into halves. Fold one side of your paper into the middle to meet the crease.
3. Repeat step 2 for the other side of the paper.
4. If you unfold your paper you should have four equal sized vertical columns.
5. Fold your paper in half again but this time vertically.
6. Unfold your paper you should now have 8 equally sized rectangles.
7. Now, this is a very important step as cutting your zine correctly will ensure it folding properly. Fold your paper back in half like above. Now cut halfway in at your crease, this cut will create a opening in the middle of your paper.
8. Now you should have a sheet with 8 sections and a slit in the middle.
9. Fold your paper lengthwise (along the crease that has the slit). Hold the paper at either end, then push the ends in toward each other. The sections should fold into each other to form an eight-page booklet.
10. Now it’s time for you to fill in your blank booklet and turn it into a zine! How you fill it in is completely up to you. Use the basic supplies only or add extra elements.
11. That’s it; you have made a zine — one of the most effective forms of a book. You can keep it for yourself, give the original away as a one-of-a-kind gift, or make copies to share with your friends.

**Dive Deeper:**

After reading and/or completing the activities, does this topic peak your interest?

Check out these websites to further explore the topic of book making:

Check out these videos and films to visually learn more:

1. How to make a zine from one piece of printer paper — https://www.youtube.com/watch?v=1xqr9e3wCxI
4. Artist’s Books — https://www.youtube.com/watch?v=9SrVzNnxCl0
5. Art of Book Making — https://www.youtube.com/watch?v=T17aCX2iBBY
6. The evolution of the book TED Talk with Julie Dreyfuss — https://www.youtube.com/watch?v=_YqYtdPUis4

To stimulate the brain and engage in active learning, ask these questions:

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Looking to build upon verbal communication and discussion based skills? Share your responses around the dinner table at night with family members; each person can contributes to the conversation with their own perspectives.

Looking to visually demonstrate your ideas? Share your responses by drawing and labeling a diagram, creating a storyboard with pictures, construct a 3D model, or acting out a scene.

1. Zines are a fun, quick, and powerful form of artistic expression that can communicate a wide variety of ideas and messages to the public. Imagine you are a Zine/ Magazine Editor and you have your own company that produces these types books and material for the public to read. What is your Zine/Magazine about — is it related to fashion, gardening, home improvements, toys, cooking, art, etc…? How many copies of your publication would you distribute, and how are you distributing them — is it an exclusive publication for a selected few, or is it free to the public; are you hand making all of the copies, or are they going to be available online?

2. Do you prefer to read books digitally (online) or would you rather hold the physical book in your hand and flip through the pages? What do you think some of the benefits and drawbacks are to reading books online versus in print?

3. Do you think print is a dying medium? Will the digital age overpower our need to print and read physical books, newspapers, or magazines?
8: Labyrinth Walks

A labyrinth is not a maze… a labyrinth is a path to a center point and then back out. There are no dead ends or blind alleys, rather a set path that winds and turns leading you to a desired center point. Labyrinths have been used over the course of time to symbolize a type of journey to a predetermined location. In prehistoric eras labyrinths were used to trap spirits or for religious rituals. In Greek mythology, Daedalus constructed an elaborate labyrinth for King Menos of Crete to hold the Minotaur, a half-man, half-bull. Daedalus almost got trapped in his own labyrinth (which was really more like a maze), but Ariadne provided him with thread that he used to wind his way back out again. Today, modern labyrinths are used for meditative walks and for clearing the mind, which has health and spiritual benefits. Explore the wonders of labyrinth walking by creating your own design, walking through the path, and calming your body.

Reading Recommendations:

**Children**
1. *Lost in the Labyrinth* by L.A. Peacock
2. *Monster in the Maze: The Story of the Minotaur* by Stephanie Spinner
3. *Treasure Hunt* by Allan Ahlberg
4. *Lost in the Library* by Josh Funk
5. *I Went Walking* by Sue Williams
6. *A Step of Faith* by Richard Paul Evans

**Juniors**
1. *The Burning Maze* by Rick Riordan
2. *A Walk in the Wood: Meditations on Mindfulness* by Joseph Parent
3. *Mindful Games* by Susan Kaiser Greenland
4. *The Maze* by Will Hobbs
5. *Odysseus in the Serpent Maze* by Jane Yolen
6. *The Maze of Bones* by Rick Riordan

**Teens**
1. *The Maze Runner* by James Dasher
2. *The Scorch Trials* by James Dasher
3. *The Death Cure* by James Dasher
4. *The Tunnels* by Michelle Gagnon
5. *The Rose Labyrinth* by Titania Hardie
6. *Keepers of the Labyrinth* by Erin E. Moulton
7. *Into the Labyrinth* by Margaret Weis
8. *Journeying in Place* by Gunilla Norris
9. *The Meditations of Marcus Aurelius* by Marcus Aurelius

Activity:

**Materials**
- Labyrinth design/pattern (can be easily found online, or created from your imagination)
- Masking tape/painters tape, rope, or spray paint (pick one of these materials which will be used to mark the life-size labyrinth on the floor either inside on a carpet, or outside on the pavement
or grass)
- String or yarn (optional; depends on if the participants will unspool the thread as they complete the labyrinth)

**Procedure**

Picking out your own labyrinth design or creating one from your imagination sparks the fun of this activity. Once your design is all set up, simply channel your inner peace and complete the winding pattern!

1. First, identify a labyrinth design and a location. Find a location that will lend itself to the meditative, grounded act of walking a labyrinth, and be sure that it’s large enough for the design you want. If you decide to create your labyrinth inside, be sure the room is big enough.

2. Then calculate size and area of your labyrinth. At this point, make sure you have enough material to mark the outline/path of your labyrinth. It is highly recommended that labyrinths are kept smaller and simple. Labyrinth should not necessarily be extremely intricate or long; this way, it is easier to reach the center point while focusing on calmly breathing and walking. If you choose disregard the meditative aspect of laborite walks, go ahead and create any type of design and labyrinth size!

3. With everything set, its time to physically make your labyrinth. Mark the design and be sure to mark the ending point — the center of your labyrinth.

4. Now you are ready to complete the labyrinth walk! If desired, hold thread or string as you complete the labyrinth just like the story of “Ariadne’s thread” which can be winded and unwinded as you walk.

5. After you walk to the center point and make through the design, further explore labyrinths by challenging yourself to create and walk through a a new design!

**Dive Deeper:**

After reading and/or completing the activities, does this topic peak your interest?

Check out these websites to further explore the topic of labyrinths:

1. Making a Labyrinth — [https://labyrinthsociety.org/make-a-labyrinth](https://labyrinthsociety.org/make-a-labyrinth)
2. Classic 7 Circuit Labyrinth Pattern — [https://www.labyrinthbuilders.co.uk/about_labyrinths/labyrinth_building.html](https://www.labyrinthbuilders.co.uk/about_labyrinths/labyrinth_building.html)
7. Background on labyrinths and labyrinth tutorial — [https://labyrinthsociety.org/resources](https://labyrinthsociety.org/resources)

Check out these videos and films to visually learn more:

1. Quick Labyrinth Design — [https://www.youtube.com/watch?v=H5--pGSEbPY](https://www.youtube.com/watch?v=H5--pGSEbPY)
2. Beginners Guide to Labyrinths — [https://www.youtube.com/watch?v=etutPYM77so](https://www.youtube.com/watch?v=etutPYM77so)
3. Ancient Labyrinths — https://www.youtube.com/watch?v=OtguyeXFx4Q
4. Finding Meaning, not Minotaurs TED Talk with Eliza Pillsbury— https://www.youtube.com/watch?v=etutPYM77so
5. Theseus and the Minotaur — https://www.youtube.com/watch?v=xQuAUBX5xBw
6. The Maze Runner (2014 Film)
7. National Treasure (2004 Film)
8. Indiana Jones (1981-2008 Film Series)

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Looking to visually demonstrate your ideas? Share your responses by drawing and labeling a diagram, creating a storyboard with pictures, construct a 3D model, or acting out a scene.

1. How did you feel when walking through the labyrinth? Was the task meditative; was it easy or difficult to navigate the path?

2. Do you think labyrinths and mazes should be named the same thing? Are labyrinths and maze more similar or different?

3. Can you think of other activities, that are similar to labyrinth walks, that have the same health benefits, a spiritual connection, or meditative result?

9: Fantasyland

Whether it entails lands cast under wizardly spells, enchanted forests leading to labyrinth filled castles, or once upon a time fairytales with dragons, unicorns and other mystical creatures. Fantasy is a literary genre with stories and tales set in a fictional universe. Although fantasies are far from reality, they are often inspired by real events and crafted from myth or folklore. Fantasy was rooted in oral traditions, but soon became a part of the literature we read today, or the plays, dramas, and shows we watch. Fantasies are essentially a representation of your personal imagination, so let your imagination run WILD!

Reading Recommendations:
Children
1. I Spy Fantasy by Walter Wick
2. The Hidden Stairs and the Magi Carpet by Tony Abbott
3. The Unicorn and the Moon by Tomie De Paolo
4. Nobody Rides the Unicorn by Adrian Mitchell
5. Goldilicious by Victoria Kahn
6. All the Colors of the Rainbow by Allan Fowler
7. Rainbow Magic, the Sugar, and Spice Fairies by Daisy Meadows
8. Emily and the Emerals Fairy
Juniors
1. *The Tower of Geburah* by John White
2. *Letters from Atlantis* by Robert Silverberg
3. *Museum of Thieves* by Lan Tanner
4. *Wren’s Quest* by Sherwood Smith
5. *Harry Potter* (series) by J.K. Rowling
7. *The Lion, the Witch, and the Wardrobe* by C.S. Lewis
8. *The Unicorn Treasury* by Bruce Coville

Teens
1. *Firebirds: An Anthology of Original Fantasy and Science Fiction*
2. *Gilded Cage* by Vic James
3. *Slade House* by David Mitchel
4. *The Warlords of Nin* by Steve Lawhead
5. *The Key* by Marianne Curley
6. *The Hallowed Isle* by Diana Pazon
7. *Strange Dreamer* by Laini Taylor

Activity:
**Materials**
Rainbows in a Bottle
- Jars or plastic bottles (one per person)
- Measuring cup
- Food coloring
- Blue dish soap
- Cooking oil (vegetable oil)
- Rubbing alcohol

Unicorn Slime
- Light corn syrup
- 5 oz bottles of glue
- 1/2 cup liquid starch (5 oz. of glue needed for every 1/2 cup starch)
- Mixing bowls and spoons

**Procedure**
With two activities designed to engage children with craft-based and science-related themes, children will explore a colorful and glittering world often associated with fantasies! The first activity is making rainbows in a bottle. Using clear bottles (recycled water bottles) or glass jars a mixed solution of food coloring, corn syrup, oil, water, and dish soap shall yield a liquid rainbow. The second activity is making unicorn slime with glue, liquid starch, and food coloring. The various colored slimes can then be twisted together to create for an imaginatively colorful and unicorn-inspired masterpiece. Complete both activities, or simply chose one!

Rainbows in a Bottle
1. To start with the Rainbows in a Bottle make sure you have all of the necessary materials and enough per child.
2. Remove any labels from the clear bottles or containers that you are using. Place all of the materials in an organized fashion on a “work table.”
3. It may be beneficial to have a sample completed before starting, or make a sample and have participants watch before they jump into making their own. It may also be beneficial to have the different colored mixtures/liquids already made and placed on the work table; this way participants can simply go to the work table and simply pour the liquids into their containers rather than mixing liquids as they go along.
4. NOTE: be sure to do each pour VERY SLOWLY to avoid mixing the colored liquids and to ensure the rainbow effect!
5. Pour 1/2 cup of corn starch into a measuring cup and add one drop of red food coloring and one drop of blue food coloring. Mix with a spoon and then slowly pour into your container.
6. Pour 1/2 cup of the blue dish soap into a measuring cup and then pour it down the side of your container.
7. Pour 1/2 cup of water into measuring cup. Add 2 drops of green food coloring and mix with spoon. Then pour the green water down the side of your container.
8. Pour 1/2 cup of yellow oil into measuring cup, then pour it down the side of the container.
9. Pour 1/2 cup of rubbing alcohol into measuring cup, then add 2 drops of red food coloring and mix with spoon. Pour the mixture down the side of the container.

Unicorn Slime

1. To make the unicorn slime you will need a 5 oz bottle of glue for every 1/2 cup of liquid starch.
2. Mix 1/2 cup of liquid starch with the glue and stir until blended, adding more starch if needed.
3. Make three separate batches of the liquid starch and glue mixture, and in each batch add different drops of food coloring.
4. Then, with the three different colors, twist them together for “magical” unicorn slime!

Dive Deeper:
After reading and/or completing the activities, does this topic peak your interest?

Check out these websites to further explore the topic of fantasies:

Check out these videos and films to visually learn more:
1. How Rainbows Work —
To stimulate the brain and engage in active learning, ask these questions:

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Looking to build upon verbal communication and discussion based skills? Share your responses around the dinner table at night with family members; each person can contribute to the conversation with their own perspectives.

Looking to visually demonstrate your ideas? Share your responses by drawing and labeling a diagram, creating a storyboard with pictures, construct a 3D model, or acting out a scene.

1. What does your perfect fantasyland look like? Is it full of jumping unicorns, hidden trolls, chocolate rivers, rainbow colored skies, lollipops trees, golden rocks, and candy mountains?

2. Do you think fantasies can become reality? Are there inventions, devices, or unexplained events that occur in the world that sometimes make you feel as if you are living in a fantasy?

10: Bird Bonanza

From carrier pigeons, to kiwis; to night owls, and penguins; from the unique dancing birds of paradise to toucans and storks, birds are unique species that range in color, shape, and size. There are over 10,000 different species of birds in the world, and the Ostrich is recorded as the largest bird. These descendants of dinosaurs have hollow bones and feathered wings which allow them the gift of flight! Although birds may not look like other scaled animals such as snakes nor are birds cold blooded, birds are classified as reptiles which are warm blooded vertebrates that produce offspring by laying eggs.

Reading Recommendations:

Children

1. *A Place for Birds* by Melissa Stewart
2. *The Language of Birds* by Rafe Martin
3. *The Message of Birds* by Kate Westerlund
4. *Elsie’s Bird* by Jane Yolen
5. *From Egg to Bird* by Marlene Reidel
7. *Our Yard is Full of Birds* by Anne Rockwell
Juniors
1. *Hoot* by Carl Hiaasen
2. *Birds* by Carolyn Boulton
3. *How to Attract Birds* by John V. Dennis
4. *Crinkleroot's Guide to Knowing Birds* by Jim Arnosky
5. *The Aerial Hunters: Birds* by Martin Bramwell

Teens
1. *The Conference of Birds* by Ransom Riggs
2. *North American Birds* by Corus Milne
3. *The Birds of NH* by Allan R. Keith
4. *Backyard Birding*
5. *The Bird and the Blade* by Megan Bannen
6. *Canary* by Rachele Alpine

**Activity:**

**Materials**
- Pinecones
- Jar of peanut butter (or other nut butter)
- Bird seed (or create a mixture of other foods safe for birds, such as cooked rice, cereals, sunflower seeds, corn, and oats)
- Ribbon, twine, or string
- Paper plates or covered work surface
- Bowls or shallow tins (used to hold the bird seed)
- Knife or other utensil (to spread the peanut butter)

**Procedure**

Using pinecones to craft your own personal bird feeder, this activity will attract chirping birds and other wildlife to your backyard!

1. To begin making the pine cone bird feeders, you need to place your pine cone onto the paper plate, or your designated work space.
2. Take a butter knife, or your preferred utensil, and scoop out some peanut butter, which you will then spread the peanut butter over you pinecone. Be sure to fill all of the cracks and creases with the sticky peanut butter!
3. Next, sprinkle the bird seed on the pine cone so it sticks to the peanut butter. You can also choose to roll the peanut butter filled pinecone in a tray of prepared bird seed. If you want to better spread the bird seed around the pinecone add on some additional peanut butter to mix with the bird seed.
4. Then tie a piece of your ribbon, twine, or string around the top of the pine cone.
5. Your bird feeder is not complete and ready for the birds. Find the perfect spot outside and hang the feeder from a tree or hook. Keep and eye out to spot all the birds that come to east on your creation!
Dive Deeper:
After reading and/or completing the activities, does this topic peak your interest?

Check out these websites to further explore the topic of birds:

Check out these videos and films to visually learn more:
1. Top 10 Most Stunningly Beautiful Birds in the World— https://www.youtube.com/watch?v=axa5KI06RDE
2. Our Planet: Birds of Paradise Dancing — https://www.youtube.com/watch?v=nPhVOZiPokA
4. How to Attract Birds to Your Feeder — https://www.youtube.com/watch?v=jH0425VzERs
5. Free Birds (2013 Film)
6. Angry Birds (2016 Film)
7. Rio (2011 Film)
8. Piper (2016 Short Film)
9. Nim’s Island (2008 Film)
10. For the Bride (2000 Short Film)
11. March of the Penguins (2005 Documentary)

To stimulate the brain and engage in active learning, ask these questions:

Looking to build upon writing skills? Share your responses to these questions in a personal journal or brief paragraph essay.
Looking to build upon verbal communication and discussion based skills? Share your responses around the dinner table at night with family members; each person can contributes to the conversation with their own perspectives.
Looking to visually demonstrate your ideas? Share your responses by drawing and labeling a diagram, creating a storyboard with pictures, construct a 3D model, or acting out a scene.

1. Would you want to live as a bird? What are some of the unique characteristics that birds have but humans do not (for example: flight or night vision)?
2. Observe the birds you find in your backyard, and the birds that come to your newly made bird feeder. How many different kinds of bird do you see? What do these birds look like (describe their size, colors, type of sounds they make)?

3. Use your online resources or books to trace the migration pattern of one type of bird. Why do these birds migrate? Where do birds migrate to? How long does it take the birds to get to their destination, and how long do they stay in one place?
Cooks Corner

This category encourages children and family members to get creative in the kitchen. Cooking can be a fun learning experience that involves chemistry, time management, patience, and ultimately a delicious end result for consumption. Get in the kitchen this summer with some of these simple recipes!

Or if you are looking to expand your culinary habits view the Additional Resources section, or try these ideas:

- Pick a cookbook and select one new recipe each day/week,
- Cook various types of cuisine from places around the world,
- Try gluten-free baking,
- Have Meatless Mondays, Tea-Time Tuesdays, Wrap Wednesdays, Tomato Thursdays (how many ways are there to eat tomatoes?), Fish Fridays, Spaghetti Saturdays, or Sweet Sundays (breakfast for dinner?)
- Movie Dinners (pick a dish from your favorite movie, then watch the move while you eat!)

1: Smooth Sailing (beverage)

Smoothies are perfect summer beverages full of flavors and nutritional benefits. Using frozen or fresh fruits, leafy greens, protein powder, spices, and your choice of milk or juice, smoothies are quick and simple to blend up. Either consumed as a refreshing breakfast or mid-afternoon pick-me-up, test out these smoothie recipes to satisfy your summer days!

Recipes:

**Blueberry Breakfast Smoothie**

*Ingredients*
- 2 cups of milk, or almond milk
- 1 cup fresh spinach
- 1 banana
- 1/2 cup frozen blueberries
- 2 tablespoons of unsweetened cocoa powder

*Procedure*
1. In a blender, combine the milk, spinach banana, blueberries, and cocoa powder
2. Pulse for 30-45 seconds
3. Serve immediately and enjoy!

**Tropical Storm**

**Ingredients**
- 1 kiwi, peeled
- 1/2 lemon, peeled
- 4 cups of watermelon
- chia seeds
- sugar, to taste
- ice (optional)

**Procedure**
1. In a blender, combine the ingredients. Add pieces of ice if you are looking for a thicker consistency and colder beverage.
2. Pulse until the fruit is blended and smooth; the end result will be a wonderful flavor combination of sweetness and mellow melon.

**Tripple Berry**

**Ingredients**
- 1 banana
- 1 cup frozen strawberries
- 1 cup frozen blackberries, plus more for garnish (optional)
- 1 cup frozen raspberries
- 1 1/4 cup almond milk or regular milk
- 1/2 cup Greek yogurt

**Procedure**
- In a blender, combine all ingredients and blend until smooth.
- Divide between 2 cups and top with blackberries, or other fresh fruit — if desired.

**Cucumber Kale**

**Ingredients**
- 1 1/4 cups vegetable juice (such as V8)
- 1/2 peeled cucumber
- 3 kale leaves
- juice of 1/2 lemon

**Procedure**
1. Place all of the ingredients into a blender and pulse until combined.
2. Serve and enjoy!

**2: Just Peachy (beverage)**

Starting in early August, peaches are typically ripe and ready to be eaten! While picking the fruit right off the tree might be a delicious snack, test out this recipe which gives a sweet and mellow flavor to the traditional summertime beverage of lemonade. This will surely be a refreshing summertime beverage perfect for backyard BBQs and family dinners!
Recipe:

**Peach Lemonade**

**Ingredients**
- 3 large peaches pitted and cut into quarters
- 1/2 cup sugar
- 1 cup lemon juice (juice from 6-8 lemons)
- water

**Procedure**
1. In a medium saucepan combine fresh peaches, 1 cup water and the sugar. Cook over medium-high heat until boiling. Reduce heat to low and simmer for 5 minutes. Let cool.
2. Once cooled, place the mixture into a blender and blend for about 1 minute until smooth.
3. Place a sieve/strainer over a 2 qt pitcher, and then pour the peach mixture through a strainer.
4. Add in the fresh lemon juice to the pitcher
5. Fill to 2 qt line with ice and water.
6. Enjoy!

**3: Critter Creations (snack)**
These easy and healthy snacks will satisfy your afternoon cravings while bringing a sense of joy into the kitchen and a smiling face to those who consume them!

**Recipes:**

**Ants on a Log**

**Ingredients**
- celery sticks, cut into 3-4 inch strips
- peanut butter
- raisins

**Procedure**
1. Take the cut up celery strips and fill them with peanut butter
2. Add raisins onto of the peanut butter
3. The end result should resemble ants crawling along a log!
4. NOTE: if your not a fan of peanut butter and/or raisins, consider filling the celery with hummus, cottage cheese, or guacamole and top with other small dried fruits, pumpkin or sunflower seeds, or cherry tomatoes cut in half

**Cucumber Caterpillar**

**Ingredients**
- 1 medium bell pepper, red
- 1 medium cucumber
- 4 tablespoon of your favorite dressing
Procedure
1. Cut half the red pepper into thin strips, then take each strip and cut into 4 small pieces for the legs. Take the other half and make 4 small circles for the heads with a small round cookie cutter.
2. Peel the cucumber and cut into slices.
3. Layer the cucumber slices in a caterpillar wiggle across a plate. Add red pepper circle for the head, add the slices of peppers for the feet. Use small leftover pieces for the eyes and antennae.
4. Serve with ranch dressing for dipping!

4: Fruity Flavors (snack)
Fresh fruit is abundant during the summer months, and can be a healthy alternative to satisfy any sweet tooth! Test out these fruity sculptures which will engage everyone in the kitchen and create a fun-looking snack.

Recipes:

Turtle Apples
Ingredients
- 1 apple cut in half (green apples look the best, but any kind of apple will work)
- 10 green grapes (or red grapes if you prefer)
- peanut butter (optional)
- four mini chocolate bits (optional)
- goldfish (optional)

Procedure
1. With your apple cut in half, place the flat side down on a plate with the skin-side facing upward
2. Using a toothpick, peanut butter (or preferred nut butter), or nothing at all place a full sized grape at one end of the apple to create the turtle’s head
3. Then place four grapes around the apple to create the turtle’s feet. You can either use four full-sized grapes, or cut two grapes in half to make the four feet.
4. Attach two mini chocolate bits onto the head grape to create turtle eyes
5. Place goldfish around your turtle for added fun!

Penguin Bananas
Ingredients
- 1 banana, peeled and cut in half
- 1/2 cup chocolate bits (melted) or chocolate sauce
- dried apricots, or carrots
- mini marshmallows

Procedure
1. With the banana peeled, and sliced in half (width-wise), prepare a lined baking tray with parchment
2. Either utilize chocolate sauce, or make a batch of chocolate sauce by carefully melting
the chocolate chips.
3. Dip each banana half into the sauce to make the penguin heads, and then place onto the
parchment lined sheet.
4. Place in the freezer to set for 10-15 minutes.
5. In the meantime, cut apricots in half (or use pieces of carrots) to make the penguin feet
and beaks.
6. Then adhere the feet and beaks to the bananas using more melted chocolate as the
“glue.”
7. Adhere two mini marshmallows with the chocolate “glue” to create the eyes.
8. Place created penguins back in the freezer to set, and store in the freezer if not serving
immediately.
9 NOTE: One banana makes two penguins – you can make however many you need!

5: Take a Dip (snack/ appetizer)
Dips are a prefect appetizer or afternoon snacks that can be easily paired with you favorite
vegetables, crackers, or chips. Test out one of these three recipes, and take a dip into a world full
of flavor!

Recipes:

Guacamole

Ingredients
- 3 avocados - peeled, pitted, and mashed
- 1 lime, juiced
- 1 teaspoon salt
- 1/2 cup diced onion
- 3 tablespoons chopped fresh cilantro
- 2 Roma (plum) tomatoes, diced
- 1 teaspoon minced garlic
- 1 pinch ground cayenne pepper (optional)

Procedure
1. In a medium bowl, mash together the avocados, lime juice, and salt.
2. Mix in the chopped onion, cilantro, diced tomatoes, and garlic.
3. Stir in cayenne pepper, if desired.
4. Refrigerate 1 hour for best flavor, or serve immediately!

Mango Citrus Salsa

Ingredients
- 2 ripe mangos, peeled and chopped
- 1 ripe orange, peeled and chopped
- 1 ripe tangerine, peeled and chopped
- 1/4 cup fresh cilantro leaves, chopped
- 2 tbs. minced red onion
- 2 tbs. lemon juice
- 1 tsp. lemon zest
- pinch of salt
- pinch of black pepper

Procedure
1. In a serving bowl, combine the chopped mango, orange, tangerine, cilantro and red onion. Toss the ingredients together to combine.
2. Drizzle the lemon juice over the ingredients and then add in the lemon zest, salt, and pepper.
3. Toss the ingredients until the fruit is well coated.
4. Cover and chill in the fridge overnight, or until ready to serve!

Sun Dried Tomato White Bean Hummus
Ingredients
- 1 can white beans, drained and rinsed
- 1/2 lemon, juiced
- 2 garlic cloves, minced
- 1/4 cup sun-dried tomatoes, chopped
- 1/4 cup olive oil
- 1/4 tsp. salt
-1/8 tsp. pepper

Procedure
1. Combine the white beans, lemon juice, garlic, sun-dried tomatoes, olive oil, salt, and pepper into a food processor or blender
2. Blend the ingredients until the hummus is completely smooth
3. Adjust the seasoning to your preferred taste
4. Once blended and smooth, transfer the hummus into an airtight container and chill in the fridge until ready to serve!

6: Taco-bout It (breakfast/ dinner)
Tacos can be a family favorite dinner option because individuals have the liberty to pick and choose certain ingredients to build a perfect meal. Layering meat or beans, vegetables, and various dips, such as hummus or guacamole, onto a soft tortilla or hard shell is surely a delight! Try this typical taco recipe for dinner; but also explore the alternative breakfast taco recipe — breakfast tacos can be made with a crepe recipe filled with your favorite fruits, syrup, jams/jelly and whipped cream!

Recipes:

Diner Tacos
Ingredients
- 1 lb. 90% to 93% lean ground beef (as an alternative you could also use a can of your favorite beans such as black beans or kidney beans)
- 1 Tablespoon chili powder
- 1 teaspoon ground cumin
- 3/4 teaspoon salt
- 1/2 teaspoon dried oregano
- 1/2 teaspoon garlic powder
- 1/4 teaspoon ground black pepper
- 1/2 cup tomato sauce
- 1/4 cup water
- 12 taco shells — either hard shells or small 6-inch soft flour tortillas will work
- Favorite taco toppings (such as: shredded cheese shredded lettuce, shaved carrots, chopped tomatoes, diced red onion, taco sauce, sour cream, guacamole, etc.)

Procedure
1. Add the beef to a large skillet over medium-high heat. Break the meat apart with a wooden spoon. Add the chili powder, cumin, salt, oregano, garlic powder, and pepper to the meat. Stir well. Cook until the meat is cooked through, about 6-8 minutes, stirring occasionally.
2. Reduce the heat to medium. Add the tomato sauce and water. Stir to combine. Cook, stirring occasionally, for 7-8 minutes, until some of the liquid evaporates but the meat mixture is still a little saucy. Remove from the heat.
3. If desired, warm the taco shells according to their package directions.
4. Fill the taco shells with 2 heaping tablespoons of taco meat or beans. Top with desired taco toppings and enjoy!
5. NOTE: If you choose to use beans, you can mix the beans with this taco seasoning or forgo the seasoning and simply build your taco with beans, a shell, and additional toppings.

Breakfast Tacos

Ingredients
- 2 cups all-purpose flour
- 2 cups milk
- 2 eggs
- 2 pinches of salt
- Butter, for cooking
- Favorite breakfast toppings (such as: diced strawberries, diced mangos, sliced peaches, blueberries, raspberries, cinnamon and sugar mix, maple syrup, whipped cream, jam/jelly, etc.)

Procedure
1. In a medium-size mixing bowl, whisk together the flour, milk, eggs, and salt.
2. Heat a large frying pan or wok over medium high heat. When the pan is hot add a teaspoon of butter and lightly coat the surface of the pan with the melted butter.
3. Pour one quarter cup of the batter into the pan and tilt the pan with a circular motion so that the batter coats the surface in a smooth and even layer.
4. After two minutes, lift up an edge of the crepe with a spatula to see if it is browning. When the underside has begun to brown, flip the crepe and cook the other side until it is also brown; about 2 minutes.
5. Repeat steps 3 and 4 to cook the remaining crepes.
6. Serve hot and layer with your desired toppings, or roll the crepe up and eat it plain!
7: Playing with Dough (dinner)

Personal pizzas are a great way to get involved in the kitchen while creating a delicious meal that is unique based on your desired flavors and pizza toppings! Have each person mix and make their own dough recipe, and then craft and bake the individual pizzas. Pizza pairs nicely with french fries and salad!

Recipe:

Personal Pizza Dough

Ingredients
- 1/3 Cup warm water
- 1 teaspoon active dry yeast
- 1/2 Tablespoon olive oil
- 1/2 teaspoon salt
- 3/4 Cup all-purpose flour
- Favorite pizza toppings (such as: pizza sauce, pesto, shredded cheese, feta cheese, chopped veggies, pineapple, pepperoni, sausage, onions, anchovies, spinach, etc.)

Procedure
1. Mix together the yeast and the water and stir to soften the yeast. Add the salt and oil.
2. Stir in the flour until a small ball forms.
3. Turn the dough onto a cutting mat and knead with oiled hands to form a soft, sticky dough. Return the dough to the bowl and let rise 20 minutes.
4. Preheat the oven to 425 degrees. Then, using parchment paper, press the dough into a circle and top with your favorite sauces and toppings.
5. Bake your personal pizzas for 12-15 minutes, or until cheese/toppings are lightly browned.

8: Veganize It (dinner/dessert)

Vegan is a term used to describe someone who abstains from the use and consumption of animal products, including: meat, eggs, dairy, and other products derived from animals. While this may seem like an “impossible” diet, the choice to go vegan is more than a dietary decision. Many individuals choose to go vegan for health reasons as well as ethical and moral reasons. The vegan lifestyle is full of delicious meals, sweet alternatives, and amazing benefits. Start exploring the world of “veganism”. Test out this vegan dinner recipe and finish the meal with a typical desert that tastes just as good as the non-vegan version!

Recipe:

Cilantro Quinoa Burgers

Ingredients
- 1/4 cup dry quinoa
- 1/2 cup water
- pinch of salt
- 1 (15 oz.) can of black beans
- 1/2 cup plain vegan breadcrumbs (or find a substitution, such as almond flour)
- 1/4 cup fresh cilantro leaves, chopped
- 2 tbs. red onion, minced
- salt and pepper, to taste
- 2 tbs. extra-virgin olive oil

Procedure
1. In a small saucepan, stir together the quinoa, water, and pinch of salt
2. Bring the mixture to a boil and then reduce the heat and simmer for 15 minutes, until the quinoa absorbs all the water. Set the quinoa aside, covered.
3. Place the black beans in a bowl, and mash gently with a fork.
4. Stir in the remaining ingredients, including the cooked quinoa (but not the olive oil). Mix until well combined.
5. Shape the mixture into five patties
6. Heat the olive oil in a heavy skillet and add the quinoa patties.
7. Cook the patties for 2-3 minutes on each side until heated through.
8. Serve and enjoy! Instead of using normal bread buns, consider these vegan alternatives for buns: lettuce, eggplant slices, tomatoes slices, portobello mushrooms, or sweet potatoes.

Vegan Chocolate Chip Cookies
(This recipe comes from Chocolate Covered Katie, which is an amazing resource for all types of vegan sweets and savory treats!)

Ingredients
- 1 cup white, oat, or spelt flour
- 1/2 tsp baking soda
- 1/4 tsp salt
- 1/4 cup all natural/ organic sugar (or coconut sugar)
- 1/4 cup all natural/ organic brown sugar (or add more coconut sugar)
- 1/3 cup chocolate chips
- 2 tbsp almond milk, plus more if needed (or use a different vegan milk alternative)
- 2 tbsp coconut oil (or use a neutral oil such as vegetable oil)
- 1/4 tsp pure vanilla extract

Procedure
1. Combine all dry ingredients in a bowl
2. Then stir in the wet ingredients to form a dough – it will be dry at first, so keep stirring until a cookie-dough texture is achieved. If needed, add 1-2 tbsp extra milk of choice.
3. Form into one big ball, then either refrigerate at least 1 hour or freeze until the dough is cold.
4. Once dough is chilled, preheat oven to 325 F.
5. Form dough balls, and place on a greased baking tray, leaving enough room between cookies for them to spread.
6. Bake 11 minutes on the center rack. They’ll look underdone when you take them out. Let them cool on the baking tray 10 minutes before touching, during which time they will firm up.
7. NOTE: If for whatever reason the cookies don't spread enough, simply press down with a spoon after baking!

9: Shaking up Dessert (dessert)

I scream, you scream, we all scream for ICE CREAM! Ice cream is a quintessential summer delight that can put a smile on anyone’s face. This frozen treat can be placed in a bowl or on a cone, and topped with a range of extra sweets — sprinkles, whipped cream, hot fudge, chopped nuts, cookie pieces, gummy bears, cherries, etc. Instead of buying a pint of ice cream, why not make your own? This recipe does not involve hours of churning and freezing, but rather can be quickly shaken up and enjoyed immediately! If your looking for a healthier frozen dessert, try the healthier alternative recipe known as “nice cream.”

Recipe:

**Vanilla Ice Cream in a Bag**

**Ingredients**
- 1 cup half and half (or you can use 1/2 whole milk and 1/2 cream)
- 1 1/2 tsp vanilla extract
- 1 tbsp sugar
- ice cubes
- 1/4 cup salt
- Ziploc bags (1 Small and 1 Large)
- Baking gloves

**Procedure**
1. Pour 1 cup of half and half into a small ziploc bag.
2. Add 1 1/2 teaspoons of vanilla extract and 1 tablespoon of sugar.
3. Seal the bag firmly and get any excess air out.
4. In the larger ziploc bag, fill it about 1/2 way with ice. Add 1/4 cup of salt.
5. Then add your sealed small bag into the tiger bag. Fill with extra ice on top and then seal the larger bag.
6. Get gloves for shaking and shake for 7-10 minutes. NOTE: Gloves are needed since the salt makes the ice extra cold.
7. Take the small bag out of the large bag and rinse the outside of the small bag with cold water. Make sure to rinse out the top part of the bag also (above the seal).
8. Once done rinsing, carefully open the small bag to not get any remaining salt from the outside of the bag inside the bag.
9. The ice cream will be a little icy looking to start.
10. Use a spoon to mix it around and soften it up a bit. Scoop out and enjoy!

**Chocolate Peanut Butter Nice Cream**

**Ingredients**
- 4 frozen banana, sliced into pieces
- 3 tbsp peanut butter
- 1 tbsp cocoa powder
- 1/4 cup milk or almond milk
Procedure
1. Take the frozen banana slices and place them into a blender. Blend until the bananas create a soft serve-like consistency.
2. Add in the remaining ingredients. Blend everything until it is mixed well.
3. Once mixed, pour the mixture from the blender into a freezer safe container.
4. Freeze at least up to an hour before serving. Top with your favorite toppings and enjoy!
5. NOTE: if you prefer a soft-serve consistency you can eat it immediately after blending!

10: Timeless Treats (dessert)
Rice Krispy Treats are a classic snack and timeless dessert that can be made with a few easy ingredients and require no baking in the oven!

Recipe:

Rice Krispy Treats
Ingredients
- 3 tablespoons butter
- 1 package (10 oz.) marshmallows (or 4 cups miniature marshmallows)
- 6 cups Rice Krispies cereal

Procedure
(You can choose to make these treats with a saucepan, or in the microwave)
1. In large saucepan melt butter over low heat.
2. Add marshmallows and stir until completely melted. Remove from heat.
3. Add in the cereal, and stir until well coated.
4. Using buttered spatula or wax paper evenly press mixture into 13 x 9 x 2-inch pan coated with cooking spray.
5. Let cool, then cut into 2-inch squares.
6. Best if served the same day or serve in an air tight container!

1. In microwave-safe bowl heat butter and marshmallows on HIGH for 3 minutes, stirring after 2 minutes.
2. Stir until smooth. Then add in the cereal and stir until coated well.
3. Once coated, using buttered spatula or wax paper evenly press mixture into 13 x 9 x 2-inch pan coated with cooking spray.
4. Let cool, then cut into 2-inch squares. Enjoy!

11: Let Them Eat Cake! (dessert)
Every once in a while a piece of cake can satisfy anyone’s sweet tooth! Instead of baking a full cake while heating up the oven on a hot summer day, why not have a personal sized serving that can be quickly cooked up in the microwave?

Recipe:
**Mug Cake**

**Ingredients**
- 1 tbsp plus 2 tsp cocoa powder
- 3 tbsp flour
- 1/8 tsp salt
- 2 tsp sugar,
- 1/4 tsp baking powder
- pinch uncut stevia or add 1 more tbsp sugar
- 2-3 tsp coconut or vegetable oil (you could also substitute with applesauce or mashed banana)
- 3 tbsp milk
- 1/2 tsp pure vanilla extract
- chocolate bits, frosting, sprinkles, etc. (optional)

**Procedure**
1. In a small bowl, combine dry ingredients and mix very, very well.
2. Add in the liquid ingredients and stir. If you wish to add in chocolate bits for extra flavor, add them in at this point.
3. Then transfer the batter into a coffee mug
4. To cook, microwave for one minute. After one minute, if a knife poked in the center of the cake comes out with batter on it, microwave for an additional minute.
5. Be sure to let the cake and mug cool before you dive in!
6. Top with frosting, sprinkles, more chocolate bits, or anything else!

**12: Additional Cooking Resources**

Enjoy spending time in the kitchen? Enjoy making and baking your own meals and culinary creations? Looking for more recipes or inspiration? Check out the list below full of cookbooks, online videos, TV shows, and movies that could inspire your next cooking expedition!

1. *The Multicultural Cookbook for Students* by Lisa Carole Albyn
2. *The Smitten Kitchen Cookbook* by Deb Perelman
3. *The Complete Indian Cookbook* by Mridula Baljekar
4. *Around the World Cookbook* by Abigail Dodge
5. *Disney’s Family Cookbook* by Deanna Cook
6. *Mom and Me Cookbook* by Annabel Karmel
7. *Salad People* by Mollie Katzen
8. *Gluten Free Baking* by Rebecca Reilly
9. *Crazy About Cookies* by Krystina Castella
10. *How it All Vegan* by Tanya Barnard
11. *Making Ice Cream, Ices and Sherbets* by Phyllis Hobson
12. Snack Pal snacks and Portion Guides for Fruits and Veggies — [https://mail.google.com/mail/u/0?ui=2&ik=59fee6c018&attid=0.1&permmsgid=msg-f:1669969738220047828&th=172ceca108420dd4&view=att&disp=safe](https://mail.google.com/mail/u/0?ui=2&ik=59fee6c018&attid=0.1&permmsgid=msg-f:1669969738220047828&th=172ceca108420dd4&view=att&disp=safe)
13. Food Wishes (YouTube Channel)
14. Laura in the Kitchen (YouTube Channel)
15. Bon Appétit (YouTube Channel)
16. Tasty (YouTube Channel)
17. Maangchi (YouTube Channel)
18. SimplyBakings (YouTube Channel)
19. Baking With Josh & Ange (YouTube Channel)
20. Cake Boss (TV show)
21. Master Chef (TV show)
22. America’s Test Kitchen (TV show)
23. Great British Baking Show (TV show)
24. Top Chef (TV show)
25. Diners, Drive-Ins, and Dives (TV show)
26. Chef’s Table (TV show)
27. Salt, Fat, Acid, Heat (TV show)
28. Nailed It! (TV show)
29. Flavorful Origins (TV show)
30. Julia, Julia (2009 Film)
31. Ratatouille (2007 Film)
32. Burnt (2015 Film)
33. The 100 Foot Journey (2014 Film)
Artist of the Week

This category explores artists from various times, cultures, and movements with the goal of not only learning about the artist, but also attempting to recreate a unique masterpiece similar to the artist. Art is a universal form of communication that has been utilized to communicate political messages, social status, personal identities, and economic troubles. Dive into crafting and creating to discover the world of art, but remember there are no guidelines as to what defines “good” art or “beautiful” art... art can be ANYTHING and EVERYTHING!

1: Vincent Van Gogh
Born in 1853 in the Netherlands, Vincent van Gogh has become one of the most recognized and notable artists of Impressionism. However, the ways in which we joyously view his art today, does not always lend itself the internal battles Van Gogh faced as an artist. He was a highly emotional individual who struggled with self-confidence — he often viewed his art as worthless, imperfect, and lacking in detail. It took years for him to develop his own sense of style, and although his passionate technique with bold colors and harsh brush strokes were not valued by the Academy during his lifetime, his paintings have become an emblem of modern art. Painting landscapes, still lives, and portraits, Van Gogh created powerful content full with passion, drama, rhythm, and emotion.

Examine It:
Starry Night with Cypresses (1889), oil on canvas, located at the Museum of Modern Art (New York)
https://www.vangoghgallery.com/painting/starry-night.html

Re-create It:
Materials
- white paper, or watercolor paper
- crayons
- water color paints
- star stickers (optional)
- additional construction paper (optional)

Procedure
1. On your blank sheet of white paper use crayons to create your own design. You can mimic the Starry Night composition; create your own landscape inspired by your own visions of the night sky or other landscapes; or you can draw an imaginative picture inspired by your own dreams. To mimic Van Gogh’s techniques use the crayons to
create a series of dashed lines, swirls, and circular shapes. Be sure to press hard on the crayons to achieve bright colors and defined shapes/lines — this is a key component because the waxy crayon surface prevents the watercolor from ruining your drawn design and image. You can add in star stickers or other stickers to your scene, if desired.

2. Once you have drawn and colored the subject matter of your image, take the watercolor paints and paint over the image. Cover the entire paper with watercolors; you can use one color or multiple colors to create the sky/background of your picture. The watercolors add a dramatic effect to the work while keeping your original crayon-image in pristine condition!

3. You can also cut out other shapes from construction paper (such as trees, hills, houses) and glue them onto your image once the watercolor background has dried.

2: Jackson Pollock

Jackson Pollock an America artist known for his often chaotic-looking, abstract paintings and large murals. Originally from Cody, Wyoming Pollock studied art in Los Angeles as well as New York City. Joining fellow artists in the Mexican muralist movement, he adopted a distinguishable style using unorthodox mediums, techniques, and procedures. What later become known as “drip paintings,” Pollock worked as an abstract expressionist to drip, splatter, dash, and pour paint over large canvases; often times he would abandon the traditional studio space and paintbrush and create his monumental masterpieces outside using his hands and feet to apply paint. Visually perplexing yet magnificently unique and beautiful, Pollock’s painting were known to be volatile but remarkably innovative.

Examine It:
*Autumn Rhythm* (1950), enamel on canvas, located at the MET (New York)
https://www.metmuseum.org/art/collection/search/488978

Re-create It:
Materials
- white paper, canvas, white sheet, or other desirable surface to paint on
- paint (preferably washable paint)
- paintbrushes, sponges, sticks, kitchen utensils, and/or other materials to apply paint onto your surface (hands and feet work great too!)
- gloves or smock (to protect your hands/cloths while working)

Procedure

1. Set up your desired work space. Lay your blank white paper/canvas/sheet on a table or outside on the ground. NOTE: you can paint outside or inside but make sure your work space is ready to be covered with splattered paint!
2. Pick out your paint colors and desired paintbrushes.
3. Start creating! Splatter, drip, stamp, dash, swirl, and apply the paint in any method you want onto your blank canvas.
4. Once you have completed your design, let it dry and then showcase it to the world!

3: Georges Seurat

Said to be inspired by the publication of color theory and research on the optical theory, Georges Seurat developed his own unique painting style known as Pointillism. Focusing on individual colors, light, and form/shapes, Pointillism is achieved by applying tiny dabs, or dots, of individual colors onto a canvas. The end result is an optical blending of the colors that showcases a single harmonious image when examined at a distance. Seurat often painted images of modern life in Paris, as well as subjects inspired by past Egyptian and Greek sculptures and Italian Renaissance frescos.

Examine It:
A Sunday on La Grande Jatte (1884), oil on canvas, located at the Art Institute (Chicago)
https://www.artic.edu/artworks/27992/a-sunday-on-la-grande-jatte-1884

Re-create It:
Materials
- white paper/ craft paper
- paint (preferably washable) or markers
- ice cube tray/ paper plate to pour paint colors on
- cotton swabs

Procedure
(You can choose to paint a design, or forgo the paint and simply use markers and paper)

1. For painting: use an ice cube tray/paper plate and put a different color paint into a spot and use one cotton swab per color
2. With an image in mind, or one pulled up online/printed out, start to create your own pointillist masterpiece. Take the cotton swabs dipped in paint, and make dots on the paper to create your design.
3. For markers: simply take your different colored markers and apply the markers onto the paper by dotting the marker onto the surface to achieve your design.
4. NOTE: when you look up close at the painting you should be able to see the different colored dots, and notice the individual dot formations; but, as you step back the colors may start to blend together and the individuals dots merge into each other, creating a unified picture!

4: Andy Warhol

Andy Warhol was a man of many talents, working as a fashion illustrator, painter, printmaker, sculptor, magazine publisher, filmmaker, and photographer. Many of his early paintings drew on experiences as a commercial illustrator and advertising, which later led to his artwork becoming a part of the popular consumer culture as he became enthralled in the Pop Art Movement. His use of repetition became a signature technique to showcase the influence of pop culture and demonstrate the impact of our materialistic society. Reproducing these images of everyday
objects, icons, and well-known celebrities, Warhol ultimately worked to craft colorful masterpieces and screen prints which widely circulated throughout America and the world.

**Examine It:**
*Campbell’s Soup Cans* (1962), synthetic polymer paint on canvas, located at the Museum of Modern Art (New York)
[https://www.moma.org/collection/works/79809](https://www.moma.org/collection/works/79809)

**Re-create It:**
**Materials**
- white paper/craft paper
- paint, crayons, markers, or colored pencils
- everyday object (this will be the subject matter of your art piece)

**Procedure**

1. Pick an everyday object that you find in your house, or an object that means a lot to you — this object will be the subject matter of your creation.
2. Similar to the process of drawing a still-life, sketch out four images of your object on a sheet of paper. You can choose to individually sketch out multiple depictions of this object, or create an original sketch and then keep tracing it until you have at least four copies of the image.
3. With your subject matter drawn, it’s time to start adding color! Paint, marker, or color in each sketch of your object. Using different color combinations for each sketch creates a vibrant and unique representation of your object. Also, using a variety of colors further demonstrates and achieves a style similar to Andy Warhol!
4. Admire your finished project, and hang it up for everyone to see!!

**5: Salvador Dali**

Salvador Dali was a Spanish artist known for his avant-garde techniques and unimaginable representations of the real world. Working as a member of the Surrealist Movement, Dali’s earliest paintings reflected subject matter similar to the bizarre world of dreams. Incorporating optical illusions, geometry, meticulous details, and fantastic brilliance within paintings, Dali worked to confuse the viewer and question their state of mind. He later worked to become a notorious artist whose outgoing personality and exaggerated appearances reflected his surrealist explorations and limitless imagination.

**Examine It:**
*The Persistence of Memory* (1931), oil on canvas, located at the Museum of Modern Art (New York)
[https://www.moma.org/collection/works/79018](https://www.moma.org/collection/works/79018)

**Re-create It:**
**Materials**
- paper plate
- paint or markers
- construction paper
- glue

Procedure

1. Inspired by Dali’s painting *The Persistence of Memory*, the composition displays clocks that seem to melt away and other unrealistic representations of everyday life. It’s time to create your own version of this masterpiece!
2. Crumple up a paper plate and bend into a wavy pattern.
3. Paint or color around the outside ridged portion of the plate with a single color, or multiple colors.
4. Paint or color the two clock arms, and two circles (one big, one small) onto a piece of construction paper, and then cut them out.
5. Glue the larger circle to the top center of the paper plate. Glue the clock arms onto the center of the plate with the smaller circle in the center connecting the two arms.
6. Cut numbers out of different colored construction paper. Make them skewed or wavy.
7. Glue them around the plate making sure that the numbers are not placed too perfectly.
8. Let dry, and then display your melting clocks.

6: Andy Goldsworthy

Deemed a sculptor, photographer, and environmentalist, British artist Andy Goldsworthy spent his childhood years working with the natural landscape on his family farm. These early years were extremely monumental and valuable, for he learned how people who work on the land view the land and relate to it. Goldsworthy studied Fine Arts at Preston University in Lancaster, England where he often spent the majority of his time outside— splashing in the mud, moving around and then photographing rocks, observing the water as the weather changed, and walking barefoot. He was connecting himself to the landscape in ways other artists have never done; his academic studies led to the production of many early works which can be deemed as “formless” works — works that defined themselves in shape based on natural materials, and works that were not necessarily permanent creations but rather temporary. Goldsworthy often experimented with natural elements such as leaves, sticks, snow, and large stones. After studying the structure of these elements — including color, size, texture, weight, and durability — he would mold and shape them into ingenious creations and eye appealing sculptures.

Examine It:
Various works and sculptures
http://www.artnet.com/artists/andy-goldsworthy/

Re-create It:
Materials
- nature/ natural objects and elements

Procedure
1. This task and activity is quite simple… inspired by Goldsworthy’s connection and love for working outdoors with nature, try and create your own natural sculpture.
2. Use leaves, sticks, rocks, large stones, acorns, pinecones, grass, dirt, and whatever else you can find in your backyard! The end result doesn’t have to be permanent; in fact leave your creation outside in one location and observe how it changes over time — what happens after it rains; what happens when the sun hits it; what happens when the wind blows?

7: Ansel Adams
Ansel Adams is an American photographer who grew up in a house built by his father located on the dunes of San Francisco. As a young boy he was always exploring the ocean cliffs and nearby creeks; he would also spend his summers camping and hiking at Yosemite. This outdoor exploration led to Adams developing a deep love for the environment, which he later transformed into a form of advocacy. Using his artistic talents in the field of film photography, Adams captured dramatic realizations and the pure natural beauty of the America. His black and white photos were used in partnership with the Sierra Club to promote the protection and preservation of national parks and American wildlife. Adams was an environmentalist and talented photographer; these characteristics combined made him a powerful and recognizable spokesperson for organizations, such as he Sierra Club.

Examine It:
Various works and sculptures
https://www.anseladams.com

Re-create It:
Materials
- camera (you can use a digital camera, film camera, or simply a phone camera)
- outdoor landscape

Procedure
1. Using your camera, it’s time to capture the perfect landscape scene! Step outside and explore your natural environment to create dramatic landscape photographs similar to those by Ansel Adams
2. With your camera in hand, try using different zoom lenses, focal points, and perspectives. Consider which direction the sunlight is coming from, or if it’s a cloudy day, maybe use a flash to brighten up the photo?
3. Transform your images into powerful photographs that send a message to the world!
4. If you do not have a camera on hand, consider painting, drawing, coloring, or gluing together your own landscape design — it could be a copy of one of Ansel Adams’ photographs, or simply a depiction of your favorite natural place.
5. When completing this activity take time to consider the world around you; observe the natural elements, the colors you see, and the noises you hear. Don’t rush to complete you explorations but enjoy the simple moments outside!
8: Auguste Rodin

Known for his monumental bronze and marble figures, Auguste Rodin was a French sculptor who carved The Thinker and The Kiss. After failing to get into the prestigious art school in France known as the École des Beaux-Arts, Rodin set out to complete an occupation in decorative stonework. After a few years he was able to work with sculptor Albert Carrier-Belleuse who then travelled to Brussels with to further explore the intricate and magnificent world of sculpture. Taking time to develop a personally distinctive and expressive style, Rodin visited Italy and observed the works of Michelangelo and Donatello. With these experiences in mind and after spending time around great artistic influences, Rodin returned to Paris where he started sculpting commissioned works using bronze and marble.

Examine It:
The Thinker (1880-1901), bronze statue, located at the Musée Rodin (Paris)

Re-create It:

Materials
- clay (see an easy recipe below, or use a brand such as Crayola Air-Dry Clay) or use aluminum foil

Procedure
1. Decide what material you want to sculpt with: clay or aluminum foil
2. Whichever material you choose to use, think of something to sculpt
3. Pull up an image online for reference, pick an object to replicate that is already in your house, or try to recreate one of Rodin’s famous statues!

Easy Homemade Clay
- 1 cup baking soda
- 1/2 cup corn starch
- 3/4 cup water
- Cooking pot
- Spatula
- Stove

1. Measure the baking soda, corn starch and water, and pour them together in a cooking pot or sauce pan. Place the pot or pan on the stove over medium heat.
2. Stir the mixture to combine all of the ingredients and keep stirring regularly as the mixture heats up. The consistency will start to thicken as you stir.
3. At this point the mixture will start to clump together. Keep stirring to smooth it out and make sure no lumps are left. After a while (at least 10 minutes) the mixture will start to look like a solid dough, a lot like cookie dough.
4. Next, transfer the clay dough to a bowl. Give the mixture time to cool to room temperature. Once the mixture feels cool to the touch, knead it like you would knead a bread dough until you have a smooth round ball.
Keep kneading until the dough no longer sticks to your fingers. If it still feels sticky you can add some corn starch.

5. Roll out the dough with a rolling pin or pinch a piece off and start creating!

As soon as you're happy with what you've created, you can set it aside and let it air dry. The clay will have hardened considerably after 2 hours already. And your design will be fully dry in 24 hours.

6. Once dry you can paint the outside with acrylic paint, permanent markers (like Sharpies) or porcelain markers.

9: Tarsila do Amaral

Tarsila do Amaral was an influential female figure in the 19th century art world of Sao Paulo, Brazil. She grew up to a family of coffee plantation owners and studied piano, sculpture, and drawing before moving to Paris to further her art career. She developed a signature painting style that showcased vibrant landscapes of everyday scenes, as well as figures that became iconically recognized as a part of Brazil’s Modern Art Movement. An exploration of exaggerated curvy lines and rounded shapes further defined Amaral’s paintings.

Examine It:

Abaporu (1928), oil on canvas, located at the Latin American Art Museum of Buenos Aires (Argentina)
https://coleccion.malba.org.ar/abaporu/

Re-create It:

Materials
- white paper/ craft paper
- paint, crayons, markers, or colored pencils

Procedure

1. Examine Amaral’s paintings and work. Pick out your favorite image and try to recreate it
2. Using your desired mediums and a blank canvas, start creating. Various colors, exaggerated and abstract figures, rounded shapes, and curvy lines are key elements that mimic Amaral’s paintings.

10: Akira Yoshizawa

Akira Yoshizawa was a Japanese artist who notably revived the Japanese craft of origami. His practice of intricate paper foldings utilized geometric skills, precision, and fine design concepts that yielded a range of animal-inspired figures. Yoshizawa transformed a single sheet of paper into sensational sculptures, and he modified this ancient practice through the development of “wet folding”— the dampening of paper to better mold and fold figures. He became world renowned in the 1950s and later became a cultural ambassador for Japan as well as a recipient of Japan’s Order of the Rising Sun. Hours of practice, patience, and dedication is a testament to Yoshizawa personality, and ultimately the reason for his success in the art of origami.
Examine It:
Various Origami Animals — PDF Book

Re-create It:
Materials
- perfectly square sheet of paper

Procedure

1. Start by making an origami square base. Begin with your paper color side up.
2. Fold the paper in half diagonally.
3. Unfold. There should now be a crease in the paper from the diagonal fold.
4. Unfold the paper. Your square should now have two diagonal creases, forming an “X.”
5. Now fold the paper in half diagonally in the other direction.
6. Flip the paper over to the other side.
7. Fold the paper in half horizontally.
8. Unfold to reveal the new crease from the previous fold.
9. Fold the paper in half vertically.
10. Unfold to reveal the new crease.
11. Bring the top point down to the bottom, while also folding the left and right corners down into the center.
12. You should now have a diamond shape, with a vertical crease running down the center—this is an origami square base.
13. Starting with your square base, make sure the open end is at the bottom. Fold the right lower edge to the central crease.
14. Now follow suit with the left side; fold the left lower edge to the central crease.
15. Fold the top section down.
16. Now unfold the previous three folds.
17. Pull one layer up from the bottom, along the creases you just made.
18. Push the left and right edges inwards. This is called a squash fold—you can see the wing is fully "squashed" into place.
19. Flip the model over to the other side.
20. Repeat the same steps of the squash fold on this side, starting with the lower right fold to the central crease.
21. Now fold the left side to the central crease.
22. Fold the top section down (the smaller triangle) to meet the two folds you just made.
23. Unfold the last three folds you just made.
24. Pull one layer up from the bottom, along the creases you just made.
25. Push the left and right edges inwards to complete the second squash fold.
26. Fold the lower right edge to the central crease.
27. Fold the bottom left corner in the same way, to the crease.
28. Flip the model over.
29. Now fold the entire right lower corner to meet the central crease.
30. Fold the left lower corner to meet the central crease.
31. Fold the lower right flap up, under, and out to the right (the crane neck).
32. Do the same with the left side (the tail).
33. Create a head by flattening the flap, and inside reverse folding a little section down at the top.
34. Complete your crane by folding out the wings.
35. There are so many ways you can display your origami cranes! They make great party decor, table decor, or string together a bunch to make a garland.

11: Le Corbusier

Charles-Edouard Jeanneret-Gris, or better known as the Swiss-born French architect Le Corbusier, was a key figure in developing modern city plans, houses, and other architectural buildings that combined the use of steel, reinforced concrete, and geometrical forms. He devised a set of five key points, which he believed all structures and new modern developments should follow and include. His approach emphasized a clear expression of forms, linear planes, long horizontal windows, column-like supports known as pilotis, roof gardens, and blank facades. One of his most popular floor plans for modern housing during the period of World War I, was known as the Dom-Iso House plan — a simple prototype that used open-spaced platforms made from concrete slabs, and supported by reinforced columns to create multiple levels of the house, with stairs on one side. This plan became an important model for Le Corbusier, and later influenced those houses he built for patrons as well as the ways in which he designed and planned larger cities.

Examine It:
Various Architectural Designs, Houses, and Buildings

Re-create It:
Materials
- building supplies (use what you have available, such as: legos, lincoln logs, dominos, paper, sticks, rocks and stones, wood, etc.)

Procedure
1. Find and gather your desired building supplies.
2. Examine and look at a few of Le Corbusier’s plans, house models, and building designs.
3. Now build your own architectural structure and try to Mimic Le Corbusier’s style — flat and open levels connected by stairs and raised on columns; roof gardens; long ribbon-like windows; etc.
4. Save your model and display it for all to see!

12: Additional Art Resources

Check out these books, websites, videos, and films to explore the artists mentioned in this category, as well as other artists and styles.
1. Painting: A Young Artist’s Guide by Annie Harris
2. 13 Artists Children Should Know by Angela Wenzel
3. Dave the Potter Laban Hill
4. *Art for Children* by Moira Butterfield
5. *Lives of the Artists* by Kathleen Krull
6. *Vincent van Gogh* by Peter Tyson
7. *Inspirations; Stories About Women Artists* by Leslie Stills
8. *Recipes for Art and Craft Materials* by Helen Sattler
9. *How to Draw the Human Figure* by Louise Gordon
10. *Dali* by Salvador Dali
11. *Monet* by Bijou Le Tord
12. *Ansel Adams at 100* by John Szarkowski
13. *A Boy Named Giotto* by Paolo Guarnieri
15. *Architectural Inspiration* by Richard Skinulis
17. *Vanishing Smile* by R.A. Scotti
18. *The jumbo Book of Paper Crafts* by Amanda Lewis
19. *Nature Crafts for Kids* by Gwen Diehn
20. *Arts and Crafts* by Judith Miller
22. *Loving Vincent (2017 Film)*
23. *Monuments Men (2014 Film)*
24. *Frida (2002 Film)*
25. *Saving Banksy (2017 Documentary Film)*
27. *How To Make a Paper Crane* — [https://www.youtube.com/watch?v=KfnyopxdJXQ](https://www.youtube.com/watch?v=KfnyopxdJXQ)
29. *Brief History of Andy Warhol: Pop Art King* — [https://www.youtube.com/watch?v=ekGySlb2iyQ](https://www.youtube.com/watch?v=ekGySlb2iyQ)
Additional Reading Resources and Programs

Want more? Explore the list of options below for other summer reading resources, programs, and ideas!

1: Camp Candlewick
A new online reading program designed based on age groups with reading recommendations, activities, and virtual events:
https://mailchi.mp/candlewick.com/campcandlewick?e=23403cf9e2

2: Books by the Bushel
A six-week summer reading program about inspiring children to read as many words as they can this Summer! Each week, they are offering a FREE Downloadable Activity sheet in conjunction with the book of the week:
https://www.booksbythebushel.com/6-week-summer-reading-challenge/

3: Scholastic Summer Read-a-Palooza
A free program unites communities in a nationwide campaign that celebrates reading for fun while improving access to books during the summer. Digital destination which offers full books, live events, and games in a safe community for readers! Kids will be encouraged to track their reading streaks™ to earn rewards and unlock book donations:
https://www.scholastic.com/site/summer/home.html
https://www.scholastic.com/content/dam/scholastic/summerReadingChallenge/2020/pdfs/ RAP_InfoSheet_English_200528.pdf

4: Scholar Within
Find a program that fits within your personal schedule and access the materials online form anywhere. Video and audio lessons combined with weekly reading shall help children improve their reading fluency, comprehension, and critical thinking skills over the summer:
https://summerreading.net

5: Read Across America
Resources to help you put good books into kids’ hands and connect them to vibrant summer learning adventures. Activities, book recommendations, and online resources to help all minds stay active and engaged over the summer:
https://www.readacrossamerica.org/kids-summer-reading-list/