

# Class Materials

[Register for the week of November 22 - 26!](#)

## Monday - November 22

### Academics: Making Oobleck (Science) - Ages 6-8

- Approximately 2 cups of Cornstarch
- Approximately 1 cup of Water
- Food coloring
- 2 Balloons
- Mixing Bowl
- Measuring Cups
- Table Covering (tablecloth or garbage bags or newspapers)

### Creativity: Snow DIY 3 Ways! (Arts & Crafts) - Ages 7-9

- 4 sheets of white paper
- Scissors
- Colored paper (optional)
- Approximately 5 cups of baking soda
- Approximately ½ cup of white hair conditioner
- Glitter (optional)
- Approximately 2 cups of shaving cream
- Measuring cups
- 2 mixing bowls

### Healthy Living: Fun Fall Yoga - Ages 4-6

- Yoga mat, or comfortable space on the floor for yoga (we will be standing, sitting, and lying on the ground)
- Open space
- Comfortable clothes
- Sneakers

### Creativity: Macrame Decor (Arts & Crafts) - Ages 14-16

- Macrame rope (or any kind of medium thickness rope)
- Scissors
- Medium size branch

### World: Kids Changing the World - Ages 12-14

- [Worksheet](#)
- Pen and paper

## Tuesday - November 23

### Life Skills: How to Wrap a Gift - Ages 10-12

- 1 roll of wrapping paper, any color/design
- Scissors
- Ruler
- Pencil with eraser
- Large decorative gift bow
- Scotch tape
- To/From gift labels or paper
- Pen, any color
- 1 roll of thick ribbon (~1 inch thick)
- 4 objects to wrap
  - 2 items should be a box or rectangle shape (suggestion- keep smaller than a shoebox)
  - 2 items should be a cylinder, like a water bottle
- Optional: Add-ons for decorations (e.g. candy canes, stickers, pine tree clippings, dried flowers)

### Academics: Intro to Joke Writing (Creative Writing) - Ages 13-15

- [Worksheet](#)
- Pencil or pen

### Coding & Games: DIY Pizza Box Basketball Hoop - Ages 8-10

- Pizza box (or the same amount of cardboard)
- Duct tape
- Markers
- Scissors
- Ruler
- 1 Piece of construction paper (any color)

### Healthy Living: S.M.A.R.T Workout Plan - Ages 12-14

- [Worksheet](#)
- Pen or pencil

### Creativity: Shaving Cream Marbled Art (Arts & Crafts) - Ages 6-8

- 1 can, regular shaving cream
- Shallow baking dish
- 1 Bowl or plate
- Liquid watercolor paint and 1 dropper OR liquid food coloring
- Toothpicks
- Card stock (any light color, any amount)
- A small square piece of cardboard OR plastic ruler OR squeegee
- Optional: paper towel

## Wednesday - November 24

### World: How to Make Pasta From Scratch - Ages 14-16

- 2 cups all-purpose flour, spooned & leveled
- 3 large eggs
- ½ teaspoon sea salt
- ½ tablespoon extra-virgin olive oil
- 1 knife
- 1 rolling pin or pasta machine
- Cling film
- A medium-large table that can get dirty for pasta making.

### Life Skills: Survival Scenarios! - Ages 11-13

- [Worksheet](#)
- Pen or pencil
- 2 sheets of paper for notes

### Creativity: DIY Tie-Dye With Permanent Marketer - Ages 8-10

- Package of assorted permanent markers (4-6+ colors)
- Rubbing alcohol
- Eyedropper
- Plate
- Small bowl
- Plastic wrap
- Large bag of rubber bands
- 2 plain white t-shirts (Internal: If we can, please get a couple of extras to make as examples of what the end result will look like)
- Piece of cardboard that will fit inside the t-shirt
- Recommended: disposable gloves

### Academics: Fireworks in a Jar (Science) - Ages 4-6

- 1 clear jar or cup
- 4 tbsp of oil
- 4 or more different colors of food coloring
- Enough water to fill the cup/jar
- 1 small bowl for mixing oil and coloring
- 1 spoon or fork
- Paper towels for cleanup

### Healthy Living: After-School Snacks (Cooking) - Ages 5-7

- 1 cup creamy peanut butter
- 1 apple cut into slices
- 30 mini white marshmallows
- Celery, cleaned and cut into 2-3 inch pieces (about 5-6 pieces)
- ¼ cup raisins
- 3 slices of turkey
- 3 slices of cheese of choice
- Mustard (can also use mayo or cream cheese depending on preference)
- Optional: 3 pickles (spears)
- 3 toothpicks
- 3 plates
- 2 spoons or butter knives for spreading
- Paper towel, napkin, or wet wipe

## Thursday - November 25

### Creativity: Crafting Paper Plate Fish (Arts & Crafts) - Ages 5-7

- Paper plate
- Markers of various colors
- Glue (stick or liquid)
- Construction paper-different colors of choice (4-5 papers total)
- Scissors
- Pencil
- Googly eyes
- Optional: Glitter

### Coding & Games: Pictionary (Gaming) - Ages 4-6

- 5 sheets of paper
- Pen or pencil
- Markers, colored pencils, or crayons

### Academics: Candy DNA Model (Biology) - Ages 10-12

- Twizzlers
- Toothpicks
- Multi-colored mini marshmallows or gummy bears
- Pen or pencil and paper

### World: Building Thor's Hammer - Ages 6-8

- Empty paper tissue box
- Empty paper towel roll
- Aluminum foil (about 5 feet)
- Dark brown and dark grey (or black) coloring markers
- Duct tape

### Coding & Games: Lego Creation! (Gaming) - Ages 10-13

- Lego pieces or other building blocks
- Optional: If legos are not available markers/colored pencils and 4 sheets of paper can be used instead

## Friday - November 26

### World: Make Your Own Country! - Ages 8-10

- [Worksheet](#)
- Writing utensil (pen or pencil)
- Markers, colored pencils, or crayons

### Healthy Living: Mindfulness Wands (Meditation) - Ages 5-7

- Paper towel roll with the top cut off (so it's a ring ~inch thick)
- Streamers or ribbon (2 rolls in different colors)
- Glue (white)
- Scissors
- Masking tape
- Supplies to decorate - Suggestions:
  - Acrylic paint
  - Paintbrushes
  - Cup for water
  - Paper plate or paint palette
  - Glitter
  - Feathers
  - Pom-poms

### Life Skills: How to Apply for a Job - Ages 13-15

- A Canva account or our printed [worksheet](#)
- If using our worksheet, pen
- If using Canva, make sure you can follow see zoom while working on Canva

### Coding & Games: Make Your Own Puzzle - Ages 7-9

- Cardstock
- Pencil with eraser
- Markers in various colors
- Scissors
- Pencil with eraser
- Ruler

### Healthy Living: Poke Bowl (Cooking) - Ages 14-16

- Tahini sauce, peanut sauce, or soy sauce
- ¼ cucumber
- 1 cup cooked rice
- ½ cup of purple cabbage
- 1 medium carrot (or about 8 baby carrots)
- 1 cup edamame
- ¼ avocado
- 1 cup of cooked lean tofu
- 1 knife
- 1 bowl
- 1 cutting board