

**Dear Parents,**

**This year we are doing field day a little different and making a list of optional activities that encourage you and your students to take a day and enjoy the sunshine together. All the supplies are things that can be found around the house or can be improvised with a different item. Also if your family has a favorite outdoor activity then I encourage you to use it. If you really have something that you can not get please contact me Chelsea Eatough @ (435)237-7731 by text or [Solardragonfly@hotmail.com](mailto:Solardragonfly@hotmail.com) and we will find a way to get you the item that you need. Please remember the main goal of this is to have tons of FUN!!!!!!**

## **Craft Projects**

### **Shadow art**

Things you would need

Pencil/Crayons/Chalk

Paper

Various objects to create shadows

1. Lay a paper down on something hard like the concrete. You could also use chalk straight on the sidewalk.
2. Place a toy or object such as a dinosaur or pine cone like the ones pictured. Be creative and try out anything that you think would make a good shadow.
3. Trace around the shadow of the object.
4. Fill in the background with anything that would complete your picture. We turned a pine cone trace into a monster and added trees and a volcano to a dinosaur trace. What will you choose to do?



### **Food Coloring Bubble art**

Things you will need

Bubbles

Food Coloring

Paper

1. Put some bubbles into different bowls, then add a drop of different colors in the bowls.
2. Lay a piece of paper on the ground.

3. Blow the bubbles toward the paper and when the bubbles pop it will create an awesome design.



### **Paper Airplane Basic Design**

Things you will need  
piece of paper  
tape

Basic

[https://youtu.be/gZQI1Z\\_viNg](https://youtu.be/gZQI1Z_viNg)

If you want to get more complicated here are some more designs

V wing

<https://youtu.be/iiYK3cNtP3w>

the Lift Off

<https://youtu.be/joRf98-skiA>

### **Nature Treasure Chest**

Things you will need

An empty box

Paint or things to decorate with

1. Pick your box or create your own from spare cardboard.
2. Paint or cover your box in construction paper.
3. Decorate your box with fun things you find in your yard or on a nature walk. You can use leaves, dandelions, grass or maybe even use a rock dipped in paint to stamp a pattern. Be creative (remember not to take anything that you don't have permission to use)



# Science Experiments

## Making Slime

I have included some slime recipes you can use them to create slime art or just to play in the sun with it

**Remember safety first have a grown up help you with this so that you are always being safe.**

1. Prepare the slime according to the instructions
- 2 Take a cookie sheet and play with it outside on a sunny day.

Recipe

### Fluffy Slime

1. Mix 1 cup of hot water with 1 tsp of borax. Stir until they're mixed.
2. Add 1/2 a cup of Elmer's Glue, 1/2 a cup of shaving cream, and 1/2 a cup of foaming hand soap in a mixing bowl. Mix until it's the consistency of whipped cream.
3. Add food coloring or paint to color your slime.
4. Take the borax mixture we made in the first step, and add to the mixing bowl a little bit at a time. If you add too much, your slime won't activate properly. You'll know it's the right texture when the slime starts sticking to itself instead of the bowl!
5. Take it out of the bowl and knead it a bit with your hands. It'll be sticky at first but as you keep working it, it'll become the right consistency. That's all! You can store your slime in a sealed container in the fridge for about 2 weeks.

### Jiggly Slime

This one is super bouncy and fun to play with.

1. Mix ½ cup of glue and ½ cup of water in a bowl
2. Add food coloring if desired
3. Mix ½ TSP borax into ½ cup warm water
4. Add to glue mixture
5. Stir thoroughly
6. Knead with hands

Science Fact about slime

it is not a solid or a liquid but a state in between called a Newtonian liquid.

## Playdough fossils

Things you will need

play dough or the ingredients to make it.

Objects to create fossil impressions such as shells or cool rocks or plastic bugs, dinosaurs or even sticks (get creative with it).

I have included some of my favorite play dough recipes you can use it to create fossil impressions

1. Prepare the play dough according to the instructions or use already made play dough

2 Take a cookie sheet and play with it outside on a sunny day and create impressions like objects would make into mud that would eventually turn into fossils



Recipes

### Frosting Play dough

things you will need

1 cup of frosting

1 cup of powdered sugar

mixing bowl and spoon

instructions

1. Mix all ingredients in a bowl
2. knead until it is the consistency of playdough.

### Salt Dough playdough

Things you will need

3 cups flour

1 ½ cups of salt

6 tsp cream of tartar

3 tbs of oil

3 cups of water

instructions

1. Dissolve salt in the water
2. Pour all ingredients into a large pot
3. stir constantly over medium heat until a ball forms by pulling away from the sides.
4. Knead the dough mixture until texture matches playdough.

## Exploding Rainbow

Thing you will need

small clear cups

Vinegar

Baking Soda

Food coloring

Instructions

Line up the small clear cups and add an even amount of vinegar to the cups color the liquid the colors of the rainbow and then add the baking soda to the cups and watch it foam over the top.



**Remember safety first have a grown up help you with this so that you are always being safe.**

## **Action Activities**

### **Animal parade**

Things you will need

Nothing but your imagination and your body

In this activity you will lead a parade around the yard. The first person will pick an animal, then everyone will pretend to be that animal. Take turns saying animals till you make it around the yard twice in a grand parade.

### **Parents V.S. Kid race**

Things you will need

Nothing but a parent and you (can also be played with an older sibling)

1. Pick a starting line and an ending line.
2. Run from start line to the finish line
3. Walk back to the start line while trying to pat your head and rub your belly.
4. Run back to the finish line.

The person that gets to the finish line wins. Will it be you or the grown up? I bet by the end you will both be laughing.

### **Jump rope self contest**

Things you will need

A Jump rope

Using your jump rope, jump as many times as you can, then try to beat that score.

Try to beat your score or share your score with your family and see if they can beat your best score.

### **Egg on a spoon**

Things you will need

Plastic egg/hard boiled egg

spoon

Try to do these activities while keeping an egg on your spoon

- walk across the lawn
- skip slowly across the lawn
- Do three squats
- Use your imagination and come up with one more activity

## **Musical chairs**

Things you need

one less chair for the number of people you have

some cool music

place the chairs in a circle. start the music and walk around the outside of the chairs stop the music and grab a chair the person that doesn't get a chair is out. Last one with a chair wins.

## **Balloon Races**

Things you will need

A bunch of balloons

Your body

1. Blow up 1 or more balloons for each person playing.
2. Decide on a starting line and put your pile of balloons on it.
3. Decide on an ending line and put chairs one for each person on it.
4. grab a balloon and run to the finish line.
5. sit on your balloon and pop.
6. Repeat until all of your balloons are popped
7. The player who pops all of their balloons first wins.

## **Soccer obstacles using pool noodles**

Things you will need

Soccer ball

Pool noodles

Tape

Here are three ways to use a soccer ball and a couple pool noodles to have an obstacle course.



### The Arch

Place a stick in the ground and then place the noodle over it.  
Bend noodle over into an arch shape  
Place another stick and place end of noodle over  
Now you can kick the ball through the arch



### The circle kick through

Take four noodles and tape them into circles then tape them together.  
Put two sticks into the ground then take two noodles and place them over the sticks.  
Place the four circles in the middle and tape them there.  
Now you can kick the ball through the hoops.



### The noodle kick around

Place four sticks in the ground.  
Place noodles over the sticks  
Weave between and around the noodles with your soccer ball.



## **Frisbee golf**

things you will need

a Frisbee

Something to catch the Frisbee like a bucket, waste basket or even one of the above soccer obstacles course would work great.

Set up a starting location and then see if each person can make it into the bucket or through the hoop. Add up everyone's throws and the person with the fewest throws wins.

Variation is that you can use the rules of horse and the person who gets horse first get eliminated last person who has not spelled horse wins.