

# The Power of Girlhood

Founded in 2011 by Ber-Henda N. Williams Powered by Community



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# Power of Girlhood Activities Tool Kit



## How to use the kit:

The tool kit is a 10-day guide consisting of various activities with a bonus activity for the weekend. Each day provides a quote, an age appropriate journal topic, two learning activities, and a mindfulness activity. The activities range in categories including family games, crafts, science experiments, and cooking recipes. Feel free to repeat activities you love and to continue to use this activity guide beyond the 10 days.



## Message to you:

This Activity Tool Kit is brought to you by the board members of The Power of Girlhood. We want each girl to know she is thought of and loved by the members of this organization. As you engage in the activities throughout the book, our hope is that your days are filled with positivity, discovery, and a deeper love for the amazing girl you are.

From our house to yours,  
The Power of Girlhood



# Day 1

If you want to fly, give up everything  
that weights you down.

Buddha

## Journal Topic:

- Age 8-12: 10 Things that make you happy
- Age 13+: List 10 things you love about yourself.

## Activity 1: DIY dreamcatcher

Materials: yarn, paper plate, sharp pointed scissors (adult guidance for younger girls), hole punch, pony beads, feathers Directions:

- Use the scissors to cut through the paper plate and cut along the rim. Adult guidance may be needed for younger girls.
- Next, punch holes along the inside of the rim using a hole puncher.
- Measure out 3-4 strands of yarn that are around 3 feet. Take one piece and tie to a hole. Yarn one piece of yarn through 2-4 holes.
- On the last hole, pull the yarn through and place a few pony beads on the end. Next, tie the yarn on a feather. Push the pony beads down on the quill of the feather and snip off excess string. Continue this step with the other pieces of yarn until you have as many feathered strings hanging from the bottom.
- Hang on your bedroom wall or door!



## Activity 2: Skittles Rainbow Science Experiment

- Skittles
- Warm Water
- White foam or water resistant plate

1. Arrange skittles in a circle on the outer edge of the plate. Have the skittles right next to each other with no spaces.
2. Pour warm water into the center of the plate until it reaches right under the skittles.
3. Observe the skittles. Watch as the colors spread slowly to the middle of the plate.
4. Shake up the colors then watch as they separate again.

### How the experiment works

Candy is full of dye (usually), which means the combination of dye and sugar dissolves quickly in water. Skittles are particularly good for this experiment because they are colorful and dissolve even faster than other candies. When placed in a shallow pan of water, the dye quickly dissolves and starts to absorb into the water, making a colorful rainbow. Ask your kids if they can figure out why the colors stay separated.

### Mindfulness Activity of the Day: Breathing Exercises

It can be as simple as setting up a cozy area in a room with pillows, dim lights, and soft music. Sit and close your eyes. Pretend like you are slowly smelling your favorite baked dessert or a candle. Something fun to tell kids is “slowly smell a flower and then blow out a candle.” You can also do this outside in your back or front yard. Another breathing exercise is to lie down on your back. Place a small object, such as a small plate, on your belly. This exercise is called belly breathing. Take a deep breath and allow the object to rise. Then, slowly exhale and breathe out, while keeping the object balanced on your stomach. Kids love watching the object go up and down. You will be amazed at how calm they become.





# Day 2

Nothing is impossible, the word itself  
says I'm Possible

Audrey Hepburn



## Journal Topic:

- Ages 8-12: Imagine your life as an adult. What would you do all day?
- Ages 13+: What does your perfect day look like?

## Activity 1: DIY Blueberry Lemon Body Scrub (all ages)

### Ingredients:

- ½ cup coconut oil
- 1 cup white sugar
- 1 tablespoon or so of freeze dried blueberries (freeze dried over fresh will give you nice color, a powder that will easily break down instead of blueberry pieces that might not wash away or down the drain well and will not need refrigeration.
- But fresh is certainly an option if you have them on hand and will be enjoying this right way).
- A few drops of lemon essential oil (OPTIONAL)
- 1 small drop of blue food coloring

### Instructions:

- Start by breaking down the freeze dried blueberries. You can do this by smashing them with your fingers or using the food processor.
- Next, add the sugar, coconut oil, essential oil and optional food coloring. Mix until well combined. If using the food coloring, you may need to pay a little extra attention to make sure the color is evening mixed in.
- Optionally, if you have fresh lemon, you could zest 1 small lemon onto a tray or oven safe dish and then dry it by placing it in the oven at 350 degrees for a few minutes. You'll know it's ready when you start to smell a robust lemon scent coming from the oven. Stay close, this only takes a few minutes. It's certainly an extra step but would be so pretty mixed in with the blue! Like using fresh blueberries, you could certainly use fresh lemon zest if you plan to use this within a week or so, you might just want to keep it refrigerated if you go fresh.





- Store in an airtight container and take a little extra care when using as the coconut oil will make surfaces seem slicker. Apply a scrub like this as the last thing in the shower, then rinse off and pat dry with a towel to leave as much of the coconut oil on as it is very moisturizing for your skin.

**Red** - Someone you are grateful for

**Orange** - Something you are grateful for

**Yellow** - Somewhere you are grateful for

**Green** - A food you are grateful for

**Blue** - A book you are grateful for

**Brown** - All of the above!

## Mindfulness Activity of the Day: Take a Nature Walk

Taking a mindful walk gives kids a chance to get some fresh air and benefit from the endorphins that are released with exercise, but also helps them to learn to just be in the present. Mindfulness is all about exploring the present moment and being aware of your senses. On your walk, pick out three or four things from nature, like a branch or a leaf. It helps take you away from the stress of not seeing familiar friends and allowing children to experience nature. The walk also helps establish a connection between parent and child.



# Day 3

I raise my voice not so that I can shout,  
but so that those without a voice can be  
heard

Malala Yousafzai



## Journal Topic:

- Ages 8-12: If you could invent something, what would it be?
- Ages 13+: Who inspires you and why?

## Activity 1: "I AM" Self-Worth Activity

### Materials:

paper, coloring tools of your choice: (markers, colored pencils, crayons), Sharpie, pencil

### Directions:

- Using your pencil, draw a large circle in the center of your paper. You can draw another shape but just make sure it is large enough to write multiple words inside. Trace over your outline with a sharpie.
- At the top of the paper on the outside of your shape, use your sharpie to write "I AM"
- Begin thinking of adjectives that describe your personality, your beliefs, and what makes you unique. Once you have thought it over, begin to write the words on the inside of the shape you drew. Do not write "I am smart" on the inside of the shape. Only fill the shape with the adjectives such as smart, kind, etc. Fill the shape with as many positive words about yourself!
- Once you are done, color the background using the coloring tool of your choice.
- Hang your picture up and say your "I AM" statements daily!

## Activity 2: Magic Milk Science Experiment

### Materials:

full fat milk, Dawn dish soap, food coloring, cotton swabs or Q-tips, bowl

### Directions:

- Start by pouring your milk into a baking dish or another flat bottom surface. You don't need a lot of milk just to cover the bottom and then some.



- Next you want to fill the top of the milk with drops of color! Go ahead and mix them all up.
- Now pour a bit of your dish soap into a bowl, touch your cotton swab tip to the dish soap to coat it. Bring it over to your milk dish and gently touch the surface of the milk with the soapy cotton swab! What happens?

## Science behind the experiment

Milk is made up of minerals, proteins, and fats. Proteins and fats are susceptible to changes. When the dish soap is added to the milk, those molecules run around and try to attach to the fat molecules in the milk. You wouldn't see this without the food coloring! The food coloring looks like fireworks because it's getting bumped around. The soap heads for the fats creating the cool bursting of color. When there is no more movement, all the fat molecules have been found. Are there any more hiding? You can use another cotton swab dipped in soap and try the experiment again.

## Mindfulness Activity of the Day: Breathing Exercises



# Day 4

Do what you can, with what you have,  
where you are.

Theodore Roosevelt

## Journal Topic:

Ages 8-12: What does confidence mean to you?

Ages 13+: Write about one problem or issue in our world that you see a solution for and explain how you would fix it.

## Activity 1: Mini Pepper Pizzas (yields: 4 / Cook Time: 30 minutes)

Please read carefully and do not cook ingredients from a recipe that you are allergic to or have food sensitivity towards.

### Ingredients:

- 4 bell peppers, halved and cored
- 1 tbsp. extra-virgin olive oil
- Kosher salt
- Freshly ground black pepper
- 1/2 c. pizza sauce
- 2 c. shredded mozzarella
- 1/2 c. finely grated Parmesan
- 1/3 c. mini pepperoni
- 1 tbsp. chopped parsley



**Directions:**

- Preheat the oven to 350°. On a sheet tray, drizzle peppers with olive oil and season with salt and pepper.
- Spoon sauce onto each pepper half. Sprinkle with mozzarella and Parmesan and top with pepperoni. Bake for 10 to 15 minutes, until the peppers are crisp-tender and the cheese is melted.
- Garnish with parsley before serving.

**Activity 2: Inspirational Rock Painting**

Materials: medium or larger size rocks, white paint, paint (desired colors), paintbrush, sharpies (desired colors), dish soap

Tip: Be sure to pick rocks that are flat and smooth. Look in your yard or around the community for rocks!

- Wash the rocks with dish soap and water to get rid of dirt.
- Paint the rock completely with white paint. This will act as a primer.
- Next, paint and design your rock with your desired paint color.
- Using a sharpie, write an inspirational message on your rock. Some ideas are below:
  - Do small things with great love. – Mother Teresa
  - Be truthful, gentle, and fearless. – Ghandi Have faith.
  - You are fearless.
  - Choose joy.

**TIP:** If you mess up, wipe it off or wash it away while the paint is still wet. You can dab a corner of a paper towel in water and do it quickly and easily. You'll have a blast learning how to paint rocks!



## Mindfulness Activity of the Day: Mindful Posing

One easy way for children to dip their toes into mindfulness is through body poses. To get your kids excited, tell them that doing fun poses can help them feel strong, brave, and happy.

Have the kids go somewhere quiet and familiar, a place they feel safe. Next, tell them to try one of the following poses:

- The Superman: this pose is practiced by standing with the feet just wider than the hips, fists clenched, and arms reached out to the sky, stretching the body as tall as possible.
- The Wonder Woman: this pose is struck by standing tall with legs wider than hip-width apart and hands or fists placed on the hips.

Ask the kids how they feel after a few rounds of trying either of these poses. You may be surprised!



# Day 5

Yesterday is history. Tomorrow is a mystery. Today is a gift. That's why we call it 'The Present'.

Eleanor Roosevelt

## Journal Topic:

- Ages 8-12: List at least 5 things you love about yourself.
- Ages 13+: Why is friendship important? Explain what makes you a good friend.

## Activity 1: Walking Water Science Experiment

### Materials:

pencil, paper, small plastic cups or glasses (clear), paper towels (pick a size or cut a full sheet in half), food coloring (red, yellow, blue), water

### Directions:

- Place 7 cups in a row and pour water in the 1st, 3rd, 5th, and 7th cups. Pour until the cup is around  $\frac{3}{4}$  full.
- Add 5 drops of red food coloring to the 1st and 7th cup. Add 5 drops of yellow food coloring to the 3rd cup. Add 5 drops of blue food coloring to the 5th cup.
- Take a half sheet of paper towel and fold it in half lengthwise and in half again lengthwise. Trim off some of the length so that there isn't too much excess paper towel that will stick up in the air between each cup. This will make the water walk more quickly.





- Place one half of a folded paper towel in the 1st cup and place the other half in the 2nd cup. Then, place another paper towel in the 2nd cup and into the 3rd cup. This continues until you have placed the last paper towel that drapes over from the 6th cup to the 7th cup.
- Using paper, pencil or crayons, have your child draw or write what they predict will happen
- Observe the cups and watch what starts happening. You should begin to see the colored water crawl up the paper towel.
- Have children write or draw what actually happens on paper.

## How the experiment works

The water moves up the paper towel through a process called capillary action. The paper towel is made from fibers and the water is able to travel through the gaps in the fibers. The gaps in the paper towel act like capillary tubes and pull the water upwards. This is what helps water climb from a plant's roots to the leaves at the top of the plant or tree.

## Activity 2: Spoons Family Game

### Materials:

A standard deck of 52 playing cards, several spoons (one less than the total number of players).

Number of Players: 4-8 is recommended.

**Setup:** Have everyone sit in a circle, facing each other. Shuffle the deck of cards. Place spoons in the middle. There should be one less than the number of players; in other words, if there are seven players, then six spoons should be in the middle of the circle.



- Deal each player four cards. With the remaining cards, form a stack.
- To begin a game, the first player takes a card from the deck and places it into his hand. He or she decides whether to keep this card or not. He or she quickly discards one card from his hand and passes it, face down, to the next person in the circle (in clockwise order).
- The goal is to try to get 4 of a kind. Once a person gets 4 of the same rank of card, he or she is now eligible to grab a spoon from the middle. Once anyone takes a spoon from the middle, the rest of the players can now grab a spoon, even if they don't yet have four of a kind. In order not to lose, you must grab a spoon in time. The last player (the one who was not successful in getting a spoon) loses and must leave the circle.
- Decrease the number of spoons by one and repeat this process until there is only one winner left.

## **Mindfulness Activity of the Day: Embracing Feelings Through Conversations**

Let's face it kids are kids, and sometimes tantrums happen. Part of being mindful is learning to accept your feelings without judgment, and that's something that parents need to model. Don't try to make them do meditation breathing in the middle of their tantrum. It's not going to work and it might feel like a punishment for them. First, take some deep breaths yourself to calm yourself down during their tantrums or outbursts. Once your child has calmed down a bit, you can talk to them about what they're feeling and then you can do some breathing and talk about solutions for next time. Also, even if your child is not having a moment, it is important to converse about how they are feeling throughout the day. They will learn how to express their feelings and put their emotions into words.



## \* WEEKEND FUN! \*

Hey girls! Here is a fun activity to do over the weekend to calm your mind and take care of your skin! It's DIY Edible Face Masks! All masks are made with ingredients you can eat which make them safe on your skin. Please read carefully to ensure you are not allergic to these ingredients. Depending on your interests, we have 3 masks you can choose from. Be sure to relax, unwind, and refresh this weekend!

### Chocolate Face Mask

#### What You'll Need:

- ½ cup of unsweetened cocoa
- ½ cup of plain yogurt
- ¼ cup of honey
- Chocolate Face Mask
- What You'll Need:
- ½ cup of unsweetened cocoa
- ½ cup of plain yogurt
- ¼ cup of honey

#### Step 1:

Mix the ½ cup of unsweetened cocoa, ½ cup of plain yogurt and ¼ cup of honey.

#### Step 2:

Apply the mask to your face while avoiding eye area and place two cucumber slices to closed eyes.



### Step 3:

Relax and let the mask sit for 10 to 15 minutes before rinsing off with warm water and drying with a towel.

### Banana Face Mask

#### What You'll Need:

- 3 ripe bananas
- $\frac{3}{4}$  cup of plain yogurt
- 3 tablespoons of honey
- 1 sliced cucumber
- Face towels

### Step 1:

Mash the 3 ripe bananas in a bowl.

### Step 2:

Mix the  $\frac{3}{4}$  cup of plain yogurt and 3 tablespoons of honey into the bowl with the mashed bananas.

### Step 3:

Apply the mask to your face while avoiding eye area and place two cucumber slices to closed eyes.

### Step 4:

Relax and let the mask sit for 15 to 20 minutes before rinsing off with warm water and drying with a towel.



## Strawberry Face Mask

### What You'll Need:

- 3 strawberries
- 1 teaspoon Vitamin E oil
- 1 teaspoon raw honey
- 1 sliced cucumber
- Face towels

### Step 1:

Cut your strawberries and blend them to get a smooth paste.

### Step 2:

Add a teaspoon of vitamin E oil and raw honey, and let your child mix the paste.

### Step 3:

Apply the mask to your face while avoiding eye area and place two cucumber slices to closed eyes.

### Step 4:

Relax and let the mask sit for 15 to 20 minutes before rinsing off with warm water and drying with a towel.



# Day 6

Make each day your masterpiece.

John Wooden

## Journal Topic:

- Ages 8-12: Why are friends important?
- Ages 13+: What goals are you working towards?

## Activity 1: Canvas Abstract Painting

### Materials:

Paint of assorted colors, canvas, paintbrushes, painters tape, paper plate, glue (optional), glitter (optional)

### Directions:

- Using the painters tape, lay pieces from one side of the canvas to the other. Next, take another piece and lay it across the canvas. Press down firmly to secure the tape. The idea is to lay the tape to form unsymmetrical blocks and shapes on the canvas. Continue this until you have your desired look.
- Next, pour out the paint colors you wish to use on a paper plate.
- Using your paintbrush, dip the brush in the paint and begin painting inside the blocks on the canvas. Use different colors in the blocks to add flair to your painting!
- OPTIONAL: Once you have used the paint, leave one or two blocks blank. Using a paintbrush, spread glue across an empty block. Then, sprinkle glitter to cover the entire area. Tap the excess off of the canvas onto the plate.
- Once the canvas is painted, carefully peel off the painters tape. Allow time to dry.



## Activity 2: PB&J Tacos (yields: 4 / Total Time: 10 minutes)

Please read carefully and do not cook ingredients from a recipe that you are allergic to or have food sensitivity towards.

### INGREDIENTS

- 4 slices bread
- 1/3 c. peanut butter
- 1/3 c. jelly
- 1/2 c. chopped strawberries
- 1/2 c. blueberries
- 1/4 c. crushed graham crackers
- Honey, for drizzling

### DIRECTIONS

- Using a large glass or biscuit cutter, cut bread into rounds and discard crust.
- Spread peanut butter to the edges of each bread round. Repeat with jelly, then sprinkle with strawberries, blueberries, and graham crackers.
- Drizzle with honey, fold like a taco, and serve.

### Mindfulness Activity of the Day: Nature Walk



# Day 7

No one is perfect – that's why pencils have erasers.

Wolfgang Riebe

## Journal Topic:

- Ages 8-12: What is your biggest goal? How will you achieve it?
- Ages 13+: What do you want to be remembered for?

## Activity 1: Blooming Flower Petals

### Materials:

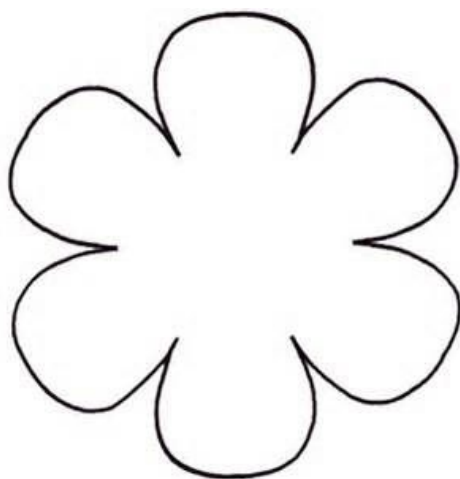
copy paper, scissors, markers (assorted colors), bowl, water

### Directions:

- Cut out a flower using the template below or use your own.
- Color and design your flower.
- Fold the flower petals into the center. You do not want to fold them tightly, just a loose fold so they will not open. Don't press the creases too tight.
- Fill a bowl or other large container with a few inches of water. You can use a plastic bin so you're able to do multiple flowers at once.
- Place the folded flower into the water and the paper will absorb the water causing it to open the petals. The petals begin to open one at a time until it is all the way open. How amazing!







## Science behind the experiment

Paper is made up of small fibers. When these fibers absorb water, they swell up and the paper expands. This makes the creases flatten out, which in turn makes the flower open. Different types of paper soak up water at different speeds. This explains why a tissue paper flower opens almost immediately on contact with water while a cardstock flower may take a minute or so to slowly blossom. Experiment with several different kinds of paper to see for yourself!

## Activity 2: Direction Drawing Family Game

**SETUP:** Come up with words to draw on paper. Write them on a small slip and place the words in a hat or bowl. Sample words: tiger, house, swingset, swimming pool, trampoline, couch, drumset.

For this game, have two family members go up at a time. One family member will be the one giving directions. The other family member will have the pencil and paper. The one giving directions will draw a paper that has what the other family member will draw. For example, let's say it's a tiger. Don't tell anyone what it is! The one giving directions can't look at what the family member is drawing. It's best played if players sit back to back. The one giving directions will begin to tell the other family member how to draw the tiger. For example, "Start by drawing a circle. Now draw a large oval connected to the circle."



You do not want to give clues as to what the word is such as saying “head, body, etc.” The game is meant to be a little tricky! Once you are done giving directions, it’s time to show the drawing. You will get lots of laughs and giggles from this fun yet challenging game!

### **Mindfulness Activity of the Day: Mindful Poses**

In addition to the superman and superwoman, try different poses such as standing tall like a mountain, balancing like a tree, sitting with the soles of your feet together like a frog, and bending into a bridge like the rainbow in the sky.



# Day 8

No kid is unsmart. Every kid's a genius at something. Our job is to find it. And then encourage it.

Robin Sharma

## Journal Topic:

- Ages 8-12: Why is it important to have high self-esteem?
- Ages 13+: List 5 things you can start doing to take care of yourself?

## Activity 1: Growing a Gummy Bear Science Experiment

### Materials:

four gummy bears, four cups, water, salt, vinegar, sprite

### Directions:

- Fill one cup with water, one with salt water, one with vinegar, and one with sprite.
- Make predictions about what will happen to the gummy bears.
- Add one gummy bear to each cup.
- Observe and watch what happens!

## Science behind the experiment

Gummy bears are made up of water, sugar, and gelatin. Like a sponge, gummy bears will absorb water but the gelatin keeps the bears from dissolving in the water.



## Activity 2: Chicken Avocado Roll-Ups (Yields: 8 / Total Time: 20 minutes)

Please read carefully and do not cook ingredients from a recipe that you are allergic to or have food sensitivity towards.

### INGREDIENTS

- 2 avocados, cubed
- Juice of 1 lime
- 2 c. Shredded chicken
- 1 bell peppers, seeds and cores removed, chopped
- 1/2 small red onion, chopped
- 1/2 c. Shredded Monterey Jack
- 1/2 c. shredded Cheddar
- 2 tbsp. sour cream
- 2 tbsp. finely chopped chives
- 4 large flour tortillas

### DIRECTIONS

- In a medium bowl, combine avocado and lime juice and mash until only small chunks of avocado remain. Add chicken, bell pepper, red onion, Monterey Jack, cheddar, sour cream and chives and stir until evenly combined.
- Spread a thin layer of the chicken avocado mixture onto a large tortilla, leaving a small border around the edges. Roll the tortilla up tightly, then cut off the edges and slice into 1" rolls. Repeat with remaining ingredients.
- Serve cold or at room temperature.

## Mindfulness Activity of the Day: Breathing Exercises



# Day 9

Where there is love there is life.

Mahatma Gandhi

## Journal Topic:

- Ages 8-12: When do you feel proud of yourself?
- Ages 13+: What goals are you working towards? How will you achieve them?

## Activity 1: Donut Apples (Yields: 15 / Total Time: 25 minutes)

Please read carefully and do not cook ingredients from a recipe that you are allergic to or have food sensitivity towards.

### INGREDIENTS

- 12 oz. cream cheese, softened, cut into thirds
- 2 tsp. honey, divided
- 1/2 c. melted chocolate
- 2 drops pink food coloring
- 3 apples
- Assorted sprinkles, for decorating

### DIRECTIONS

- Divide cream cheese among three small bowls. In one bowl, add 1 teaspoon honey. In another bowl, add melted chocolate. In the last bowl, add remaining 1 teaspoon honey and pink food coloring. Stir each bowl together until combined.
- Slice apples and use a biscuit or cookie cutter to hollow out centers.
- Spread mixtures on apple slices and top with sprinkles.



## Activity 2: Pass It On - Family Drawing Game

**Ages:** (5 and up)

**Players:** 4-7 (If there are more players who want to play this game, divide into groups and make it into a group game where a whole team decides what to draw or what to write)

The best part about this game is that every time you play, the outcomes will be totally different (mostly hilarious) and there is no right or wrong.

**SETUP:** Each player needs a piece of paper to draw and a pencil to write/ draw with and a timer

**How to play:** First, have all players sit in a circle. Be sure to set up where your drawings are secret. Next, each player should have their paper and pencil. Write your name at the bottom right of the paper. Everyone starts by writing a sentence at the top of his or her paper. It can be something random, true, abstract, from a song lyric, or about someone in the room. Here are examples:

- If all the raindrops were lemon drops and gumdrops, oh what a world it would be!
- Ted can't find the right shoes to wear to prom.
- The kids all danced around the campfire.
- Amber is a scientist and a rockstar.

Once everyone has a sentence at the top of their paper, everyone passes their paper to the player on their right. Then, everyone illustrates the sentence given to them with a small picture right underneath the sentence. You only have 20 seconds! Once the time is up, pass your paper again to the person on your right. Now, you will receive a picture and a sentence. You must add something to the picture already drawn. It can be anything related to the picture, something you feel is left out or not completed or something very silly. The only thing you can not do is add to the sentence written but you can add words to the picture. Each time you pass the paper, you only get 20 seconds to draw. Once the time is up, pass the paper to the right. Keep going until you get your original picture. Lay out the completed drawings and have everyone vote on their favorite. Flip your papers over and repeat the game!



**Mindfulness Activity of the Day:** Embracing feelings through conversations

Today, discuss and reflect on the day. How did you feel? What went well and what did not? How do you plan to have a better day tomorrow?



# Day 10

It's all about finding the calm  
in the chaos

Donna Karan

## Journal Topic:

- Ages 8-12: If you could give one piece of advice to your best friend, what would you say?
- Ages 13+: Define confidence. What is something you want to do every day to build your confidence?

## Activity 1: Paper Plate Pinball Challenge (STEM)

### Materials:

paper plates (high edges work best), scissors, construction paper, tape, markers, marbles, OPTIONAL: wikki stix, pipe cleaners, and/or straws

**Note:** If your child is not familiar with pinball machines, watch some YouTube videos on pinball machines together. Notice the different ramps, bumpers, and other parts.

### Directions:

- Lay out materials. Have kids experiment different ways to construct their pinball machine. They can make roads with the straws, pipe cleaners, or wikki stix. They can create ramps and pockets using the construction paper.
- Allow children to let their creativity flow and to test different constructions. Once they are complete, place a marble on the plate and tilt the plate so the marble can flow through their track.





- Children are welcome to deconstruct and reconstruct as many times as they want. Discuss which constructions work the best.

## Activity 2: Family Time Capsule

Want to preserve some memories for your family in the future? Tuck away your family memories by creating a time capsule! A time capsule makes a great family project and everyone will love getting involved in the fun. Think of how amazing it will be to open it in 5 or 10 years and see how much life has changed!

### STEP 1: CHOOSE WHERE YOU'LL HIDE YOUR TIME CAPSULE

Time capsules come in many different forms and can be hidden away in different ways. You can choose to create a traditional “buried” time capsule or simply store your items in a sealed container or box and hide it somewhere in your house. Keep in mind that buried capsules are very susceptible to damage. Even professionally made capsules have yielded disappointing recoveries. Water, dirt and pressure aren’t friendly to most time capsules even pods created specifically for the task. If you do choose to bury your time capsule, you’ll want to ensure the container is strong, weather-proof and water-tight. If you choose to store your capsule outside, in a garage, shed or buried, creepy crawlies may find access to your capsule and damage it. Keep it somewhere safe and out of the reach of rodents, spiders, bugs and other visitors you’d rather not host. A simpler way is to hide or tuck it away somewhere in your house. You could place it in the basement, in the attic or in the cellar. Store your time capsule somewhere safe, where it will remain undisturbed for a long time. You may want to seal it with tape or even put it in a locked container or box.

### STEP 2: PICK YOUR TIME CAPSULE CONTAINER

Depending on where you plan to store your container, you’ll need to choose a capsule that’s durable and weather-resistant. Plastic and metal are good choices for holding your treasures. Your time capsule should be as air and watertight as possible.



You may want to also line your container with acid-free paper and include silica gel packets (like the kind you find in shoeboxes) to help ward off any moisture damage. If you are storing this in the house, a nice sealable box is good.

### **STEP 3: DECIDE WHAT TO INCLUDE**

Get the whole family in on the brainstorming fun! This is a great family meeting topic! Everyone will want a hand in deciding what important mementos are capsule and archive-worthy. A cool aspect of time capsules is seeing what was important to your family members at the time. Kids might want to include a figurine, a toy from their favorite movie or another item that reflects their likes and preferences. It's fun to include an overview of current events too. A newspaper, magazine or another snippet can remind you of what was happening in the world when you created your capsule.

Write down the prices of common items How much is a gallon of gas? Milk? A movie theater ticket? It's fun to see how prices change over the years. Include lists of your favorites, likes and dislikes. Have everyone write down their favorite song, subject in school, book and movie. You may want to include hand prints and the heights and weights of your kids so you can see how they grow over the years. Photos, scrapbooks, small trinkets, a copy of your family motto and artwork are great time capsule additions. One tip to keep in mind is DVD and CD technology only lasts for about 20 years (videotapes lasted even less) in optimal conditions. You may want to archive items in a format that will be accessible in 20-40 years! One of the best time capsule additions is a letter to your future self. Each person should write a letter what do you want for your future self? What are the goals you hope to achieve by the time you unearth your capsule? What advice or values do you want your future self to follow or reflect on? This is a great activity for everyone in the family (even mom and dad)!

Avoid items that don't hold up well. Of course, liquids and foods shouldn't go into your capsule, but batteries should also be avoided. They can corrode, leak and destroy everything you've stored. Avoid anything that might not hold up to heat, cold, pressure or other conditions your capsule might face.



## STEP 4: SET A TIME FRAME

How long do you plan to hide your time capsule? It's fun to look toward a future milestone such as a 50th birthday, wedding, or graduation. Set a time to open the capsule and choose a future date you'll remember as a family. There's no set time frame for sealing your capsule, but usually at least five or ten years should pass to make it interesting and fun to open. 20, 25 or even 40 years are also great choices. Choose whatever feels right for you and your family.

## STEP 5: SEAL IT AND SET THE DATE!

The best part of the capsule (besides opening it) is when you close it up! Get the family together and have everyone take part in the process. You'll want to carefully put each item in your capsule. *You may also want to include a list with a short explanation of each item.*

Tuck the precious cargo into your storage container and close it. If you want extra protection, seal it with tape or use a container with a special lock or closure. Place your time capsule in its home and be sure to write the date on the outside: "Do not open until Jan 1st, 2030."

Someone should also be designated as the capsule "master" (usually an adult). This person oversees making sure the capsule gets moved (or doesn't get forgotten) if your family relocates down the road. When the time comes, you can host a party or get-together, or just open it as a family. Think of the fun you'll enjoy checking out each item in your very own time capsule!

Time capsules are a wonderful and unique way to memorialize your family and capture what's truly important to each of you!

**Mindfulness Activity of the Day:** Choose your favorite!

