Spring & Summer FUN PACK

BUILD OUR KIDS' SUCCESS
Find many activities for kids in Kindergarten through Grade 9 to get moving and stay busy during the warmer months.
WHO IS THIS BOOKLET FOR?

EVERYONE – kids, parents, camps, childcare providers, and anyone that is involved with kids this summer. BOKS has compiled a Spring & Summer Fun Pack that is meant to engage kids and allow them to “Create Their Own Adventure of Fun” for the warmer weather months. This package is full of easy to follow activities for kids to do independently, as a family, or for camp counselors/childcare providers to engage kids on a daily basis.

We have included a selection of:

- BOKS Bursts (5–10 minute activity breaks)
- BOKS lesson plans - 30 minutes of fun interactive lessons including warm ups, skill work, games and nutrition bits with video links
- Crafts
- Games
- Recipes

HOW DOES THIS WORK?

Choose two or three activities daily from the selection outlined on page 4:

1. Get physically active with Bursts and/or BOKS fitness classes.
2. Be creative with cooking and crafts.
3. Have fun outdoors (or indoors), try our games!

How do your kids benefit?

- Give kids time to play and have fun.
- Get kids moving toward their 60 minutes of recommended daily activity.
- Build strong bones and muscles with simple fitness skills.
- Reduce symptoms of anxiety.
- Encourage a love of physical activity through engaging games.
- We encourage your kids to have fun creating their own BOKS adventure.

WHO WE ARE...

BOKS (Build Our Kids’ Success) is a FREE physical activity program designed to get kids active and establish a lifelong commitment to health and fitness.

Find more activities on our website www.bokskids.org and on our social media platforms.
**BOKS Bursts** (pages 5 - 9)

These activities have been designed to provide you with quick, easy, and engaging physical activities that help kids stay active throughout the day, firing up their brains and improving their general health and well-being.

**BOKS Physical Activity Lesson Plans** (pages 10 - 14)

These fun lesson plans focus on getting kids moving while developing functional fitness skills (ex. squat, push up). Each lesson plan lasts 30 minutes and has a warm-up, running related activity, skill of the day, fun game, yoga, and nutrition bit!

**BOKS Games** (pages 15 - 19)

Have fun with these summer games. You will find outdoor and indoor games to keep the kids entertained no matter what the weather looks like! Get the whole family involved in a good old-fashioned game such as a scavenger hunt or chalk games.

**BOKS Healthy Learnings** (pages 20 - 22)

You and your kids will love these cooking recipes that the kids can create on their own. With easy, straightforward directions and minimum use of kitchen tools, your kids are going to love the kitchen and YOU are going to enjoy their creations.

**BOKS Crafts** (pages 23 - 25)

Let your kids' creativity flourish! This section provides a diverse range of activities that will have kids creating unique objects such as paddle bats, beanbags and bubble wands. Most of the crafts can be used right away and can be used indoors or outdoors.
Fitness skills

Before you start these exercises, it’s important to make sure you do the movements properly. These exercises can help develop strength and endurance. Click on the fitness skills to have a visual on how to perform them.

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Instructions</th>
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| Running       | • Stand up tall with core tight  
• Shoulders and arms are relaxed and swing naturally  
• Breathe rhythmically, filling the belly |
| Push-ups      | • Keep body in a straight line, with arms a bit wider than shoulder width  
• Arms fully extended at the top  
• Chest close to the floor at the bottom |
| Plank         | • Keep body in a straight line  
• Keep knees off the ground  
• Keep weight evenly distributed between elbows/forearms and feet |
| Donkey Kicks  | • Start from standing position, move hands to the floor slightly wider than shoulder width  
• Kick the feet off the ground and move them back in the air  
• Stand up straight at the end |
| Jumping       | • Start with your feet at shoulder-width and keep heels super-glued to the ground  
• Bend your knees and squat deep  
• Use arms by bringing them back and driving them forward to initiate the jump  
• Jump up straight and tall, and land softly by absorbing the landing by bending at ankles, knees and hips |
| Burpees       | • Drop into a push-up, keeping the body straight  
• Jump up to stand with feet moving between the hands  
• Stand up tall, jump up and clap hands above head |
| Squats        | • Keep heels super-glued to the floor  
• Squat deep to get your knees at a 90-degree angle to the floor  
• Keep your back arched like a superhero |
| Crunches      | • Keep core contracted through the entire movement  
• Elbows are wide, don’t pull on your head or neck  
• Imagine bringing your ribcage toward your hips |
These activities have been designed to provide you with quick, easy, and engaging physical activities that help kids stay active throughout the day, firing up their brains and improving their general health and well-being.
1. **SHUFFLEBOARD**

Materials: Painter tape, box, frisbee, plastic plate.
1. Tape two 10"x10" squares about 15 feet across from each other.
2. Get a box, frisbee, plastic plate or any small item that can be slid across the floor.
3. Players stand at opposite taped squares.
4. Player 1 kicks the item (box, frisbee, plate) trying to get it into the opponents’ taped square.
   If the item lands with any portion in the taped square the person who kicked it gets a point.
5. First person to score 5 points wins.

2. **BOKS BOOTCAMP**

1. Set up 3 stations around the room
   - Station 1 (jumping jacks, mountain climbers, fast feet)
   - Station 2 (broad jumps, jumping squats, wall sits)
   - Station 3 (walking lunges, jump rope, star jumps)
2. Complete 5 of each activity at the station, continuing through the exercises until time is up.
3. After 60 seconds, switch stations clockwise.
4. Continue to rotate through the stations for as much time as you have.

3. **POTATO SACK RACE**

Materials: Potato sack (or similar object such as a pillow case). Create 2 lines/race courses.
1. Create two lines with plastic glasses (or other objects) with enough space between them to pass between.
2. Create two teams. Why not children against adults?
3. Each team must put their legs in a potato sack (or similar object).
4. Put yourself on a starting line and start the race at the same time.
5. Each team must jump as fast as possible to the finish line passing between the objects.
6. The team that finishes first wins.

4. **DISCOVER THE OCEAN**

1. Have the kids move their arms in a front crawl swimming motion as they travel around the space.
2. Call out the following cues to match a movement for the kids to perform:
   a. Starfish – 5 jumping jacks.
   b. Seaweed – stand tall with arms up toward the ceiling swaying with the waves.
   c. Clam – crouch down into a ball.
   d. Dolphin – burpee.
5. AGILITY LADDER

Materials: Agility ladders. If you don’t have agility ladders, you can use cones or tape on the floor. Create a ladder within your space, you can use cones, tape or chalk. Have the kids perform the different drills for 1 or 2 minutes:

a. Running forward: one or two feet in each square
b. One-foot hop: left and right
c. Lateral run through the ladder: one or two feet per square
d. Bunny Hop: forward, sideways, and backwards
e. In and out
f. Hopscotch
g. Skiers
h. 2 forward and 1 back

6. TIC TAC TOE

Materials: Tape, hoops or even string for the grid and 5 bean bags (or any other object) of the same color.

1. Start with a partner lying flat on the floor and with a tic tac toe grid between them. You can build the grid using tape, hoops or even strings.
2. Individuals have 5 bean bags (or any other object) of the same color, but a different color than their partner.
3. Partners alternate who goes first and start by facing each other in a plank position. Repeat until one wins or until all bean bags (or any other object) are placed.

7. ALPHABET RELAY

Materials: Piece of paper and marker.

1. Divide group into even teams.
2. Instruct each team to form a straight line behind the designated cone or object at one end of the room. On the opposite end of the room, supply each team with a piece of paper/chart paper with each letter of the alphabet written on it.
3. One at time each team member will race to the other side of the room.
4. Once there, they will pick a letter that is available to write a word that relates to the topic the lead adult picks for that day such as fruits and vegetable. (i.e. kid could write “Banana” beside the letter B).
5. Kid will run back and tag the next person in line to go.
6. If the kid cannot think of something to write, they can perform 5 squats and return to their team.
7. When waiting in line, kids must perform jumping jacks while they wait for their turn.
8. Continue for a specific duration or until the alphabet is complete.

*If you only have 2 or 3 people, form one team and try to complete the alphabet as fast as possible!*
8. JUMP ROPE BURST
Materials: Homemade jump rope (see the Craft Section).
- Allow space for the rope to swing (if you don’t have a rope or supplies you can pretend simply by making fists as if you are holding a rope).
- Perform a jump rope ladder with different jump movements
- Start with 10 straight jumps and increase to 15, 20, 25. Repeat 3 times.

9. SUMMER SPORTS BURST
Do each activity on the spot for 30 – 60 seconds:
1. Beach Volleyball – squat and bump the volleyball.
2. Hiking – vertical mountain climbers, jog with one arm reaching to the sky and the opposite leg comes up to hip height.
3. Lake swim – lean forward and windmill your arms in a swimming motion.
4. Marathon show off – high knee jog while you cross the finish line.
5. Golf swing – squat and swing facing one direction, 180-degree squat jump to face the other direction, repeat your swing on the other side.
6. Kayak – torso twist to warm up, paddle your kayak twisting from side to side.
7. Soccer – fast feet making a square (forward, side, back, side).

10. TRIATHLON
1. Lay down on the ground with your tummy touching the floor, “swim” for 30 seconds in a row.
2. Do a “v” sit on the ground and cycle (pedaling movements with feet while you pretend to hold the handles of the bicycle or place hands behind you to balance) for 30 seconds.
3. Stand up and jog on the spot for 30 seconds.
4. Repeat sequence 10 times.

11. AVOID THE SHARK CHALK GAME
Materials: Chalk (2 different colors).
1. Find a safe spot in a driveway or on a sidewalk.
2. With different colors of chalk, draw “beaches” various distances apart.
3. Use blue chalk to draw water and shark fins between the beaches.
4. Have kids jump from beach to beach to avoid the “sharks” in the “water.”
BOKS Bursts

12. INDEPENDENCE DAY BURST

Let’s celebrate the USA Flag! The United State of America Flag has 3 colors, 50 stars, and 13 stripes.
Complete the below 3 exercises, representing the colors of the flag, 13 times to represent the stripes:

- Squats
- Sit-Ups
- Push-Ups

Complete the below 4 exercises 5 times each side, representing the 4th of July (AKA Independence Day):

- Lunges
- Mountain Climbers
- Lateral Lunges
- Bicycles (core exercise)

13. OLYMPIC BURST

Perform Olympic activity movements for 15 to 20 seconds each:

- Gymnastics - split jumps - step, step, jump.
- Gymnastics - balance beam - walk as if balancing on a beam.
- Track & Field - Sprint in place.
- Track & Field - Long Jump.
- Soccer - Kick a soccer ball.
- Swim - Perform a front crawl stroke, backstroke, breaststroke, butterfly.
- Diving - Jump, two-foot bounce, arms straight up in the air.
- Archery - Shoot arrow, throw arrow.

14. PAPER PLATE TENNIS BURST

Materials: Paper plate tennis paddles that you create (see the Craft section), balloons, light balls.

- Hold a paddle in the right hand and tap balloon in the air 5x.
- Switch hands and tap balloon in the air using your left hand 5x.
- Hold a paddle in each hand and pass the balloon back and forth right to left 5x.
- Find a friend to play with.
- Give each person one paddle, start by passing the balloon back and forth between partners.
- See how many times you can keep it up without the balloon touching the ground.
These fun lesson plans focus on getting kids moving while developing functional fitness skills (ex. squat, push up). Each lesson plan lasts 30 minutes and has a warm-up running related activity, skill of the day, fun game, yoga, and nutrition bit!
Material Needed: Jump Rope

1. **WARM-UP: Jump Over the Rope**
   Perform the following movements over the jump rope:
   - 1-foot hop, 2-foot hop, 1-foot jump, 2-foot jump

2. **RUNNING RELATED ACTIVITY: Running Around the Rope**
   - Lay the jump rope on the floor and run around the rope. Switch directions when the trainer yells “Switch!”
   - Complete different activities while moving around the rope - for example, if the trainer yells “jumping jacks”, complete 5 jumping jacks.
   - Make it more challenging by shuffling instead of running. Continue to shout out different activities while shuffling!

3. **SKILL OF THE DAY: Jump rope**

   **JUMP ROPE SKILLS**
   - Double Bounce
   - Single Bounce
   - 1 foot- alternate sides
   - 2 foot jump side to side

   **JUMP ROPE CHALLENGES**
   - Pyramid Challenge on 1 foot (5-4-3-2-1)
   - Cross the arms in front
   - Double unders
   - 30 sec Max 2 foot
   - 30 sec. Alternating feet

   Teach kids the following movements:
   - Rock - squat down
   - Paper - star jump
   - Scissors - cross arms and legs
   Challenge someone to a game of rock, paper, scissors. If you win, perform a 30 second jump rope. If you lose, your partner gets to choose your activity.

5. **COOL DOWN: Deep Breathing and Yoga**
   - Downward Dog - from hands and knees, tuck toes under and lift hips towards the sky.
   - Deep breathing for 2 minutes.

6. **NUTRITION BIT: Smoothie Recipe**
   Smoothies are delicious and a great way to get some extra fruits and veggies. Save some time by adding all the ingredients for your smoothies in a freezer bag, so you just have to add liquid and blend. Try this combination: 1 cup strawberries, 1 cup blueberries, some banana, Greek yogurt, avocado and spinach.
1. **WARM-UP: Sports Galore**
   Complete each activity for 30 seconds to 1 minute:
   • Rugby – walking lunges with a twist, forward for one width and then reverse lunge steps with a twist for one.
   • Track & Field – high knee skip step or “snap downs”.
   • Pickleball – grapevine or carioca.
   • Lacrosse – high knee jog forward for one width and then in reverse.
   • Softball – side skips with arm swings out to the side.
   • Skateboarding – sidestep and squat, switching directions with each squat (180 degree turn with each squat).

2. **RUNNING RELATED ACTIVITY: Go, Shot, Lap**
   Trainer will call out different instructions: “Go”, “Shot” or “Lap”. Complete the following movements:
   • GO= running on the spot.
   • SHOT= jump shot and then run on the spot.
   • LAP= take a lap around your activity space.

3. **SKILL OF THE DAY: Mountain Climbers**
   Starting from a plank position, alternate bringing your knees to your chest - like you’re climbing up a mountain side. Make sure back stays straight, and hips stay as close to in-line with shoulders as possible.

   **BOKS Says**
   Complete whatever activity “BOKS Says...” to do. If kids switch movements before “BOKS Says” to, they must perform 10 mountain climbers before rejoining the game.

   **Activity ideas:**
   • Tennis – side lunge with a forehand and backhand
   • Biking – bicycle crunches
   • Basketball – calf raise and shoot
   • Baseball – superman as though you are sliding into second base
   • Ultimate frisbee – high jump to catch a pass

4. **GAME: Pickleball**
   Pickleball is a racquet sport that is becoming more and more popular with all age groups. Grab a racquet of any kind – flat cardboard, a frisbee, an actual racquet - we are going to work on hand-eye coordination. If you are solo, you are going to try and bounce your ball on your racquet as many times as you can. If you have a partner, you are going to toss it back and forth, gradually increasing the distance between you. If the ball gets dropped, everyone does 20 mountain climbers.

5. **COOL DOWN: Chair Pose**
   • Stand tall, back straight, with feet hip distance apart (Mountain Pose).
   • Inhale and lift your arms up alongside your ears or out in front of you at shoulder level (for balance).
   • Exhale and bend your knees, “sit” down as if sitting in a chair.
   • Breathe in and out slowly and evenly for three deep breaths.
   • Inhale and return to initial standing position (Mountain Pose).
   • Repeat 3-5 times

6. **NUTRITION BIT: Hydration**
   It’s important to stay hydrated throughout the day. Water is important for our brains and bodies, so it’s good to drink lots of water every day. Encourage kids to fill a water bottle in the morning and set a goal for how many times they fill it during the day.
Click [here](https://example.com) to have a visual of the Lesson Plan.

Materials Needed: None

1. **WARM-UP: Gone Camping**
   Get excited for summer camping by doing each activity for 20-30 seconds:
   - Jog in place as if a big scary bear is chasing you.
   - Reach up as if you are picking berries.
   - Do toe touches as if you are hammering in tent stakes.
   - Wall sit (or squat) as if you are sitting around the campfire.
   - Move your arms as if you are swimming from a big fish.
   - Shake your body as if you are a wet dog.

2. **RUNNING RELATED ACTIVITY: High/Low Tabata Circuit**
   Complete each activity for 40 seconds, rest for 20 seconds:
   - Skater jumps - side to side jumps.
   - Swing right leg out in front, and then out to the side while balancing. Switch sides.
   - Squat jumps.
   - Low squat side shuffles to one leg balance.
   - Power jacks - like a jumping jack with a squat as you land.
   - Windmill (opposite hand to foot) to a toy soldier (opposite foot comes up to kick hand).
   - Broad jumps.

3. **SKILL OF THE DAY: Push-ups**
   Start in high plank position, with hands on the ground a little wider than shoulder width, arms straight, and toes on the ground, body in a straight line. Keep elbows close to your side, slowly bend elbows to lower body until chest is close to the floor. Push back up to the starting plank position. Be sure to keep core tight throughout the movement, keep body in a straight line, and keep weight evenly distributed between hands and feet.

   **Fire Starter**
   Complete 5 of each:
   - Low and slow- knee push-ups as slow and controlled as possible
   - Getting warmer- full push-ups
   - Fire starter- shoulder push-ups (push-ups from a downward dog position)

4. **GAME: Red Light, Green Light- Camping Edition**
   - Have someone be the “Bear” and lead the game.
   - The “Bear” faces away from the group when they say “Hiking”, but turns and faces the group when they say “Bear sighting”. The “Bear” cues the participants to start moving by saying “Hiking”.
   - The participants should walk fast or jog, but not run. The participants will stop moving when they hear “Bear sighting” and the “Bear” turns around to make sure everyone is standing still and not still moving.
   - If a kid is caught moving after you have said “Bear sighting”, they are sent back to the starting line.

5. **COOL DOWN: Deep breaths and flow movements**
   - Take a few deep breaths and raise your arms over your head.
   - Move your body like lava.
   - Pretend you are a palm tree.
   - Move like you are a cloud.
   - Mountain pose.
   - Tree pose.
   - Forward fold.
   - Cat/cow.
   - Child’s pose.

6. **NUTRITION BIT: Pre-packaged/prepared Foods VS Homemade Foods**
   Food made at home is much healthier than pre-made and packaged items from the grocery store. Not only are you using ingredients you know, but it will contain far fewer harmful products that can be found in many processed foods.
**BOKS Lesson Plan 4**

**Dive Into Ocean Fun!**

Click [here](#) to have a visual of the Lesson Plan.

**Materials Needed:** None

1. **WARM-UP**
   
   Complete the following movements for 30 seconds each:
   - High knees
   - Butt kickers
   - High kicks
   - Toe-touches
   - Side shuffles (both sides)

2. **RUNNING RELATED ACTIVITY:** Fishy, Fishy, Cross My Ocean
   
   - Start with 1 shark and the remaining kids are fish.
   - The fish try to cross the ocean when they hear “fishy, fishy cross my ocean” cued by the shark.
   - The shark will chase after the fish and if a fish is caught, they become the shark.
   - The fish can rest in a safety zone after crossing until the next command is communicated.
   - If you’re doing this activity solo, pretend that all the obstacles in your activity space (tables, chairs, etc.) are the sharks. Move from one end to the other as fast as possible without touching anything.

3. **SKILL OF THE DAY:** Skill Mashup
   
   Complete 10 of each BOKS skill of the day:
   - Plank
   - Running
   - Crunches
   - Push-ups
   - Squats
   - Burpees
   - Jumps (tuck, squat, broad)
   - Lunges
   - Donkey Kicks

4. **GAME:** Ocean Animals & Shipwreck
   
   **Ocean Animals**
   
   Start by moving around the space like you’re swimming in the ocean. The leader will call out different ocean animals, and kids will complete 5 of the corresponding activities:
   - Dolphin = burpee.
   - Clam = squat all the way down and do your best clam impression.
   - Seaweed = pretend you are a piece of seaweed - wave your hands above your head.
   - Starfish = pretend you are a starfish.
   - Mermaid = lay on your belly, prop your hands under your chin, and point your toes to the sky.

   **Shipwreck**
   
   Move around the activity space in a crab walk. The leader will call out different instructions, and kids follow along with the corresponding activities:
   - Bow - the front of the ship! Crab walk to the front of the activity space.
   - Stern - the back of the ship! Crab walk to the back of the activity space.
   - Port - the left side of the boat! Crab walk to the left side of the activity space.
   - Starboard - the right side of the boat! Crab walk to the right side of the activity space.
   - Salute your Captain - stand straight and salute!
   - At ease - bring your salute down.
   - Swab the deck - pretend to mop the deck.
   - Mermaid - lay on your belly, prop your hands under your chin, and point your toes to the sky.

5. **COOL DOWN:** Head Rotations and Deep Breaths
   
   - Slowly rotate your head in a big circle clockwise, then reverse to counter clockwise. Repeat as desired.
   - Take a deep breath in and slowly blow it out to the count of 10. Repeat this a few times.

6. **BOKS BIT:** Sunscreen
   
   It’s important to protect our skin from the sun. Always wear sunblock when you’re heading outside - especially to the beach. Try to aim for SPF 30 or higher for hot, sunny days, and reapply often (especially if you’re sweating).
Have fun with these summer games. You will find outdoor and indoor games to keep the kids entertained whatever the weather looks like! Get the whole family involved in a good old-fashioned game such as a scavenger hunt or chalk games. Or, let the kids entertain themselves with this selection of kid friendly activities.
1. BOKS FIELD DAY

HOCKEY SHOT
Materials: Hockey stick/pool noodle/broom/umbrella/long stick; a basket/net and a puck/ball or sock ball.
Set Up: Designate a starting point across from your target. Create a target across from starting point with a basket, net or just note a target.
Object: See how many pucks, balls (sock balls) you can get into the target.
Details:
• Place the puck, ball or sock ball on the starting point across from the target.
• Give yourself five tries and see how many targets you can hit.
• Move with the puck or ball and shoot the ball from the starting point.

PILOW TOWEL SCOOT
Materials: Pillow, towel, t-shirt (something to sit on that will slide on the floor).
Set Up: Designate a course/path that you will move through.
Object: Slide from the start to the finish of the course the fastest.
Details:
• Sit on your item beside the person you will race against.
• On GO you both scoot, legs forward and pull yourself toward the finish line.
• The first person to complete the course is the winner.
• If doing this as an individual, time how long it takes from start to finish and try to improve your time by doing it 2-3 times.

PAPER PLATE BEAR CRAWL
Materials: Paper plates, napkin or cloth (something that will slide on the floor).
Set Up: Designate a course/path that you will move through.
Object: Slide from the start to the finish of the course the fastest.
Details:
• Place hands on items – paper plates, towels etc.
• Bear crawl through the designated course.
• Challenge someone else to do the activity at the same time.
• If doing it alone, time yourself and see if you can improve your time with 2-3 consecutive tries.
2. BEAN BAG TOSS GAME

Materials: Bowls, paper plates or hula hoops and bean bags.
Set up: Place the four labelled targets (bowls, paper plates, hula hoops) in a vertical line at a reasonable distance away from the start line. The distance can vary based upon how challenging you want to make the game.
Object: To collect as many points as possible.
Details:
1. Have kids begin at the start line complete 10 squats.
2. Toss their bean bag to the target (bowl/paper plate or hula hoop).
3. Mark their points.
4. Next person in line may go once they are complete.
If there is only one individual taking part in the activity see how long it takes them to get to 200 points for example.

3. FRISBEE GOLF

Materials: Frisbee (homemade BOKS frisbee) - everyone should have their own frisbee, a score card - paper, pen/pencil.
Set up: Designate 4 to 6 targets in your yard or space. List starting spots and targets 1 through 6 on your score card/sheet of paper.
Object: Hit the target in the fewest number of frisbee throws.
Details:
• Start at the place marked as the starting spot and throw the frisbee toward the first target.
• Pick up the frisbee where it lands, and continue to throw until you hit the target.
• Record on your score card how many throws it took to get to the target.
• Repeat for remaining holes.

4. WATER SPONGE RELAY

Materials: Buckets/bowls and sponges.
Set up: Place one bucket at the start full or water and an empty bucket at the end of your space.
Object: To fill the bucket with water by squeezing the sponge as fast as possible.
Details:
1. Have kids begin at the start line complete 10 jumping jacks.
2. Dip the sponge in the bucket of water.
3. Run to the designated “empty” bucket and squeeze the water out of the sponge.
4. Next person in line may go once they are complete.
If there is only one individual taking part in the activity see how long it takes to fill the bucket or how much they can fill in a specific timeframe.
5. CHALK GAMES

Materials: Chalks of different colors

Chalk games are super fun! You will find below 5 different chalk games. Did you know you can make your own chalk? Learn how on page 42 in the Craft Section.

a) Baseball Fun Chalk

1. Using chalk, draw lines and squares to draw a baseball diamond.
2. Place functional movements in the squares (ex. 10 star jumps, 10 squats, 10 jumping jacks, 10 arms circles) and then come up with different movements to get from base to base (ex. Run, hop, high knees and lunges).

b) Camping Chalk

1. Using chalk, draw elements from a camping trip. The elements will be accompanied by movements.
2. Examples of elements to draw with sample movements:
   a. Logs – Jump over the logs 10 times
   b. Tent Set Up – 10 Toe Touches
   c. Apple Tree – 10 Arm Raises (“as if” you are picking apples)
   d. Camp Fire – Collect Logs – 10 Squats
   e. Lake – Swim in a lake by doing 10 Arm Circles
   f. Canoe – 10 Torso Twists
6. TRAVEL THE WORLD SCAVENGER HUNT

Find the following items to help you virtually travel the world! Get creative in terms of how you can represent some of these items! For each item you find, do 5 jumping jacks! Rather than collecting items, take pictures of each item!

- A globe
- Postcard
- A flag
- Book
- Sunglasses
- Something that likes to swim in water
- Sporting gear you use when travelling
- A picture from a trip you went on
- Magazine
- Musical instrument
- Something you can use to burn in a campfire
- Stuffie of an animal that lives in another country
- Your passport or identity card
- Small suitcase
- Something that flies
- Map
- Sunhat
- Something warm
- Ear buds
- Flip flops
- Something you would take on a road trip
- Favorite snack
- Game for the car
About America’s Test Kitchen Kids
Our mission is to build a new generation of empowered cooks, engaged eaters, and curious experimenters. We encourage kids to take risks, embrace and learn from failure, and develop a healthy and positive relationship with food. We publish kid-tested, kid-approved recipes, activities, and experiments in our Young Chefs’ Club subscription boxes, our line of cookbooks, board books, and picture books, and on our website. Learn more at ATKkids.com
Strawberry-Cream Paletas

A cousin of ice pops, paletas are Mexican-style frozen treats that start with fresh fruit juice as their base.

Prepare Ingredients
- 3½ cups strawberries, hulled
- ½ cup heavy cream
- ¼ cup honey
- 1 teaspoon lemon juice, squeezed from ½ lemon
- ⅛ teaspoon salt

Gather Cooking Equipment
- Food processor
- Rubber spatula
- Large liquid measuring cup
- 6 ice pop molds, about 3 ounces each
- 6 ice pop sticks

Start Cooking!
1. Place half of strawberries, cream, honey, lemon juice, and salt in food processor. Lock lid in place and process mixture for 20 seconds. Stop food processor, remove lid, and scrape down sides of bowl with rubber spatula. Lock lid back into place and process until smooth, about 10 seconds.

2. Add remaining strawberries to food processor and lock lid in place. Pulse until strawberries are coarsely chopped, about 5 pulses. Carefully remove processor blade (ask an adult for help).

3. Pour strawberry mixture into large liquid measuring cup, using rubber spatula to help scrape out mixture. Divide strawberry mixture evenly among ice pop molds.

4. Insert 1 stick in center of each mold and seal with cover. Freeze until firm, at least 6 hours or up to 5 days.

5. Hold mold under warm running water for 30 seconds to thaw slightly. Slide paleta out of mold and serve.

Notes
- Fresh fruit tastes best, but you can use 1 pound of frozen strawberries, thawed and drained on paper towels, in this recipe.
- Safety: Uses a knife
- Difficulty: Beginner
Cranberry-Almond No-Bake Energy Bites

**Prepare Ingredients**
- ¾ cup (2¼ ounces) old-fashioned rolled oats
- ¼ cup peanut, almond, or sunflower butter
- ½ cup sliced almonds
- ½ cup dried cranberries
- 2 tablespoons honey
- ⅛ teaspoon salt

**Gather Cooking Equipment**
- Dry measuring cups
- Measuring spoons
- Large bowl
- Rubber spatula
- Plate
- Plastic wrap

**Start Cooking!**
1. MIX: Stir all ingredients in bowl with rubber spatula until well combined.
2. SHAPE: Use your wet hands to roll mixture into 12 balls (about 1 tablespoon each). Place balls on plate and cover with plastic wrap.
3. CHILL: Refrigerate balls until firm, at least 30 minutes.

**Fun Fact: Where Does Energy Come From?**
 FOOD! But different types of food can give you different types of energy. Sweet foods such as cookies and candy give you a lot of energy, and fast—but that energy lasts for only a little bit of time, since sugar moves quickly through your body. But foods such as these energy bites that combine complex carbohydrates (oats!), protein (nut butters!), and fiber (oats and nut butters!), as well as some sugar give you longer-lasting energy. Power up!
Let your kids’ creativity flourish! This section provides a diverse range of activities that will have kids creating unique objects such as paddle bats, beanbags and bubble wands. Most of the crafts can be used right away and can be used indoors or outdoors.
1. MAKE YOUR OWN JUMP ROPE

OPTION 1
Materials: Plastic bags, duct tape.
1. Collect as many bags as you can.
2. Roll the bags so they are in a thin roll.
3. Repeat for 6 - 10 bags.
4. Tie 2 - 3 knots to make the roll sturdy and the plastic more rope like.
5. Duct tape the loose ends of the bags together to give the rope weight and connect the bags.
6. Continue until your rope is long enough for the person jumping to hold the rope at waist level with arms bent to 90 degrees.

OPTION 2
Materials: 10 plastic bags, duct tape or masking tape.
1. Make sure the plastic bags are clean.
2. Cut the handles off the plastic bags so the bags are square or rectangular shaped.
3. Cut about 2” strips from the plastic bags.
4. Tie strips together making three long strips.
5. Bind the three long strips together and then braid the strips.
6. Use duct/masking tape to make the handles and to smooth out the sections of the braided rope that have the knots.

2. PAPER PLATE PADDLES
Materials: Paper plates, stick/tongue depressor/spatula, duct tape, balloon or light ball.
Using duct tape, tape the spatula/stick or tongue depressor to the back of the paper plate (the thicker the plate the better as it makes it a bit sturdier).

3. DIY CHALK PAINT
Materials: Cornstarch, water, food coloring, paint brushes, bowls and small containers to hold the paint.
1. Mix 1 cup of cornstarch with 1 cup of water in a bowl.
2. Once the contents are mixed well, pour into individual containers.
3. Add 10 drops of food coloring of your choice into each of the individual containers and mix well.
4. Now you are ready to paint.
4. HOMEMADE FRISBEE
Materials: Circular plastic container lids, permanent markers, stickers, acrylic paints.
Using your imagination, use the above materials to create your own frisbee.

5. MAKE YOUR OWN BEAN BAG
Materials: Socks, a funnel, a spoon, dried broad beans.
1. Combine your dry ingredients in a bowl. We suggest dried beans and chickpeas, however you could use rice, popcorn kernels, pumpkin seeds etc.
2. Fill socks with a few spoonfuls of your dried mix.
3. Tie a knot in the sock, pulling tight to make sure it is secure. You can pull the top part of the sock back over to create a ball, however we left ours out as they make a great handle to hold and swing!

*Credits:
  a) https://frugalfun4boys.com/
  b) https://niftymom.com/2016/07/easy-no-sew-bean-bags/
  c) http://lavishandlime.blogspot.com/2010/04/3-easy-earth-day-crafts-with-recycled.html
  d) http://www.younglifeleaders.org/2015/04/5-yard-games-to-play-outside-before.html
Have fun!

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