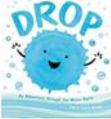


4Cs Weekly Activities

4Cs Weekly Activities July 4th– July 8th - Theme: Water

Monday	Tuesday	Wednesday	Thursday	Friday
<p align="center">Science Activity</p> <p>Water is found all over our planet. Water is an element that all life in the world depends on. People, animals, and plants cannot live without water.</p> <p>Rehydrating Dried Fruits</p> <p>Materials:</p> <ul style="list-style-type: none"> • Dried fruits (raisins, apricots, or prunes) • Bowls of clean water <p>To explore how water interacts with other objects, you will rehydrate pieces of fruit that have lost some water. Place the fruit into the bowls and add enough water to cover them completely. Leave to soak through the day, and check on them frequently to observe changes and talk about what is happening.</p> <p>The fruits will absorb water (rehydrate) at different rates due to differences in their size. It is, therefore, a good idea to put each type of fruit in a different bowl. You can estimate, or guess which piece of dried fruit will rehydrate first. Write your guesses on a piece of paper so you can refer to it later.</p> <p>Side note: Water will make dried fruits juicy again, which will be easier for your body to digest.</p>	<p align="center">Literacy Activity</p> <p>Read this fun story about a busy water drop and discover everywhere that Drop travels.</p> <p>Drop: An Adventure Through the Water Cycle</p> <p>Drop's Journey</p> <p>Materials: Paper, markers</p> <p>After reading about Drop's journey through water cycle, color the picture of places he went and the things he did.</p> <p>Side note: See if you can use Drop's favorite big words!</p> <ul style="list-style-type: none"> -Precipitation -Condensation -Evaporation -Infiltration -Transpiration -Collection -Vacation <p>Now find an object that will represent Drop. Using a small container of water, take Drop through his adventures. How does the water move through your fingers? Describe how it feels.</p> 	<p align="center">Math Activity</p> <p>After reading Drop: An Adventure Through the Water Cycle did you learn that water fills fruits with juice? Today will be making smoothie made out of your favorite fruits.</p> <p>Making a smoothie</p> <p>Here is one of the examples below</p> <p>Materials:</p> <ul style="list-style-type: none"> • Measuring cup (1 cup) • Frozen strawberries • ½ Banana • Ice • Blender <p>First you will need to measure 1 cup of frozen strawberries or you can count 8 large strawberries and carefully place them in the blender. Then you'll need to split banana in half and only place half of the banana in the blender. Use a cup to scoop 1 Cup of ice or count 8 ice cubes and place them in the blender. Blend everything and enjoy!</p>	<p align="center">Art Activity</p> <p>Today will freeze water to use it for Ice Painting.</p> <p>Materials:</p> <ul style="list-style-type: none"> • Ice cubes tray • Food coloring • Popsicle sticks • Paper <p>Steps:</p> <ol style="list-style-type: none"> 1. Put your water into your ice cubes tray evenly 2. Add a drop of food coloring to each cube. 3. Place a popsicle stick into the mold 4. Freeze for 4 to 6 hours or overnight. 5. When it's frozen pull on the sticks to remove from the tray. <p>Notice what happens when the ice hits the paper. Does the color change? Why do you think so? Can you find another object to paint? How is this object different than the paper? Why? Continue to explore with your ice popsicle. It's a perfect fun activity during hot summer day! Enjoy!</p>	<p align="center">Social Emotional/ Movement Activity</p> <p>Remember it is important to drink water and keep your body hydrated. After you done drinking water and you are left with an empty water bottle you can turn it into fun sensory water bottle.</p> <p>Calming Sensory Water Bottles</p> <p>Materials:</p> <ul style="list-style-type: none"> • Empty water bottle • Water • Food coloring • Glitter • Oil <p>There a different ways to make a sensory bottle. You can use just water and glitter, or you can use water, oil, and food coloring, or you can add any small item you like</p> <p>Directions:</p> <ol style="list-style-type: none"> 1. Fill up you bottle with water leaving a little bit of space at the top for oil or glitter 2. Use few drops of oil and food coloring 3. Alternative: Skip oil and just use glitter or add other items. 4. Tighten the lid on your water bottle to prevent it from spilling and Enjoy! <p><u>Note about conserving water.</u> All of the water we use comes from rain. Due to a lack of rainfall this year, we need to conserve or use less water. Some of the ways you can do this are by turning off the water when you brush your teeth or wash your hands. Take a shower instead of a bath. Can you think of other ways to save water? Tell others about your ideas. Consider creating a poster to share your ideas with your family and your community.</p>

--	--	--	--	--