

Space - Week 5

	Monday	Tuesday	Wednesday	Thursday	Friday
Parent Self-Care	Down time for YOU before the child(ren) wake up! Grab a cup of coffee or tea, write in a journal, practice yoga, etc.	Down time for YOU before the child(ren) wake up! Grab a cup of coffee or tea, write in a journal, practice yoga, etc.	Down time for YOU before the child(ren) wake up! Grab a cup of coffee or tea, write in a journal, practice yoga, etc.	Down time for YOU before the child(ren) wake up! Grab a cup of coffee or tea, write in a journal, practice yoga, etc.	Down time for YOU before the child(ren) wake up! Grab a cup of coffee or tea, write in a journal, practice yoga, etc.
Breakfast 8:30am-9am	Discussion Question: What do astronauts eat? How do you think they eat?	Discussion Question: What would it be like to live on another planet?	Discussion Question: What do you want to be when you grow up?	Discussion Question: If you could go to another planet, which would you pick and why?	Discussion Question: What are you most proud of?
Educational Time 9am-9:45am	How To Make an Easy and Fun Easter Egg Rocket	Space Lander Mission STEM Challenge https://www.pinterest.com/pin/46021227430656225/ https://www.pinterest.com/pin/180636635030780606/	Check out books read by astronauts in space! Storytime from Space	Learn about the phases of the moon here and then create your own moon phases diagram like this one.	Design your own planet! Answer questions about your planet like the ones found here.
Art & Music 10am-11am	Art: Coffee Filter Planter Sun Catchers Music: We Are the Planets https://www.youtube.com/watch?v=ZHAqT4hXnMw Eight Planets Dance	Art: Fizzing Moon Rocks Activity Music: The Moon Song Time to shine https://www.youtube.com/watch?v=i235Y2HRksA	Art: Make your own junk model space rockets! Music: Movement: Interstellar Simon https://www.youtube.com/watch?v=a_GEweU_q2Y	Art: Bubble Print Planets To Make Colored Bubbles: •Pour 6 cups hot water in large bowl. Add 2 cups of dish soap and stir well. Add 3/4 cup of corn syrup to the water and stir well. Separate into	Art: Space Themed DIY Galaxy Playdough for Kids Music: The Solar system Song https://www.youtube.com/watch?v=F2prtmPEjOc

	<p>Along https://www.youtube.com/watch?v=Syx3oma-od4</p> <p>Movement: Funky Robots https://www.youtube.com/watch?v=NaOHcn0DJKM</p> <p>Listening: Mercury by Gustav Holst https://www.youtube.com/watch?v=RkiiAloL6aE&list=PLE6996668EC37137C</p>	<p>Five Little Astronauts https://www.youtube.com/watch?v=knLR4vp9OJ8</p> <p>Listening: Mars by Gustav Holst https://www.youtube.com/watch?v=Jmk5frp6-3Q&list=PLE6996668EC37137C&index=3</p>	<p>Movement: Astronauts! https://www.youtube.com/watch?v=HSYaEBcl8xl&t=48s</p> <p>Dancing Robots https://www.youtube.com/watch?v=hpLULy-gjyc</p> <p>Listening: Jupiter by Gustav Holst https://www.youtube.com/watch?v=Gu77Vtja30c&list=PLE6996668EC37137C&index=4</p>	<p>a few cups. Add food coloring to each cup. (I wanted dark colors so we added about an entire vial of each color) Then I placed the bubbles, bubble wands and paper inside a large plastic bin or box to contain the mess. Madelynn blew bubbles onto the planet outlines to cover them with splashes of color. After the paper dried, she cut the planets out and glued them to a large sheet of black paper. Finally she made star stamps with yellow paint and a star cookie cutter. So pretty!</p> <p>Music: The Planet Song: https://www.youtube.com/watch?v=Wd_EldZrvaU</p> <p>Just dance space https://www.youtube.com/watch?v=zRkPmgmZLOI</p> <p>Listening:</p>	<p>Planets Song (Rap) https://www.youtube.com/watch?v=noiwY7kQ5NQ</p> <p>Listening: Venus By Gustav Holst https://www.youtube.com/watch?v=EE6_PaCnRw&list=PLE6996668EC37137C&index=2</p>
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Screen Time 11am-11:30am	Tablet, Computer, Video Games, TV, etc. Suggested Websites: StarChild: A Learning Center for Young Astronomers NASA Kids' Club NASA Space Place Passport to Space Our Solar System	Tablet, Computer, Video Games, TV, etc. Suggested Websites: StarChild: A Learning Center for Young Astronomers NASA Kids' Club NASA Space Place Passport to Space Our Solar System	Tablet, Computer, Video Games, TV, etc. Suggested Websites: StarChild: A Learning Center for Young Astronomers NASA Kids' Club NASA Space Place Passport to Space Our Solar System	Tablet, Computer, Video Games, TV, etc. Suggested Websites: StarChild: A Learning Center for Young Astronomers NASA Kids' Club NASA Space Place Passport to Space Our Solar System	Tablet, Computer, Video Games, TV, etc. Suggested Websites: StarChild: A Learning Center for Young Astronomers NASA Kids' Club NASA Space Place Passport to Space Our Solar System
Lunch 11:30am-12:30pm	Oreo Moon Phases	Solar System snacks	Use pretzels and mini marshmallows to make constellations Cut sandwiches into stars and other space shapes.	Moon Snack Use rice cakes, cheerios, and bananas to make your snack look like the surface of the moon!	Fruit Rocket Ships
Independent Time 12:30pm-1:30pm	Nap time for those that need it, reading, puzzles, building blocks, etc. This is NOT an additional screen time. This is a time for independence building and to give everyone a little space	Nap time for those that need it, reading, puzzles, building blocks, etc. This is NOT an additional screen time. This is a time for independence building and to give everyone a little space	Nap time for those that need it, reading, puzzles, building blocks, etc. This is NOT an additional screen time. This is a time for independence building and to give everyone a little space	Nap time for those that need it, reading, puzzles, building blocks, etc. This is NOT an additional screen time. This is a time for independence building and to give everyone a little space	Nap time for those that need it, reading, puzzles, building blocks, etc. This is NOT an additional screen time. This is a time for independence building and to give everyone a little space

	to themselves.	to themselves.	to themselves.	to themselves.	to themselves.
Physical Time 1:30pm-2:30pm	Take a walk to collect small rocks. Then use the rocks and chalk to make constellations on the sidewalks. Bonus: see if you can guess each other's constellations. Constellation Art With Rocks and Sidewalk Chalk	Saturn's Rings Toss Game	Outer Space Themed Yoga	Create a hopscotch outside and make it look like a rocket. Be sure to add the planets and stars around the rocket before you try out the hopscotch! https://www.pinterest.com/pin/369998925634592551/	Yoga Time! Space Picnic - Kids Yoga and Nursery Rhymes
Educational Time 2:45pm-3:30pm	<p>Create your own paper mache planet this week! Spend today researching which planet interests you the most, what colors you'll need for paint, and a few facts about the planet you pick!</p> <p>You'll need a balloon or round object like a ball, flour, newspaper or an old phonebook, and patience!</p> <p>If child(ren) have finished the suggested activities, have them write in a journal, practice basic math facts, etc.</p>	<p>Paper mache planet - First and second layers</p> <p>Here are instructions on how to make a paper mache planet.</p> <p>If child(ren) have finished the suggested activities, have them write in a journal, practice basic math facts, etc.</p>	<p>Paper mache planet - Third and fourth layers</p> <p>If child(ren) have finished the suggested activities, have them write in a journal, practice basic math facts, etc.</p>	<p>Paper mache planet - Fifth and sixth layers</p> <p>If child(ren) have finished the suggested activities, have them write in a journal, practice basic math facts, etc.</p>	<p>Paper mache planet - Time to paint and decorate your new planet!</p> <p>If child(ren) have finished the suggested activities, have them write in a journal, practice basic math facts, etc.</p>

<p align="center">Family Time 3:30pm-4:30pm</p>	<p>Asteroid Toss - crumple up recycled paper, newspaper, or tin foil. Then either have an asteroid fight (like a snowball fight) or make a target with a laundry basket or other object and see who can get the most asteroids in the basket.</p>	<p>Explore NASA at Home as a family</p>	<p>Visit Destination Space at the Science Museum (just reopened June 1)! https://www.sciencemuseumok.org/exhibits</p>	<p>Field Trip Option to Weatherford to visit the Stafford Air and Space Museum: https://www.staffordmuseum.org/</p>	<p>Spend this afternoon baking moon cookies as a family! https://spaceplace.nasa.gov/moon-cookies/en/</p>
<p align="center">Question of the Day Anytime 5-8pm</p>	<p>Have child(ren) respond to the question in a journal, by drawing a picture or by discussing with you.</p> <p>Question: What do you wish I understood better about you?</p>	<p>Have child(ren) respond to the question in a journal, by drawing a picture or by discussing with you.</p> <p>Question: What is one thing you could have done better today?</p>	<p>Have child(ren) respond to the question in a journal, by drawing a picture or by discussing with you.</p> <p>Question: What qualities do you look for in a friend?</p>	<p>Have child(ren) respond to the question in a journal, by drawing a picture or by discussing with you.</p> <p>Question: What is something new you learned today?</p>	<p>Have child(ren) respond to the question in a journal, by drawing a picture or by discussing with you.</p> <p>Question: What is the best thing about our family?</p>
<p align="center">Bedtime 3-6 years: 6-8pm 7-12 years: 7:30-9pm Teenagers: 8-10pm (keep in mind that teenagers need at least 9 hours of sleep)</p>					

Weekend Suggestions:

- Make a time capsule
- Make homemade pizza or ice cream
- Have a cleaning challenge/race complete with prizes
- Take a drive on Route 66
- Fly a kite
- Have a coloring contest or lego building contest
- Do shadow puppets on the wall

Mindfulness Resources:

If you have access to Disney+, checkout their new Zenimation! They are a great way to practice mindfulness this week!