

Brick Boredom Buster Camp:

Monday, March 23

Get Out Into Nature



We know that staying home is important right now, but you can still enjoy nature from your little corner of the world. Today's schedule is a mix of indoor and outdoor activities to help you get some fresh air and learn more about the natural world around you.

Use them all, use only one, or mix and match! On some activities, we've added a "make it extra" section to expand on the activity and make it more fun or last longer. And don't forget to take a picture or video, post it to Instagram or Facebook, and tag #brickboredombuster to be entered into the weekly drawing for a prize pack that we mail to your home!

Blow Their Minds: Make Sun Prints

1. Make amazing sun prints that will make your kids say "wow" using colorful construction paper. You need a sunny day for this.
2. What You'll Need: Colorful construction paper; clear plastic wrap, or a large piece of plexiglass; leaves, flowers, or other flat items; small rocks to use as weights
3. How to do it:
 - a. Have your kids collect leaves, flowers, and other natural items. Tell them to look for flat objects with interesting shapes.
 - b. Place construction paper in the sunlight on a driveway, sidewalk or table.
 - c. Have your kids create designs on the paper using the natural items they found.
 - d. Help cover the items with clear plastic wrap (or plexiglass) and weigh the edges down with rocks, so that the plastic lays flat and won't blow away.
 - e. Leave your project in the sun for two or three hours.
 - f. After a few hours, have your child remove the plastic wrap and decorative plants from the paper to see the designs they created.
4. Make it extra: Explain the science behind the fun
 - a. Some of the Sun's energy travels to Earth as light waves. Certain light waves, called ultraviolet waves, have enough energy to break the bonds of chemicals, like the dyes in construction paper. This changes the color of the paper. In this experiment, you'll see that the construction paper shaded by leaves and flowers didn't change color. That's because the ultraviolet light waves were blocked out and couldn't damage the paper. The sun's ultraviolet (UV) light can damage skin too. That's why it's smart to wear UV-blocking sunscreen, or stay in the shade when the sun is strong.

Get Outside: Neighborhood Scavenger Hunt

1. Take a leisurely walk through your neighborhood and see how many of the things on the "Nature Scavenger Hunt" list you can find. As a plus, some of the items will help you clean up litter in your neighborhood, so make sure to take a trash bag with you.

2. Not comfortable going on a walk? Make it a backyard scavenger hunt by searching for only the items in italics.
3. Important: Remember that we are working hard to avoid germs, so keep 6 feet of distance between you and anyone else you may see outside.
4. Make it extra: Make this a social challenge by inviting other friends to do this activity too, take pictures of each item (or make it a story on your social media and watch each others), and see what they find. It will be fun comparing your finds, or seeing something you weren't able to find.
5. *Parent Note: collect a few items you find to use in the next activity.*

Get Creative: Drawing Nature

1. Collect various items around your yard or on your nature scavenger hunt walk to use as drawing prompts. For example: a twig that looks like a small tree, flower petals, pretty rocks, or anything that can be used to create a story.
2. Challenge your child to pick a couple items and use them in a scene they draw. Can the petals be balloons? Can the rocks be wheels? See what they come up with.
3. Make it extra: ask them to write a short story about the scene they create and read their stories to everyone.

Fun Game: Island Hopping (Inside or Outside)

1. Materials Needed: Cut out 5-10 large shapes out of poster board or cardboard (or tape a few pieces of paper together to make it bigger) - about 12" x 14". Decorate them to look like small islands.
2. How to play:
 - a. The players can only use these islands to get from one end of the room to the other (or if playing outside from one marked area to another). Make them far enough apart that it's a challenge to jump from one to the other.
 - b. Make it a timed game by giving players a few islands, to lay down one after the other to try to make a path from one point to the next. Time them as they pick up and put down islands to move across the room as quickly as possible.
3. Variation: if inside, you can use small pillows or other items to be the islands.

Physical Activity: Kids Outdoor Fitness Circuit

1. Enjoy some outdoor exercise!
2. Click on the attached "Kids Outdoor Circuit" PDF from sagestreet.com for instructions to make an outdoor fitness circuit in your yard or driveway.

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