

2020 Blue Star Families Summer Camp Virtual Playlist

We know you have adapted all summer activities to be virtual - so here are some recommendations to engage families with little ones this summer to learn and have fun at the same time! Each activity provides suggested learning ideas for families to do together.

ANIMALS & NATURE

VIDEOS:



[Observe with Me](#): Together, watch as Abby and Rudy draw what they observe in their wonder journals, using all their senses to explore nature. Then help children make their own wonder journal to keep track of cool things they see and want to find out more about. Science learning can happen anytime, anywhere!



[Exploring Outdoors](#): Watch Elmo, Abby, and Louie explore differences between leaves at the park. Then think about things you see in everyday life that appear similar, but upon closer observation, are actually quite different.



[Elmo and Zoe Pretend](#): Together, watch Elmo and Abby pretend to be ducks. Join in and quack along! Afterward, ask kids their favorite animal, and to show you how their favorite animal moves and sounds. Together, pretend to eat, sleep, and play like this animal.

INTERACTIVE GAMES/ACTIVITIES:



[Snow Monster Maker](#): In this interactive game, kids have the power to change the weather by changing the temperature.

PRINTABLES:



[Creature Camouflage](#): Print this page and grab a pencil or crayon. Then, head outside (or online) to find animals that camouflage (blend in with the environment and space around them).



[Garden Senses](#): Print this page and head to the park or a garden to observe nature. Bring along pencils or crayons and invite kids to draw one thing they feel, hear, smell, and (if possible) taste.



[Track It](#): Print this page, trace the animal tracks, and then head outside together to see if you can spot any tracks along the sidewalk, at a park, or even on a tree. If you find some tracks, use this page as a guide to figure out which animal might have made them.



[Animal Antics](#): Acting like animals may seem like pure fun...but it actually builds creativity, language skills, and coordination! Print this page, color in the animals, and have some animal antics.

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ART

VIDEOS:



Make Your Own Art: This video explains the first thing we need in order to create art: an idea! Explain to children that an idea is something you imagine or feel. What ideas do children have for making art right now? Find some materials to work with, such as crayons, clay, scissors, glue, and so on. Together, make art and share it with others!



Three Primary Colors: When introducing art to little ones, we can start with the basic elements—color, line, shape, texture, and space. Color is one of the basic elements of art. In this video, we learn about the three primary colors. After watching, you might play “I Spy” with colors. Say, for instance, “I spy with my little eye something that is red.”



Super Grover Paints a Still Life: Watch together as Super Grover uses the power of observation to solve a problem... artfully! Then try still-life art together. You can create a still life model with anything: choose objects with clear, simple shapes, such as a piece of fruit, a vase of flowers, or a pile of blocks. Encourage children to draw what they see. You can do it alongside them!



Terry Crews is an Artist: Artists paint, sculpt, draw, weave, and more. But anyone who creates (such as musicians, dancers, and chefs) is an artist. Together with children, watch this video to learn how Terry Crews wears different “artist hats,” then talk about the types of art you enjoy. Who are your favorite illustrators, authors, musicians, dancers, actors, and so on?

INTERACTIVE GAMES/ ACTIVITIES:



Art Exploration: Children can learn so much about themselves and the world around them when they create art. Share these activities and ask children to tell you about what they’ve made. Choose from the following “canvases”: Fun With Shapes, Make Your Mark, Art All Around Us, and Draw What You See!

PRINTABLES:



Color Wheel: Help children discover the magic of color! A color wheel helps children learn the relationships among all colors on the spectrum. Print this page and bring it to life using crayons, colored pencils, or paint. Explain that one way we make art is by using—and mixing—any colors we like! Ask, “What’s your favorite color?”



My Self Portrait: Like many great artists before them, children can create self portraits to show how they see themselves. Print this page and explain that artists sometimes draw themselves! Look online to introduce children to famous self-portrait artists such as Vincent van Gogh, Frida Kahlo, or Pablo Picasso. Talk about what you see. Ask, “What do you notice about each picture? What colors, objects, or other people would you include in your own self portrait?”



Open- Ended Art: A blank page is full of possibility—there are endless ways to fill it, and there are no right or wrong ideas or results! Giving children opportunities to freely explore and experiment can build confidence. And you can do it together!

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BREATHING & YOGA

VIDEOS:



[Animal Yoga](#): Watch the video together, then try some of the yoga poses you saw (replay segments as needed). Tell kids that even though yoga is a slow, quiet exercise, it still helps us grow strong and healthy. Point out that kids are building important muscles as they hold these poses.



[Count, Breathe, Relax](#): Explain that Cookie Monster is having a hard time with big feelings, so he's learning "Birthday Breathing." Together, watch the video all the way through. Show it again and have kids practice along with you and Cookie Monster (it helps to rehearse a strategy before you actually need it!)



[Teaching Belly Breathing](#): Watch the video together anytime and have kids practice breathing along. Talk about times when belly-breathing might be useful.

INTERACTIVE GAMES/ACTIVITIES:



[Slow It Down](#): Each session begins with a Muppet leading a short "breathe in, breathe out" exercise. Then children choose one of six activities, including drawing in sand, stamping in glitter, "playing" in slime, experimenting with calming musical tones, and watching mesmerizing slow-motion video. Each session ends with a final breathing exercise.



[Breathe, Think, Do](#): Laugh and learn together as you help a Sesame Street monster friend calm down and solve everyday challenges.

PRINTABLES:



[Breathe Deep](#): Invite parents and kids to breathe in deeply through their noses to "smell" a flower, then blow out slowly through their mouths as if blowing the seeds off a dandelion. Use this adult-child coloring sheet as an opportunity for relaxation, collaboration, praise, bonding, and conversation.



[Creating Feelings of Strength and Confidence](#): Getting out of the "thinking brain" and dropping into one's body can change one's state of mind. Demonstrate this simple yoga pose, "tree pose," with kids (and grown-ups!) using these printable instructions.



[Teaching Kids to Breathe, Think, Do](#): Print the Breathe, Think, Do cards and invite kids to color them. Share an example of a problem kids might face, such as another child playing with the same toy they want to play with. Hold up each card and explain: "When you have a problem, first stop and breathe. Put your hands on your belly and take three slow, deep breaths—in through your nose and out through your mouth. Then think about a plan to solve your problem."

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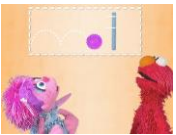
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SCIENCE

VIDEOS:



[Don't Pop the Bubbles](#): Together, watch Murray observe bubbles popping as he tries to catch them. His teacher suggests setting up an experiment to learn if anything can prevent a bubble from popping. They test on wet hands, soapy hands, dirty hands, garden gloves, aluminum foil...and get different results!



[Elmo and Abby Investigate: Bouncing Balls](#): Watch as Elmo and Abby get ready to do a ball-bouncing experiment. Then talk about the experiment they're doing. Now, grab a ball and head outside together. See if you can learn the answer to Elmo and Abby's questions!



[Experimenting With Boats](#): Help children talk about experiments, explaining that an experiment is a test that is set up the same way each time, with just one thing changing. Together, watch Murray and his friends create bridges that can hold weight. They each design, discovering that some shapes make stronger bridges.



[Bert and Ernie's Science Experiment](#): Watch Bert and Ernie do a science experiment all about jumping. Ask kids, "How did Bert feel after all of that jumping? How did his breathing change?" Now, try your own jumping experiment!



[Let's Make Art](#): Elmo's daddy, Louie, is teaching him about the math concept of shapes by creating pictures from them. Try your own science- or math-themed version of their activity

INTERACTIVE GAMES/ ACTIVITIES:



[Twiddlebug Toss](#): In this interactive game, kids help the Twiddlebugs experiment with a catapult. They will make a hypothesis—a guess—about which item they think will go the farthest, and then observe to see if their hypothesis was correct.



[Oscar's Trash Launch](#): Help kids use Oscar's trash launcher to catapult pieces of garbage into Oscar's trash can. Point out that the more the spring is pushed down (or compressed) the farther the trash will be launched. This is because, as they compress the spring, they are putting more force on the it.



[Sink or Float](#): Help kids play the sink-or-float game with Grover. Talk with kids about which items sink and which items float, and why that might be.



[Let's Build It](#): Help kids measure and explore as they help Elmo and Prairie Dawn build. Afterward, try building with everyday materials.



[Train-Track Engineers](#): Kids can explore engineering and spatial concepts as they help Elmo build a series of train tracks to move his train around and through different objects to get to Grover!