

Junior Explorers “In the Human Body”



Week Materials

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In the Human Body Materials Prep

For each *Explore It* theme, we'll let you know what materials are needed for each module (each day) of the theme, and we'll also let you know if there's materials prep you can do before the themed week kicks off. Ideally it's great to do this prep together as a family!

Note that for nearly every activity, if you're missing a material or two, you'll likely be fine! These activities are designed to be flexible.

- In Module 15, we are making and playing with playdough. You can make the playdough ahead of time or make it with your child as part of the Module. Keep in mind that playdough is messy. You may want to put a plastic tablecloth or trash bag over the surface your child will be working on.

Module 15 (Monday, August 10)

Main Activities: Invent a Veggie & Scented Play Dough

Invent a Veggie

- Plain paper
- Recycled materials (yogurt cups, paper towel rolls, newspapers, magazines, cardboard, tissue boxes, egg cartons, etc.)
- Scissors
- Glue stick
- Tape

- Markers
- Optional detail materials: yarn/string, pipe cleaners, popsicle sticks, glitter, stickers, shiny paper, etc.

Scented Playdough

- 1 Small Bowl
- 1 Medium Bowl
- 2 Mixing Spoons
- Measuring Cups
- Measuring Spoons
- Tools for exploring playdough. Some options include:
 - Cookie cutters
 - Fork and spoon
 - Rolling pin
 - Potato masher
 - [Spreader \(the safe kind\)](#)
 - Toothpicks or wooden skewers
 - Kid scissors
 - Pipe cleaners
 - Popsicle sticks
 - Straws
 - Buttons
- Playdough ingredients
 - 2 cups flour
 - ½ cup salt
 - 1 cup warm water
 - 3 teaspoons cooking oil
 - 1 tablespoon of a scent of your choice (we recommend hot cocoa, pumpkin spice, cinnamon or your favorite herbs!)
 - *Optional: ½ teaspoon Cream of Tartar*
 - *Optional: A few drops of food coloring*

Module 16 (Tuesday, August 11)

Main Activities: Hear the Music & Making Art With Your Body

Hear the Music

Art supplies

- Crayons, markers, or colored pencils
- Scissors
- Glue
- Things to decorate your instruments. Some suggestions with: colorful paper, rhinestones, glitter, feathers, stickers

- For a Rainstick
 - Toilet paper or paper towel tubes
 - Rice, dried beans, or small beads
 - Plain paper or wax paper
 - Rubber Bands

- For a Shaker
 - Paper or plastic cups
 - Masking tape or duct tape
 - Things to put inside the shaker that will make sounds. Some suggestions: paper clips, small beads, rice, dried beans, dried pasta, jingle bells, small coins

- For a Guitar
 - Small box or plastic storage container
 - Rubber bands

- For Drums
 - Wooden spoons
 - Pots and pans
 - Plastic containers or bowls

Making Art with Your Body

For Fingerprint Art

- [Stamp pads](#) or [Washable paint](#)
- Plain paper
- [Thin markers](#) or colored pencils
- Paper towels
- Bowl of water (to rinse off fingers when changing colors)

For Body Tracing

- [Large Paper](#)*
- Crayons, markers, or colored pencils

*If you don't have any large paper, here are some suggestions

- Try this activity outside with sidewalk chalk
- Cut open paper grocery bags and tape them together
- Use the blank side of a wrapping paper roll
- Use a large cardboard box

Compiled Materials, Modules 15 & 16 (August 10 & 11)

This is all the stuff needed for Modules 15 and 16!

- Plain paper
- Recycled materials (yogurt cups, paper towel rolls, newspapers, magazines, cardboard, tissue boxes, egg cartons, etc.)

- Scissors
- Glue stick
- Tape
- Markers
- Optional detail materials: yarn/string, pipe cleaners, popsicle sticks, glitter, stickers, shiny paper, etc.
- 1 Small Bowl
- 1 Medium Bowl
- 2 Mixing Spoons
- Measuring Cups
- Measuring Spoons
- Tools for exploring playdough. Some options include:
 - Cookie cutters
 - Fork and spoon
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 - *Optional: ½ teaspoon Cream of Tartar*
 - *Optional: A few drops of food coloring*
- Crayons, markers, or colored pencils
- Scissors
- Glue
- Things to decorate your instruments. Some suggestions with: colorful paper, rhinestones, glitter, feathers, stickers
- For a Rainstick
 - Toilet paper or paper towel tubes
 - Rice, dried beans, or small beads
 - Plain paper or wax paper
 - Rubber Bands
- For a Shaker

- Paper or plastic cups
- Masking tape or duct tape
- Things to put inside the shaker that will make sounds. Some suggestions: paper clips, small beads, rice, dried beans, dried pasta, jingle bells, small coins
- For a Guitar
 - Small box or plastic storage container
 - Rubber bands
- For Drums
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For Fingerprint Art

- [Stamp pads](#) or [Washable paint](#)
- Plain paper
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- Paper towels
- Bowl of water (to rinse off fingers when changing colors)

For Body Tracing

- [Large Paper](#)*
- Crayons, markers, or colored pencils

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Note that some of these items are considered "small parts" (rice, beans, beads) and could pose a choking hazard. Adult supervision required.