



Hello SA Youth Families!

We miss seeing you! We hope you are doing well.

Thank you for connecting with us on Remind 101 and on Facebook. If you haven't had a chance to join our Facebook group yet, please do! You can search for "SA Youth Out-of-School Time Program" from within Facebook; then click the **+Join** button. We post useful information, fun at-home activities, birthday greetings, and more!

We made this packet of fun, ready-to-use materials for your children. The packet includes enrichment activities in literacy, math, science, art and fitness. There's also a ready-to-write student journal.

If we can support you, please contact your Site Coordinator.

We are happy to help!

SA Youth

Hola a todas nuestras familias de SA Youth

Extrañamos mucho verlos y deseamos que todos se encuentren bien!

Gracias por estar conectados con nosotros a través de las redes sociales Remind y Facebook. Si no ha tenido la oportunidad de seguirnos en nuestra página de Facebook, por favor hágalo ahora! Usted puede encontrarnos en nuestra página "Programa después de escuela de SA Youth" (SA Youth Out-of-School Time Program) a través de Facebook; presione el botón de +unirse (**+Join**). Nosotros ponemos información útil, actividades divertidas para hacer en casa, felicitaciones de cumpleaños y mucho mas!

Nosotros elaboramos nuestros paquetes divertidos y con materiales fáciles de usar en casa. Los paquetes incluyen actividades de enriquecimiento en literatura, matemáticas, ciencias, arte y educación física. También incluye un diario listo para escribir para los estudiantes.

Si nosotros podemos ayudarle, por favor llame a su Coordinador correspondiente a su escuela.

Estamos muy felices de poderle servir!

SA Youth

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LANGUAGE ARTS

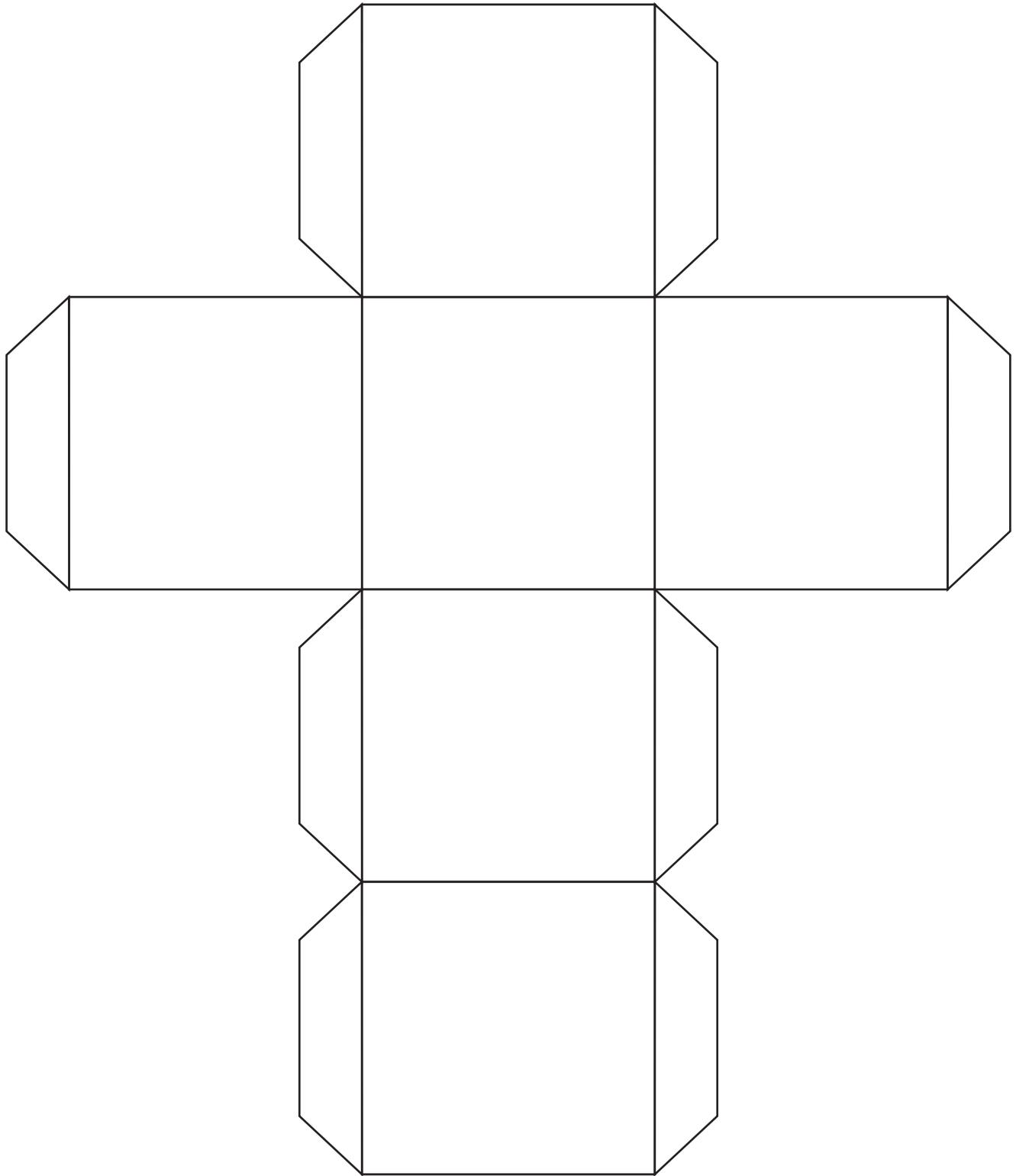
Story Starter Grab Bag - Fill a paper bag with items from around the house. Give the child a story starter such as “Once upon a time...” and have the child reach into the bag and pull out an item. Have the child start the story with the story starter and continue the story, using the object as part of the story. Have the child continue to pull items from the bag and incorporate them into their story. To extend the story, create a written version with illustrations.

Chin Puppets - Use makeup and other craft items to create chin puppets. Once your puppet(s) are complete, put on a puppet show. Ideas for a puppet show include telling your favorite story, telling jokes, creating a comedy routine, singing favorite songs, creating new lyrics to popular songs, etc. The link below has some easy directions, ideas and pictures to get you started! Here is the link: <https://pagingfunmums.com/2013/05/16/chin-puppets/>

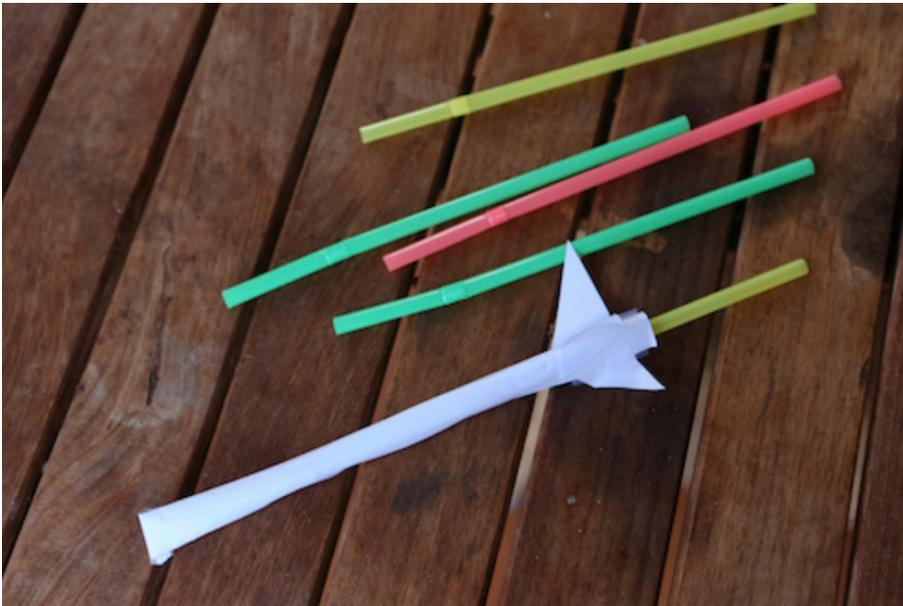


Tossing Around a Story - Use a beach ball, nerf, or other ball that is soft to make a fun story maker manipulative. Use masking tape to write down words from a specific theme. For example, farm animals, hobbies, sport, etc. Write words for that theme on pieces of masking tape and stick the pieces of tape on the ball. Have a child begin the activity by throwing the ball to another person. The person who catches the ball reads the word under one thumb and uses it to begin a story. After starting the story, the person throws the ball and the next person continues the story with a word under one thumb. This is also a great way to practice sight words, identifying emotions, and do math!

Make Your Own Story Starter Cubes - Create a story starter cube from paper. Having your kids make the cube themselves incorporates math, art, and fine motor skill. Draw or write the name of a person, place, or thing on each side of the cube. Roll the cube and begin telling a story. Continue rolling until all sides of the cube have been integrated into the story. *Template on next page.*



Straw Rockets - Experiment with air pressure. Use straws, paper and tape to design, create, and test straw rockets. Set up targets such as baskets or sheets of paper and attempt to shoot the rockets at the targets. Make modifications to the design and analyze how the modification changed the ability for the rocket to travel through the air. To incorporate math, add numbers or point values to the targets, measure the distance the rocket travels each time it is launched and average the numbers.



Credit: <https://www.scholastic.com/parents/school-success/learning-toolkit-blog/drinking-straw-rockets-science-activity.html>



Credit: <https://buggyandbuddy.com/straw-rockets-with-free-rocket-template/>

Umbrella Design - Practice engineering skills. Use craft items and clean recyclables to design a prototype of a stylish and functional umbrella. Increase the difficulty of the challenge by incorporating one working part to the design.

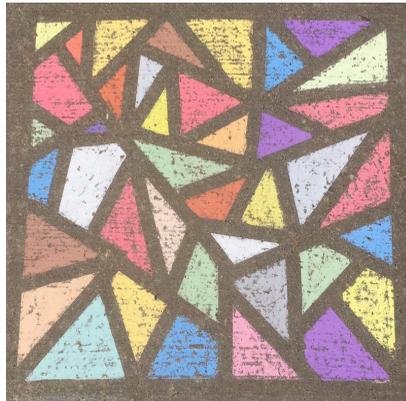


<https://www.feeldesain.com/goggle-umbrella.html>

MATH

Create New Rules to an Existing Game - Practice number recognition, addition, and subtraction. Choose a favorite board or card game. Create new rules, including a new scoring system. Play the game according to the new rules.

Sidewalk Stained Glass - Practice geometry skills. Gather or make sidewalk chalk. Write or draw basic shapes, with flat sides, on small pieces of paper and put the pieces of paper in a bag. Draw one piece of paper at a time from the bag and use sidewalk chalk to draw the shape on the ground. Each shape must connect with or touch another shape in at least one location.



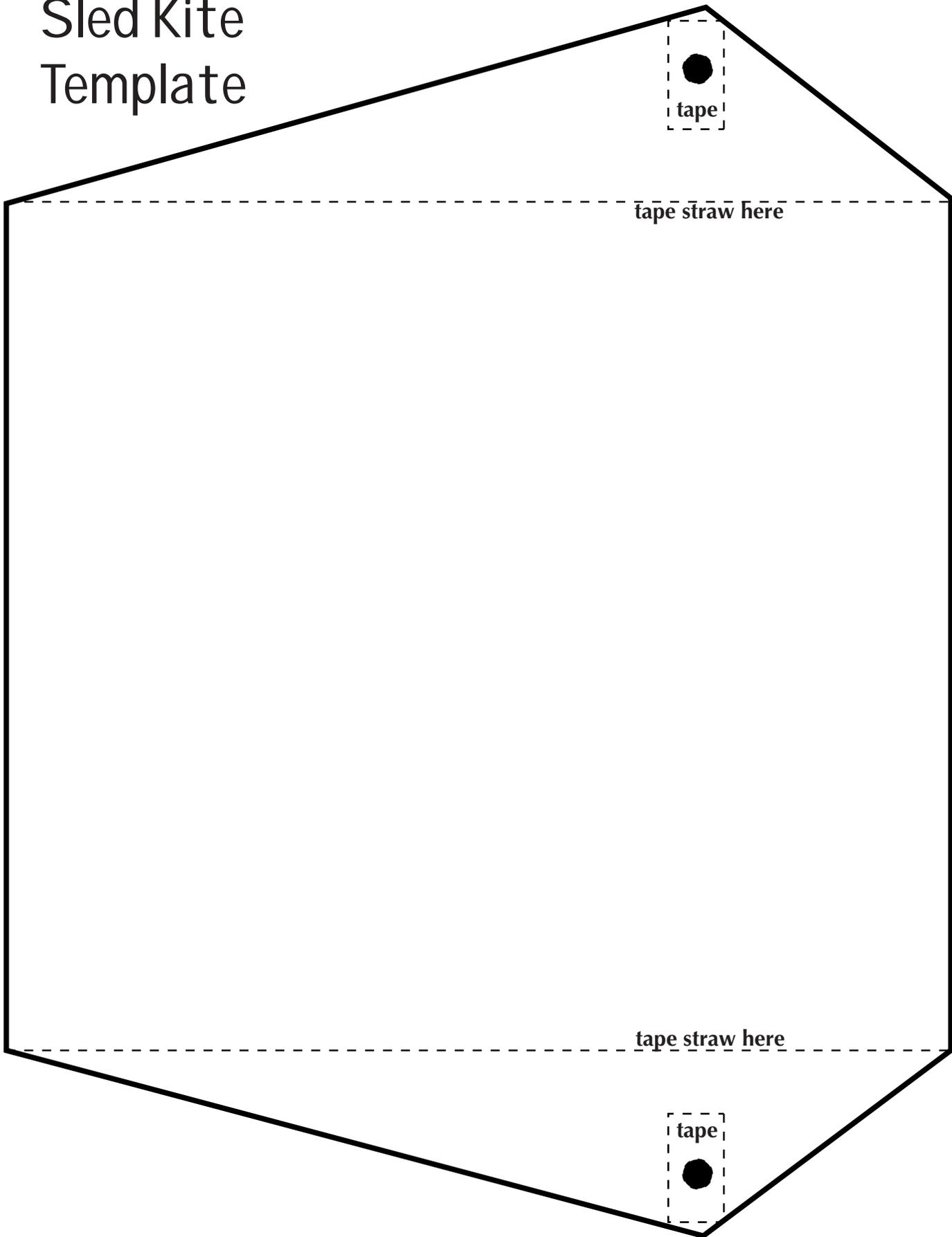
<https://twitter.com/ConsortSchool/status/864331134330523648>

Bowling for Math - Practice number recognition, addition, subtraction, and multiplication skills. Set up cups, paper towel rolls, etc. in the pattern of bowling pins. Write numbers, math problems, or equations on the “pins.” Roll a ball and attempt to knock over as many pins as possible. Add up the numbers, the sums of the math problems, or the values of the equations. The total value of the pins knocked over is the score for the bowl.



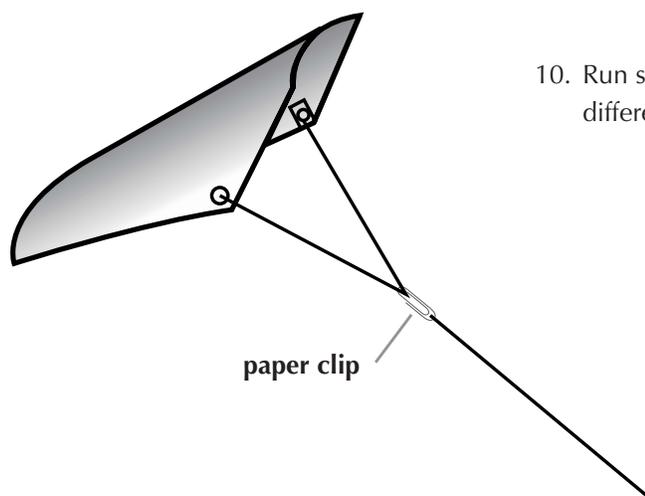
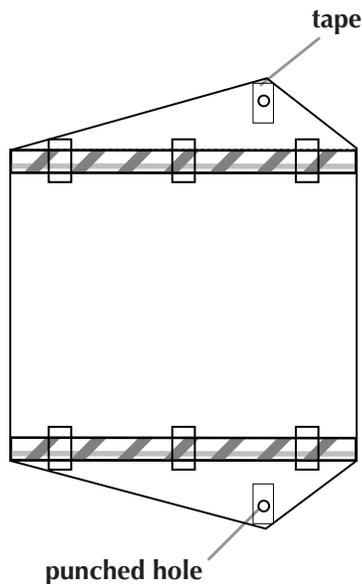
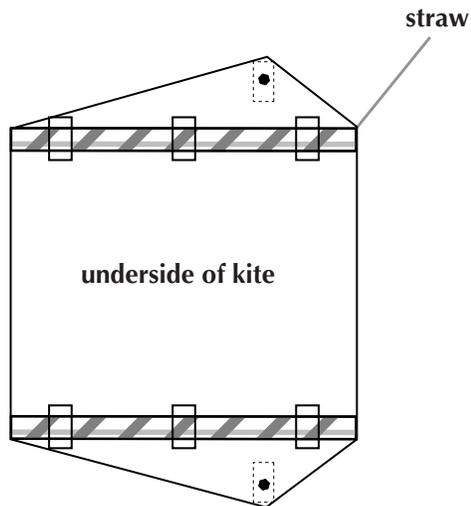
<http://patentpendingprojects.blogspot.com/2012/08/diy-bowling-pins-project.html>

Sled Kite Template



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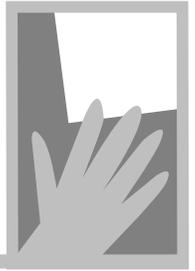
Activity



1. Make a copy of the Sled Kite Template. Carefully cut out the sled kite.
2. Decorate the top of the sled kite using crayons, markers, or other media.
3. Trim the length of the two drinking straws so they will fit in the area marked for the straws. Tape them in place.
4. Place two or three pieces of tape in the marked areas covering the black circles.
5. Using a single-hole paper puncher, carefully punch the two holes marked by the black circles.
6. Cut two pieces of kite string 45 cm each. Tie a string through each hole. Tie them tight enough so you do not tear the paper.
7. Tie the opposite end of both strings to a paper clip.
8. Pick up the 1 m long piece of string. Tie one end of this string to the other end of the paper clip. Your sled kite is ready to fly!
9. Outside in a clear area, hold the 1 m length of string and run with the kite to make it fly.
10. Run slow and run fast, and observe how the kite flies at different towing speeds.



Sled Kite



Sled kite flying journal

Date _____ Student name _____

Weather _____

Sled Kite Flight

What happened when I...

1. When I walked with my sled kite, my sled kite:

2. When I ran with my sled kite, my sled kite:

Sled Kite Tail, What if...

What if I add a tail to my sled kite? I think a tail will make my sled kite fly like this:

After I added a tail to my sled kite, it flew like this:

What if I shorten the tail, I think it will make my sled kite fly like this

What if I lengthen the tail, I think it will make my sled kite fly like this:

Conclusions

If the tail is shortened, then the sled kite will fly like this:

If the tail is lengthened, then the sled kite will fly like this:



Matter Matters

N G T L Z V T F D M T A S C V
L X L C O R E Y D A E M K R Y
J A E L P Y A P E S L L S B J
J R U F D O R L F M A I T F G
L M S I L O U R A R Z G L R E
E G X Z J C M V O A E M J H T
W R N Z E X M N Y G O E D U R
S Z Y L C R U M B L E O Z H S
I V O J H T O M D S V G S E M
K M A M R R M A E S M P R A K
N A A T Z N D T B E N D D N E
P H E H X I L T A R M Z C N P
T M O R L I X E D I U G I L A
V Q C O B Z P R M O T A I F H
F K S Q J W M R S S M G J S S

ATOM
CRUMBLE
LIQUID
MOLD
SOLID

BEND
FREEZE
MATTER
MOLECULE
TEAR

BREAK
GAS
MELT
SHAPE
VOLUME

DECK OF FITNESS

ACTIVITY GOALS

- I will perform exercises with perfect form and at a safe speed.

TEACHING TIPS

- Use Proper Form
- Pace Your Movement
- Have Fun!

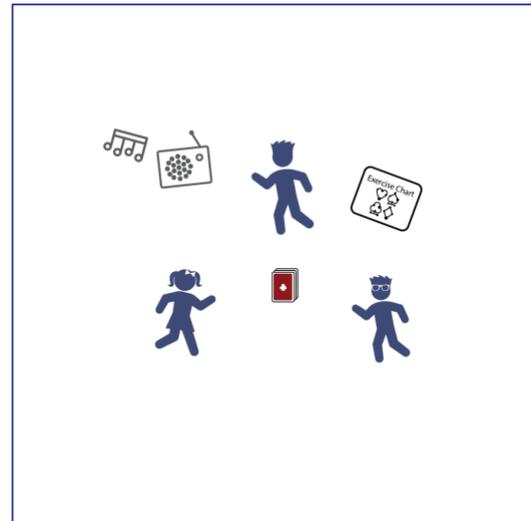
ACTIVITY SET-UP & PROCEDURE

Equipment:

- 1 deck of cards
- Fun music and music player

Set-Up:

- Shuffle and place the deck of cards face down where everyone can reach it.
- Create an exercise chart using the list shown under the “Tips” section below. (It’s okay to modify your chart using different exercises.)



Activity Procedures:

- Today’s friendly competition is Deck of Fitness. The object of the game is to do as many repetitions as you can of each exercise.
- When you draw a card, you’ll use the exercise chart to determine which exercise to do. Complete the number of repetitions shown on your card. For example, if you draw the 4 of hearts, perform 4 jumping jacks.
- Face cards (e.g., a king) are worth 10 repetitions. Aces are worth 11 repetitions.
- In round 1, you and your friends will play together and select 1 card for everyone to perform. In round 2, you can compete: Everyone will choose their own card and complete their own repetitions/exercises.

Tips:

- Make sure you pace your activity safely. Don’t give up form for the sake of speed.
- Be sure you have enough activity space for safe movement.
- Follow this format, or create your own:
 - Hearts = Jumping Jacks
 - Clubs = Push-Ups
 - Diamonds = Invisible Jump Rope Jumps
 - Spades = Squats

EATING
HEALTHY
101

- Hydration Station:** Be sure to stay hydrated before, during, and after exercising. Water has zero calories and is the best way to stay hydrated!

QUICK CUTS

ACTIVITY GOALS

- I will give my best effort while dribbling through the obstacle course.

TEACHING TIPS

- Soft Touches Keep Control
- Use All of Your Foot
- Head Up on the Dribble

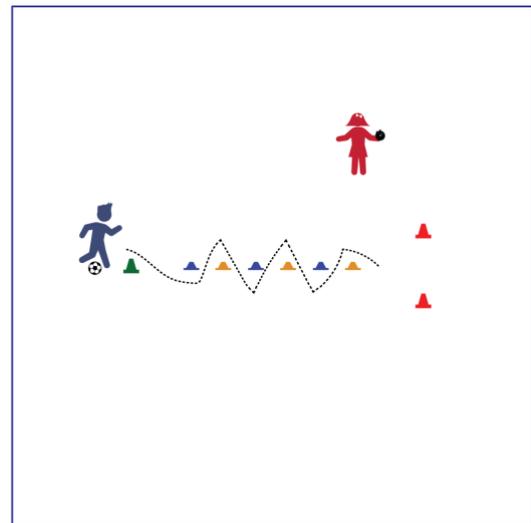
ACTIVITY SET-UP & PROCEDURE

Equipment:

- 15 spot markers, cones, or pinnies
- 1 soccer ball
- 1 "goal"
- 1 stopwatch

Set-Up:

1. Set up a speed-dribbling course using the cones: Designate a starting cone, and then place 14 cones in a row after it, about 3–5 feet away from each other. The cones must have enough room for a player to dribble in between them.
2. Place a goal at the end of dribbling course.



Activity Procedures:

1. Today's activity is called Quick Cuts. We are going to have fun practicing our foot dribbling and shooting skills.
2. 1 person will begin at the starting cone with a soccer ball at their feet. On the signal, "Ready, Set Go!" the clock will start. Start dribbling the course by "cutting" in and out of cones and controlling the ball with your feet. If you miss a cone, you must go back and complete it.
3. When you reach the end of the course, shoot and until you score in the goal. Once a goal is scored, the clock will stop.
4. Try to beat your personal time or play with a friend for a competitive dribbling race.
5. Got it down?? Make a new course and try again.

Tips:

- Use small touches to maintain control of the ball.
- Use inside, outside, and laces of feet. No toes.
- Use accuracy when shooting at the goal. It's almost like a pass into the net.
- Try to keep your head up when dribbling.

- **Take Your Time:** Time is important! How we spend our time during our day is extremely important, especially when it comes to food. Give yourself time to eat breakfast, lunch, and dinner. In addition, make sure you take your time while you eat: DON'T RUSH! Did you know it takes our brains 20–30 minutes from the time we start eating to tell our stomachs we're full? Find time each day to sit down and eat a slow and healthy meal!

Soccer Croquet

ACTIVITY GOALS

- I will demonstrate ball control and accuracy while working cooperatively with my friends.

TEACHING TIPS

- Soft Touches Keep Control
- Use All of Your Foot
- Head Up on the Dribble

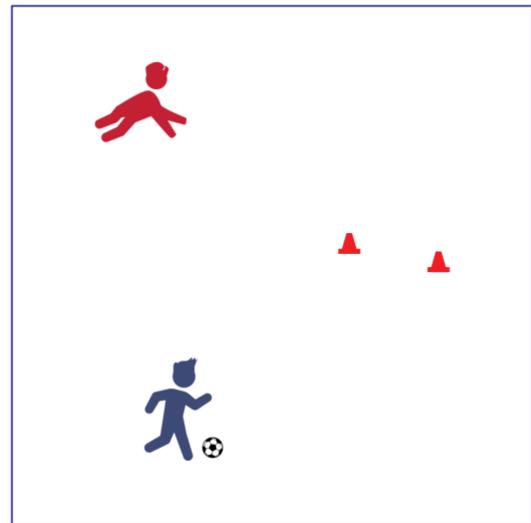
ACTIVITY SET-UP & PROCEDURE

Equipment:

- 1 soccer ball
- 2 cones or markers

Set-Up:

- Determine a starting point. Place the soccer ball there.
- Place 2 cones (spaced 2–3 feet apart) approximately 10–20 paces away from the starting point.
- 1 player assumes a crab position anywhere in the activity area, but not near the cones.



Activity Procedures:

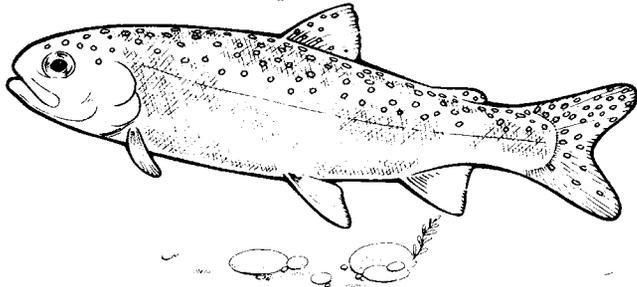
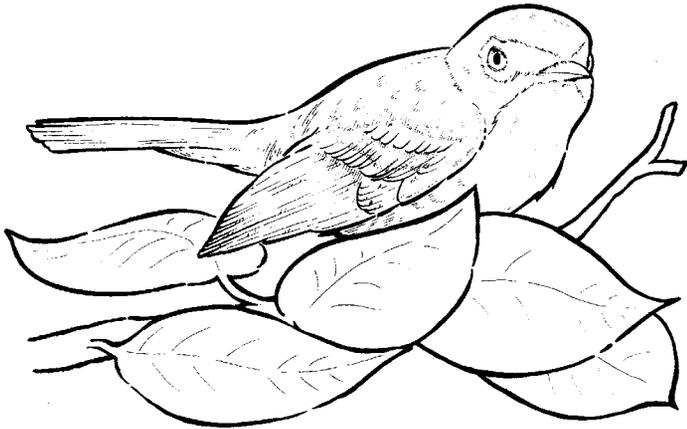
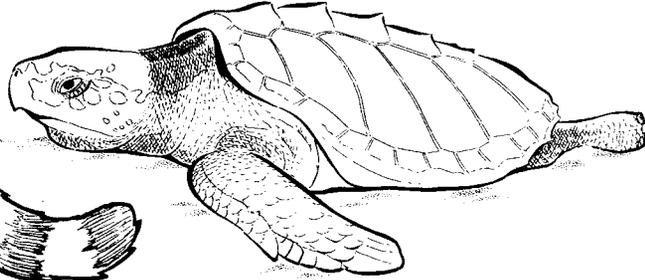
- It's time to play Soccer Croquet! The object of the game is to see how many hits it takes you to pass the soccer ball through the wickets.
- Player 1 will begin at the starting point. Count how many passes it takes you to pass the ball through the 2 cones (the first wicket).
- Then, keep counting and see how many more passes it takes you to pass the ball under the player making a crab pose (the second wicket).
- Switch roles (someone else becomes the wicket) and play again. The player with the lowest score wins that round!

Tips:

- Use the inside of your foot to pass the ball. This will improve your accuracy. Vary the distance in between the wickets to increase or decrease the difficulty.
- Change your crab pose to another position that supports muscular endurance (plank, squat, etc.).

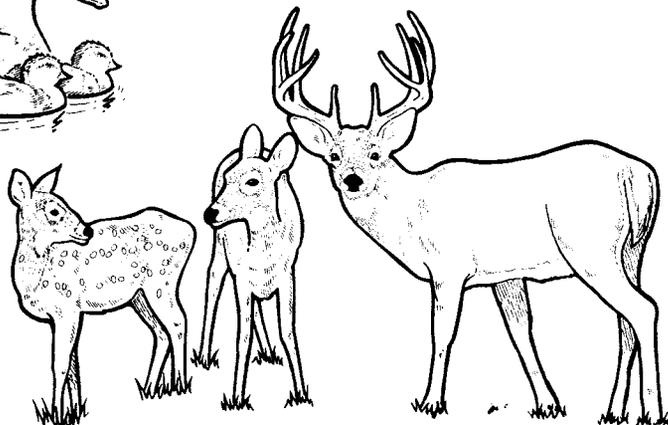
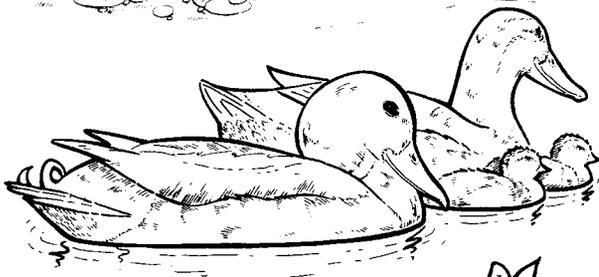
- Balance It Out:** Muscular fitness is only 1 aspect of balanced wellness. We also need to make sure that we are eating a healthy, well-balanced diet. This includes counting the number of sugar-sweetened beverages you drink each day. Just like in Soccer Croquet, the lowest score wins. Aim for a score of zero whenever possible!

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TEXAS WILDLIFE *Coloring Book*

Published by
Texas Parks and Wildlife

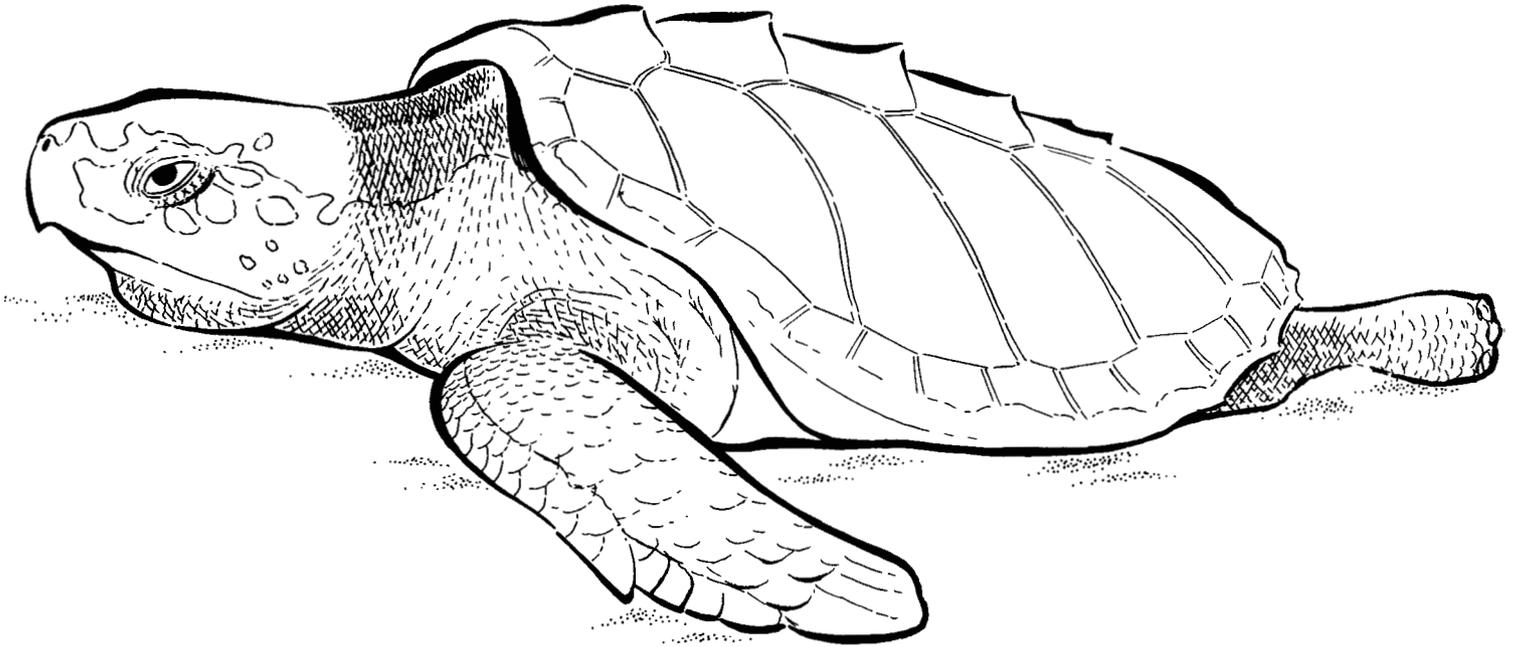


KEMP'S RIDLEY SEA TURTLE

Lepidochelys Kempfi (Cold-blooded)

Let's learn about the Sea Turtle

Kemp's Ridley sea turtle, found in coastal waters and bays of the Gulf and in the Atlantic Ocean, is the smallest, most endangered sea turtle. This reptile weighs 80 to 100 pounds and grows to 30 inches long. Little is known about its life in the open ocean. It prefers shallow waters close to shore where it feeds on such things as crabs, snails, clams and some plants, and often is caught and drowned in shrimp nets. Pollution, both chemical and plastic, affect it. From April through August females lay clutches of soft, white eggs in sandy beaches from Veracruz, Mexico, to Corpus Christi, but few have nested on Texas beaches in recent years. When the young hatch in 50 to 70 days, they head for the water. In some areas, this turtle and its eggs are eaten by humans. Because it is critically endangered, the Ridley is the focus of international conservation efforts.



What did we learn about the Sea Turtle?

1. Is this animal a bird, mammal, reptile or fish?
2. What is its common name?
3. Is it a game, nongame or endangered species?
4. Is it warm-blooded or cold-blooded?
5. Where does it live in Texas?
6. Is it a predator, prey or both?

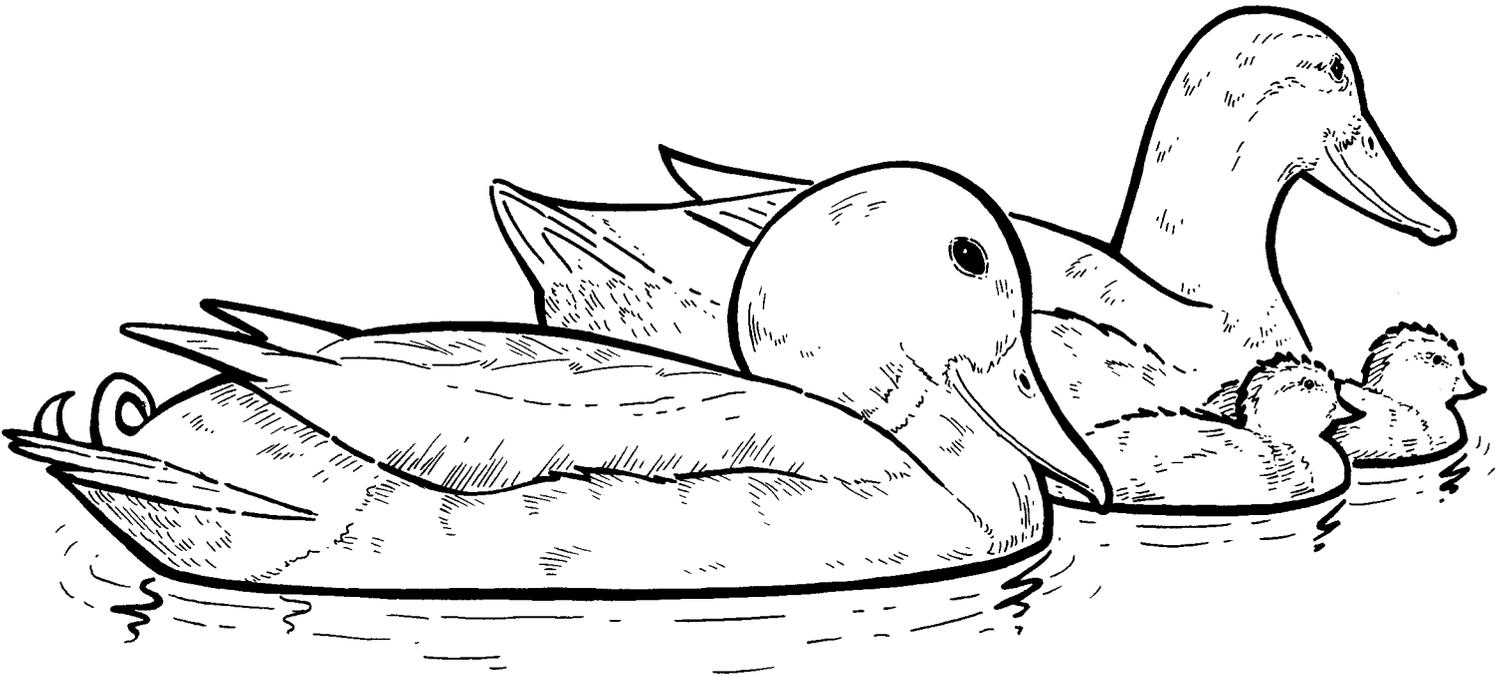


MALLARD DUCK

Anas platyrhynchos (Warm-blooded)

Let's learn about the Mallard Duck

The mallard, a migratory game bird, winters in Texas marshes, swamps, ponds, lakes and bays and is found in parts of the state in the summer. It is known as a "puddle duck" and feeds by dabbling and "upending" in shallow water rather than by diving. It eats the roots of wild lilies, reeds and cattails, duckweed, and seeds from wild millet, rice, smartweed and other plants. It also eats many kinds of insects, including mosquito larvae. The female's nest, found close to water among the reeds or grass, may contain 8 to 15 greenish buff eggs that take about 25 days to hatch. Hawks and other predators eat the eggs and hatchlings, and hunters harvest adult mallards during the hunting season.



What did we learn about the Mallard Duck?



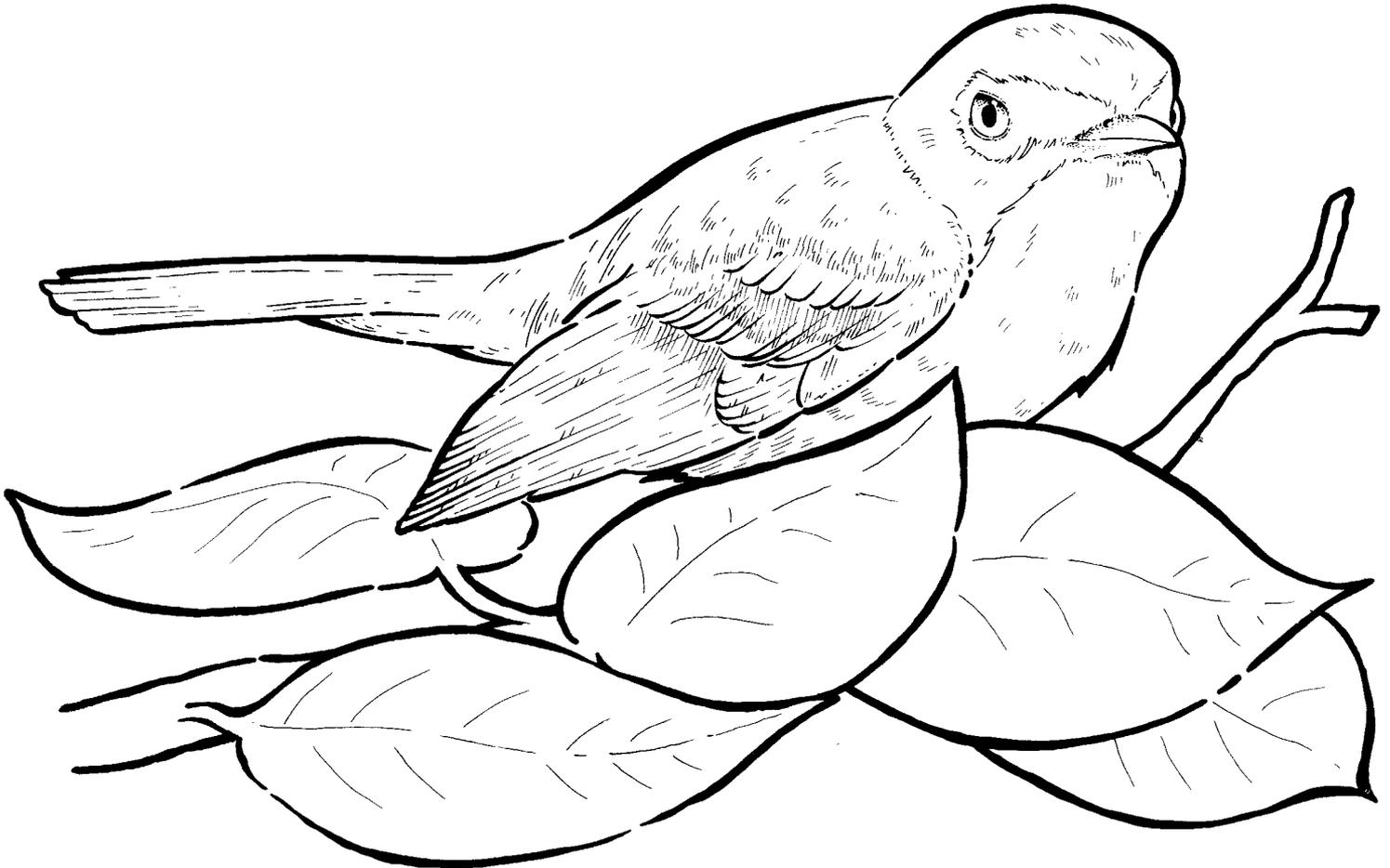
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BLACK-CAPPED VIREO

Vireo atricapillus (Warm-blooded)

Let's learn about the Vireo

Scattered populations of the endangered black-capped vireo live in the central part of the state. This tiny bird has special habitat needs-trees and shrubs with ground-reaching foliage combined with open grassy areas where the insects on which it feeds are plentiful. It winters in Mexico, returning to Texas in late March to nest. Major threats to its survival include changes in its habitat, and the aggressive cowbirds nesting habits. Cowbirds lay eggs in about 80% of the vireos' nests. When the larger cowbirds hatch, they kick the young vireos out, and the parent birds continue to feed and raise the cowbirds. The future of the vireo depends on habitat management and cowbird control.



What did we learn about the Vireo?

1. Is this animal a bird, mammal, reptile or fish?
2. What is its common name?
3. Is it a game, nongame or endangered species?
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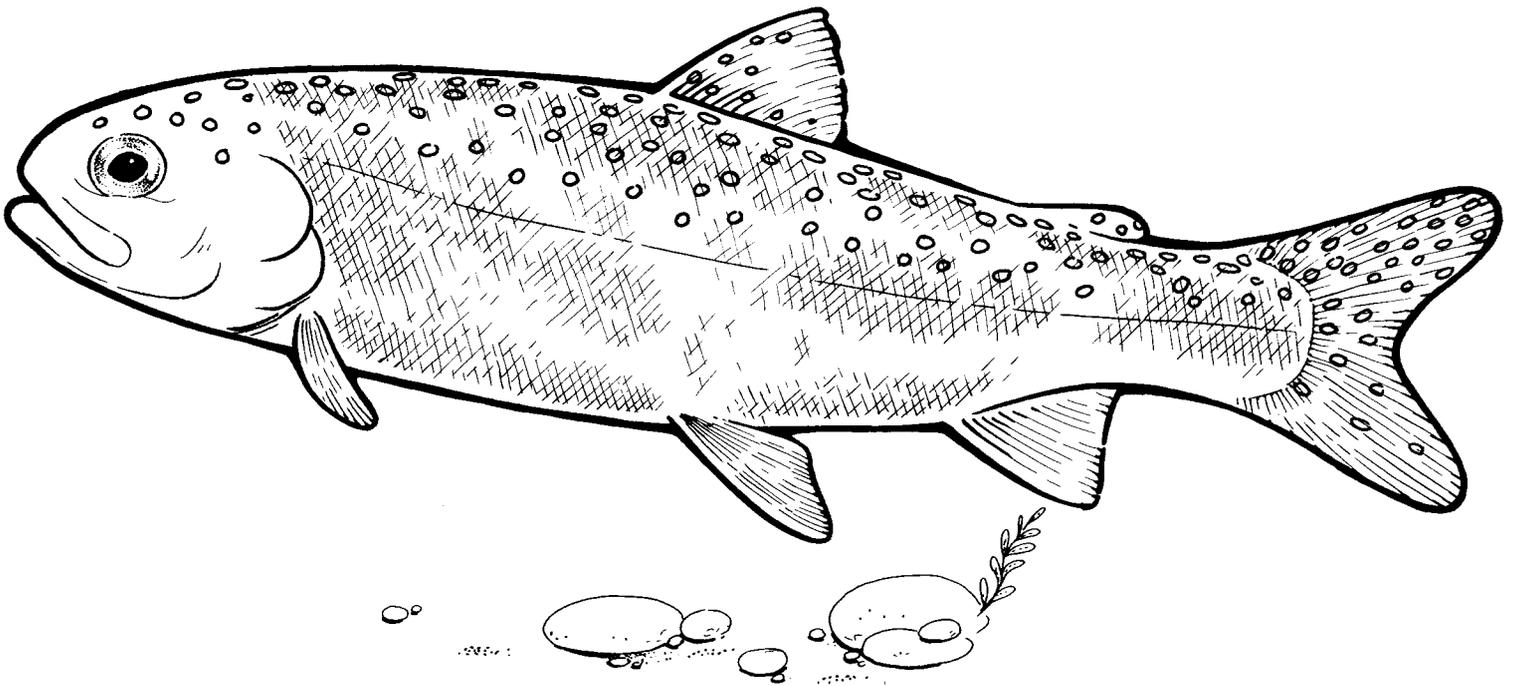


RAINBOW TROUT

Salmo gairdneri (Cold-blooded)

Let's learn about the Trout

Rainbow trout are not native to Texas; however, each year when water temperatures are cool enough for them to survive, 8- to 10-inch hatchery-reared rainbows are stocked in selected locations around the state. Anglers look forward to catching these sporty game fish. This annual stocking is known as a "put and take" fishery—if the rainbows that are "put" in the water to be "taken" by anglers are not caught, they usually do not survive the summer heat. Rainbows feed on insects and other small water creatures.



What did we learn about the Trout?



1. Is this animal a bird, mammal, reptile or fish?
2. What is its common name?
3. Is it a game, nongame or endangered species?
4. Is it warm-blooded or cold-blooded?
5. Where does it live in Texas?
6. Is it a predator, prey or both?

RINGTAIL

Bassariscus astutus (Warm-blooded)

Let's learn about the Ringtail

The ringtail, found in most of the state, is a nocturnal (night-active) mammal that prefers rocky canyon ledges, crevices and caves; abandoned houses or barns; and hollow trees for homesites. It eats rats, mice, birds, rabbits, snakes, lizards and insects, as well as fruits and berries. Breeding takes place in early spring, and in six weeks two to four toothless young are born. Their eyes and ears, sealed at birth, open in about a month, and by the time they are four months old they are on their own. Worst enemies include the great horned owl and large snakes. Since the ringtail is a special type of game animal, known as a fur-bearer, a trapper's license is required to hunt it.



What did we learn about the Ringtail?

1. Is this animal a bird, mammal, reptile or fish?
2. What is its common name?
3. Is it a game, nongame or endangered species?
4. Is it warm-blooded or cold-blooded?
5. Where does it live in Texas?
6. Is it a predator, prey or both?



TEXAS KANGAROO RAT

Dipodomys elator (Warm-blooded)

Let's learn about the Kangaroo Rat

The Texas kangaroo rat is a small endangered mammal found only in a few counties in north-central Texas. It has a white-tipped tail longer than its body, and it hops like a kangaroo, using large hind feet. It is nocturnal (night-active), searching for food during the darkest hours. Seeds are its main diet, and mesquite beans are favored in late summer. It lives in an underground burrow system of tunnels with storage spaces and sleeping areas. Two or three young are born in late May or June, but very little is known about this mammal's breeding habits and family life. Predators include owls, coyotes, bobcats, foxes and large snakes. The primary threat to this endangered species is clearing mature mesquite brushland and converting it to pasture and cropland.



What did we learn about the Kangaroo Rat?

1. Is this animal a bird, mammal, reptile or fish?
2. What is its common name?
3. Is it a game, nongame or endangered species?
4. Is it warm-blooded or cold-blooded?
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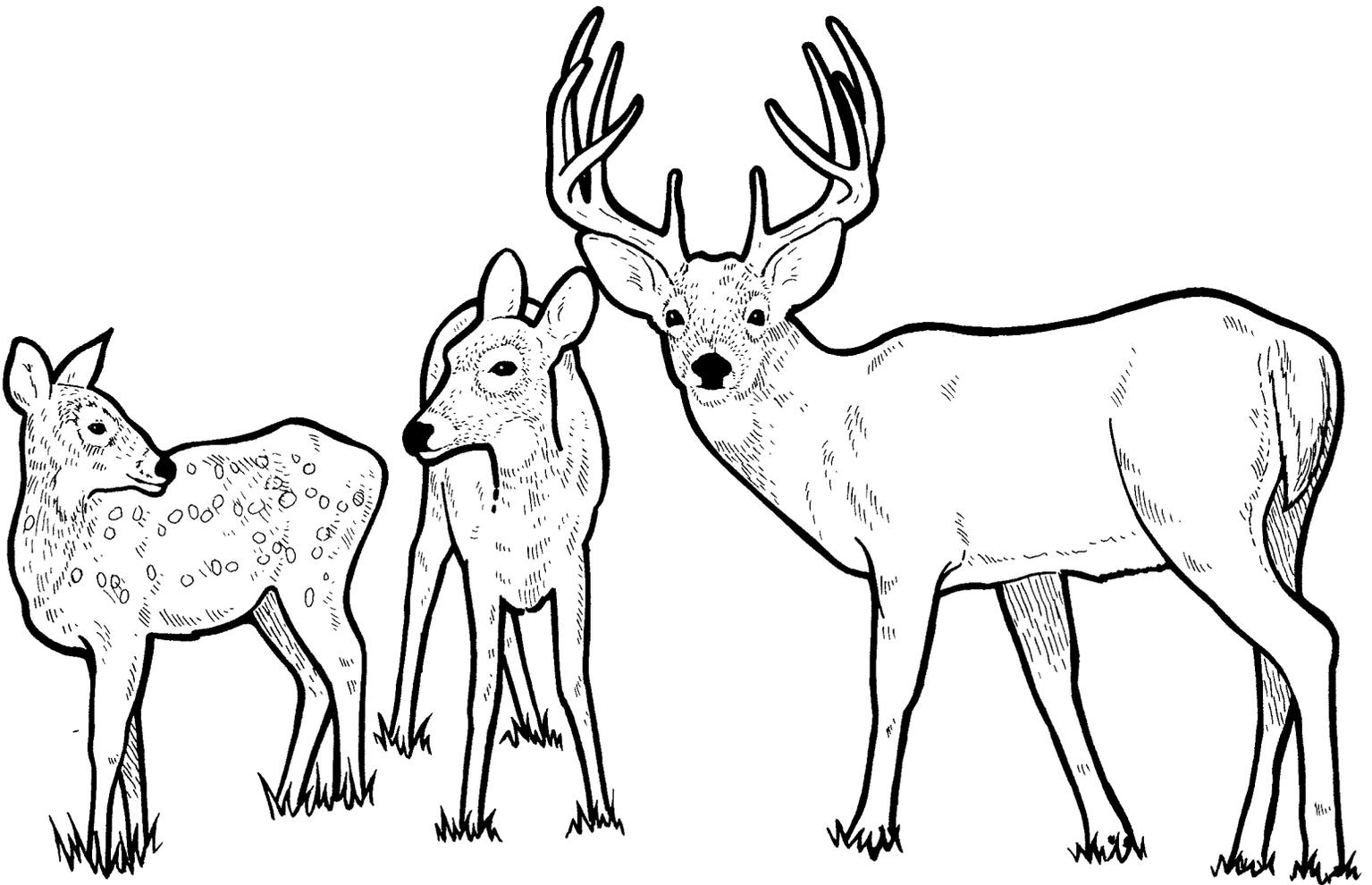


WHITE-TAILED DEER

Odocoileus virginianus (Warm-blooded)

Let's learn about the White-tailed Deer

The white-tailed deer is a big game mammal found throughout the state. Estimates place its population at more than four million. It feeds on twigs, leaves, grasses, forbs (weed plants), fruits and nuts. Breeding takes place as early as September in the coastal area and reaches a peak in South Texas in December. Fawns, born in seven months, are hidden for the first two weeks, but follow the mother as soon as they are able. The buck's majestic antlers are shed between December and March, and a new rack is grown the following year, appearing in May. Predators include the coyote, bobcat, cougar and wild dog. Hunting helps keep the deer population in balance with its food supply.



What did we learn about the White-tailed Deer?



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1. Is this animal a bird, mammal, reptile or fish?
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6. Is it a predator, prey or both?

MY JOURNAL



Name: _____

Date: _____

When did you first hear about the coronavirus?

What do you know about the coronavirus?

What do you think about it all?

What is something you've started doing that you didn't used to do?

What are you doing to entertain yourself?

What TV shows or movies are you watching?

What games are you playing?

What else are you doing so you won't be bored?

MY JOURNAL



Name: _____

Date: _____

How are you staying connected to others? _____

How are you being helpful to your parents or others? _____

What do you like about this time?

What's a tip or piece of advice you have for other kids?

What do you not like about this time?

What's a tip or piece of advice you have for adults?

WRITING PROMPTS

Write a news story about what's going on as if you were a reporter.

Write a top 10 list with ideas to keep kids from being bored.

Give step-by-step instructions on how to do something totally ordinary (like make a sandwich).

Write a story that starts with this: Today was the most boring day in the universe. Until ...

Write a story based on this: If my school were completely empty, this is what I would do ...

Write a story that is a conversation between two dogs.

Write a letter to a kid in another country, telling them about yourself.

Write about a time you were really proud of yourself.

Pretend you're a bird flying around. Write about what you see.

Write about what you used to do on a normal school day.

Write about something you started to do that you never thought you could do.

Interview and get to know your family members better. Then write bios for each of them.

