Presents

SPIRIT WEEK
#NGSPIRITWEEK

7 days of themed challenges to inspire fun and creativity.

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<td>BEACH</td>
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<td>Monday</td>
<td>SUPER HEROES</td>
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<td>Tuesday</td>
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<td>Wednesday</td>
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<td>Thursday</td>
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<td>Friday</td>
<td>RAINBOW</td>
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<tr>
<td>Saturday</td>
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THE BEACH

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

- 
- 
- 

What did I do well? | What I Need To Improve?
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Biggest Lessons? | Grateful for

- 
- 
- 

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

- 
- 
- 

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

Mood Today

😊 😊 😊 😊 😞
SUPERHEROES!

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

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

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

Adult Supervision Required
CALLING ALL SUPERHEROES

Secret Identity (real name): ____________________
Superhero Name: ____________________

My Special Strengths/ Superpowers

How I'm Going to Change the World

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

Name:

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

5 words that describe your hero:
1)
2)
3)
4)
5)

Drawing of your hero

What makes your hero awesome?

Conclusion: In my opinion, ________________ is a real life hero because ____________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________

Bonus Challenge: Share this with your real life hero!
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<tr>
<td><strong>Play Snow Soccer</strong></td>
<td><strong>Hold a talent show</strong></td>
<td><strong>FREE SPACE</strong></td>
<td><strong>Create your own comic book</strong></td>
<td><strong>Read a book</strong></td>
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<td><strong>Do a heroic deed for someone</strong></td>
<td><strong>Write a letter to a superhero friend</strong></td>
<td><strong>Make an indoor Bat Cave</strong></td>
<td><strong>Enjoy a cup of hot cocoa</strong></td>
<td><strong>Go sledding (AKA flying)</strong></td>
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<tr>
<td><strong>Groove with your superhero moves</strong></td>
<td><strong>Track villains in the snow</strong></td>
<td><strong>Build a hero headquarters</strong></td>
<td><strong>Complete a jigsaw puzzle</strong></td>
<td><strong>Catch snowflakes</strong></td>
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<td><strong>Build a super snowman</strong></td>
<td><strong>Discover superheroes in your family</strong></td>
<td><strong>Create and go on a scavenger hunt</strong></td>
<td><strong>Play a board game</strong></td>
<td><strong>Make superhero masks</strong></td>
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<td><strong>Freeze some memories in time</strong></td>
<td><strong>Have an indoor picnic</strong></td>
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<td><strong>Bake kryptonite cookies</strong></td>
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<td><strong>Have an indoor Picnic</strong></td>
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<td><strong>Find a superpower</strong></td>
<td><strong>Use a bright colored ball!</strong></td>
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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
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 (5 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!

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.
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 you are 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.
"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
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

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

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<th>Country</th>
<th>Medals</th>
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<td>United States</td>
<td>2980</td>
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<tr>
<td>United Kingdom</td>
<td>948</td>
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<tr>
<td>Germany</td>
<td>892</td>
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<tr>
<td>France</td>
<td>874</td>
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<tr>
<td>Italy</td>
<td>742</td>
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<tr>
<td>China</td>
<td>696</td>
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<tr>
<td>Sweden</td>
<td>661</td>
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<tr>
<td>Australia</td>
<td>562</td>
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<tr>
<td>Japan</td>
<td>555</td>
</tr>
<tr>
<td>Russia</td>
<td>547</td>
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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
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.
Patriotic Slime

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

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.

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)

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!
RAINFOUR DAY!
Rainbow Day Challenge

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

RED
ORANGE
YELLOW
GREEN
BLUE
INDIGO
VIOLET

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

Did you know...
Rainbows can be a symbol of:
HOPE
PROMISE
GOOD LUCK
NEW BEGINNINGS
EQUALITY
COMMUNICATION
PEACE

SHARE WITH US!
#NGSPIRITWEEK
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

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

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.

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: emergentarts.org/product/junk-art-trash-in-treasure-outside-in-person/ for inspiration at re-crafter.com

Recycled Art

Requires Adult Supervision

Rainbow Jar

TheEngineeringMindset.com
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!

ainttoooproudtomeg.com/st-patrick's-day-rainbow-board-two-ways
LET'S GET PHYSICAL!

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

Rainbow Kicks

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.

Dumbbell Rainbows

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.

Resources: visionviral.com and womanista.com

Requires Adult Supervision

Resource: the-exercist.tumblr.com
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
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
Theme: How will you dress?

- _________________
- _________________
- _________________
- _________________
- _________________

Menu
Create a delicious dish based around your theme.

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

(Choose your own theme & write it below)
**THEME:**

Movement Challenge: What movement matches your Spirit Day?
SPIRIT WEEK

Wrap Up

#NGSPIRITWEEK

BEACH
- Smoothie Bowls
- Yoga
- Sink or Float

SUPER HEROES
- DIY Comic Book
- Super Snack
- Bingo

SNOW
- Snow Ice Cream
- DIY Scarf
- Snow Science

OLYMPICS
- DIY Olympic Torch
- Mini Figure Luge

MILITARY PRIDE
- Thank you card
- Patriotic Slime
- DIY Dog Tag

RAINBOW
- Rainbow Jar
- Rainbow Art
- Snack Board

DIY
- How did you make your spirit day amazing?

Hunt the Good Stuff

Super You Your Real Life Hero

Snow Your Feelings Perfect Snow Day

Frisbee Curling

Celebrate being a military kid

Rainbow Exercises Rainbow Breathing