








MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="center">Rock Candy Experiment</p> <p><u>Materials:</u></p> <ul style="list-style-type: none"> • 2-3 cups of sugar • 1 cup of water • Skewers • A jar of glass • A large saucepan (pot) • Clothes pegs <p>Optional:</p> <ul style="list-style-type: none"> • Food colouring • Candy flavouring <p><u>Directions:</u></p> <p>*Some directions will require adult assistance!</p> <ol style="list-style-type: none"> 1. Combine equal parts sugar & water in saucepan, heat until all sugar is dissolved. 2. Slowly add more sugar, mix slowly until sugar cannot dissolve in water until cloudy. 3. Ratio is 3 cups sugar to 1 cup water. 4. Cut skewers to size, dip sticks in water and roll in dry sugar. Then set to dry. 5. After water is cool pour it into glass jars add colour if desired. 6. Dip <u>dry</u> sugar-coated skewers into jars and use clothespins to <u>keep sticks from touching the sides or bottom</u> of the jar. 7. Watch the crystals grow! Be patient it could take 1 week! 	<p align="center">Celebrate National Salad Month!</p> <p align="center">Create your own Salad</p> <p><u>Materials:</u></p> <ul style="list-style-type: none"> • 2 cups of leafy greens (lettuce or spinach) • 1 cup of red fruits or veggies • 1 cup of yellow fruits or veggies • 1 cup of strawberries • 2 table spoons of your choice of cheese • 1 table spoon of your choice of seeds • Add dressing like (sweet yogurt) • OR Extra virgin olive oil • OR balsamic vinegar for a tangy kick! • Add salt or pepper, cinnamon or spices • For crunch add cheerios or crushed melba toast <p><u>Directions:</u></p> <ol style="list-style-type: none"> 1. Mix leafy greens together in a bowl. 2. Place chopped fruits and veggies into bowls for self-serve combinations. 3. Have dressing(s) if you want to explore how the flavours will combine. 4. Add a pinch of salt and pepper to oil and balsamic vinegar. 5. Add the seeds, cereal or crushed melba toast last for some crunch. 	<p align="center">Rainbow Cabbage Experiment</p> <p><u>Materials:</u></p> <ul style="list-style-type: none"> • Cabbage leave • Glasses or jars • Food colouring • Spoons • Paper towels <p><u>Directions:</u></p> <ol style="list-style-type: none"> 1. Fill glass or jar 1/3 of the way with cold water have one glass per colour that you want to create. 2. Add several drops of food colouring to each glass or jar and stir until completely mixed. 3. Place leaves into the glasses. 4. Observe to see what happens. 5. Return a few hours later to see what changed. 6. Take pictures to see the change progress over time. <p>Talk to your child about how plants love water and absorb it their "vein system". Colouring the water helps us observe this process. You can try this with cut flowers, remember white flowers will work best.</p> 	<p align="center">3D-Tree Sculptures</p> <p><u>Materials:</u></p> <ul style="list-style-type: none"> • Twigs or sticks, having supple thin branches • Beads large enough to thread • Modeling clay or a vase • (Optional) String and other arts and crafts materials <p><u>Directions:</u></p> <ol style="list-style-type: none"> 1. On your next nature walk find thin branching twigs to take home. 2. Use the modeling clay for stability or if this is of reach you can place these creations into a vase when it is finished. 3. Thread the beads onto the twigs. 4. Make it tasteful, explore the elements of design by using balance to make the 3D design look well arranged. 	<p align="center">Re-Grow Your Celery</p> <p><u>Materials:</u></p> <ul style="list-style-type: none"> • Chopped celery stalk • dish • water • A sunny location to leave it <p><u>Directions:</u></p> <ol style="list-style-type: none"> 1. Cut off the celery stems leaving the base (instead of ripping them off). 2. Place on a shallow dish with water. 3. Leave in a sunny place and watch the yellow centre regrow. 4. If you choose to leave it outside cover it with a cut away plastic bottle to keep the warmth in (like a green house). 5. Make sure it gets shade as it doesn't like direct sunlight. 

While we make every effort to create safe and engaging activities for children, please be mindful of the type and size of materials you provide your child. Supervision is still required for all the activities and children should not be left unattended during these activities.