

HIGHLIGHT CHALLENGE

THIS WEEK WE WILL HIGHLIGHT MYSTERY

YOUR CHALLENGE IS TO BREAK THIS CODE

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Use *this* link: https://picklebums.com/images/printables/picklebums_morsecode.pdf
POST YOUR ANSWERS!

FOR MORE MYSTERY FUN TRY VISITING THESE SITES:

<https://www.boxcarchildren.com/activities/>
<http://www.camjansen.com/disc.htm>

YOU MAY ALSO LIKE TO READ...



AVAILABLE ON HOOPLA!

<https://www.hoopladigital.com/>



HIGHLIGHT CHALLENGE

THIS WEEK WE WILL HIGHLIGHT
FAMILY TIME

YOUR CHALLENGE IS TO MAKE A TIME CAPSULE

FIND A CONTAINER – A LARGE GLASS JAR OR A SHOEBOX WILL WORK.
FILL IT WITH ITEMS THAT REPRESENT YOUR LIFE TODAY.
INCLUDE A NEWSPAPER, PHOTOS, LETTERS, DRAWINGS...
GET CREATIVE AND DECORATE THE CONTAINER.
FIND A PLACE TO STORE YOUR CONTAINER
AND PICK A DATE IN THE FUTURE THAT YOU WILL REOPEN IT!



Post pictures of your
time capsules!

GET IDEAS FROM THIS LINK BELOW:

<https://craftyourhappiness.com/2016/01/05/diy-family-time-capsules/>

FOR MORE FAMILY FUN
TRY VISITING THESE SITES:

[The Franklin Institute](#)

[Elmwood Park Zoo](#)



YOU MAY ALSO LIKE
TO READ...



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<https://www.hoopladigital.com/>

HIGHLIGHT CHALLENGE

THIS WEEK WE WILL HIGHLIGHT SCIENCE

YOUR CHALLENGE IS TO MAKE A RAINBOW

ALL YOU NEED ARE: SMALL PLASTIC CUPS, PAPER TOWELS,
FOOD COLORING AND WATER
AND YOU CAN MAKE A **WALKING WATER RAINBOW!**

Follow the link :

<https://funlearningforkids.com/rainbow-walking-water-science-experiment-kids/>

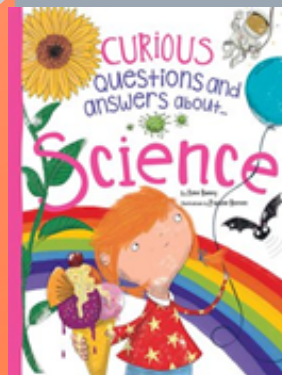
POST PICTURES OF YOUR EXPERIMENT IN PROCESS!

**FOR MORE SCIENCE FUN
TRY VISITING THESE SITES:**

[Academy of Natural Sciences](#)

[Bill Nye Home Demos](#)

**YOU MAY ALSO LIKE
TO READ...**

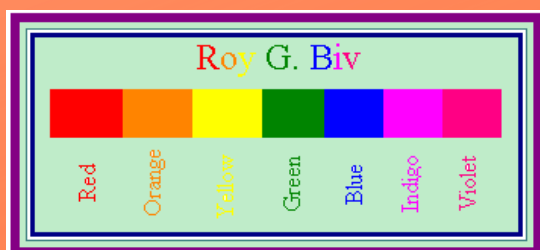


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<https://www.hoopladigital.com/>

Extra Credit:

**Draw a rainbow using all of
the colors.**



HIGHLIGHT CHALLENGE

THIS WEEK WE WILL HIGHLIGHT COOKING

YOUR CHALLENGE IS TO MAKE A PIZZA

YOU WILL NEED 1 AND 1/2 CUPS WARM WATER, 1 PACKET RAPID RISE YEAST, 3 CUPS FLOUR, 1 TEASPOON SALT, 3 TABLESPOONS OIL, AND 1 TABLESPOON HONEY, 1/2 CUP TOMATO SAUCE, 1 CUP MOZZARELLA CHEESE AND A PIZZA PAN

SPRINKLE YEAST ON TOP OF WARM WATER AND SET ASIDE IN A LARGE BOWL MIX TOGETHER FLOUR, SALT, OIL, HONEY AND ADD YEAST/WATER MIXTURE. THE DOUGH WILL BE STICKY, MIX WITH LARGE SPOON JUST ENOUGH TO PULL TOGETHER THEN COVER AND ALLOW TO RISE FOR ONE HOUR. AFTER AN HOUR DUMP DOUGH ONTO WELL OILED PIZZA PAN AND USE FLOURED HANDS TO SPREAD OUT ON PAN. SPREAD YOUR FAVORITE TOMATO SAUCE ON TOP, THEN BAKE IN OVEN AT 410 DEGREES FOR 15 MINUTES, TAKE OUT OF OVEN AND SPRINKLE MOZZARELLA CHEESE ON TOP THEN CONTINUE TO BAKE FOR ANOTHER 2 MINUTES. ENJOY!

**FOR MORE COOKING FUN
TRY VISITING THESE SITES:**

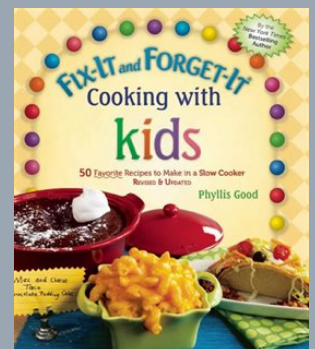
[Food Network Chopped Junior](#)

[Fox Masterchef Junior](#)

If you do not have all of the ingredients to make the recipe above, get creative and make a pizza bagel or an english muffin pizza!



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HIGHLIGHT CHALLENGE

THIS WEEK WE WILL HIGHLIGHT
ENGINEERING

Your challenge is to build something taller
than you.

You can use anything you have on hand.
Shoebboxes, Legos, toilet paper rolls...
Just build it tall and sturdy.



Post a picture of yourself standing next to your structure!

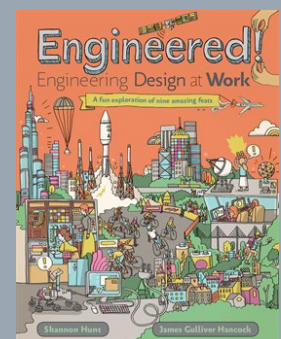
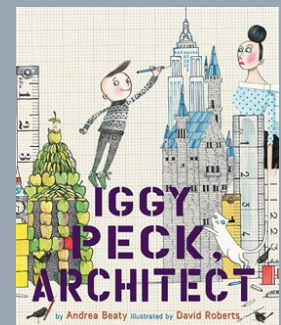
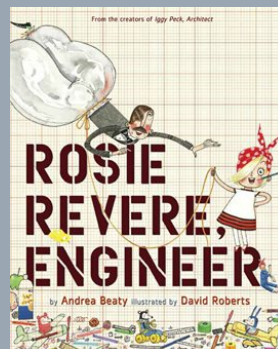
FOR MORE ENGINEERING FUN
TRY VISITING THESE SITES:

LEGO.COM

[PBS KIDS ENGINEERING](http://PBSKIDSENGINEERING)

Extra Credit:
Try to build
something you can
crawl under.

YOU MAY ALSO LIKE
TO READ...



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<https://www.hoopladigital.com/>

HIGHLIGHT CHALLENGE

THIS WEEK WE WILL HIGHLIGHT NATURE

Your challenge is to create a nature journal.

Can you find:

bird feather, pink flower, pine cone, tree bark, round stone,
earthworm, 3 different kinds of leaves...

Write in your journal. Where did you find it?

What does it look like?

Continue to search for other interesting things
in nature and post a picture of what you find!



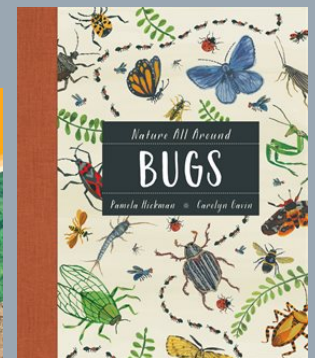
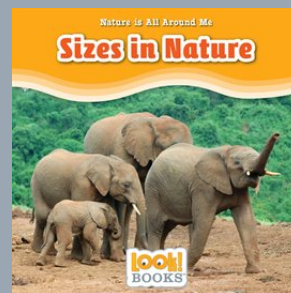
FOR MORE NATURE FUN
TRY VISITING THESE SITES:

BRIAR BUSH NATURE BREAKS

RANGER RICK

Extra Credit:
Make a bug jar
and inspect some
creepy crawlies!

YOU MAY ALSO LIKE
TO READ...



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HIGHLIGHT CHALLENGE

THIS WEEK WE WILL HIGHLIGHT POETRY

Your challenge is to write a Haiku.

A traditional Japanese haiku is a three-line poem with seventeen syllables, written in a 5/7/5 syllable count. Often focusing on images from nature, haiku emphasizes simplicity, intensity, and directness of expression.



Kid Zone Poetry

Poetry 4 Kids

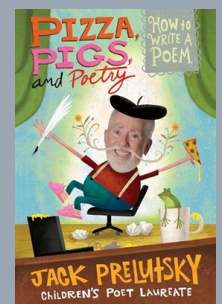
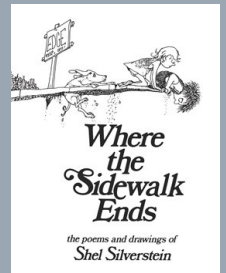
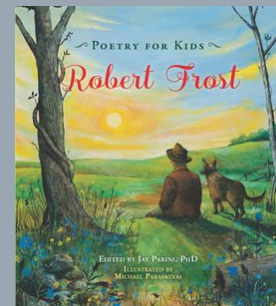
Post your Haiku for us to read!

FOR MORE POETRY FUN
TRY VISITING THESE SITES:

POETRY FOUNDATION

JACK PRELUTSKY POEMS

YOU MAY ALSO LIKE
TO READ...



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<https://www.hoopladigital.com/>

雨 rain

splish-splash, puddle bath!
raindrops march in spring parade—
wake up, sleepy earth



HIGHLIGHT CHALLENGE

THIS WEEK WE WILL HIGHLIGHT MUSIC

Your challenge is to create your own song!



Listen to a song that you've never heard before.

Listen to a song that you love to hear.

Now write a few lines of something of your own.

**You can play an instrument and sing along
or try to sing on your own.**

**Make a recording and send it to us, we would love to hear what
you come up with!**

**FOR MORE MUSIC FUN
TRY VISITING THESE SITES:**

[NY PHILHARMONIC KIDS](#)

[PBS KIDS MUSIC](#)

Family Game - "A" My Name is Alice

Sit in a circle, choose who goes first.

Tap you lap and clap your hands to the beat.

First person starts with "A"

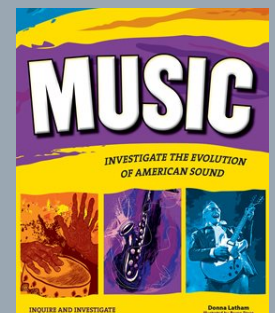
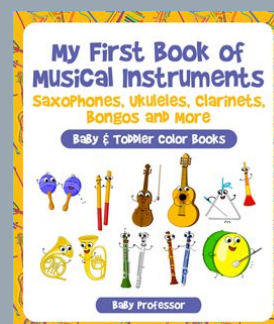
"A" my name is Alice and my friends name is Andy,
I come from Alabama and I like apples!

Next person...

"B" my name is Bob...

Continue through the alphabet . How far can you get?

**YOU MAY ALSO LIKE
TO READ...**



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HIGHLIGHT CHALLENGE

THIS WEEK WE WILL HIGHLIGHT ART

Your challenge is to make your own Pop Art!

Use cereal boxes to make your own cereal pop art project.

Use scissors to cut out letters, words, art and fun graphics from cereal boxes. Arrange your art on a heavy duty piece of paper or poster board then paint the entire thing with a clear drying glue like Elmer's or school glue.

When you are done visit the TATE Kids website and learn about Andy Warhol and his Pop Art!

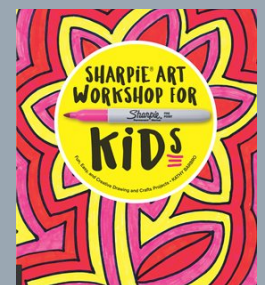
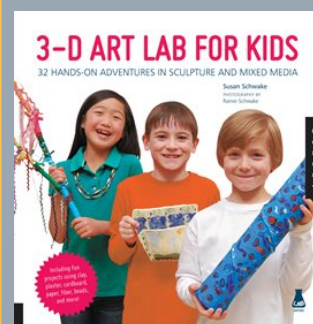


**FOR MORE MUSIC FUN
TRY VISITING THESE SITES:**

[MET MUSEUM](#)

[TATE KIDS](#)

**YOU MAY ALSO LIKE
TO READ...**



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<https://www.hoopladigital.com/>

HIGHLIGHT CHALLENGE

THIS WEEK WE WILL HIGHLIGHT EXERCISE

Your challenge is to

make an obstacle course in your yard.

Plan different stations. Use hula hoops to jump in.

Set up cones to run through.

Use boxes to create tunnels to crawl through.

Secure a rope to 2 trees to crawl under.

Use stuffed toys in different locations to retrieve and race back.

Be creative and plan something fun.

Invite the family to try it out!



Extra Credit:

Complete these exercises
each day.

5 push ups

10 jumping jacks

15 sit ups

20 leg squats

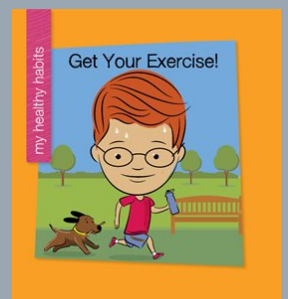
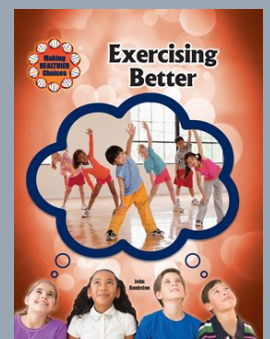
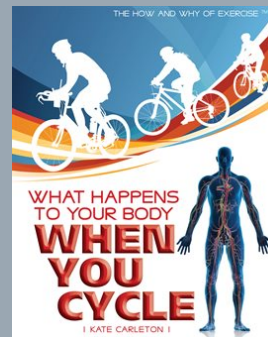
For more fitness information

visit these sites:

[Healthy Children](#)

[Very Well Family](#)

YOU MAY ALSO LIKE
TO READ...



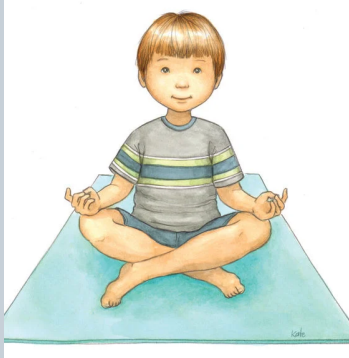
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HIGHLIGHT CHALLENGE

THIS WEEK WE WILL HIGHLIGHT
MINDFULNESS

Your challenge is to learn a Yoga Pose.



SIMPLE POSE

Sit up straight in a cross-legged position. Softly place your hands on your knees, palms facing up. Breathe in and out deeply to calm your body.



COBRA

Lie flat on your tummy with your elbows bent. Slowly lift your chest so your elbows are under your chest and your legs straight behind you.



ELEPHANT

Stand up straight, then fold forward. Interlace your hands, swinging them side to side like an elephant's trunk.

Extra Credit:

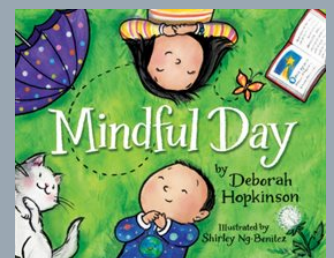
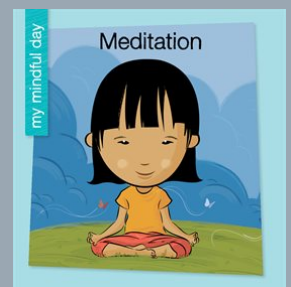
Write in a journal
one thing you are thankful for
each day.

For more mindful activities
try visiting these sites:

[Highlights Kids](#)

[Coping Skills for Kids](#)

YOU MAY ALSO LIKE
TO READ...



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<https://www.hoopladigital.com/>

HIGHLIGHT CHALLENGE

THIS WEEK WE WILL HIGHLIGHT KINDNESS

**YOUR CHALLENGE IS TO
PERFORM A RANDOM ACT OF KINDNESS.**



- Drop off cookies at the police station.
- Write a thank you letter to your teacher.
- Bring some flowers to your neighbor.
- Donate dog food to an animal shelter.
- Make a sign thanking your mailman.



There are so many ways to be kind. Choose to do something kind today!

Extra credit:

Paint some kindness rocks and place them around your neighborhood.

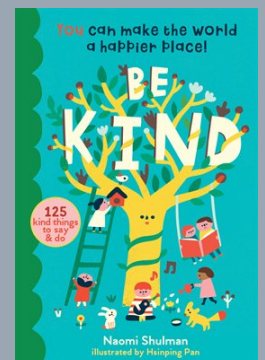


For more kindness activities visit these sites:

[Sesame Street - Caring](#)

[PBS: Kindness in the Classroom](#)

**YOU MAY ALSO LIKE
TO READ...**

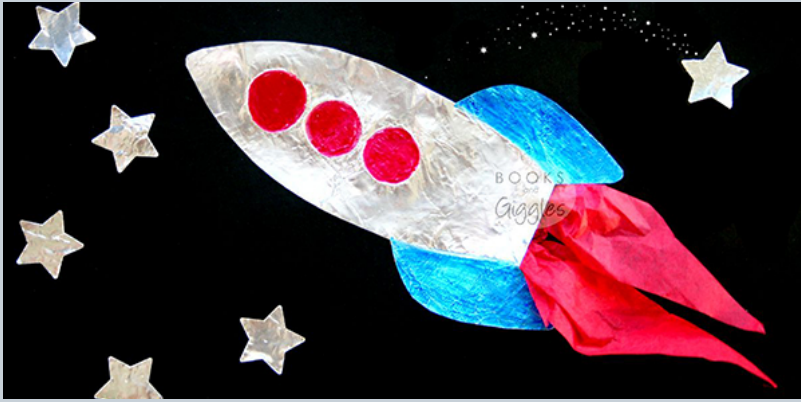


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HIGHLIGHT CHALLENGE

THIS WEEK WE WILL HIGHLIGHT
OUTER SPACE

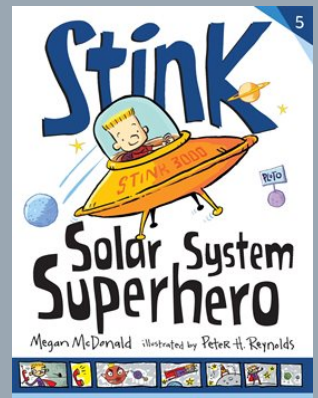
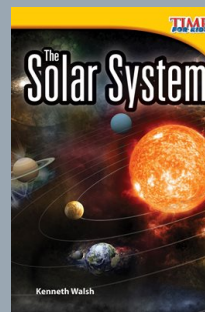


Use scraps of construction paper and tissue paper to design your own rocketship. Add planets and stars to complete your solar system.

Post your designs!

Extra Credit - Moon Study:
Look for the moon each night.
Take pictures and
record the changes you see.

YOU MAY ALSO LIKE
TO READ...



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ON HOOPLA

<https://www.hoopladigital.com/>

For more space activities visit these sites.

[NASA Kids](#)

[National Geographic Kids](#)

HIGHLIGHT CHALLENGE



THIS WEEK
WE WILL
HIGHLIGHT
FAMILY
TIME

WWW.NORTHAMPTONTOWNSHIPLIBRARY.ORG/CHILDRENS-PROGRAMS/