Montana
Office of Public Instructio
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opi.mt.gov

Montana

Summer Food Service Program

Activity Toolkit

NO KID HUNGRY
SHARE OUR STRENGTH
MONTANA

Developed by:
Montana No Kid Hungry,
Montana Office of Public Instruction, and
Montana Food Bank Network
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MONTANA FOODBANK NETWORK
A member of FEEDING AMERICA

Welcome to the Summer Activity Toolkit!

This activity toolkit contains an array of activities, volunteer networks, and community partnerships to conduct within your Summer Food Service Program site. Volunteer networks are included to assist you in recruiting volunteers. Community organizations and partners are listed to provide additional support and enhance your Summer Food Service Program. The activities provided are not formal curriculum. They can be used at any time and can be manipulated to best suit your needs.

Summer Food Service Program sites are more than just a meal; they are a safe and fun place for parents to bring their children during the summer months. Including recreation into your meal program fuels children's developing bodies, keeps their minds active during the summer months, and keeps children coming back each day.

For more information on Summer Food, visit the Summer Food Service Program Page at:
http://tinyurl.com/OPI-SFSP

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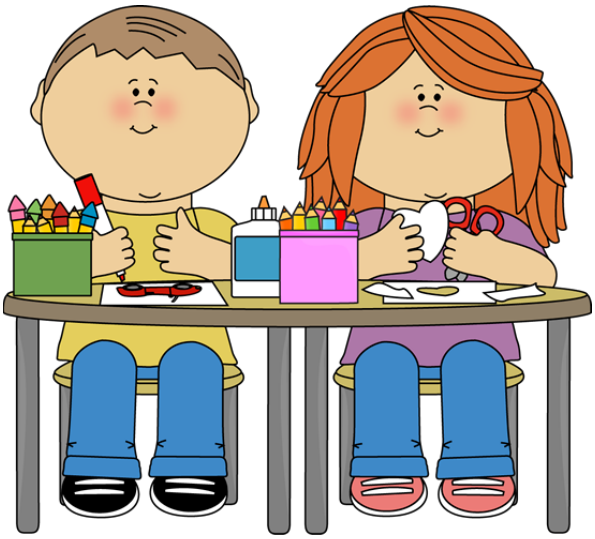
Arts and Crafts

Find volunteers from the volunteer network to create things such as these with children at your SFSP:

Activity Ideas

- Make a mobile
- Origami
- Paper airplanes
- Decorate a hat
- Homemade musical instruments
- Jewelry making
    - Painted pasta necklaces
- Make piñatas and paper mache
- Coloring, drawing, painting
- Paint the music, wet chalk drawing, Crayon etching, bean mosaics
- Make cards for special events
- Make masks



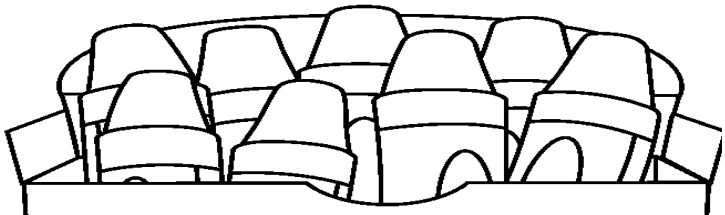
Excellent Websites

These websites contain hundreds of arts and craft ideas from sock tie dye to hand puppets, to face painting, decorated magnets, and picture frames. You can easily find any type of craft project! In addition to arts and crafts, there are activity ideas and projects for any day of the year and are appropriate for all ages. The first website also includes a monthly activity calendar to complement each special day and holiday of the month!

http://tinyurl.com/enchantedcrafts

http://tinyurl.com/zoomcrafts

http://www.kinderart.com/crafts/



Community Resources

Find an art studio in your area by searching www.yellowpages.com; enter "art studio" and your zip code. **Local art studios might be willing to offer resources such as discounted art classes, or volunteers to teach art at your SFSP for a day.**

Language Arts

Find volunteers from the volunteer network to play these language arts related games at your SFSP:

- Joke telling, riddles
- Poetry
- Read books
- Learn sign language or a second language
- Mad-libs
- Sudoku

Excellent Website

This website contains a wealth of project ideas related to language arts, including: picture prompts, essay topics, finish the sentence and write about it, poetry writing prompts, book dioramas, make your own comic book, words, and spelling.

http://tinyurl.com/enchantedlearn

Community Resources

Pen Pals

Children will make friends, learn writing skills, and have fun all at the same time! Arrange with another SFSP to mail letters from one location to another. The kids will be excited to come back each week to see if their pen pal has responded!

- Read more about this in the "Activity Instructions" section

Libraries

There are lots of libraries throughout Montana that offer summer programs that will engage children at your site. Contact your local library to ask if they would like to provide any programs at your site during the summer, or if they would be interested in having children come to the library on occasion for summer library programs.

Examples of activities that libraries provide:

- Craft time
- Math games
- Picture book parties
- Story writing help
- Story time

Summer Reading Clubs
Read to dogs
Spanish club
Guitar lessons
Dance classes with music

Find your local library by going to this site and entering your zip code:
http://nces.ed.gov/surveys/libraries/librarysearch

Physical Activity

Utilize the volunteer network to find energetic volunteers to assist you in playing these games with the children at your SFSP:

- Learn/practice juggling
- Jump rope
- Races, relays, obstacle courses
- Yoga
- Yo-yo
- Sports/Games: soccer, Frisbee, baseball, kickball, football, volleyball, hacky sack, dance, etc.
- Red Rover Red Rover
- Nature hikes
- Tag games
- Ten penny pick-up
- Bingo
- Board games, card games, and puzzles
- Charades
- Simon Says
- Scavenger hunts
- Build structures out of cards
- Make a marshmallow and toothpick structure
- Heads up 7-up

Excellent Websites

These websites will give you lots of fun activities that are guaranteed to entertain children while providing them with plenty of exercise. These activities include games, physical activity, gardening, nature activities and more. Also included are details on scavenger hunts, beach games, and water games.

http://tinyurl.com/familyedmag

http://tinyurl.com/indianchildgames

http://tinyurl.com/bestkidsgames (Kids 6 and up)

http://tinyurl.com/bestkidsgamespre (Pre-schoolers)

http://tinyurl.com/zoomgames

Community Resources:

Find a dance studio in your area

Find a dance studio in your area by visiting: www.yellowpages.com then typing in "dance studios" and your location. **Many dance studios across Montana would love to volunteer to teach dance lessons to the children at your SFSP.**

Find a bike shop in your area

Many children in your SFSP love riding bikes and do it often. Local bike shops may be happy to volunteer to come to your site to teach a bike safety lesson to the children. Find a bike shop in your area by visiting: www.yellowpages.com then typing in bike shops and your location.

Science Activities

Utilize our volunteer network to engage in these science experiments with children:

- Collect insects
- Pop bottle eruption
- Create a nature table
- Backyard volcano
- Plant your socks
- Perform an experiment, and then have the volunteer explain how and why it worked!

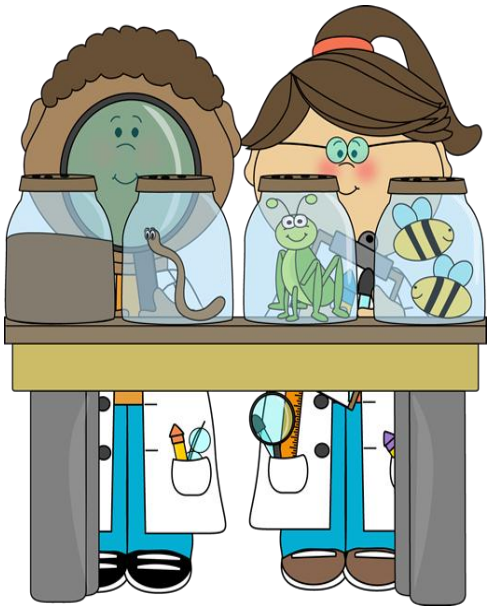
Excellent Websites

This website has just about every science experiment and game you can think of. From making baking soda bubbles to making a newspaper chair; this website has it all.

http://tinyurl.com/zoomsci

Find lots of interesting science experiments and projects on this site from National Geographic.

http://tinyurl.com/natlgeokids



Community Resources

Find a museum in your area

Kids often learn by seeing and doing. This is why museums are perfect to take kids to so that they can see history, see science, and sometimes even manipulate science. Visit www.yellowpages.com and type in museums and your location to find museums in your area. Take a tour of the museum with the kids, or invite a museum representative to come to your site to give a "show and tell" about dinosaurs, art, science, animals, whatever the museum's focus is.

Music

Utilize our volunteer network to help orchestrate music activities within your SFSP:

- Karaoke
- Musical chairs
- Make international music instruments
- Find a band to come sing to the children while they dance

Excellent Websites

Music is a great way for kids to express themselves in an original way. Music activities stimulate creativity and artistic ability. On this website, you can see ways in which children in your SFSP can play with music.

http://tinyurl.com/tlchowstuffworks

Make your own musical instrument

These 3 websites show you how to make musical instruments such as a didgeridoo made out of toilet rolls and craft paper!

http://tinyurl.com/didgeridoodltk

http://tinyurl.com/dltknoise

http://tinyurl.com/mcandrum

Theatre and Drama

Utilize our volunteer network to find people to help with these theatre and drama ideas within your SFSP:

- Put on a play or skit
- Puppet shows
- Improvisation
- Charades
- Watch plays

Excellent Websites

Theatre and drama are fun outlets that children can use to express themselves in a way that other activities don't allow for. Our goal for incorporating theatre and drama into your SFSP is that all children can feel like they can participate in something that suits their interests.

Teach theatre and drama through various skits, pantomiming, mirroring, and lots more by visiting these websites to get tons of ideas that will jumpstart your creativity.

http://tinyurl.com/dramaforkids

http://tinyurl.com/activedrama

http://tinyurl.com/familytheatre

http://tinyurl.com/tlcdramakids

http://tinyurl.com/zoomdrama

Special Events, Trips, and Parties

Beyond arts, crafts, active games, drama, music, science, and language arts it is also important to incorporate some extra fun activities that really take the children at your SFSP to new places, and gives them experience seeing things they may have never seen or done before.

Here are a few ideas of fun activities that you can incorporate into your SFSP activities calendar:

- Theme days/weeks
- Celebrate national holidays (i.e. iced tea month, smile month, soul food month, picnic month, nectarine month, blueberry month, etc.)
- BBQ Fridays
- Nutrition lessons and activities
- Cooking classes
- Visits from sports players dressed in uniform
- Visit from motorcyclists with motorcycles
- Visits from fire departments for safety demonstrations
- Make and fly kites
- How to start your own seed garden
- Visit the local farmer's market
- Learn to knit
- Local farmer brings baby animals (i.e. chicks, rabbits, lamb)
- Local farmer brings adult dairy cows and dairy goats for kids to try milking
- Field trips (i.e. national forests, nature hikes, dams, golfing, geo-cashing, swimming lessons, carnivals, museums, libraries, drama/theatrical performances, bowling, courthouse, Native American teepees tours, etc. **See the activity calendars on pages 15-16 that have some of these ideas incorporated.**

See the next page for information on how to find funding.

Funding

Field Trips

Many local organizations would be happy to provide your SFSP with the necessary resources to take children on field trips for little to no cost.

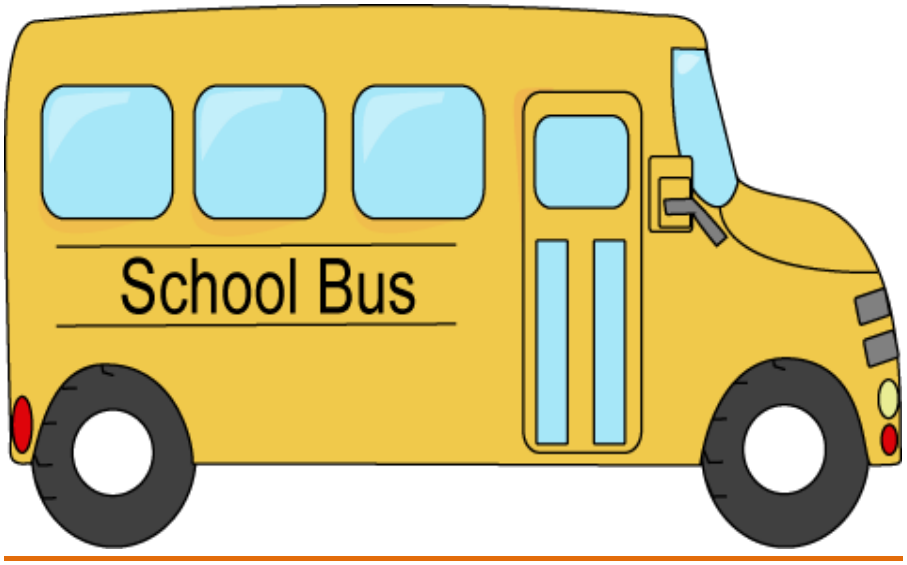
However, additional funding is often needed to operate field trips and tours. Since field trips are often a very exciting treat for children during the summer, we encourage you to seek various funding options that are available to SFSP sites.

Visit www.grants.gov to find and apply for federal grants.

Activities

Incorporating activities into your programming can sometimes be expensive. Grants and contributions are often available for SFSP's who are interested in offering more programming throughout the day.

To find more information about Montana funding options, grants, fundraising ideas and charitable contributions, contact OPI School Nutrition Programs at (406) 444-2501.



Community and State-wide Resources

In order to plan special events, trips, and parties, you might need to establish a relationship with organizations in your area and/or statewide to help with funding, donations and organization.

Many organizations are eager to volunteer time and/or money to help your SFSP become as successful as possible.

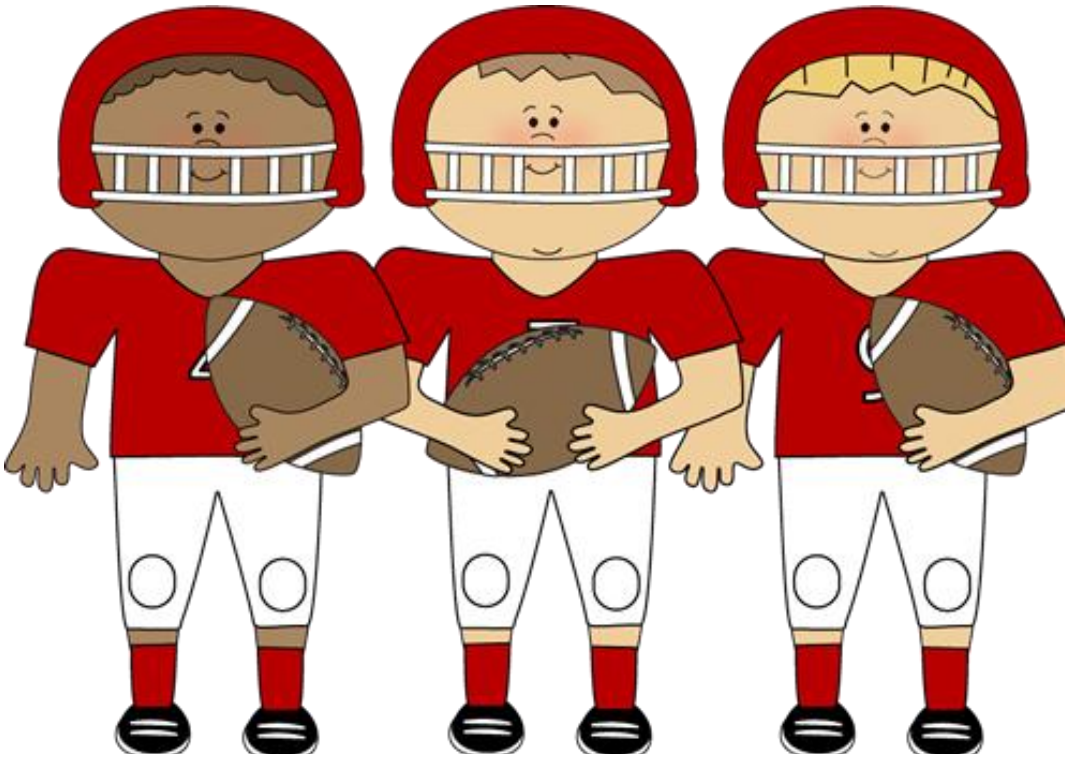
Here are a few recommendations for organizations you can partner with, and some ideas on how they can help your SFSP activity program.

Contact these organizations by visiting www.yellowpages.com and typing in the organization's name and your zip code.

Possible partners:

- Museums
  - Lessons, tours, free family passes, museum tours
- Art studios
  - Site visits, painting pottery, teaching art lessons, inexpensive arts/craft supplies
- Dance studios
  - Site visits, dance classes, tours at the studios, and free clinics
- Bike shops
  - Site visits to teach bike safety, tours
- Farms
  - Farm tours, farmers bring baby animals to sites, have farmers come talk with children
- Libraries
  - Outreach for special summer programs, library staff come talk with children, read books and play games, invite the children to the library summer programs, and provide books
- Gardens
  - Site visits to help the children start their own garden (in a bucket, or in the ground), gardening workshops, garden work parties, tours of community gardens in the area
- Girl and Boy Scouts

    - Site visits, sign-ups, science/art projects from troop leaders
- Fire Departments
    - Site visits including: "Smokey the Bear" and "Sparky the Dog" appearances, fire and life safety courses, cooking safety, gun safety, water safety, bike safety, home fire escape safety, and fire truck visits
- Extension Offices
    - Site visits to help with miscellaneous projects such as gardening
- Local restaurants
    - Site visits to teach children how to cook healthy meals
- Montana Supplemental Nutrition Assistance Education Program (SNAP-Ed) and the Expanded Food and Nutrition Education Program (EFNEP)
    - Site visits to teach nutrition education and how to prepare healthy meals
- Sports teams in Montana
    - Mascot days, free tickets, visits from the players, free clinics at your SFSP



Giveaways

Sometimes having additional incentives to give to the children and families attending your SFSP add that extra bit of excitement and may encourage more families to bring their children to the SFSP.

Establish relationships with community and state-wide partners to help you fund these giveaways for little or no cost.

Some giveaways to consider supplying to the children at your site:

- Movie tickets
- Theatre tickets
- Sports tickets
- Swim passes
- Local gym/activity center passes
- Local restaurant coupons
- Household goods for parents
- Books
- School Supplies
- Award ribbons
- Stickers
- Beach bags
- Flip flops
- Fun hats
- Bike decals or items to decorate a bike
- Toys
  - Hula Hoops
  - Frisbees
  - Jump ropes
  - Bouncy balls
  - Sunglasses
  - Plastic jewelry
  - Puzzles
  - Card games
  - Sidewalk chalk
  - Face paint
  - Crayons
  - Coloring Kits
  - Kites

You can choose to follow the activity calendar, or modify it as you wish. We encourage sites and sponsors to use the activity calendar in any capacity as you see fit. Get creative and use the resources from our guide to find other unique activities that you think may suit your site the best! However you decide to use the calendar, we hope that it helps serve as a template for your Summer Meals Site's Programming.

Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fun in the Sun	**Craft day** **Making**: Tie Dyed Socks Pen pal day! $	**Physical activity day** **Playing:** Making marble butter $	**Education lesson day** **Learning About:** How the sun works FREE	**Trip/tour day** **Tour/trip to:** Local Museum ★	**Other activity day** **Doing:** BBQ to Kick off the Summer FREE	Estimated weekly cost: Under $50
Gardening week	**Craft day** **Making**: Bird Feeder $	**Physical activity day** **Playing**: 3 Phases Tag game Plant your socks $	**Education lesson day** **Learning About**: How to plant your own garden using a bucket FREE	**Trip/tour day** **Tour/trip to**: Local nursery ★	**Other activity day** **Doing**: Create a crystal garden $	Estimated weekly cost: Under $60
Get Moving Week!	**Craft day** **Making**: Make and fly kites Pen-pal day! $	**Physical activity day** **Playing**: Choice of: soccer, Frisbee, baseball, or kickball FREE	**Education lesson day** **Learning About**: Exercise fitness challenge obstacle course $	**Trip/tour day** **Tour/trip to**: Local dance studio ★	**Other activity day** **Doing**: Visit from sports players in uniform FREE	Estimated weekly cost: Under $20
Water week!	**Craft day** **Making:** Make a sailboat $	**Physical activity day** **Playing:** Avoid the Octopus FREE	**Education lesson day** **Learning About:** Water safety FREE	**Trip/tour day** **Tour/trip to**: Swimming lessons ★	**Other activity day** **Doing:** Lots of water games and sailboat contest $	Estimated weekly cost: Under $30
		Activity Cost Key $- Less than $10 $- Less than $20 $- Less than $30 ★-Field trip cost FREE *Each estimate is based on 30 kids				

Activity Calendar

Activity Cost Key
$- Less than $10
$- Less than $20
$- Less than $30
★ -Field Trip Cost
FREE
***Each estimate is based on 30 kids**

Eat healthy, live healthy	**Craft day** **Making:** A fruit mobile Penpal day! $	**Physical Activity day** **Playing:** Wheelbarrow trivia FREE	**Education Lesson day** **Learning about:** Cooking classes $	**Trip/tour day** **Trip/tour to:** Farmer's market ★	**Other Activity Day** **Doing:** Language arts activity - write a poem about your favorite foods. FREE	Weekly estimated cost: Under $30
Animals week Barnyard Palooza	**Craft day** **Making:** Animal Mask $	**Physical Activity Day** **Playing:** Line-dancing hoe-down $	**Education Lesson day** **Learning about:** How to milk cows and goats FREE	**Trip/tour day** **Trip/tour to:** A farm ★	**Other Activity Day** **Doing:** Farm animal charades and hunt for the barn animal. FREE	Weekly estimated cost: Under $20
Goin' Green	**Craft day** **Making:** Paper Mache globe Pen pal day! $	**Physical Activity Day** **Playing:** Red rover, Red rover 3 R's version. Reduce, Reuse, Recycle FREE	**Education Lesson day** **Learning about:** Recycling 101 $	**Trip/tour day** **Trip/tour to:** A park to clean and then play ★	**Other Activity Day** **Doing:** Planting trees $	Weekly estimated cost: Under $70
Adventure/Pirate Week	**Craft day** **Making:** Pirate hats and jeweled necklaces $	**Physical Activity Day** **Playing:** Capture the black pearl FREE	**Education Lesson day** **Learning about:** Wild animal safety FREE	**Other Activity Day** **Doing:** Geo-caching $	**Trip/ tour day** **Trip to:** Take a nature hike somewhere close to your site. FREE	Weekly estimated cost: Under $50
Ready to Read Week	**Craft day** **Making:** Story Sack Pen Pal day! $	**Physical Activity Day** **Playing:** Role-playing from a special book FREE	**Education Lesson day** **Learning about:** Volunteers read to students and hand out books FREE	**Trip/Tour day** **Trip/tour to:** Local library ★	**Other Activity Day** **Doing:** Launch "Ready to Read" week acitivty (2 week competition) FREE	Weekly estimated cost: Under $30

Activity Instructions

Located here are instructions and handouts needed to complete each activity. Some additional materials may be required. These summaries are designed to help you plan your activity to its fullest.

The estimated prices are based off a group of 30 students.

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PEN PAL PROJECT

Summary:

Pen-pals are such an exciting relationship for children. Not only do pen-pals create friendships and give the children something to look forward to every week, pen-pals also help children work on writing and communication skills.

Materials Needed:

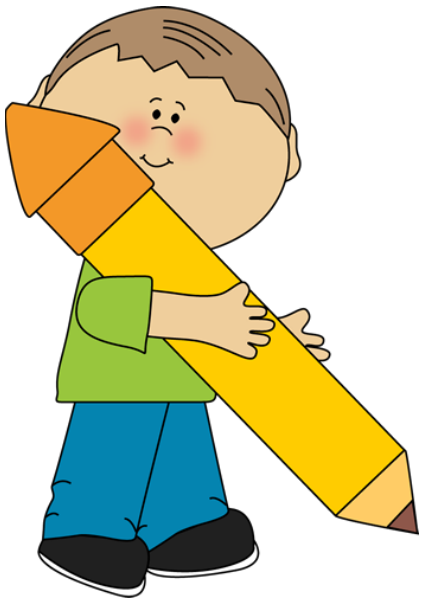
- Paper
- Pens
- Stamps
- Large envelopes

Activity:

1. Connect with another SFSP within your state. Ask if they would like to exchange names of kids and start a pen-pal project. Look for site/sponsor contact information by visiting the Montana SFSP locator on the Montana Food Bank Network website.
2. Write up a short description of each child who would like to participate for the partnering SFSP. Include name, age, and hobbies. Send these descriptions to your partnering SFSP.
3. Assign each child a pen-pal. Give the children all a designated amount of time to write letters to their pen-pal. Designate a day (i.e. every other Monday) that kids can expect to get a letter from their pen-pal and have a chance to write back.
4. Collect letters, put them all in one envelope, and send to the contact at your partnering SFSP.

Cost Estimate:

Under $20



Source: Sheava, J. (2013, April 2). Montana No Kid Hungry AmeriCorps VISTA.

TIE DYED SOCKS

Summary:

Tie Dyed socks are fun to make and fun to wear!

Materials needed:

- Fabric dye
- Disposable pan of warm water
- Plastic spoon (dye can stain, so be sure everything you use is disposable)
- White cotton socks that have already been washed and then soaked in water and wrung out.
- Thick rubber bands, newspaper, rubber gloves

Activity:

1. Cover the table you're working on with newspaper and dissolve the dye packet in warm water according to the directions on the package.

2. Now for the tie dying: To make stripes, wrap several rubber bands very tightly around the sock. If you want to make a matching pair, wrap both socks together. To make circles, pinch a section of the sock and wrap a rubber band around it tightly.

3. Put on your rubber gloves. Then, put your socks into the dye. Leave the socks in the dye for about a minute. To make your socks different colors, dunk one section into the dye at a time. Bring the socks to the kitchen sink and rinse them under running cold water. Put the socks on newspaper to dry.

4. Once they are dry, take off the rubber bands. Make sure that you wash your tie dyed socks separately from the rest of your clothes the first few times you wash them, just in case the dye runs a little bit.

5. You can also tie dye lots of other things using these techniques. Try dying t-shirts, pillow cases and napkins. Have fun!

Staff Requirements:

- Buy socks and bring home to wash, soak, and wring out.
- Prepare the tables with newspaper and dissolve the dye in warm water.
- Assist the kids as they are tie dying, and dry the socks in a warm area.

Cost Estimate:

Less than $30

Source: *Tie-Dyed Socks*. (n.d.). Retrieved April 2, 2013, from Pbskids: http://pbskids.org/zoom/activities/do/tiedyedsocks.html

MAKE MARBLE BUTTER

Summary:

Looking for ways to fulfill your students' natural curiosity? Show them this activity and teach them how to make butter!

Materials needed per kid:

- $\frac{1}{2}$ pint of heavy cream
- 1 clean pint jar or other similarly-sized container with a tight cover or lid, preferably plastic
- 1 clean marble

Activity:

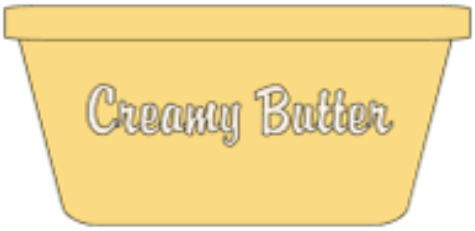
1. Take the jar and place the marble inside.
2. Pour the cream into the jar and screw the cover on tightly.
3. Have the children shake the jar. A figure-eight motion seems to work best, but let your kids go wild (not so much, if the jar is glass). If you have a plastic container with a tight lid, you can even roll it back and forth.
4. Listen for the marble bouncing up and down.
5. After the marble can't be heard anymore, you'll know the cream is thickening. Keep shaking, and you will soon start to see the glob of butter form.
6. Find and remove the marble.
7. Place the butter into a container of your choice to store or use.
8. Allow the students to take their jar and marble home to make butter!

Staff requirements:

- Bring in plastic and glass jars for use by the students.
- Assist as needed.

Cost Estimate:

Less than $20



Source: Roth, A. (2013, April 2). Gallatin Valley Farm to School Coordinator. (J. Sheava, Interviewer)

HOW THE SUN WORKS

Summary:

Kids will learn why the sun is so important for everyone; even when you can't see the sun, it's still there! Kids will learn the difference between how the moon and sun work.

Educational lesson:

Invite a volunteer staff member from a local museum, community center, library, etc. to come talk with the kids at your SFSP about the intricate details about the sun.

Volunteer Network:

Use our volunteer network to look for volunteers in your area who would be interested in visiting your site.

Cost Estimate:

No cost

BIRD FEEDER

Summary:

A fun to make bird feeder that you can use over and over again.

Materials needed:

- Empty milk carton
- String
- Birdseed

Activity:

1. First, punch a hole in the top of the milk carton and put a string through the hole.
2. Cut the milk carton starting 5 1/2 inches up from the bottom.
3. Start in the middle of one side and cut all the way around to the middle of the opposite side.
4. Then go back to where you started, and cut down about 3 inches and then back around to the opposite side, and up until you meet the other cut. This will be a doorway.
5. Then fill the carton with bird seed until it reaches the hole you cut in the sides.
6. Using the string, hang the carton on a tree branch or something else outside.

Staff Requirements:

- Assist in the cutting of the milk cartons- this can get tricky and sometimes dangerous.
- Assist with filling the cartons with bird seed as needed.
- Assist in hanging the bird feeder to a tree, or explaining to the kids how they can hang their bird feeder to a tree at home.

Cost Estimate:

- Less than $20

Source: *Bird Feeder*. (n.d.). Retrieved April 2, 2013, from Pbs kids: http://pbskids.org/zoom/activities/sci/birdfeeder.html

3 PHASE FLOWERS TAG GAME

Summary:

This tag game is fun, and will teach the kids at your SFSP about the life-cycle of a flower!

Materials needed:

- None

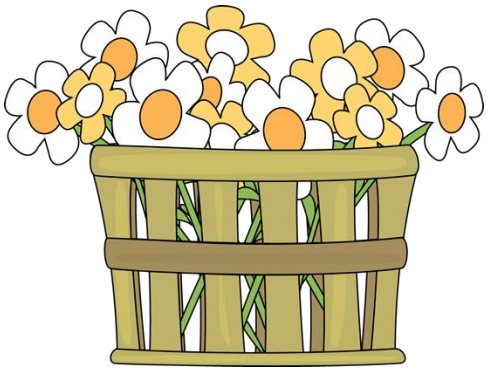
Activity:

- The game starts by 1 child being named the sun (water, fertilizer, etc. anything that helps plants grow). The sun is "it."
- The sun runs around and tags children.
- As the children are tagged they have to freeze and turn into a seed. This means, the child gets down on the ground in a ball to look like a seed.
- When the seed is tagged again, the seed turns into a plant. The child stands up with arms to their side.
- When the plant gets tagged, the plant turns into a flower. The child lifts up their hands to indicate a flower.
- When the flower gets tagged, the child is free to run around and release other frozen children.
- The children who have not yet been tagged by the sun, are the children who put the seeds, plants, and flowers, through a full life-cycle by tagging them over and over again.
- The sun wins if he/she can get all the children through a full life-cycle (all flowers) at the same time.

Staff Requirements:

- Lead the game by giving directions and supervising the children as needed.

Cost Estimate:
No cost



Source: Roth, A. (2013, March 22). Gallatin Valley Farm to School Coordinator. (J. Sheava, Interviewer)

PLANT YOUR SOCKS

Summary:

Planting your socks is exciting and it's a great way to find out what kinds of plants are growing in different biomes!

Materials needed:

- Old socks
- Shoeboxes
- Garbage bags or plastic wrap
- Potting soil
- Scissors

Activity:

1. First, find an old, fuzzy, worn-out sock that will fit over your shoe.
2. Then, wander around outside. You can do this in the city or in the country. You could go to the woods, or a nearby lot that's full of weeds. Walk back and forth through an area where plants are growing.
3. Take the sock off and examine the kinds of seeds that are stuck to the sock.
4. Now, to plant your sock. Line a shoebox with a garbage bag or plastic wrap.
5. Fill the shoebox with potting soil.
6. Cut a slit down the side of your sock.
7. Then flatten your sock and plant it with the seeds pointing up. Cover it with a thin layer of soil and then water it.
8. In a week or so, the seeds should begin to sprout.
9. This is really fun to do with your friends in different environments because you get something different every time.

Staff requirements:

- Facilitate the conversation with the students after they have walked around with their socks. What kinds of seeds are stuck to your socks?
- Assist with planting of socks as needed.

Cost Estimate:

Less than $20

Source: Joshua. (n.d.). *Sock Seeds*. Retrieved April 2, 2013, from Pbs kids: http://pbskids.org/zoom/activities/sci/sockseeds.html

BUCKET GARDENING

Educational lesson:

Invite a local gardener, Farm to School employee, parent, etc. to come plant a bucket garden with the children at your SFSP.

This time will be fun, hands on, but most importantly will teach the children great lessons about how to care for their seeds, and how produce is good for their bodies.

Volunteer Network:

Use our volunteer network to look for volunteers in your area who would be interested in visiting your site for this project.

Materials Needed:

- Bucket big enough to plant seeds in
- Seeds
- Soil
- Water
- Optional: trowels and other garden tools

Cost Estimate:

Less than $30.

Source: Roth, A. (2013, March 22). Gallatin Valley Farm to School Coordinator. (J. Sheava, Interviewer)

CREATE A CRYSTAL GARDEN

Summary:

This science experiment was used during the Great Depression by kids because it was an inexpensive way to make a garden! Although it is not really a natural garden, this activity is going to keep the kids at your SFSP excited to come back and see what the crystal garden looks like tomorrow!

Materials needed:

- Chunks of coal, brick, flower pot pieces or pieces of unglazed porcelain
- Old shallow bowls about six inches wide
- Mixing bowl
- Non- iodized salt
- Liquid bluing (combination of table salt, charcoal and ammonia. You can find this in the laundry section at your local grocery store.)
- Water
- Ammonia

Activity:

1. Remember to be careful when working with any broken objects and when pouring ammonia. Have an adult supervise this project. Break coal, brick, clay flower pots or unglazed porcelain into chunks the size of walnuts. (Have staff do this before the children arrive)
2. Place several in an old dish, clustering them near the center. (Don't overcrowd the dish.) For each dish, mix four tablespoons of non-iodized salt, four tablespoons of liquid bluing, four tablespoons of water and one tablespoon of household ammonia.
3. Pour the mixture very slowly over the broken pieces in your dish. Drip food coloring on the pieces sticking up out of the solution. Set the bowl aside in a place it won't be disturbed. In a few hours you should see crystals "growing" in your garden.
4. To make crystal blossoms: Make a larger batch of the solution given above but leave out the ammonia. Make enough to completely cover the broken pieces in the dish (keep the pile low, under the rim of the dish.)
5. Add more solution every day or two to keep the same liquid level. After two weeks stop adding solution and allow the liquid to evaporate completely. Beautiful blossom shapes will form.

Staff Requirements:

- Assist in the breaking of coal, brick, clay, or unglazed porcelain flowerpots before the children arrive.
- Assist with mixing the salt, liquid bluing, water, and ammonia.
- Assist as needed.
- Someone will need to take the crystal garden home with them, and then bring it back to let the kids check on it daily or bi-daily.

Cost Estimate:

Less than $20 for all the ingredients to make 1 crystal garden.

Source: Editors of Publications International, L. (n.d.). *Rock and Mineral Activities for Kids*. Retrieved April 2, 2013, from TLC. How Stuff Works: http://tlc.howstuffworks.com/family/rock-and-mineral-activities-for-kids5.htm

BROWN BAG KITE

Summary:
This project is perfect for kids because they get to design their kite, create it, and then fly it. It also gives children something to take home and fly at home.

Materials needed:

- Large brown paper grocery bag
- Strong string
- Scissors
- Hole punch
- A number of paper ring reinforcement (the kind you use on paper in binders -- from any office supply. You could also substitute masking tape).
- School glue or paste
- Paint (tempera, acrylic -- whatever you have)
- Crayons, markers, pencil crayons
- Paper streamers or crepe paper that you can cut into strips
- A few found objects (bits of paper, glitter, buttons -- nothing too heavy)

Activity:

1. Begin by taking the hole-punch and making four (4) holes in the top of the paper bag - one in each of the corners. Add paper ring reinforcements to the holes, or put a small piece of masking tape over the hole and poke through with a pencil. This will ensure that your holes don't tear through.
2. Next, cut two (2) lengths of string about 30" each.
3. Tie each end of the strings through a hole in the bag. The goal is to create two loops.
4. Next, cut another piece of string -- again around 30". Loop this new piece of string through the two loops you created and tie in a knot. This piece of string will become the handle of your kite.
5. You are now ready to decorate the paper bag kite using paint, markers or whatever else you desire. You can paint designs on the kite or turn the kite into a fish by adding eyes, gills and fins. You can glue different items to the kite but be sure not to load the kite down with heavy items -- or it will have a hard time staying up in the air.
6. Use paper streamers as kite tails and glue them to the bottom of the paper bag. You can make your own streamers by cutting crepe paper into strips. Another nifty streamer idea is to take plastic bags and cut them into strips.
7. Once the glue and paint is dry, the kite can fly. Hold on tightly to the string handle and run so that the wind catches the kite. When the bag fills with air it will float and flutter behind you.
8. As a variation, you can add a longer handle string to the kite so it will fly higher in the air.

Staff requirements:

- One staff member needed to advise the children on how to construct the kite. Another staff member helping the children.

Cost Estimate:
Under $10

Source: Mulder-Slater, A. (n.d.). *Brown Bag Kites*. Retrieved April 2, 2013, from Kinder Art: http://www.kinderart.com/crafts/bagkite.shtml

EXERCISE FITNESS CHALLENGE-OBSTACLE COURSE

Summary:

Create your own obstacle course.

This game is for 4 or more players and should be played outside or in an open area.

Materials needed:

- Eggs
- Stools or chairs
- Rope
- balloons

Activity:

- First you have to set up an obstacle course. Be creative with your course.
- Split into two even teams and on the word "go," start the race.
- When players get back to their teams, they tag the next person in line.
- The first team to complete the course first wins.
    - EXAMPLE: The children can roll an egg with their nose, put the egg in a bucket, and then run backwards until they get to a pair of stools that have a rope tied between them. They then shimmy under the rope on their stomachs and then put a balloon between their legs. Then, with the balloon between their legs, they run back to the starting line.

Staff requirements:

- One staff member to show how to go through the course, and then monitor the children.

Cost Estimate:
Under $10

Source: Kaiser, D. (2013, April 2). Montana Dietitic Intern.

MAKE A SAILBOAT

Summary:
Kids have fun designing their own sailboat to compete against others in a race later on in the week!

Materials needed:

- A wide plastic lid (like the lid from a margarine tub)
- A drinking straw
- Construction paper
- Kids' scissors
- A hole punch
- Crayons, markers, and/or stickers
- A small wad of play dough

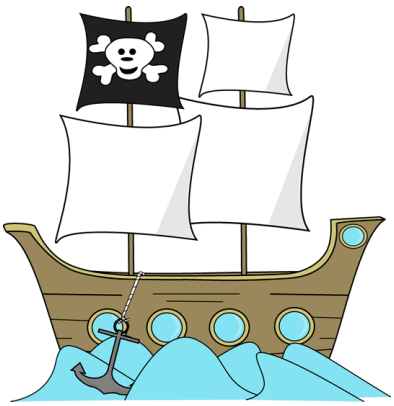
Activity:

1. Cut a triangle from a piece of construction paper - this will be your sail. Decorate the sail with crayons, markers, and/or stickers.
2. Punch three holes along one side of the triangle.
3. Weave a drinking straw (the boat's mast) through the holes.
4. Put a small wad of molding clay on the inside of the lid. Push the end of the drinking straw into the clay. You now have a toy sailboat that can float in water!

Staff requirements:

- One staff member advising the children on how to construct the sailboat.
- Another staff member helping the children.

Cost Estimate:
Under $10



Source: *Simple Sailboat Craft*. (n.d.). Retrieved April 2, 2013, from Enchanted Learning: http://www.enchantedlearning.com/crafts/boats/lid/

AVOID THE OCTOPUS

Summary:

This fun game will allow the children at your SFSP to let loose and get some exercise.

How to play:

- Don't let the hungry octopus get you.
- First, pick one person to be the octopus. Then, draw two lines that are at least 20 feet apart.
- The other players, the fish, then line up on either line.
- When the octopus shouts "hungry," everyone tries to cross to the other side while the octopus tries to tag them.
- When a fish is tagged, he becomes a tentacle and has to hold hands with the octopus, working with him to try to tag the other fish.
- The last fish left wins!

Materials Needed:

- Tape, chalk, or other writing utensil to draw the lines.

Staff Requirements:

- Lead the game by choosing one person to be the octopus, explain the game, and supervise.

Cost Estimate:

None

Source: Tanya. (n.d.). *Avoid the Octopus*. Retrieved April 2, 2013, from Pbs kids: http://pbskids.org/zoom/activities/games/avoidtheoctopus.html

WATER SAFETY EDUCATIONAL LESSON

Summary:
Utilize our volunteer network to find someone who would be happy to teach water safety at your SFSP. Use the information below as a starting point for information that your volunteer may want to present to the students.

Some material:

Buddy up! Always swim with a partner, every time — whether you're swimming in a backyard pool or in a lake. Even experienced swimmers can become tired or get muscle cramps, which might make it difficult to get out of the water. When people swim together, they can help each other or go for help in case of an emergency.

Know your limits. If you're not a good swimmer or you're just learning to swim, don't go in water that's so deep you can't touch the bottom and don't try to keep up with skilled swimmers.
If you are a good swimmer and have had lessons, keep an eye on friends who aren't as comfortable or as skilled as you are. If it seems like they (or you) are getting tired or a little uneasy, suggest that you take a break from swimming for a while.

Swim in safe areas only. It's a good idea to swim only in places that are supervised by a lifeguard.
Swimming in an open body of water (like a river, lake, or ocean) is different from swimming in a pool. You need more energy to handle the currents and other changing conditions in the open water.

Be careful about diving. Diving injuries can cause permanent spinal cord damage, paralysis, and sometimes even death. Protect yourself by only diving in areas that are known to be safe, such as the deep end of a supervised pool.
If an area is posted with "No Diving" or "No Swimming" signs, pay attention to them. A "No Diving" sign means the water isn't safe for a head-first entry. Even if you plan to jump in feet first, check the water's depth before you leap to make sure there are no hidden rocks or other hazards. Lakes or rivers can be cloudy and hazards may be hard to see.

Watch the sun. Sun reflecting off the water or off sand can intensify the burning rays. You might not feel sunburned when the water feels cool and refreshing, but the pain will catch up with you later — so remember to reapply sunscreen frequently and cover up much of the time. Don't forget your hat, UV protection sunglasses, and protective clothing.

Drink plenty of fluids. It's easy to get dehydrated in the sun, particularly if you're active and sweating. Keep up with fluids — particularly water — to prevent dehydration. Dizziness, feeling lightheaded, or nausea can be signs of dehydration and overheating.

Getting too cool. Staying in very cool water for long periods can lower your body temperature. Your body temperature drops far more quickly in water than it does on land. And if you're swimming, you're using energy and losing body heat even faster than if you were keeping still. Monitor yourself when swimming in cold water and stay close to shore. If you feel your body start to shiver or your muscles cramp up, get out of the water quickly; it doesn't take long for hypothermia to set in.

Listen At the Water Park. Take a moment to read warnings and other signs. Each area in the water park can have different depths of water, so make sure you pay attention.

Source: *Water Safety*. (n.d.). Retrieved April 2, 2013, from Kids Health: http://kidshealth.org/teen/safety/safebasics/water_safety.html

WATER GAMES- Choose as many or as few as you'd like

WATER GUN TAG

Summary:
This clever twist on a classic is pretty self-explanatory: Have everyone don bathing suits and play tag. Whoever is "It" gets the water gun and tries to tag the other players with a cold squirt!

Materials needed:
- Plastic water guns

Staff requirements:
- One staff member to supervise and delegate boundaries and rules.

Cost Estimate:
Under $20

WATER BASKETBALL (SPLASHKETBALL)

Materials needed:
- Basketball hoop suitable for the poolside
- Aquatic basketball

Activity:

If you have enough players, form two teams. The goal is to shoot the ball into the hoop. For every shot, the team scores 1 point. If you make a clean shot without passing to another player first, you score 2 points. You can either give the game a time limit or play to a certain number of points. You can use just one basketball hoop if you don't want to buy or make another. If you're up for it and want to spend the money, get two nets and place them at opposite ends of the pool for a more realistic game.

For a real challenge, put the hoop in the deep end; you'll laugh forever as you watch players try to shoot a hoop as they disappear underwater.

Staff requirements:
- One "referee".

Cost:
- Under $30

WATER VOLLEYBALL

Materials needed:

- Water Volleyball net (If you don't want to invest in the net, you can play without one. You can use a pool divider to mark the teams' sides or a piece of rope that you can run across the pool. Just make sure that the players hit the ball high enough—as though they were playing a regular Volleyball game.)
- Water Volleyball

Activity:

Have both teams form two lines on each side of the pool—try not to put one side in the deep end! You'll need enough shallow end for both teams. If you don't have that many people, just stagger the players on their respective sides, so that the team is covering enough pool space to hit the ball. The person in the back row on the right serves the ball. It must go over the rope and onto the opposition's side of the pool. The ball should be volleyed back and forth until one team misses. Only the serving team can score. You cannot volley the ball within your own team more than three times, and no player may hit the ball more than once consecutively. Give the game a time limit or play to a certain number of points.

Staff requirements:

- One "referee"

Cost Estimate:

Under $30

Source: *Water Games*. (n.d.). Retrieved April 2, 2013, from Family Education: http://fun.familyeducation.com/games/outdoor-games/45761.html?detoured=1

FRUIT MOBILE

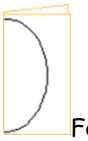
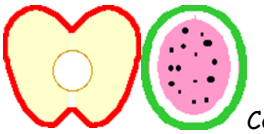
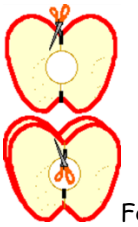
Summary:

These 3-dimensional fruits are made from paper. You can make apples, watermelons, pears, plums, peaches, strawberries, oranges, and other great-looking fruit. They are great to hang in a window (from a curtain rod), from the ceiling, or in a mobile.

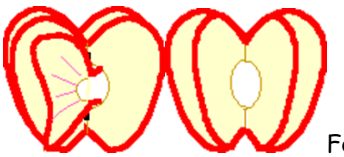
Materials needed:

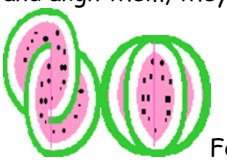
- Construction paper
- Scissors, yarn or string
- Crayons, paint or markers
- Glue (or a stapler)
- To make a mobile: twigs or clothes hanger wire

Activity:

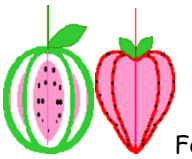
1.  Fold a piece of construction paper in half and draw the outline half of a fruit on it around the fold line. Cut along the line. Using the finished fruit as a template cut two more exactly like it.
2. For cored fruit (like the apple), cut out a semicircle from each piece (when you open the fruit, there will be a circle missing from its center).
3.  Color both the fronts and the backs of the fruits you just cut out to look like a cross-section of the fruit (showing both the inside and the peel of the fruit).
4.  For hollowed-out fruit (like the cored apple), on one piece, cut halfway through the fold line from the core. On the other two pieces, cut halfway through the fold line from the outside.

For solid fruit (like the watermelon), on one piece, cut halfway through the fold line from the bottom. On the other two pieces, cut halfway through the fold line from the top.

5.  For hollowed-out fruit (like the cored apple), insert half of the apple slice that was cut on the outsides into the core of the other two slices. When you straighten out the pieces and align them, they will form one 3-dimensional fruit.

 For solid fruit (like the watermelon), slip the slits inside each other, making one 3-dimensional fruit.

6. For hollowed-out fruit (like the cored apple), cut out a few tiny seeds from dark construction paper. Glue or staple a string to the fruit along a fold line - make sure that the string extends through most of the core. Glue the seeds to the part of the string within the core (gluing two seeds to each other around the string works well).

 For the solid fruit (like the watermelon), glue or staple the end of a length of string or yarn to the top of the fruit.

7. Cut a leaf or two from green construction paper. Glue to the top of the fruit or to the string. You can now hang your beautiful 3-D fruit from the string.

8. To make a fruit mobile, tie twigs or clothes hanger wire together to make the mobile structure. Then hang your fruit from the structure. Hang the entire mobile from another string.

Staff requirements:

- Have one staff member advise the children how to make the fruit mobile and another staff member helping the children.

Cost Estimate:
Under $10

Source: *Enchanted Learning*. (n.d.). Retrieved April 2, 2013, from 3-D Fruit Craft: http://www.enchantedlearning.com/crafts/plants/fruit/

WHEELBARROW TRIVIA

Summary:

This fun activity gets the kids moving and learning at the same time. It's the classic wheelbarrow game, with a little nutrition trivia combined.

Materials needed:

None

Activity:

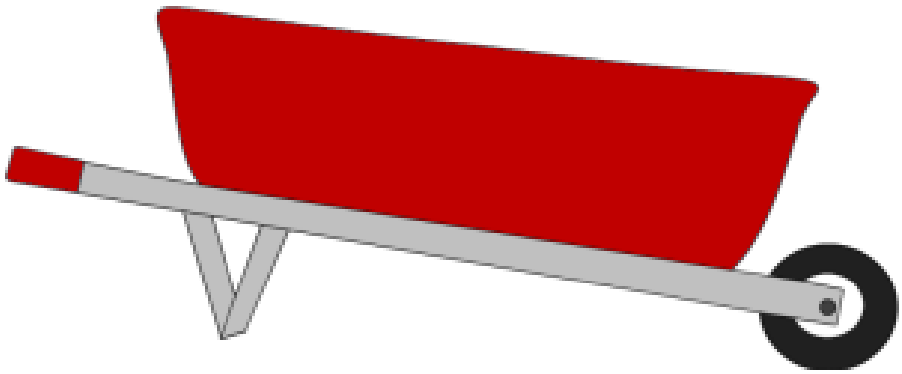
- Have the kids get into pairs.
- Have the kids get into a single file line.
- One by one, pairs wheelbarrow (one child on their arms, while the other child is holding them by their feet) down to the staff/volunteer who will ask them a trivia question related to eating healthy.
- If the pair answers correctly, they get to continue and head to the back of the line. (We recommend you have two games going at once to keep the kids who are out equally as active)
- If the pair answers incorrectly, they are out and they wait until the game is over to play again.

Staff Requirements:

- Prepare the trivia questions in advance and distribute to the volunteers who will asking them to the kids.
- Have another game going at the same time as this game.

Estimated Cost:

None



Source: Roth, A. (2013, March 22). Gallatin Valley Farm to School Coordinator. (J. Sheava, Interviewer)

ANIMAL MASKS

Summary:
Unleash the animal in each of the children at your SFSP by creating animal masks! Kids will love to wear this home and surprise their friends!

Materials needed:

- Paper and a printer (colored card-stock works very well)
- Markers, crayons, or colored pencils
- Scissors
- A stapler
- Elastic - about 1 foot per mask

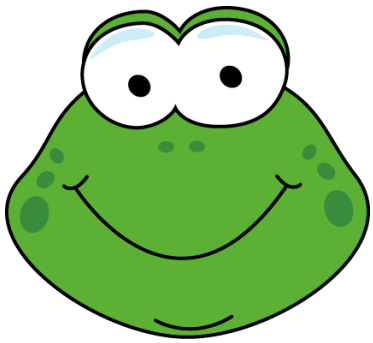
Activity:

1. Print out one of the mask templates from http://www.enchantedlearning.com/crafts/Mask.shtml. Click on the template that you want to print.
   To print a template (and not any other things that might be on the screen), click on the template first, and then choose PRINT from the File menu.
2. Color the mask. Cut it out around the edges, and then cut out the eye-holes.
3. Staple one end of the elastic onto the mask (the places for the staples are marked and are by the eyes). Determine how much elastic it will take to fit on your child's head. Trim to size. Staple the remaining side of the elastic to the other side of the mask.

Staff requirements:

- Have a staff member print off mask templates before the activity.
- Have one staff member demonstrating to the children how to make the masks and another helping the children construct the masks.

Cost Estimate:
Under $10



Source: *Magnificent Masks*. (n.d.). Retrieved April 2, 2013, from Enchanted Learning: http://www.enchantedlearning.com/crafts/Mask.shtml

LINE DANCE HOEDOWN

Summary:

This line dance "Hoedown Throwdown" is done to the song Hoedown Throwdown by Miley Cyrus/Hanna Montana. **Video instructions can be found online at YouTube. Search "*Miley Cyrus Hoedown Throw down line dance instructions*".**

Materials:

- Hoedown Throw down song by Miley Cyrus- look it up on YouTube.

Instructions:

1. Pop It- pop with your left arm and reach as far as you can.
2. Lock It- bend back to your right and also move your arms to the right.
3. Polka dot it- move left and shake your finger to the right as you take a few steps to your left.
4. Countrify then- put your hands at your waist and kick up your right heel then left heel.
5. Hip-Hop it- kick with your right foot with your arms across then bend with your arms on your waist.
6. Hawk in the sky- put your arms out then together and touch your elbows and backhands and make an X once and kick up your foot when your hawk goes into the sky.
7. Side to side- In the same position move side to side with your arms.
8. Jump to the left- scoop your right foot and then turn left, once you landed, make sure your feet are apart.
9. Stick it and glide- put your feet together and glide back and act as it you're pushing yourself away from a wall.
10. Zigzag (touch) - make a line with your right foot and pull that foot behind you and touch your right foot.
11. Across the floor- move right across the floor.
12. Shuffle in diagonal- Let your arms go straight up and down while you move diagonal twice right and twice left.
13. Hit the drum- bang with your left hand and kick with your right foot and do the same with your right hand and left foot and put your hands on your waist.
14. 180 twist- do a pivot until your facing backwards then hop 3 times on your left foot with your hands up when you are in front but them down.
15. Zigzag (touch) - make a line with your right foot and pull that foot behind you and touch your right foot.
16. Lean it left- move your arms back and forth starting with you left arm and lean left.
17. Clap 3 times- lean forward and clap 3 times while you make your way up.
18. Shake it out- turn or shake in circle one time.
19. Throw it all together- put your right arm in front of your body and take a step forward and then pull it away and step back (don't jump).
20. Next you just repeat everything until the song is over.

Staff requirements:

- One staff member to teach the children and another staff member to help the children with the moves.
- Recruit a volunteer to teach a brand new line-dance!

Cost Estimate:
Under $10

Source: *How to Do the Hoedown Throwdown*. (n.d.). Retrieved April 2, 2013, from WikiHow: http://www.wikihow.com/Do-the-Hoedown-Throwdown

FARM ANIMAL CHARADES

Summary:

The classic game of acting and guessing.

Materials needed:

- Paper, pens and pencils

Activity:

- First, players think of names of different animals. They write them down and put them in a hat.
- Then, they take turns picking a name out of the hat and without talking; they act it out for the rest of the players.
- Players then have to try to guess what the person is acting out.

Staff required:

- One staff member will help facilitate the game.

Cost Estimate:
Under $10

Source: Roth, A. (2013, March 22). Gallatin Valley Farm to School Coordinator. (J. Sheava, Interviewer)

BARN YARD HUNT

Summary:
This fun game will have the kids at your SFSP becoming snorting, sniffing, cock-a-doodling barn animals!

Materials needed:

- Objects to collect

Activity:

- Hide 4 different sets of different objects in a play area (field, woods, etc.), such as pennies, nickels, dimes and quarters. Use larger objects for younger children or more difficult terrain.
- Make four teams and assign a team leader to each (or let the group decide). Each team is assigned a barnyard animal and must make that sound. Examples include: pig, chicken, duck, cow, etc. Each group is then assigned one object (ducks get the pennies, etc.).
- Start the game by sending the teams out into the play area to find their object. The players can spread out and look independently, but only the LEADER can pick up the object.
- When someone from the team finds their object, they begin to make their team's sound, until the leader comes over to collect the object. It is usually helpful for players from the same team to make their sound together to ensure that the leader hears them over the other teams.
- The team with the most collected objects at the end of a designated time period wins!

Staff required:

- One staff member will help facilitate the game.

Cost Estimate:
Under $10

Source: *Barn Yard Hunt*. (n.d.). Retrieved April 2, 2013, from Ultimate Camp Resource http://www.ultimatecampresource.com/site/camp-activity/barn-yard-hunt.html

PAPER MACHE GLOBE

Summary:
Make your own globe of the Earth from a balloon covered with newspaper, flour-water glue, and paint. Although this is a messy project that takes days to complete, the results are very nice and teach a tremendous amount about geography.

Materials needed:

- A round balloon
- Lots of newspaper
- Flour and water glue (instructions below)
- A container for mixing the glue (old plastic containers work well)
- A spoon or stick to stir the glue
- Pencil and paint brushes, and a dark marker
- Blue and green tempera paint

Activity:

1. Make simple, thin glue from flour and water. Mix 1 cup of flour into 1 cup of water until the mixture is thin and runny. Stir into 4 cups of boiling water (the heating gives the glue a nice consistency, but is not necessary). Simmer for about 3 minutes, and then cool.
2. Tear a lot of strips of newspaper. Strips should be about 1 inch wide; the length doesn't really matter.
3. Blow up and tie a round balloon for each student.
4. Papier-Mâché: Dip each strip of paper in the flour glue, wipe off excess, and wrap the strip around the balloon. Have at least three layers surrounding the balloon. Let it dry (at least overnight) after each layer. Let the globe dry completely (it may take a few days). When the papier-mâché is dry, the balloon usually pops by itself, and separates from the outer papier-mâché skin.
5. Print out maps of the Earth (or use a commercial globe or maps).
6. If using our printouts, choose color map printouts (Western Hemisphere and Eastern Hemisphere) or black-and-white map printouts (Western Hemisphere and Eastern Hemisphere). Find printouts at http://www.enchantedlearning.com/crafts/globe/
7. Draw the Continents on the Globe:
8. Using a pencil, draw a line around the midsection of the balloon representing the equator, and draw a dot for each of the poles.
9. Draw the continent you live in. To draw each continent, show the student the shape of that continent, how big it is in relation to the globe, and where it is positioned (with respect to the equator, the poles, and the other continents). Using a pencil, draw that continent on the globe. Repeat this process for the other continents.
10. Work on a bed of newspapers; this is pretty messy. Paint the seven continents green with tempera paints.
11. When the continents are done and the paint has dried, use blue paint to represent the oceans, seas, and lakes. Let the paint dry.
12. Using a dark marker, have the student label the major features on the globe and also where the child lives. The student can mark and label the equator, the seven continents, the oceans, the poles, etc. (depending on the student's grade level).

Staff requirements:

- Have one staff member advising the children how to make the globe and another helping the children construct the globe.

Cost Estimate:
Under $30

Source: *Paper-Mache Globe*. (n.d.). Retrieved April 2, 2013, from Enchanted Learning: http://www.enchantedlearning.com/crafts/globe/

Red Rover- Red Rover- 3 R's Version

Reduce, Reuse, Recycle

Summary:

During this activity, kids will get to learn the three basic principles behind how to be environmentally conscious! It's a classic favorite, Red Rover Red Rover, but with a little recycling lesson woven in!

Materials needed:

- Tape for drawing the lines
- Recyclable materials such as: glass jars (recycle), plastic yogurt containers (recycle), Aluminum foil (recycle), Styrofoam (reduce), plastic bags (reuse), Tupperware (reuse), clothes (reuse), junk mail (recycle), newspapers (recycle), plastic bags (reduce), paper towels (reduce), blankets and towels (reuse), paper bags into book covers (reuse), pieces of paper (reuse into a scratch paper pad), packing peanuts (reuse), bubble wrap (reuse), wrapping paper (reuse), ETC.!
- Signs for Reduce, Reuse, Recycle

Activity:

- Divide the team into 2 groups
- Set two parallel lines and have the kid's line up on the line facing each other.
- Number off the kids by giving them a reduce, reuse, or recycle paper.
- Each group links hands.
- One group shouts "Red Rover Red Rover, send [Reduce/Reuse/Recycle] right over." All of the children who have the corresponding paper run to the other side and try to break through the chain at different spots in the chain.
- If they break through, they get to go back to their side, if not they are part of the middle.
- The "middle" run around (outside of the middle) sorting common recyclable materials to reduce, reuse, or recycle.
- The game ends when the middle people sort out all the materials into the correct category.

Cost Estimate:

None

Source: Sheava, J. (2013, April 2). Montana No Kid Hungry AmeriCorps VISTA.

RECYCLING 101 EDUCATIONAL LESSON

Summary:

This is a fun way to teach kids about recycling. Make this lesson interactive and be creative while teaching it. Use a paper chain to help explain the process for recycling.

"When you use a piece of paper, for example, you are using a natural resource from the earth."

Some of our natural resources are plants, animals, decomposers, soil and water. Humans use natural resources all the time, but it is important that they are kept in balance. By reducing and recycling, you are helping to maintain healthy natural resources.

Every item you use is connected to natural resources. **Follow the paper chain and find out how a piece of paper is connected to each natural resource.**

Materials:

- Items used to make lesson interactive

Paper Chain:

1. Most paper comes from trees. To make paper, trees need to be cut down. This destroys habitat and disrupts the balance of the ecosystem. If we use less paper and recycle what we do use, we can limit the disruption to our ecosystems.
2. Many animals live in a forest ecosystem. When trees are cut down to make paper products, animals lose their habitat. It is important to see these connections between natural resources, such as our trees, and the stuff we use every day, such as paper products.
3. Decomposers, which include bugs, mushrooms, worms and bacteria, are nature's recyclers. When a tree dies, decomposers chow down on the dead bark and leaves and turn that old tree into soil, which allows new plants to grow. If trees are cut down and hauled away to make paper, decomposers are left exposed in the hot sun with very little to eat and their population often dies out as a result.
4. Nutrient-rich soil is an important part of any ecosystem because all plants depend on it. When trees are removed to make paper, the soil is exposed to the elements and there are no longer as many roots holding the soil in place. In clear-cut areas, when it rains or the wind blows, nutrient-rich topsoil is washed away. What's left is hard rocky soil, making it hard for new plants to grow.
5. Clean water is one of our most precious natural resources. Harvesting trees for paper production affects water negatively in two ways:
    a. Once trees are removed, there are no roots to hold soil in place. When it rains, the soil flows downhill into streams, lakes, and eventually the ocean, where it sinks to the bottom covering up algae and small plants that fish eat.
    b. Making paper from trees uses a lot of fresh water. After the water is used in the paper-making factory, it is full of toxic chemicals and not safe to go back into the local waterways without being cleaned.

If every person in your county recycled one piece of paper, it would save nearly 3,000 gallons of water. Just think of how much water you are saving by recycling every sheet of paper that you use.

I bet you didn't know how many different living things are being affected just from your use of paper. In an ecosystem, plants, animals, decomposers, soil and water are all connected and one disturbance leads to another and another and another.

People need paper. You can't just stop doing your homework for the rest of your life to save animals in forest habitats (although I'm sure you'd like to). But there are things you can do to have less impact on the environment.

When you do use paper, make sure you are using all of it - front and back. Many people have a scratch paper box where they put paper that has only been used on one side.

Reduce-Reuse-Recycle

After you are done using both sides of your paper, you should recycle it instead of throwing it in the trash. Recycling means that the piece of paper will be made into new paper.

Staff Requirements:

- One staff member to teach the lesson

Estimated Cost:
Under $10

Source: *Recycling 101*. (n.d.). Retrieved April 2, 2013, from Earth 911: http://earth911.com/recycling/

PLANT A TREE

Summary:

Plant a tree, watch it grow and change, sit by it and talk to it, nurture, and love it! This provides a great way to explain to kids the importance of planting something new to benefit all mankind.

Materials Needed:

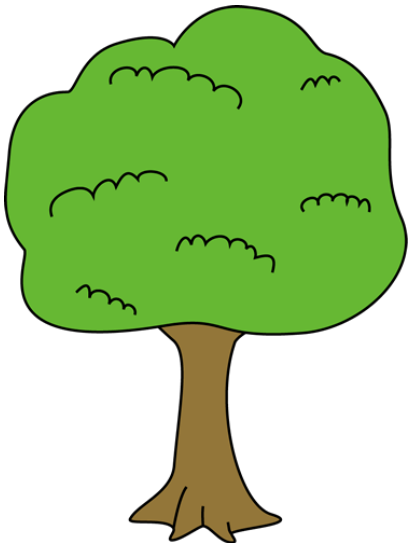
- Tree seedling
- Shovel
- Water
- Wood chips, bark, and leaves

Activity:

1. Dig a hole bigger than the seedling's roots.
2. Pour water into the hole to give your tree an extra drink on its first day.
3. Set the tree in the hole and cover its roots with soil, filling the hole and packing the dirt around it as you go.
4. Put wood chips, bark, and leaves around the base of the tree, but not right next to the trunk. The leaves and bark will break down and provide food for the tree. This is called mulching.
5. Water the tree regularly the first few weeks

Cost Estimate:

Under $30



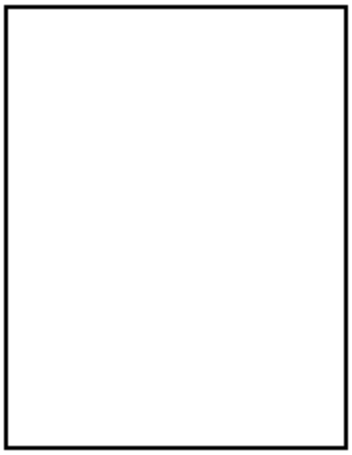
Source: *Plant a Tree*. (n.d.). Retrieved April 2, 2013, from Family Education: http://fun.familyeducation.com/activity/trees/39470.html?detoured=1

PIRATE HATS

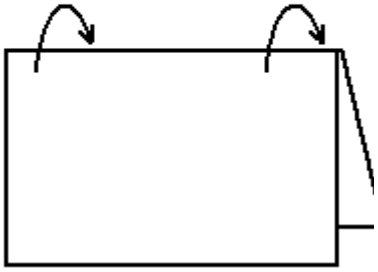
Summary:
Celebrate pirate/adventure week by having the children at your SFSP make costumes and dress up to look like pirates!

Materials needed:
- Paper
- Paint (optional)
- Decoration items for hat (optional)

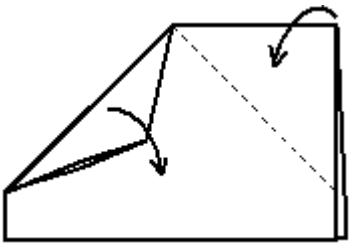
Activity:



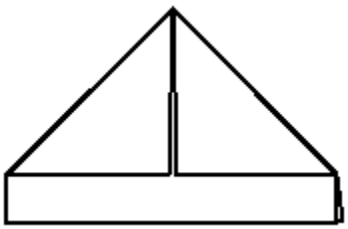
Start with a piece of paper. (A sheet of newspaper makes a nice, big hat!)



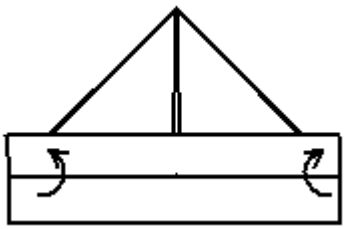
Fold the sheet of paper in half.



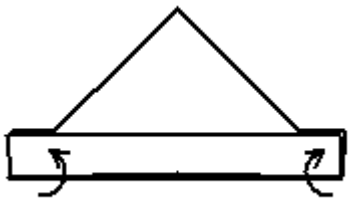
Fold the top corners down towards
the center of the page.



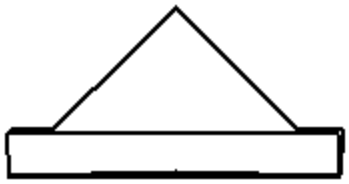
Your paper should look like this.



Lift the front bottom flap and fold
it up.



Flip the paper over, then lift the bottom flap and fold it up.



Your pirate hat is complete!

- You can have the children paint the hat and add pirate stickers or other items for decoration to add creative and individual pirate hats.

Staff requirements:

- Have one staff member advise the children how to make the hat and another staff member help the children construct the hat.

Cost Estimate:

Under $10

Source: *Make Your Own Pirate Hat!* (n.d.). Retrieved April 2, 2013, from Ugga Bugga: http://www.uggabugga.com/Arts%20&%20Crafts/Origami/Origami%20-%20Hat%20Instructions.htm

JEWELED NECKLACES

Summary:

Have the kids build their own necklaces.

Materials:

- String, yarn, or wire
- Anything to decorate the necklaces with
- Scissors

Activity:

1. Have the children cut a long enough piece of yarn, string, or wire to be able to fit around their heads.
2. Let the children choose what they would like to put on their necklace. This can be plastic jewels, macaroni, beads, etc.
3. Have the children create their necklaces then help them tie the ends of the string together.

Staff Requirements:

- One staff member to help the children construct their necklaces.

Cost Estimate:

Under $10

Source: Kaiser, D. (2013, April 2). Montana Dietitic Intern.

CAPTURE THE BLACK PEARL

Summary:

This is a game that can be done in your living room, backyard, or any other area that you would prefer.

Materials needed:

- Pirate ship or picture of a pirate ship
- 2 blindfolds

Activity:

1. Cut out a picture of a pirate ship or buy a toy ship and set it in the center of the area you decided to play in.
2. Divide all of the kids that are playing into two or more teams (try to keep at a minimum level). Each team chooses a pirate that will be competing. Each team's pirate is blindfolded then spun around.
3. The team members that aren't blindfolded direct their pirate by saying left or right.
4. When the pirate's team members say left or rights he/she pivots left or right and takes two steps forward.
5. This continues until one of the pirates is in front of the Black Pearl at which the pirate's team tells him/her "grab". At this point the pirate grabs the Black Pearl.
6. Whoever captures the Black Pearl is the winner.

Staff requirements:

- Have one staff member advise the children on how to play and coach them while the game is going.

Cost Estimate:
Under $10

Source: Kaiser, D. (2013, April 2). Montana Dietitic Intern.

GEO-CACHING

Summary:
What is geocaching?

Geocaching is a modern day treasure hunt using handheld GPS units (and even your iPhone!). The treasures are containers of all sizes that may be camouflaged to blend into their surroundings. Some are in locations you pass every day; others take you off the beaten path into a whole new world. Inside the cache, there will be at least a logbook to sign. The larger caches (usually Army ammo boxes) are filled with inexpensive trinkets for trade (like bouncy balls, stickers, Happy Meal toys, etc.). There are currently 1,676,355 caches around the world.

Materials Needed:

- If you have an iPhone, just buy the Geocaching app for $9.99— it will make geocaching a breeze. If you don't have an iPhone, this is what you need:
- A handheld GPS or an Android (they have apps for this as well).

- Go to Geocaching.com and create an account. You can use the free account, or if you want more bells and whistle, buy the premium membership for $30 a year. From here, you can locate all the caches around you and begin the treasure hunt.
- A backpack or treasure box to store your supplies.

How it works:
The geocache adventure!

Decide which geocache you want to find, then head towards that location in your car or on a bike. Usually there will be parking instructions as part of the cache information. From here, let your GPS guide you to the exact location of the cache. Could be anywhere from 10 feet away to a couple miles away. So pack accordingly—bring some water bottles and snacks for the kids. Once you are within 20 feet, begin to look around (up, down, underground… everywhere!).

Once you find it:
Celebrate and make sure everyone can see where it was hiding. Next, open up the cache and examine its contents. If there are trinkets, feel free to exchange one for one of your own. Then sign the log book.

*The rule of geocaching is that if you take something from the cache, you must replace it with something of equal or greater value.

If you are using your iPhone app, you can "log your visit" right on the phone. If not, go home and make sure to log your visit on the computer, letting others know you found it. If you couldn't find it, you can always say that and even contact the original hider for a clue. Sometimes the caches are vandalized or natural disasters wash them away.

Staff Requirements:
- One staff member to lead the children on the hunt.

Cost Estimate:
$15-$30

Source: Dean, T. (2013, April 2). Noxon Public Schools Summer Food Coordinator.

STORY SACK

Summary:
A story sack is a bag or sack of some sort, which contains a story book along with related craft ideas, games, and other fun stuff.

Materials needed:

- Bag
- Story
- Decoration materials (anything the children will need to decorate their bags)
- Items to help fill bags up related to the story

Activity:

1. Start with a bag.
   You don't need a fancy bag to make a story sack! Even a simple paper bag will do.
2. Pick a story for the sack.
   What story book you pick will depend on the child (or children) you are making it for.
   If the story sack is for a specific child, you might want to take into account any special interests of favorite characters that child likes. For example, you might not want to pick out a story about cats if the child loves dogs! The more interested the child is about the subject of the story, the more likely they will be to read and truly enjoy the book. You should also pick a book appropriate for the child's age and abilities.
3. Decorate the sack depending on the story of choice.
4. Fill the sack.
   With some stories, the possibilities are endless for related crafts, games, etc. With others, you will have to get a bit more creative. Here are some ideas to help you decide what to put in the sack with the story book:
   •Supplies to make related puppets, games, props, costumes, etc.
   •A cd or tape of the story being told
   •Related coloring books or coloring pages
   •A fact book to learn more about situations or items in the story
   •A purchased game or toy that is related to the story
   •Pictures of related places or events
   •Plain paper and crayons to write or draw a story
   •Written suggestions and items to help act out the story
   •Artifacts related to the story

Staff requirements:

- Have one staff member advising the children on how to make the story sack and another helping the children construct their story sack.

Cost Estimate:
Under $30

Source: *Start With a Bag for Your Story Sack*. (n.d.). Retrieved April 2, 2013, from About.com: http://familycrafts.about.com/cs/homemadebooks/a/061200a_2.htm

ROLE PLAYING FROM A SPECIAL BOOK

Summary:

Allow the drama to flow out in the children at your SFSP by having them role play from a book of their choice!

Materials:

- Story

Activity:

1. Choose a book that the children seem to enjoy.
2. Have each of the children choose 2 characters they would want to be.
3. You make the final decision for who plays each character. If there are too many children, split the children into groups.
4. Have the children read over their lines, and then allow them to act out the story.

Staff requirements:

- One staff member for each group of children to explain the rules.

Cost Estimate:
None

Source: Sheava, J. (2013, April 2). Montana No Kid Hungry AmeriCorps VISTA.

READY TO READ COMPETITION

Summary:

Reading is a great way to expand children's knowledge and encourage creativity and imagination into their everyday lives. Since reading is so wonderful, make it a competition within your SFSP!

Activity:

- Create a reading log to copy for each kid at your SFSP.
- Pass out the reading log and explain to kids at the competition.

Competition details:

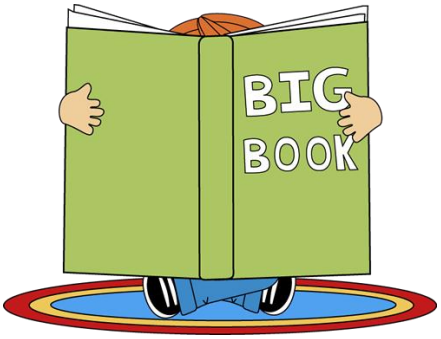
- This is a 2 week competition.
- Each day, the child must record how much they read, or are read to. They must have a parent sign off each day.
- For every 1 hour read, they get 5 points.
- Extra points can be earned by giving a "book report" (difficulty level can be determined by SFSP coordinator)
- At the end of 2 weeks, a staff member will collect all reading logs and add up the number of points earned by each child.
- Prizes can be awarded on the following scale:
    - **25 points and under**
    - **25-50 points**
    - **50-75 points**
    - **75-100 points**
    - **100-125 points**
    - **125-150 points**
    - **150+ points**

Staff requirements:

- A staff member/volunteer to create and make copies of a reading log.
- A staff member/volunteer to collect, record, and distribute prizes to children.

Cost Estimate:

Less than $30.



Source: Sheava, J. (2013, April 2). Montana No Kid Hungry AmeriCorps VISTA.

ALLIGATOR PIT

Suggested by Dana DeCarlo

Crossing an alligator pit on a narrow balance beam is a thrilling challenge for children! The alligator pit is really your floor; the balance beam is a flat foam pool noodle, and the alligator is you!

GOALS FOR CHILDREN • Practice stability

EQUIPMENT

• A 'balance beam' made from two pieces of flat foam pool noodle sections, joined at ends and taped to the floor. Masking tape lines on the carpet will also work.
• Basket
• Many safe objects to carry, such as socks, beanbags, foam puzzle pieces, and pieces of foam cut from pool noodles.
• Duct tape

INSTRUCTIONS

Tape the balance beam to the floor. Place the basket at the far end of the balance beam. Have plenty of small toys and other safe objects for the children to carry at the near end of the beam. Tell the children where alligators live and what they eat. The children's job is to walk the beam, and put things into the basket at the other end of the beam. Explain that the alligator that lives in the pit will not bother the children as long as they stay on the beam and don't drop anything that they are carrying. If they drop something, or step off the beam, the alligator will chase them until they drop everything they are carrying in the basket.

Give each child one item to carry across the beam and drop in the basket. After each child has gone once, increase what each must carry. Vary the skills. Ask children to carry beanbags balanced on their heads and shoulders. Have them jump across with foam blocks between their knees. Let them walk backwards across the beam with arms full of socks. When children drop objects into the pit, or step off the beam, chase them and move your extended arms up and down like an alligator's jaws. School-aged children might enjoy playing the part of the alligator during this activity.

Harder: Give the children more things to carry and harder ways of moving to make this activity more challenging. Tape a curved line on the floor as the balance beam to increase difficulty.

Variety: Pretend that floor spots are 'lily pads.' Arrange spots on the floor and let the children pretend they are frogs that must step, jump or hop from lily pad to lily pad across the alligator pit.

Reprinted with permission from Craft, D.H. & Smith, C.L. (2008). Active Play! Fun Physical Activities for Young Children.
Available from diane.craft@cortland.edu

BUBBLE WRAP JUMPING

Inspired by Renée McCall

Tape some bubble wrap to the floor and every child will want to jump until all the bubbles are popped!

GOALS FOR CHILDREN • Practice jumping • Develop cardiovascular endurance

EQUIPMENT

• Bubble wrap, at least a 10 ft. length, 24 inches wide
Equipment Tip: 1/2 in. bubbles pop best. Ask adults to save wrap for this activity. Some businesses will donate wrap, if asked.
• Clear packaging tape

INSTRUCTIONS

Tape the wrap to the floor so it won't slip. Don't let children mouth or bite the bubble wrap.
Instruct the children to move in only one direction when jumping the length of the wrap. No return trips with more than one child jumping at the same time! Or tape a square piece of wrap to the floor for each child if you want them to jump in place.
Show children how to bend their knees and lift with their arms when they jump.
Turn on lively music with a strong 4/4 beat to encourage children to jump to the song!

Cues for Learning to Jump for Distance

Just Learning: "Bend your knees." "Land on both feet at the same time." "Start with your arms behind you." "Swing your arms forward as you jump."

More Experienced: "Reach up and out (at a 45° angle) as you jump." "Fall forward when you land." Refer to **On/Off** to learn more jumping cues.

Easier: Hold smaller children's hands for extra balance. Allow children with developmental delays to walk if they are not yet ready to jump.

Harder: Tape 2 ft. squares some distance apart and have school-aged children jump from square-to-square.

Variety: Have the children walk a 'balance beam' made from a 6 in. wide, 10 ft. long strip of bubble wrap taped to the floor.

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SWAT THE FLY

When you want preschoolers to run excitedly, try **Swat the Fly**. It takes just moments to learn the rules and boundaries. Then children charge around the play area, laughing and shouting, as they enjoy this activity! While some children drag 'flies,' made from plastic Frisbees and nylon cord, others chase them, trying to 'swat' the 'flies' with foam pool noodles.

GOALS FOR CHILDREN • Develop cardiovascular endurance • Practice striking

EQUIPMENT
• Foam pool noodles, cut in half to make two swatters
• Frisbees or vinyl plastic plates
• Nylon cord for pulling each Frisbee

Equipment Tip: Drill a hole through a Frisbee or plate rim. Insert a four foot length of cord, and knot it under the rim. Make two copies of the 'fly,' for each Frisbee. Tape the image of the fly to each side of the Frisbee with clear packaging tape.

Easier: Help younger children with their movement and swatting if needed. Children who are slow runners are likely to chase flies that are dragged more slowly. Children who are fast runners are likely to chase the fast flies. Children who use wheelchairs or mobile prone standers can swat the flies that others drag past them.

Variety: For an indoor variation, make 'flies' from balloons inside netting or pantyhose. Suspend the 'flies' from an overhead structure, leaving space for swatters to swing safely. All children become swatters to practice striking.

INSTRUCTIONS
Explain to the children that some of them will drag flies, while others chase the flies, trying to swat them with foam bats. Demonstrate dragging, swatting and moving safely within the playing area. Have all children move in the same direction to avoid collisions. Explain that children may change from dragging to swatting whenever they wish.
Give some children 'flies' to drag, and the rest foam pool noodle 'swatters,' then start the activity.

NOTE:
• Have drinking water on hand and watch children closely during this activity, especially during hot and humid weather!

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Volunteer Networks

Organizations throughout Montana are devoted to helping non-profits, and government programs find volunteers to help programs run smoothly. Listed below are several organizations that can help you find volunteers for your Summer Food Service Program.

The Retired & Senior Volunteer Program

Serving Ravalli, Lake, Mineral, Lincoln, Sanders Counties and Flathead Indian Reservation

rsvp mt

Area VI RSVP
Volunteer Services

"Americans dedicated to community service"

RSVP provides persons 55 and older the opportunity to apply their life experiences to meet critical community needs. RSVP has operated across the nation for over 30 years. Last year over 480,000 senior volunteers served an average of four hours per week to over 65,000 local organizations nationwide. This program is available in several counties throughout Montana.

Visit: www.rsvpmontana.org for contacts in Ravalli, Lake, Mineral, Lincoln, and Sanders counties.

Serve Montana 55+ Volunteer

servemontana
GOVERNOR'S OFFICE OF COMMUNITY SERVICE

People above the age of 55 are volunteering in communities across Montana hoping to make a difference wherever they see a need. Your Summer Food Service Program needs volunteers and these individuals are eager to lend a hand to make your organization function efficiently.

Visit: www.serve.mt.gov

Build Montana

With over 270,000 volunteers in the state of Montana, your Summer Food Site could benefit with help from Build Montana to advertise your volunteer needs. Simply post your volunteer requirements onto the website for potential volunteers to see.

Visit: www.mtnonprofit.org/volunteer-resources/

Missoula Aging Services

The Missoula Senior Service Corps (MSSC) is an alliance of nearly 800 volunteers who are improving our community as Foster Grandparents, Senior Companions or RSVP volunteers. You will be pleased to learn that your volunteer choices are abundant. MSSC is the place to get involved whether you are looking for opportunities to provide intensive service in one area of need, or would enjoy short term projects.

For more information: http://www.volunteer.umt.edu/mssc.php

Montana Volunteer Registry

Montana Volunteer Registry is administered by the Department of Public Health and Human Services and local public health departments to recruit, credential, train, manage and deploy volunteers (medical and non-medical) to assist the State of Montana, emergency services, healthcare facilities, public health and other partners to respond and recover from disasters.

Register at: www.dphhs.mt.gov/mtvr/

Create the Good AARP

Finding volunteers for your SFSP is made easy with the new volunteer network; Create the Good, by AARP. To start finding volunteers: log in, click on "post an opportunity", fill in the simple form, and click submit. Search around under "find opportunities" to see organizations like yours searching for volunteers.

Visit www.CreateTheGood.org

Colleges and Universities

Colleges and Universities throughout Montana have strong volunteer networks- their students! Many colleges require community service credits in order to graduate. Visit www.collegeview.com , click on "college search" , then click "location" then click Montana. This will bring up all Montana colleges with contact information for each. Many colleges and universities are familiar with the SFSP. We recommend you contacting the universities and colleges to ask if they would like to refer students to volunteer with SFSP sites in their area.

www.collegeview.com

Western Montana Volunteer Center

This site is a virtual volunteer center devoted to:

1. Helping volunteers find opportunities in Western Montana to get involved and make a meaningful difference, and
2. Providing a venue for community organizations to post their volunteer opportunities.

To start recruiting volunteers click "Post an Opportunity" on the left panel, then click "Proceed to the main Student Jobs Site", click "Add a Job", and then fill out the quick application indicating that your site is a volunteer job.

Recruit volunteers by visiting:

http://www2.umt.edu/studentjobsapp/employer/AddJob.asp

Volunteer Helena

VOLUNTEER HELENA

Volunteers are always needed and appreciated. This Website is dedicated to connecting people interested in volunteering to non-profit organizations in Lewis & Clark, Broadwater and Jefferson Counties. All you have to do is click on "Post an Opportunity," and fill in the quick application, or search for volunteers in your area.

www.volunteerhelena.org

Volunteer Match

VolunteerMatch

Volunteer Match is for anybody looking for volunteer opportunities in their area, and for organizations that need to recruit volunteers to work for their organization. If you are interested in volunteering, click "find an opportunity" which will lead you to search for more specifics on what type of service opportunity you would like. If you are looking for volunteers to help at your organizations, you can click "recruit volunteers" to place a listing describing what type of volunteer you are seeking for the job, or search for a volunteer in your area. This is a secure and fast site, so you should have results in a short amount of time.

THANK YOU TO ALL WHO PARTICIPATED IN DEVELOPING THIS RESOURCE TOOLKIT:

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