



Presents

SPIRIT WEEK

#NGSPIRITWEEK

7 days of themed challenges to inspire fun and creativity.

Sunday



BEACH



Monday

SUPER HEROES



Tuesday

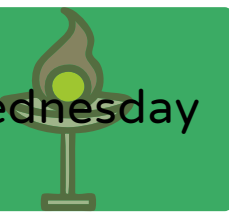


SNOW



Wednesday

Wednesday



OLYMPICS



Thursday

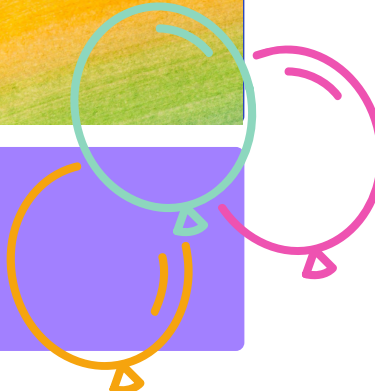
MILITARY PRIDE

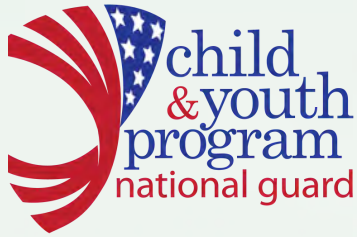
Friday

RAINBOW

Saturday

diy





THE BEACH

Beach Day Challenge

Style:

- Sunglasses
- Sun Block
- Tropical Shirt
- _____
- _____

Scene

Create a fun beach day playlist

Design your own surfboard

Pump up a beach ball and put on your favorite beach shirt and sunglasses!

Menu

Dragonfruit smoothie bowl

1 cup frozen pitaya (dragon fruit)

1/2 cup milk (any kind you like)

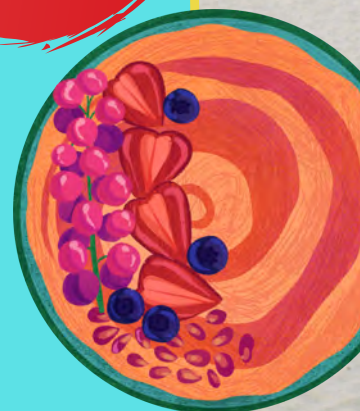
1/2 banana (frozen works best)

2 cups frozen fruit (we like pineapple & mango)

Topping options: fresh berries, banana, kiwi, honey, chocolate chips, coconut flakes, chia seeds, and your favorite seeds or nuts.

Place all ingredients in a blender, mix until smooth. Pour in a bowl, top with your favorite toppings, and enjoy.

Adult
Supervision
Required



THE BEACH

Movement Challenge

#NGSPIRITWEEK

OCEAN YOGA USING A CHAIR



I am a manta ray.
WARRIOR 3 POSE



I am a jellyfish.
FORWARD BEND



I am a whale.
COBRA POSE



I am a crab.
REVERSE TABLE TOP POSE



I am an urchin.
CHILD'S POSE



THE BEACH

STEM Challenge

Sink or Float?

Materials:

Bin or Bathtub

Water

Objects to test buoyancy

Buoyancy: the ability or tendency to float in water or air or some other fluid

Fill a bin or bathtub halfway full of water.

Predict whether your object will sink or float.

Place your object in water.

Observe. Leave in water for 10 minutes. Record your findings.

Object:

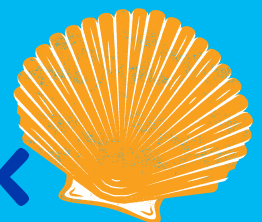
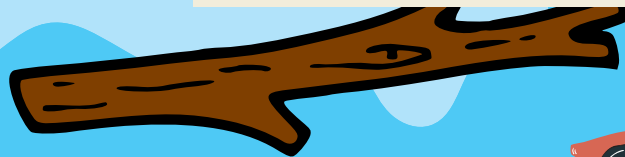
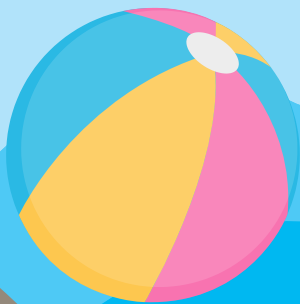
Sink or Float?

Object:

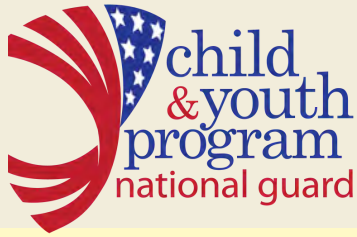
Sink or Float?

Object:

Sink or Float?



#NGSPIRITWEEK



THE BEACH



HTGS Challenge

The "Good Stuff": What were your 3 favorite things about this day?

-
-
-

What did I do well?

.....

.....

.....

.....

What I Need To Improve?

.....

.....

.....

.....

Biggest Lessons?

.....

.....

.....

.....

.....

Grateful for

.....

.....

.....

.....

.....

How can you make more of this "Good Stuff"?

.....

.....

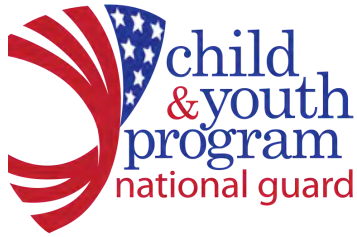
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Rate your day from 1-5 stars The more stars the better. ☆ ☆ ☆ ☆ ☆

Mood Today



#NGSPIRITWEEK



SUPERHEROES!

Superhero Day
Challenge

Style

- Hero mask
- Superhero cape
or t-shirt
- OR dress like your
real-life superhero

Today's Agenda

- Make your own comic book
- Discover the Superhero in you
- Honor your real-life superhero
- Complete Superhero Bingo

Adult
Supervision
Required

Superhero Snack Ideas

Make a Captain America shield using strawberries, blueberries, and marshmallows.



All you need are pretzel sticks & cheese cubes to make Thor's Hammers



Using your favorite hero's color scheme, make snack kabobs with fruits and cheese





CALLING ALL SUPERHEROES

Secret Identity (real name): _____

Superhero Name: _____

**My Special Strengths/
Superpowers**



Fantastic Picture of Me

My Sidekick

Super Facts About Me!

I am _____ years old

My favorite food is:

My favorite sport is:

My favorite TV show/movie is:

The members of my family are:

When I grow up I want to be:

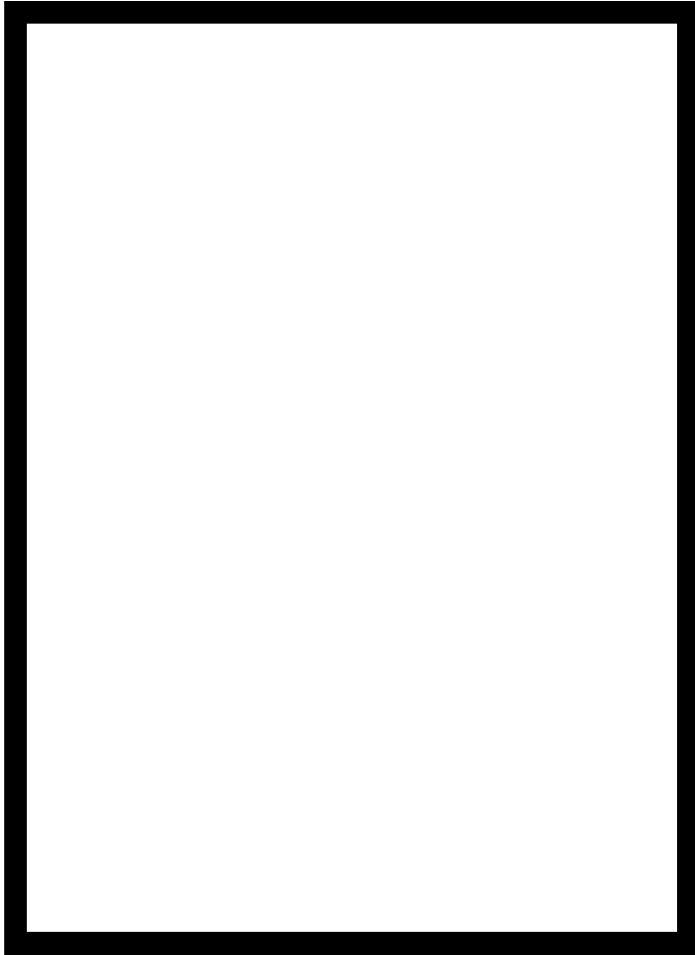


How I'm Going to Change the World



MY REAL LIFE HERO

Tell us about someone you know who is like a superhero!



Drawing of your hero

Name:

What does your hero do?
(job/volunteer/family role, etc.)

5 words that describe
your hero:

- 1)
- 2)
- 3)
- 4)
- 5)

























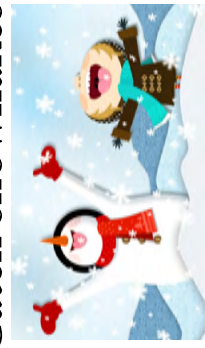



What makes your hero awesome?

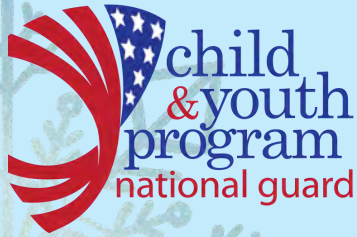
Conclusion: In my opinion, _____ is a real life hero
because _____

Bonus Challenge: Share this with your real life hero!

SUPERHERO

B I N G O

| | | | | |
|--|---|--|---|--|
| <p>Build a super snowman</p>  | <p>Groove with your superhero moves</p>  | <p>Play Snow Soccer</p> <p>Use a bright colored ball!</p>  | <p>Do a heroic deed for someone</p>  | <p>Bake kryptonite cookies</p>  |
| <p>Discover superheroes in your family</p>   | <p>Read a comic book</p>  | <p>Track villians in the snow</p>  | <p>Hold superhero auditions</p>  | <p>Freeze some memories in time</p>  |
| <p>Create and go on a scavenger hunt</p>  | <p>Build a hero headquarters</p>  | <p>FREE SPACE</p>  | <p>Write a letter to a super friend</p>  | <p>Have an indoor picnic</p>  |
| <p>Play a board game</p>  | <p>Complete a jigsaw puzzle</p>  | <p>Create your own comic book</p>  | <p>Make an indoor Bat Cave</p>  | <p>Make a snow angel</p>  |
| <p>Make superhero masks</p>  | <p>Catch snowflakes</p>  | <p>Enjoy a cup of hot cocoa</p>  | <p>Read a book</p>  | <p>Go sledding (AKA flying)</p>  |



SNOW DAY

Snow Day Challenge

Style

- Hat
- Scarf
- Gloves
- Jacket/Snow Pants

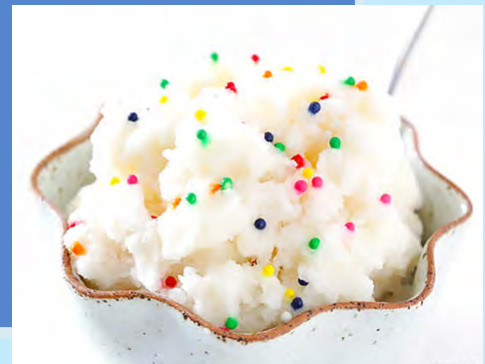
Scene

- Make your own scarf
- Snowman Science
- Snow your feelings
- Write about your perfect snow day

Menu- Snow Icecream!

- 1 cup milk (any kind)
 - 1/3 cup granulated sugar
 - 1 teaspoon vanilla extract
 - 1 pinch salt
 - 8 cups clean snow or shaved ice (more or less, depending on the density of the snow)
 - optional topping: sprinkles!
- In a large bowl, whisk milk, sugar, vanilla and salt together until combined. Go scoop up some fresh (clean!) snow, and immediately stir it into the milk mixture until you reach your desired consistency. (The ice cream should be fluffy, not runny. But it melts quickly, so dive in quickly.)
- Top with sprinkles or other ice cream toppings if desired, and enjoy!

Adult
Supervision
Required








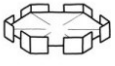




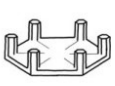








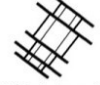





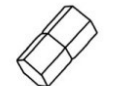



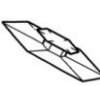





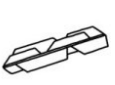

SNOW DAY

STEM Challenge

Science of a Snowflake

Snowflakes are actually made up of snow crystals that develop when water vapor turns to a solid form. Crystals come in several different shapes. Many are flat and hexagonal (6 sided), and others are a little more fancy, with six arms reaching out from the center. Some may be shaped like stars, while some may look like branches!

Check out all the different types of snow crystals. It is important to know that a snow crystal is NOT a snowflake. One snowflake can be made up of dozens or even hundreds of snow crystals!

| | | | | |
|---|--|--|---|--|
|  Simple Prisms |  Solid Columns |  Sheaths |  Scrolls on Plates |  Triangular Forms |
|  Hexagonal Plates |  Hollow Columns |  Cups |  Columns on Plates |  12-branched Stars |
|  Stellar Plates |  Bullet Rosettes |  Capped Columns |  Split Plates & Stars |  Radiating Plates |
|  Sectored Plates |  Isolated Bullets |  Multiply Capped Columns |  Skeletal Forms |  Radiating Dendrites |
|  Simple Stars |  Simple Needles |  Capped Bullets |  Twin Columns |  Irregulars |
|  Stellar Dendrites |  Needle Clusters |  Double Plates |  Arrowhead Twins |  Rimed |
|  Fernlike Stellar Dendrites |  Crossed Needles |  Hollow Plates |  Crossed Plates |  Graupel |

Types of Snowflakes ... SnowCrystals.com

STEM ACTIVITY: Make your own SNOW!

Snow Ingredients

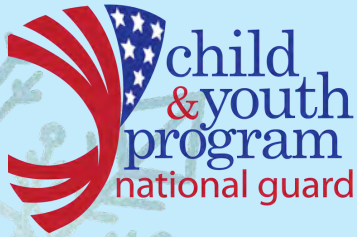
- 2 lb box of baking soda
- 1-2 cans of shaving cream
- Dish or container (to mix it all up in)
- Glitter (optional)

DIY Snow Directions:

- Pour the whole box baking soda into a plastic container with a lid.
- Add some shaving cream, and knead it into the baking soda.
- Add more shaving cream, mix, and repeat, until the mixture is the consistency of snow.
- Add glitter for fun!


















The DIY fake snow becomes light and powdery, and will leave very little residue on your hands when fully mixed.





SNOW DAY

Snow Your Feelings

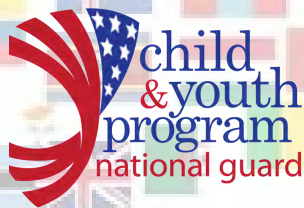
| | | |
|---|--|--|
| I feel  snow  happy | I feel  snow  surprised | I feel  snow  silly |
|  sad |  delirious |  awkward |
|  stressed |  sick |  exhausted |
|  mad |  confused |  excited |
|  tired |  cool |  good |

What are feelings? The definition of feeling is: an emotional state or reaction. For example, a "feeling of joy" is an emotion. Take a look at this feelings chart. Have you felt some of these emotions? Or all of these emotions? Some feelings feel good, and some feelings feel not so good- and that is okay. It is important to recognize how are you feeling in certain situations, that way you are able to understand and share how you are feeling with others.

Write about your perfect Snow Day?

Pick one or two feelings above and share with us what your perfect snow day looks like, and how it makes you feel.

Lined writing area for the student to write their response.



WINTER OLYMPICS

Olympic Day Challenge

"The goal of the Olympic Movement is to contribute to building a peaceful and better world by educating youth through sport, practiced without discrimination of any kind and in the Olympic spirit, which requires mutual understanding with a spirit of friendship, solidarity, and fair play." - olympics.com

Style

Hat

Scarf

Gloves

Winter Jacket

Snow Pants

Cow bell



Scene

Make your own Olympic Torch

Mini figure Ice Luge

Frisbee Curling

CRAFT: Make an Olympic Torch



What you will need:

- 1 paper plate (or a piece of cardstock or construction paper)
- Markers, colored pencils, or crayons
- Tissue paper—red, yellow, and orange (can use construction paper)
- Scotch tape
- Scissors

What to do:

1. Color and decorate the bottom side of the paper plate
2. Roll the plate inward so it is a tight roll on the bottom and a looser roll on top and tape it (it should look like an ice cream cone)
3. Use half a sheet of red, yellow, and orange tissue, or construction paper, and layer the sheets
4. Gather the tissue paper at the center and squeeze the bottom so it is narrow enough to slide into the top of the paper plate torch

Decrease the challenge:

- Use stamps or stickers to decorate the “torch” holder

Increase the challenge:

- Use paint and other craft supplies to decorate your paper plate torch

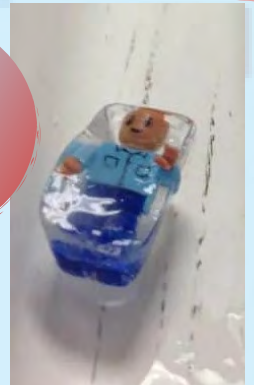
Adult
Supervision
Required

STEM: Mini figure Ice Luge

What you will need:

- 2 mini-figures
- 1 Ice tray
- 4 cardboard paper towel rolls, or sections of Matchbox or Hot Wheels car racetracks
- Masking tape

Adult
Supervision
Required



What to do:

1. Create your 2 luge sleds by placing each of your mini figures into a separate section of the ice cube tray, fill with tap water, place in freezer to freeze
2. Cut all cardboard paper towel rolls in half lengthwise
3. Build your luge track by taping paper towel rolls together, making a long halfpipe
4. Engineer the luge track so your sleds will slide down

Increase the challenge:

- Which figure is the fastest?
- Re-engineer your track: how fast can you make it? how slow can you make it?
- Create "luge sleds" using other items found in your home, must fit in ice cube tray
- How else can you modify this activity??

Did you know:

1. **USA Luge has won 16 World Junior Championship Titles; 2 Gold, 4 Silver, and 7 Bronze Medals in Senior World Championship Events**

Top 10 Countries with most Olympic Medals



United States
2980



China
696



United Kingdom
948



Sweden
661



Germany
892



Australia
562



France
874



Japan
555



Italy
742



Russia
547



ACTIV-ITY: Frisbee Curling

What you will need:

- 8 Frisbees (Curling Stones)
- Playing field = 10 feet long x 4 feet wide
 - Outdoors use a snow packed surface
 - Indoors use the floor, carpet actually works!!
- Masking tape (for indoors only)

Game Set Up:

1. Create & layout your field:

a. Outdoors

- i. Pack down snow in playing field
- ii. Draw a big starting line in the snow at one end of the field
- iii. Draw a large square in the snow at the other end = the "House"
- iv. Draw a smaller square in the center of the larger = the "Tee"

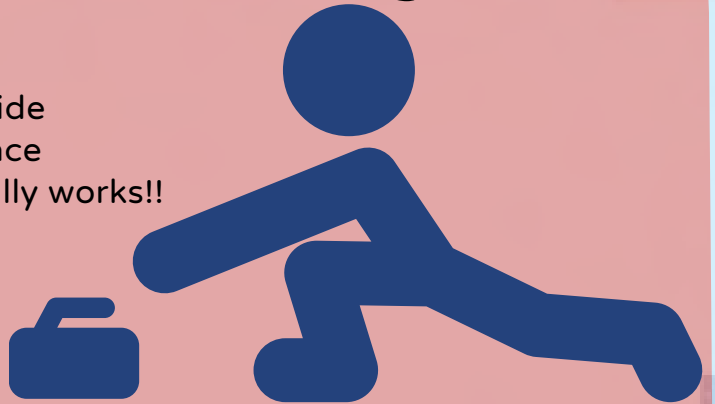
b. Indoors

- i. Designate playing area-smooth & carpeted floors work
- ii. Using masking tape create starting line & large square (House)

Objective: To get your frisbees (stones) inside square (house), and closest to the smaller center square (tee)

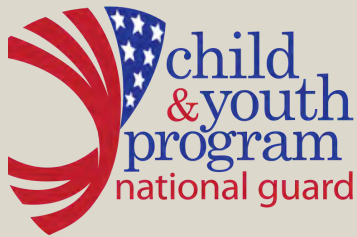
Game play:

1. Flip a coin to see who tosses, or slides first
2. First player tosses, followed by the next player; continue alternating until all stones/frisbees are tossed
3. The player with their frisbee (stone) closest to the smaller/inner square (tee) scores points
 - a. If one player has multiple stones closer to the tee than their opponent, all of those stones score



Four Fun Curling Facts

- **Originated in Scotland as far back as 1511**
- **Curling Stones weigh between 38 and 44 pounds, and are made from a rare granite**
- **Debuted at the inaugural 1924 Winter Olympics Games in Chamonix, France**
- **All players must wear 2 different types of shoes: 'slider' and 'gripper'**



MILITARY PRIDE

Military Pride Day Challenge

Style

- Camouflage hat
- Dog tags
- Military or patriotic shirt

Agenda

- Celebrate your status as a Military Youth
- Make a thank you card for a Service Member
- Personalize your dog tags
- Make homemade slime

Menu

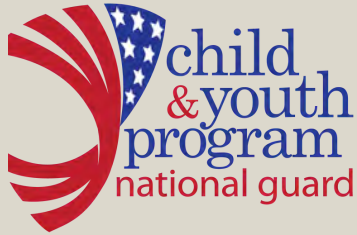
Service Members have not always had the best food. Did you know that in the civil war, troops ate a lot of bacon grease and badly cooked cornbread/biscuits washed down with coffee? Some would say yuck!

If your special service member is older, they might remember C or K Rations (to the right is a can - yes a can - of pound cake!) They might remember SOS (also known as Stuff on Shingle.) SOS is toast covered with beef with a cream sauce. Some would say yum! If your service member is serving now, they might eat MREs.

Challenge yourself to cook cornbread, biscuits, or SOS. If possible, work with your special Service Member to find the best recipe.

Adult Supervision Required





MILITARY PRIDE

Gratitude Challenge

Saying Thank You to Service Members

It is important to show gratitude. One way to do that is to write it down. Choose the method you prefer or do both!

Option 1

Use the card kit provided to construct a thank you card for your favorite Service Member, past or present. Inside, you can write a personal note about how proud you are that they served our country.

Option 2

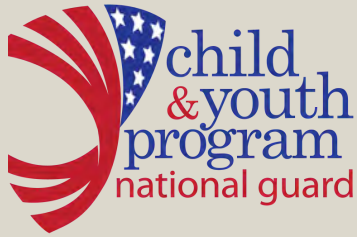
Write letters (or make cards) to distribute to a local Veteran's housing or medical facility.



Tip!

Use a general greeting such as "Dear Hero" or "Dear Troop" and include non-specific messages of support and gratefulness. Remember that whoever receives your card might have served differently than your special Service Member, so simple messages of support and thankfulness are best. You want to be inclusive of all branches, eras, and duties. After all, every job in the armed forces is important.





MILITARY PRIDE

STEAM Challenge

Patriotic Slime

Is your special Service Member part of a chemical company? Many jobs in the military involve science. Let's experiment!



Materials

- 3 bowls
- 1 1/2 cups of clear washable school glue
- 1 1/2 cup of water
- Food coloring
- Glitter
- 1 1/2 teaspoons baking soda
- 3 tablespoons saline solution
- Star decorations, star confetti, or other themed accessories (note: confetti stars can be a little sharp)

Directions

1. In each bowl, combine 1/2 cup of glue and 1/2 cup of water. Stir thoroughly.
2. Make each bowl a different color by adding glitter, 1/2 tsp of baking soda, and food coloring.
3. Add 1 tbsp of saline solution (the activator) to each bowl and mix until a slimy blob forms and pulls away nicely from the bowl.
4. Swirl the three colors together. You might make strips and braid them, or any method you choose.

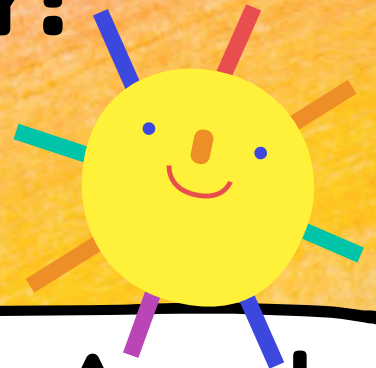


Do you think this is a liquid or a solid? Stumped? The answer is below.

Trick question! It is a Non-Newtonian fluid, which means it is a little bit of both!

RAINBOW DAY!

Rainbow Day Challenge



Style

Represent the colors of the rainbow in your clothing and accessories!



Wear as many colors as possible.

OR

Choose **ONLY ONE** color to wear, from head to toe (that's called monochromatic)!

BONUS CHALLENGE:

Get your family and friends to participate!

Share a picture on your Child & Youth Program's social media page!

#NGSPIRITWEEK

Today's Agenda

1. Make a Rainbow Jar to understand density
2. Create Recycled Rainbow Art
3. Try a healthy Rainbow Snack Board
4. Do Rainbow Exercises to strengthen your muscles
5. Use Rainbow Breathing to meditate



**SHARE
WITH US!
#NGSPIRITWEEK**

Did you know...

Rainbows can be a symbol of

HOPE

PROMISE

GOOD LUCK

NEW BEGINNINGS

EQUALITY

COMMUNICATION

PEACE

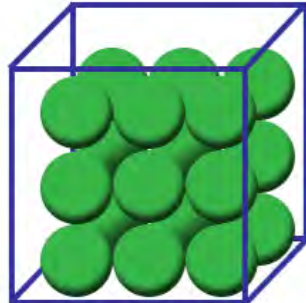
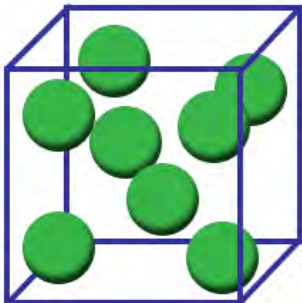
Rainbow Jar

Recycled Art



Some liquids are heavier, or more **DENSE** than others. This is because the same amount of liquids can have a different amount of molecules (smallest part of a substance), this makes them have different densities.

Requires Adult Supervision



TheEngineeringMindset.com

Because of their different densities, liquids can sit on top of one another, with the heavier liquid sitting at the bottom. Make your own Rainbow Liquid Density Jar with supplies that you probably have at home.

GO TO:
playdoughtoplato.com/rainbow-jar
for a list of supplies and full instructions.





emergentarts.org/product/junk-art-trash-in-treasure-outside-in-person/

Let's turn trash into treasure! Head to a local road, park, playground, beach, anywhere in your community that needs a cleanup. **COLLECT** all the garbage you can find! **SORT** the garbage you collect and decide what to **KEEP** (cleaner, colorful items), what to recycle, and what to throw in the garbage. When you get home, clean and sort your **KEEP** items by color and create some art. The possibilities are endless!

You will need:
Adult supervision, gloves, garbage bags, garbage & recycling receptacles, glue, various arts & crafts supplies



Find inspiration at re-crafter.com

| RED | YELLOW/ ORANGE | GREEN | BLUE/ PURPLE | WHITE/ BROWN |
|---|---|---|---|--|
|  |  |  |  |  |
| Healthy Heart Healthy Blood Vessels Cell Rejuvenation Cancer Prevention Skin Protection | Eye Protection Cancer Prevention Healthy Joints Healthy Heart Low Cholesterol | Stomach Protection Healthy Bones Immune System Eye Protection Cancer Prevention | Improves Memory Cell Rejuvenation Healthy Heart Healthy Blood Vessels Urinary System Protection | Immune System Stomach Protection Healthy Heart Low Cholesterol Healthy Gut |

This material is funded by USDA's Supplemental Nutrition Assistance Program (SNAP).
This institution is an equal opportunity provider.

Rainbow Snack Board

COLORFUL FRUIT IDEAS

strawberries, raspberries, red apples, cranberries, cherries, pomegranate seeds, red grapes
tangerines, clementines, oranges, kumquats, cantaloupe, apricots, mango, orange slices, gooseberries
pineapple, banana, peaches, star fruit, yellow pears, golden delicious apples
kiwi, green apples, honeydew, green grapes, green pears
blueberries, blackberries, plums, purple grapes, black currants



DIRECTIONS:

Choose one or two favorite fruits (or try new ones!) for each color of the rainbow. With an adult, slice the fruit into bite-sized pieces and display the pieces on a plate in the shape of a rainbow to share with family and friends!

LET'S GET PHYSICAL!



While you complete each exercise, imagine you are drawing a rainbow!

Rainbow Kicks



Resources: visionviral.com and womanista.com

How to do it:

- Get on all fours. Straighten your left leg by pulling the toe away from you.
- Take the raised, flat leg to the side as far as possible and touch the floor with the toe.
- Take it in the opposite direction and do the same.

Requires
Adult
Supervision

Dumbbell Rainbows

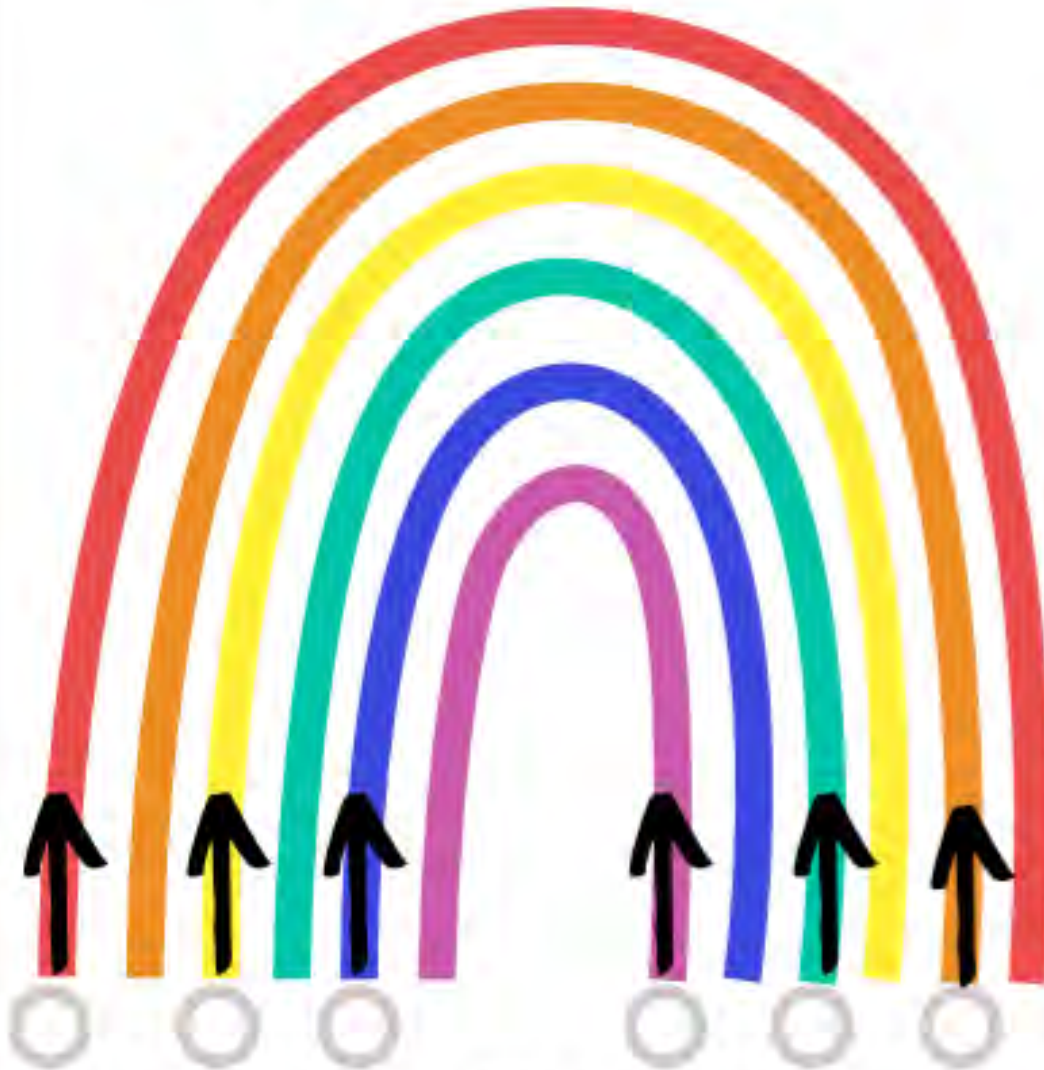


Resource: the-exercist.tumblr.com

How to do it:

- Stand with your feet hip-width apart, knees slightly bent, and hold a dumbbell (if you don't have dumbbells, you can use water bottles) in each hand at your thighs, palms facing up.
- With a slight bend in your elbows, slowly lift the weights out to the sides
- Then up to touch above your head
- Reverse to return to start.

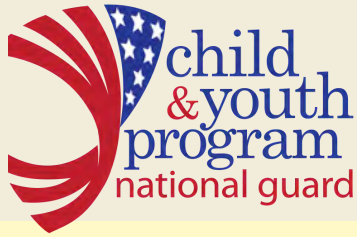
Deep Breathing EXERCISE



Place your finger on a white dot. Trace the arrow and take a deep breath in. Pause at the end of the color. Trace the next arrow and breathe out. Continue around the image several times.

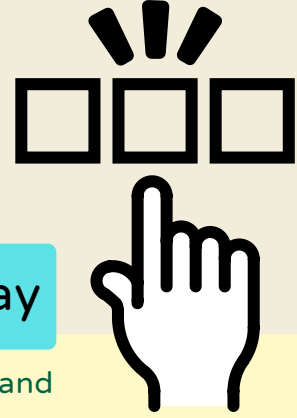
Breath control is a helpful coping tool used for mindfulness and regulation to help you feel more calm and focused.

This activity can be extended to a guided Rainbow Meditation, to try it, VISIT: <https://www.gonoodle.com/videos/0YZV0Y/rainbow-breath>



DIY

Create Your Own Spirit Day



Now it is your turn to make your own Spirit Day. Brainstorm themes and activities below.

- Example: Pet Day

My theme ideas:

-

What food or drinks represent your theme?

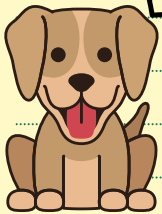
Example: Crescent Dogs

What style will fit your theme? What can you wear? How can you talk?

Example: Animal Print Clothing

How can you move to match your theme?

Example: Animal Yoga

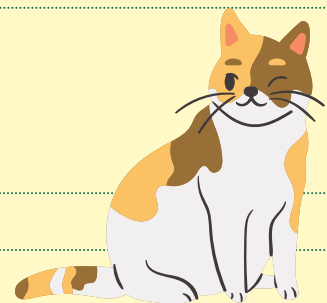


Create a STEM Project centered around your theme.

Example: What toy does your pet like best? Why?

What other things can you do to add to the fun?

Example: Animal Crafts, Dance Party



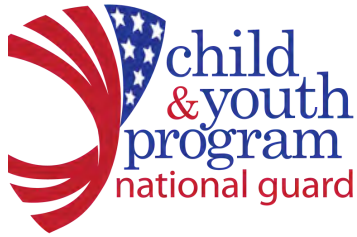
Now that we have brainstormed, choose which items you want to do to make your spirit day special. Write them on the following pages.

With adult permission, you can share your creation on social media. Be sure to use the hashtag below and tag your state program and coordinators!



#NGSPIRITWEEK





(Choose your own theme & write it below)

THEME:

DIY Spirit Day Challenge

Style: How will you

dress?

- _____
- _____
- _____
- _____
- _____

Agenda

Set the scene! What tasks and props will make your spirit day more complete?

Menu

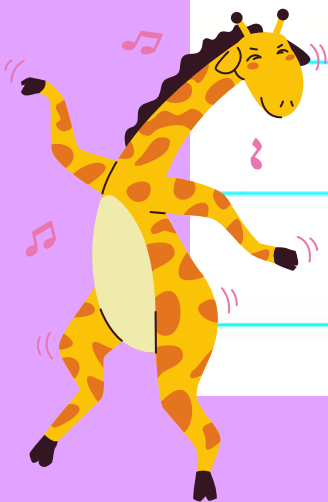
Create a delicious dish based around your theme.

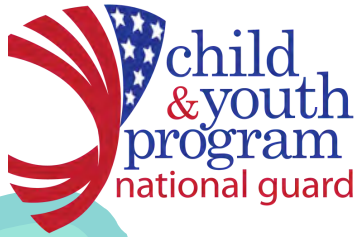
Adult Supervision
Required



THEME:

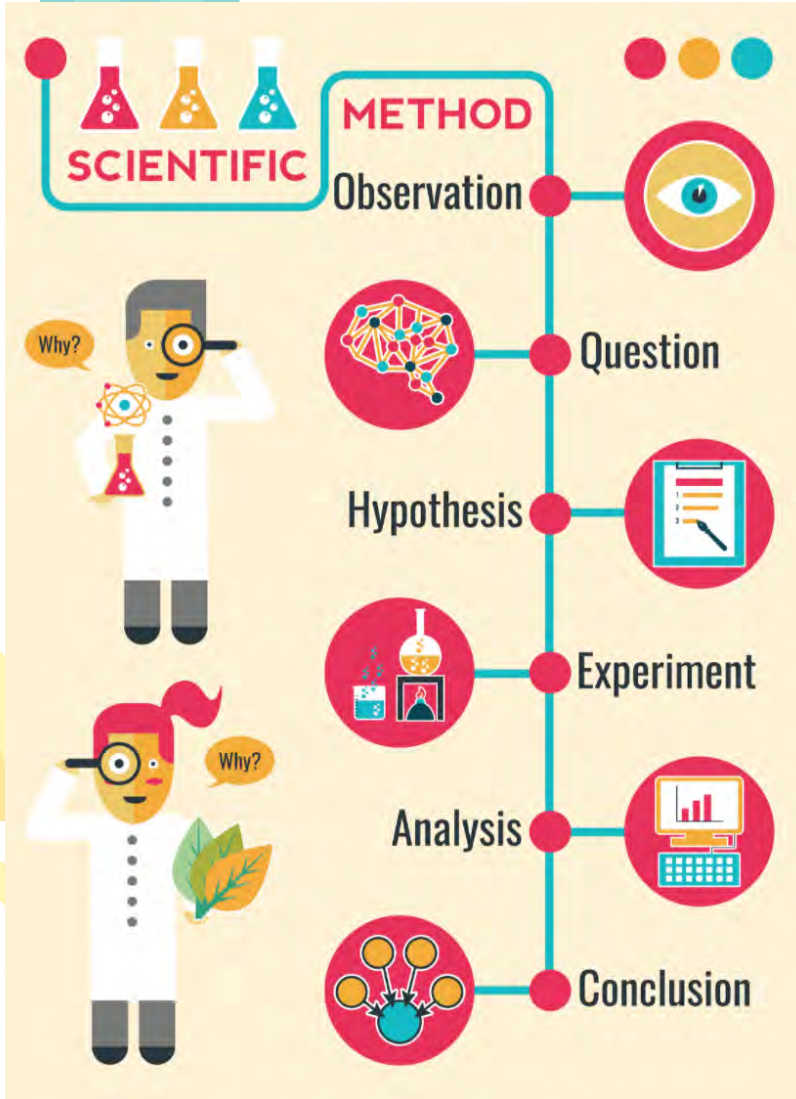
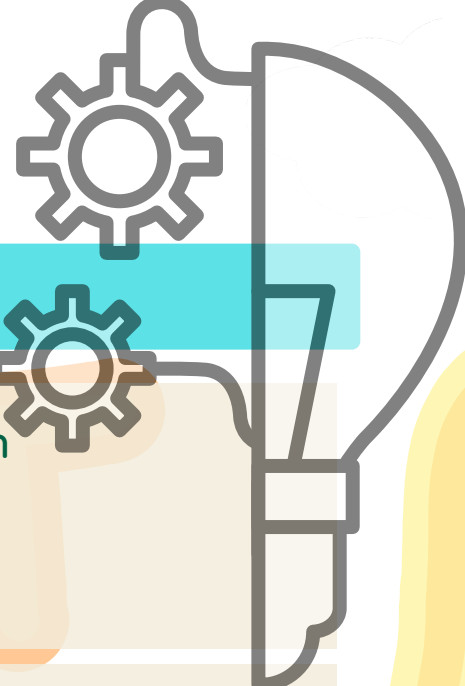
Movement Challenge:
What movement matches
your Spirit Day?





THEME:

STEM Challenge Title:



Observation

Question

Hypothesis (what I think will happen)

Experiment

Analysis

Conclusion



SPIRIT WEEK

Wrap Up

#NGSPIRITWEEK

BEACH

- Smoothie Bowls
- Yoga
- Sink or Float
- Hunt the Good Stuff

SUPER HEROES

- DIY Comic Book
- Super Snack
- Bingo
- Super You
- Your Real Life Hero



SNOW

- Snow Ice Cream
- DIY Scarf
- Snow Science
- Snow Your Feelings
- Perfect Snow Day

OLYMPICS

- DIY Olympic Torch
- Mini Figure Luge
- Frisbee Curling

MILITARY PRIDE

- Thank you card
- Patriotic Slime
- DIY Dog Tag
- Celebrate being a military kid

RAINBOW

- Rainbow Jar
- Rainbow Art
- Snack Board
- Rainbow Exercises
- Rainbow Breathing

diy

- How did you make your spirit day amazing?

