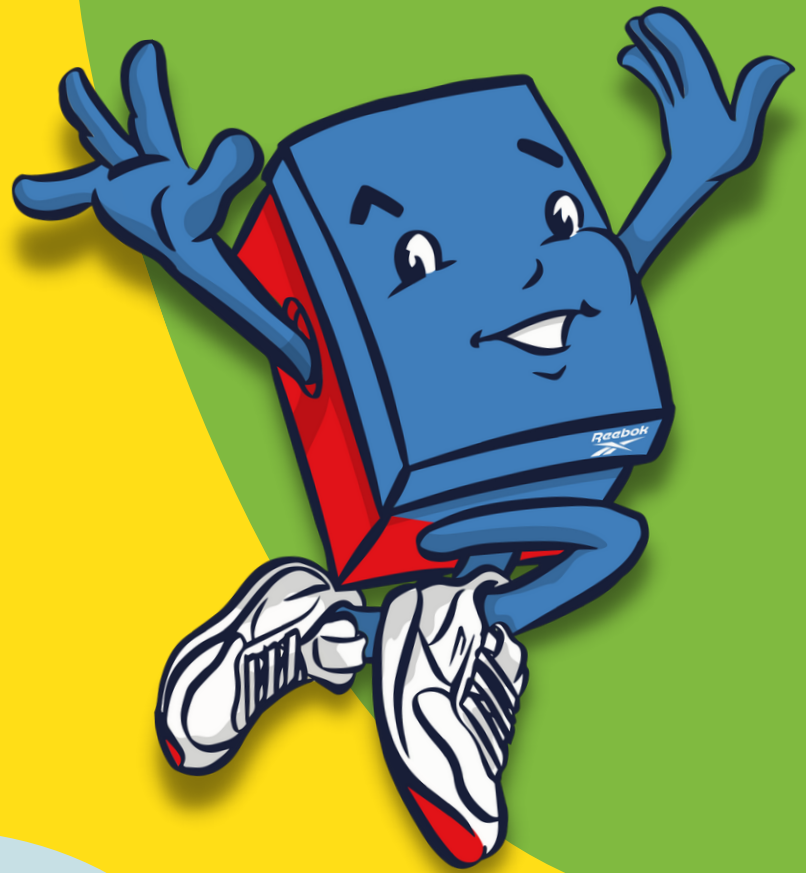


A stylized illustration of a palm tree with green fronds and a brown trunk on the left, and a smiling sun with orange rays on the right, set against a yellow background.

boks

Summer

FUN PACK



BUILD OUR KIDS' SUCCESS

Activities for kids in Kindergarten through 9th Grade to get moving and stay busy during the summer.

WHO IS THIS BOOKLET FOR?

EVERYONE – kids, parents, camps, childcare providers, and anyone that is involved with kids this summer. BOKS has compiled a Summer Fun Pack that is meant to engage kids and allow them to “Create Their Own Adventure of Fun” for the summer. This package is full of easy to follow activities for kids to do independently, as a family, or for camp counselors/childcare providers to engage kids throughout the summer.

We have included a selection of:

- BOKS Bursts (5–10 minute activity breaks),
- BOKS physical activity plans - (30 minutes of fun interactive lessons including warm ups, skill work, games and nutrition bits with video links),
- Crafts,
- Games,
- Recipes,
- Calendar template to “create their own adventure”.

HOW DOES THIS WORK?

Choose two or three activities daily from the selection outlined on page 4:

1. Get physically active with Bursts and/or BOKS fitness classes.
2. Be creative with cooking and crafts.
3. Have fun outdoors (or indoors), try our games!

How do your kids benefit?

- Give kids time to play and have fun.
- Get kids moving toward their 60 minutes of recommended daily activity.
- Build strong bones and muscles with simple fitness skills.
- Reduce symptoms of anxiety.
- Encourage a love of physical activity through engaging games.
- We encourage your kids to have fun creating their own BOKS adventure this summer.

WHO WE ARE...

BOKS (Build Our Kids' Success) is a FREE physical activity program designed to get kids active and establish a lifelong commitment to health and fitness.

Find more activities on the [BOKS Trainer Hub by signing up](#) and on our social media platforms.



1

BOKS Bursts

These activities have been designed to provide you with quick, easy, and engaging physical activities that help kids stay active throughout the day, firing up their brains and improving their general health and well-being.

2

BOKS Physical Activity Plans

These fun plans focus on getting kids moving while developing functional fitness skills (e.g. squat, push-up). Each plan lasts 35-45 minutes and has a warm up, running related activity, skill of the day, fun game, mindfulness activity, and nutrition bit!

3

BOKS Games

Have fun with these summer games. You will find outdoor and indoor games to keep the kids entertained no matter what the weather looks like. Get the whole family involved in a good old-fashioned game such as a scavenger hunt or chalk games. Or, let the kids entertain themselves with this selection of kid friendly activities.

4

BOKS Healthy Learnings

You and your kids will love these cooking recipes that the kids can create on their own. With easy, straight forward directions and minimum use of kitchen tools, your kids are going to love the kitchen and YOU are going to enjoy their creations.

5

STEAM Activities

STEAM-based learning gives kids the tools to explore new ways of problem-solving. These activities focus on hands-on learning and real world application that help develop skills such as creativity. It teaches them how to think outside the box!

6

BOKS Calendar Template

Create your own adventure this summer by filling out the calendar template with the BOKS activities found throughout the summer fun pack. It is time to create your own ADVENTURE!

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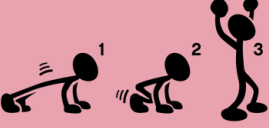


6

BOKS CALENDAR TEMPLATE

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Fitness skills

Before you start these exercises, it's important to make sure you do the movements properly. These exercises can help develop strength and endurance. Click on the fitness skills to have a visual on how to perform them.

Running		<ul style="list-style-type: none"> • Stand up tall with core tight • Shoulders and arms are relaxed and swing naturally • Breathe rhythmically, filling the belly
Push-ups		<ul style="list-style-type: none"> • Keep body in a straight line, with arms a bit wider than shoulder width • Arms fully extended at the top • Chest close to the floor at the bottom
Plank		<ul style="list-style-type: none"> • Keep body in a straight line • Keep knees off the ground • Keep weight evenly distributed between elbows/forearms and feet
Donkey Kicks		<ul style="list-style-type: none"> • Start from standing position, move hands to the floor slightly wider than shoulder width • Kick the feet off the ground and move them back in the air • Stand up straight at the end
Jumping		<ul style="list-style-type: none"> • Start with your feet at shoulder-width and keep heels super-glued to the ground • Bend your knees and squat deep • Use arms by bringing them back and driving them forward to initiate the jump • Jump up straight and tall, and land softly by absorbing the landing by bending at ankles, knees and hips
Burpees		<ul style="list-style-type: none"> • Drop into a push-up, keeping the body straight • Jump up to stand with feet moving between the hands • Stand up tall, jump up and clap hands above head
Squats		<ul style="list-style-type: none"> • Keep heels super-glued to the floor • Squat deep to get your knees at a 90-degree angle to the floor • Keep your back arched like a superhero
Crunches		<ul style="list-style-type: none"> • Keep core contracted through the entire movement • Elbows are wide, don't pull on your head or neck • Imagine bringing your ribcage toward your hips



1

BOKS Bursts

These activities have been designed to provide you with quick, easy, and engaging physical activities that help kids stay active throughout the day, firing up their brains and improving their general health and well-being.



BOKS Bursts

1. SHUFFLEBOARD



Materials: Painter tape, box, frisbee, reusable plate.

1. Tape two 10"x10" squares about 15 feet across from each other.
2. Get a box, frisbee, reusable plate or any small item that can be slid across the floor.
3. Players stand at opposite taped squares.
4. Player one kicks the item (box, frisbee, plate) trying to get it into the opponents' taped square. If the item lands with any portion in the taped square the person who kicked it gets a point.
5. First person to score five points wins.

2. BOKS BOOTCAMP



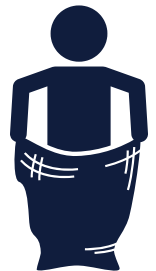
1. Set up three stations around the room
 - Station 1 (jumping jacks, mountain climbers, fast feet)
 - Station 2 (broad jumps, jumping squats, wall sits)
 - Station 3 (walking lunges, jump rope, star jumps)
2. Complete five of each activity at the station, continuing through the exercises until time is up.
3. After 60 seconds, switch stations clockwise.
4. Continue to rotate through the stations for as much time as you have.

3. POTATO SACK RACE



Materials: Potato sack (or similar object such as a pillow case). Create two lines/race courses.

1. Create two lines with reusable cups (or other objects) with enough space between them to pass between.
2. Create two teams. Why not children against adults?
3. Each team must put their legs in a potato sack (or similar object).
4. Put yourself on a starting line and start the race at the same time.
5. Each team must jump as fast as possible to the finish line passing between the objects.
6. The team that finishes first wins.



4. DISCOVER THE OCEAN



1. Have the kids move their arms in a front crawl swimming motion as they travel around the space.
2. Call out the following cues to match a movement for the kids to perform:
 - a. Starfish – five jumping jacks.
 - b. Seaweed – stand tall with arms up toward the ceiling swaying with the waves.
 - c. Clam – crouch down into a ball.
 - d. Dolphin – burpee.

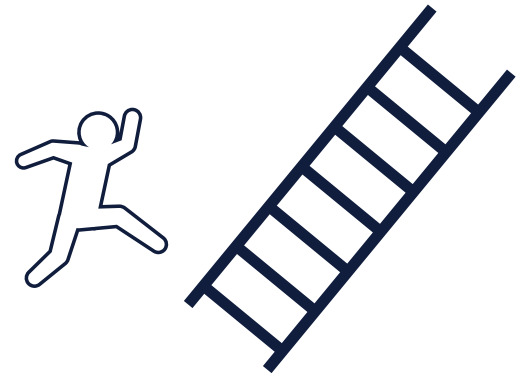
BOKS Bursts

5. AGILITY LADDER



Materials: Agility ladders. If you don't have agility ladders, you can use cones or tape on the floor. Create a ladder within your space, you can use cones, tape or chalk. Have the kids perform the different drills for 1 or 2 minutes:

1. Running forward: one or two feet in each square
2. One-foot hop: left and right
3. Lateral run through the ladder: one or two feet per square
4. Bunny jump: forward, sideways, and backwards
5. In and out
6. Hopscotch
7. Skiers
8. Two forward and one back



6. TIC TAC TOE



Materials: Tape, hoops or even string for the grid and five bean bags (or any other object) of the same color.

1. Start with a partner lying flat on the floor and with a tic tac toe grid between them. You can build the grid using tape, hoops or even strings.
2. Individuals have five bean bags (or any other object) of the same color, but a different color than their partner.
3. Partners alternate who goes first and start by facing each other in a plank position. Repeat until one wins or until all bean bags (or any other object) are placed.

7. CELEBRATE THE OLYMPICS

1. Gymnastics - Walk one foot in front of the other, arms spread out to the sides, balancing like on a balance beam. Walk five steps in each direction.
2. Gymnastics - Squat and press, hands in front of body flat on the floor, lean forward pressing weight evenly into hands, try to lift heels off the floor, one at a time and balance on hands. Try to balance for 20-30 seconds.
3. Swimming - Pretend to freestyle swim around your space. Swim five strokes in one direction and turn to swim five strokes the other way.
4. Boxing - Punch a 1-2/left, right, while hopping back and forth from left to right foot. Do the 1-2 punch cycle ten times.
5. Basketball - Dribble, dribble, shoot, pretend to dribble a basketball around and take a jump shot. Do the cycle ten times.
6. Soccer - Kick the ball as if shooting on net. Shoot ten times.
7. Track and Field - Sprint, standing fast feet with arm swings. Sprint for 20-30 seconds.
8. Track and Field - Long jump, stand with feet together, swing arms to the back and jump forward landing with feet together. Do ten jumps.
9. Golf - Golf swing line up and pretend to swing a golf club. Do ten swings.

BOKS Bursts

8. ALPHABET RELAY



Materials: Piece of paper and marker.

1. Divide group into even teams.
2. Instruct each team to form a straight line behind the designated cone or object at one end of the room. On the opposite end of the room, supply each team with a piece of paper/chart paper with each letter of the alphabet written on it.
3. One at time each team member will race to the other side of the room.
4. Once there, they will pick a letter that is available to write a word that relates to the topic the lead adult picks for that day such as fruits and vegetable. (e.g. kid could write "Banana" beside the letter B).
5. Kid will run back and tag the next person in line to go.
6. If the kid cannot think of something to write, they can perform five squats and return to their team.
7. When waiting in line, kids must perform jumping jacks while they wait for their turn.
8. Continue for a specific duration or until the alphabet is complete.

*If you only have two or three people, form one team and try to complete the alphabet as fast as possible!

9. GONE CAMPING



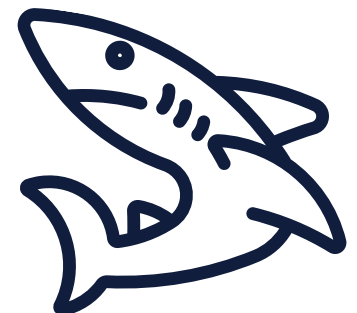
Get excited for summer camping by doing each activity for 20-30 seconds:

1. Jog in place as if a big scary bear is chasing you.
2. Reach up as if you are picking berries.
3. Do toe touches as if you are hammering in tent stakes.
4. Wall sit (or squat) as if you are sitting around the campfire.
5. Move your arms as if you are swimming from a big fish.
6. Shake your body as if you are a wet dog.
7. Torso twist as if you are paddling the kayak side to side.
8. Jump up and down as if you have finally roasted the perfect marshmallow.
9. Repeat as time permits.

10. AVOID THE SHARK CHALK GAME

Materials: Chalk (two different colors).

1. Find a safe spot in a driveway or on a sidewalk.
2. With different colors of chalk, draw "beaches" various distances apart.
3. Use blue chalk to draw water and shark fins between the beaches.
4. Have kids jump from beach to beach to avoid the "sharks" in the "water."



BOKS Bursts

11. TRACK & FIELD BURST



Materials: Tape, rope, toilet paper roll, ball, metronome to set the pace.

Standing Long Jump

- Start from behind a line or tape, jump as far as you can and land with soft knees.
- Repeat and try to jump over the first mark.
- Try a single-leg take-off into a two-foot landing.
- Repeat on the other leg.

Javelin Throw on a Rope

- Place a toilet paper roll on a rope.
- Anchor the rope up high.
- Grab the toilet paper roll palm up, take a step towards the anchor while keeping your throwing arm behind you.
- High throwing arm.
- Long pull and try the other arm.

Relay Races

- Line up in a crab walk start position.
- Place an object on your core.
- Ready, Set, Go! Race to a line (touch it) and back.
- Try with a ball or a balloon between your knees.

Pace-Race

- Use a metronome to set the pace.
- Start in a plank position.
- On a command, start "running" by performing mountain climbers to the beat! KEEP TO THE BEAT!!
- For a faster race, set it to 155 bpm (or faster) and for a steady pace, set below 140 bpm.
- Try to run for 30 secs or 1 min... or until you are the last one standing.

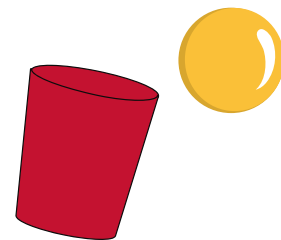
12. PING PONG BALL CUP BURST

Materials: Reusable cups, ping pong balls, sharpie.

1. Six cups/team or person, one ping pong ball/two teams.
2. With a sharpie, write a skill name and number on each cup.
3. Two teams will perform the challenge against each other.
4. Place six cups touching each other in any shape and place them approximately two meters away from the other team.
5. A kid from the opposing team will bounce a ping pong ball and try to get it to bounce INTO an opponent's cup.
6. If the kid succeeds in getting the ping pong ball IN the cup, the opposing team performs the movement indicated on the cup. If the kid does not succeed in getting the ping pong ball in the cup (target), their entire team will jog on the spot for 20 seconds.
7. Kids take a turn one team at a time and alternate until each kid has a turn.

Variations/Challenges:

- Attempt to bounce the ping pong ball twice before it lands in the cup.
- Vary the distance between the start line and cups.



BOKS Bursts

13. TABATA PLANKS



1. Turn on music of your choice from the [BOKS Spotify playlist](#).
2. Hold plank for 20 seconds.
3. Rest for 10 seconds.
4. Mountain climbers for 20 seconds.
5. Rest for 10 seconds.
6. Hold plank for 20 seconds.
7. Rest for 10 seconds.
8. Mountain climbers for 20 seconds.
9. Rest for 10 seconds.
10. Repeat these 5 times.

Note: Tabata is a form of exercise that alternatives intense activity with resting.

14. GO FOR GOLD!

1. Post standards on board: Gold = 25 + / Silver = 15-25 / Bronze = under 15
2. Perform each activity for 1 minute:
 - Side lunge jumps = jump side to side kicking non-landing leg to the back.
 - Shoot and score = pretend slap shot then lift arms up.
 - Repeat two to three times trying to increase your number of reps.

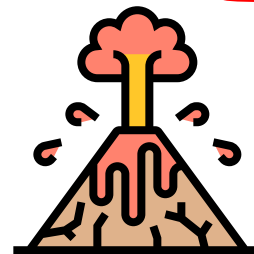
15. FLOOR IS LAVA

Materials: Pieces of paper.

1. Set pieces of recycled paper (flat) around the room.
2. Kids must hop from one piece to the next. If they touch the ground it is lava and they must do five jumping jacks before returning.

Variations/Challenges:

Switch skill from jumping jacks to squats, lunges, push-ups, crunches, burpees, etc.



16. TRIATHLON



1. Lay down on the ground with your tummy touching the floor, "swim" for 30 seconds in a row.
2. Do a "v" sit on the ground and cycle (pedaling movements with feet while you pretend to hold the handles of the bicycle or place hands behind you to balance) for 30 seconds.
3. Stand up and jog on the spot for 30 seconds.
4. Repeat sequence 10 times.

BOKS Bursts

17. SUMMER SPORTS BURST

Do each activity on the spot for 30 – 60 seconds:

1. Beach volleyball – squat and bump the volleyball.
2. Hiking – vertical mountain climbers, jog with one arm reaching to the sky and the opposite leg comes up to hip height.
3. Lake swim – lean forward and windmill your arms in a swimming motion.
4. Marathon show off – high knee jog while you cross the finish line.
5. Golf swing – squat and swing facing one direction, 180-degree squat jump to face the other direction, repeat your swing on the other side.
6. Kayak – torso twist to warm up, paddle your kayak twisting from side to side.
7. Soccer – fast feet making a square (forward, side, back, side).

18. CANADA DAY BURST

Compete each activity for 30-60 seconds:

1. Walk as if you are wading through high snow.
2. Gallop like a moose.
3. Act as if you are playing a game of hockey.
4. Crawl like a bear.
5. Collect sticks on the ground and build a beaver dam.
6. Pretend you are cross country skiing.



19. ADVENTURE RUN

Kids move around classroom. Cue them to change movements:

1. Jump over logs.
2. Duck under branches.
3. High knees through quicksand.
4. Run from a tiger.
5. Tip toe past a snake.
6. Imitate a specific animal.
7. Have five kids choose a movement of their choice and share with the group.



20. MOVE IT

1. Leader will call out commands to the group.
2. Commands are "jack it – kick it – spin it – squat it".
3. Start out by calling commands slowly and increase the speed of your calls as you go along.
4. If a kid misses a command, they can do a burpee and get back in the game.

Note: Building blocks can be substituted for other objects on hand, such as books, reusable cups, or erasers.



BOKS Bursts

21. PAPER PLATES



Materials: Two paper plates per kid.

Provide each kid with two paper plates. Perform each activity ten times:

1. Sliding burpee - Stand knees bent, hands on floor and feet on paper plates. Slide feet back until you are in a push-up position. Slide feet forward and return to start.
2. Sliding side lunge - Stand with legs together (feet on plates), slide left leg to the side, and then back to center. Repeat on right side.
3. Swimming slide - Start lying face down with hands on plates. Pull hands straight back and lift chest and shoulders. Return to start.
4. Sliding mountain climbers - Start in plank position with feet on paper plates. Bend left knee and bring as close to left elbow as possible. Return left leg to start and repeat with right leg.
5. Repeat.

22. TRAFFIC ON THE SPOT



Standing in place, cue the kids to do the following movements.

- Green light – run on the spot.
- Red light – stop moving – freeze in a balance position.
- Yellow light – wide leg tire run.
- Speed bump – bunny jumps.
- Deer crossing – gallop.

Change movements every 15-30 seconds.

Variations/Challenges:

- Use colored construction paper as cue cards for the commands. Have a kid act as assistant traffic controller and call out the cues.

23. SHIPWRECK



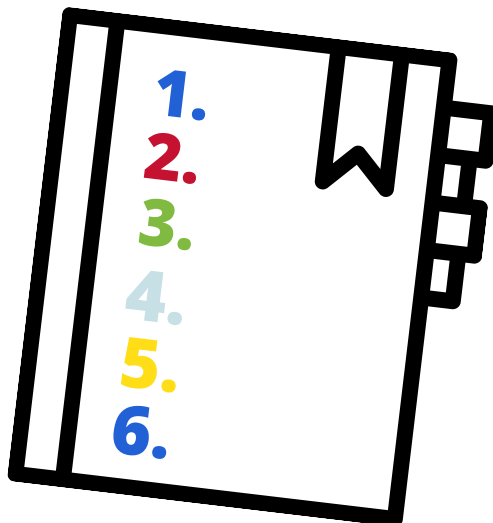
1. Move around the space as the leader calls out the commands. The leader will start giving commands slowly and will increase the speed.
2. Bow – is the front of the ship. Crabwalk to the front of the activity space.
3. Stern – is the back of the ship. Crabwalk to the back of the activity space.
4. Port – the left side of the boat. Crabwalk to the left side of the activity space.
5. Starboard – the right side of the boat. Crabwalk to the right side of the activity space.
6. Salute your Captain – stand up straight and salute.
7. At ease – bring salute down, relax your body.
8. Swab the deck – hold a plank and pretend to wash the deck.

2

BOKS Physical Activity Plans

These fun physical activity plans focus on getting kids moving while developing functional fitness skills (e.g. squat, push-up).

Each plan lasts 35-45 minutes and has a warm up, running related activity, skill of the day, fun game, mindfulness, and nutrition bit!

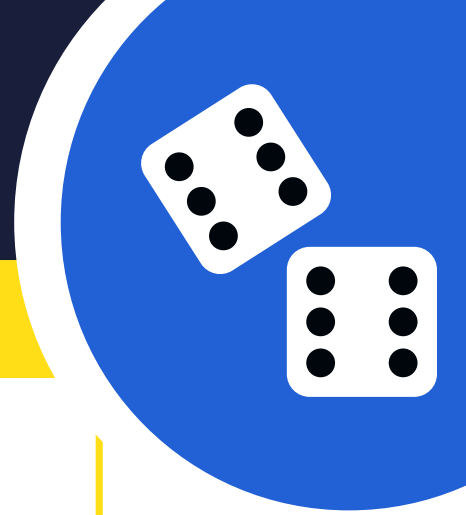


Are You Game?

BOKS PHYSICAL ACTIVITY PLAN 1



Click **here** to have a visual of the plan.



Warm Up

TRAFFIC

Kids follow cues to change movements:

- Red Light - stop moving.
- Green Light - run.
- Yellow Light - side shuffle.
- Speed Bump - bunny jumps.
- Carpool - get a partner and run at the same speed (at a distance).
- Deer Crossing - gallop.

Look for downloadable cards that accompany this game in the Trainer Hub.

Running Related Activity

HIGH/LOW TABATA CIRCUIT

Complete each activity for 20 seconds, rest for 10 seconds:

- Skater jumps - side to side jumps. Swing right leg out in front, and then out to the side while balancing. Switch sides.
- Squat jumps.
- Low squat side shuffles to one leg balance.
- Power jacks - like a jumping jack with a squat as you land.
- Windmill (opposite hand to foot) to a toy soldier (opposite foot comes up to kick hand).
- Broad jumps.

Skill of the Week: Planks

Get into a horizontal position, resting on your elbows/forearms and toes. Keep midsection tight and body in one straight line. Hold position without moving, pushing heels back.

PLANK MOVEMENTS

Practice the following moves for 15 seconds each:

- High plank hold.
- Low plank hold.
- Side plank (both sides).
- Plank to toe-taps.
- Up/downs.
- Superhumans.



MATERIALS

None



TIME

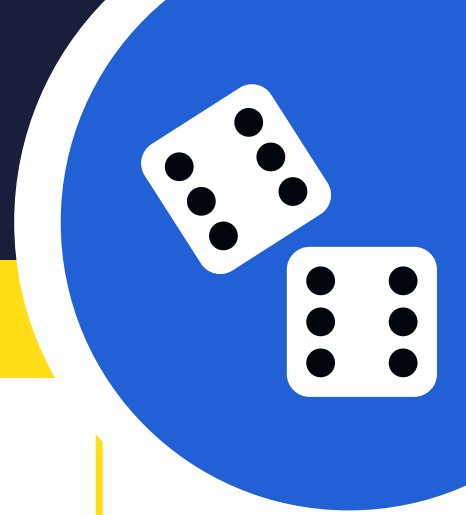
45 MIN

Are You Game?

BOKS PHYSICAL ACTIVITY PLAN 1



Click **here** to have a visual of the plan.



Game #1

UNO SKILLS

Uno Skills is a game used with Uno cards; each colour corresponding to a pre-determined activity. When a card is flipped, the number and colour will determine the activity and amount of reps required.

- Red = skater hops.
- Yellow = jumping jacks.
- Green = squats.
- Blue = balancing.

Game #2

ROCK PAPER SCISSORS

- Each kid will play against the trainer! Teach the kids the following motions:
 - Rock = squat down
 - Paper = star jump, landing with legs and arms wide
 - Scissors = cross arms and legs
- If the kid wins the round against the trainer, they do five jump ropes, if they lose the round, they do ten squats.

Cool Down

TREE POSE

- Stand with feet about hips distance apart, and bring your hands to your hips.
- Shift your weight to your left leg, and bring your right foot to touch your left ankle- knee turned open to the right.
- As you feel confident with your balance, slowly move the sole of your foot to the inside of your left calf, then your inner thigh, avoiding the knee!
- Place right foot back on the floor, return feet to hips distance, and repeat on the left side.

DEEP BREATHS AND STRETCHES

- Deep breaths with hands over head.
- Shoulder rolls- both directions.
- Bend at the knee and reach back to grab your foot for a quad stretch.
- Child's pose.



MATERIALS

None



TIME

45 MIN

Sports Galore

BOKS PHYSICAL ACTIVITY PLAN 2



Click [here](#) to have a visual of the plan.



Warm Up

TRIATHLON

- Lay down on the ground with your tummy touching the floor. "Swim" for 30 seconds in a row.
- Do a "v" sit on the ground and cycle (pedaling movements with feet while you pretend to hold the handles of the bicycle or place hands behind you to balance) for 30 seconds.
- Stand up to jog on the spot for 30 seconds.
- Repeat as many times as you can- try to get creative and see if you can make different variations of swimming, biking, and running.

Running Related Activity

FOOTBALL DRILLS

Run around the activity space and complete the following:

- Kids place two reusable cups approximately 1 m apart on the floor. Kids stand in the middle of their cups with each cup on either side.
- On the 'go' cue, kids perform quick stepping movements in the pattern of a figure eight around the two cups while attempting to not contact or knock over the cups, while staying as close to the cups as possible. After some practice, ask the kids to perform ten full revolutions as fast as possible with no cup contact.
- Practice quick feet (narrow stance) and high knees (wide stance).

Skill of the Week: Jumps

Jumping is great for our explosive power and our agility. This means that we can react to things quickly, and change direction quickly and effectively. We use this in many sports, such as basketball and volleyball, but also day-to-day, if we need to move quickly to avoid falling over something or someone!

HURDLE JUMP, SQUATS, FAST FEET (WITH A SHOE BOX)

Do each of the following drills for 30-45 seconds each for 2 rounds:

- 30-45 seconds of jumping side to side over a pretend hurdle (2 feet to 2 feet).
- 5 jump squats.
- 30-45 seconds of jumping front to back over a pretend hurdle.
- 5 jump squats.
- 30-45 seconds of fast feet (like a football player).
- 5 jump squats.
- Rest for 30-45 seconds.



MATERIALS

A ball or rolled socks
Reusable cups



TIME
45 MIN

Sports Galore

BOKS PHYSICAL ACTIVITY PLAN 2



Click **here** to have a visual of the plan.



Game #1

SOCCER SKILLS

- Toe taps on the ball. Dribble between feet, then alternate between the two skills (two toe taps, two dribbles).
- Sit on the floor, hold the ball between your feet, and make a rainbow shape from side to side.

BASKETBALL SKILLS

- In a "V" sit- pass the ball under your legs, switch directions.
- Squat in a circle like you're looking to make a pass.
- Do a burpee, then make a shot!

Game #2

SPORTS AS IF

The trainer will write different types of sports down on pieces of paper, and add them all to a bowl. Draw at random, and use your imagination to act "as if" you are playing that sport! Some suggestions are:

- Golf
- Tennis
- Hockey
- Rock climbing
- Football
- Kayaking
- Baseball

Cool Down

BUTTERFLY STRETCH

- Sit on the floor, keep your spine nice and straight (sit up tall).
- Bring the soles of your feet to touch.
- Let knees fall to the sides.
- You can gently rest your hands on your knees if comfortable.

DEEP BREATHS AND STRETCHES

- Deep breaths- inhale hands over head, exhale back down to sides.
- Forward fold.
- Quad stretch- both sides.
- Hamstring stretch- both sides.



MATERIALS

A ball or rolled socks
Reusable cups



TIME
45 MIN

Beach Party

BOKS PHYSICAL ACTIVITY PLAN 3



Click **here** to have a visual of the plan.



Warm Up

BEACH MOVEMENT

Do each activity on the spot for 30 – 60 seconds

- Beach volleyball – squat and bump the volleyball.
- Hiking – vertical mountain climbers, jog with one arm reaching to the sky and the opposite leg comes up to hip height.
- Lake swim – lean forward and windmill your arms in a swimming motion
- High knee jog in the sand.
- Kayak – torso twist to warm up, paddle your kayak twisting from side to side.

Running Related Activity

QUICK FEET HOT SAND (BOKS CONE CHALLENGE)

Arrange your cones/items into a square, and number each corner. Complete the following movements:

- Side shuffle along baselines, and butt kickers along sides (facing same direction). Switch directions.
- Side shuffle along baselines, and high knees along sides (facing same direction). Switch directions.
- Jump on your surf board/high knees in the center of the square and touch the cone that corresponds with the number called out by the trainer.

Skill of the Week: Push-ups

Start in high plank position, with hands on the ground a little wider than shoulder width, arms straight, and toes on the ground, body in a straight line. Keep elbows close to your side, slowly bend elbows to lower body until chest is close to the floor. Push back up to the starting plank position. Be sure to keep core tight throughout the movement, keep body in a straight line, and keep weight evenly distributed between hands and feet.

LADDER

Activity: Partner ladder

Kids complete one push-up. Continue until 10 reps are done.

Trainer to complete 1 push-up, kids complete 1 push-up. Continue until 10 reps are done.



MATERIALS

Four markers, bucket and socks



TIME

45 MIN

Beach Party

BOKS PHYSICAL ACTIVITY PLAN 3



Click [here](#) to have a visual of the plan.



Game #1

BUCKET TOSS

- Instruct kids that the goal of the game is to toss their socks into their bucket.
- Each time they successfully get a pair of socks in the bucket, they receive two points.
- Before they throw their socks, they must complete five jumping jacks.
- After two minutes, take a few steps back. Tally up points after game is complete.

Game #2

BEACH TREASURE HUNT

- Three exercises to complete and after trainer will call out an item for kids to go find and bring back to their space within 20 seconds. If kids do not want to go find the item they will hold a tree pose for 20 seconds.
 - Crab walk (on sand to the water).
 - Swimmers (swim out to the ocean).
 - Rowers (get back to shore).
- Items to find include:
 - Beach towel
 - Something to protect your eyes (hat or sunglasses)
 - Sunscreen

Cool Down

DEEP BREATHS AND GUIDED MEDITATION

- Close your eyes and bring yourself to a calm, quiet place in your mind. Just stay here and relax for a few moments. Breathe deeply and comfortably. Notice how your chest and belly move as you take calming, deep breaths.
- Now imagine transporting yourself magically to your favorite spot on a beach. You can choose your favorite beach. Or if you've never been to a beach, just imagine what you think it would be like. Picture yourself there now. The sun shines brightly and gently warms your skin. It's as if the sun is reaching down and pouring its love on you.... so warm and so nice.
- Feel the rhythm of the calm waves flow over the sand – it relaxes you. Notice how your breathing remains very calm and even- inhaling and exhaling slowly and calmly.

Continue on page 21.



MATERIALS

Four markers, bucket and socks



TIME

45 MIN

Beach Party

BOKS PHYSICAL ACTIVITY PLAN 3



Click **here** to have a visual of the plan.



Cool Down (continued)

DEEP BREATHS AND GUIDED MEDITATION

- Paying attention now, you slow down your breathing even further and allow your muscles to relax.
- Feel the warmth of the sun melting your muscles into complete relaxation. Slowly and easily your body relaxes more and more releasing tension or frustration, releasing any worries or doubts you have. Inhaling deeply again – breathe in calm and peacefulness.
- Your body is now relaxed; your mind is relaxed now too. You can empty your mind of all worries or thoughts that have been bothering you. Just enjoy this moment you have now.
- Right now, only this matters, just relaxing and enjoying this moment. Breathe in deeply and allow the relaxation to flow to any part of your body that needs it.
- Imagine the beautiful golden warm sun waking up each and every cell and muscle, making you feel so wonderful and alive! I'm sure you can feel the peace that surrounds you now, letting you know that everything is all right.
- Take in a nice, deep breath again and bring your attention back to where you are.



MATERIALS

Four markers, bucket and socks



TIME

45 MIN

Mashup!

BOKS PHYSICAL ACTIVITY PLAN 4



Click **here** to have a visual of the plan.



Warm Up

BOKS SAYS

- Perform each activity that "BOKS say" (for example, "BOKS says touch your toes").
- If an activity is called, but hasn't started with "BOKS says", kids will continue the activity they were doing instead of switching.
- If a mistake is made, kids will perform three jumping jacks and then continue playing.

Running Related Activities

DECK OF CARDS RUN

- Have kids begin running on the spot or around their space.
- Every time they complete a lap, they will pick up a card.
- Kids will try to add the values of the cards together as they go (ie. a queen=10 points), until they get to 21 points.
- If they go over 21, they'll continue to run and exchange cards until they reach 21.

Skill of the Week: Skill Mashup

Perform each of the BOKS Skills of the Week. Roll dice to see how many of each activity to complete.

- Plank
- Running
- Crunches
- Push-ups
- Squats
- Burpees
- Jumps (tuck, squat, broad)
- Lunges
- Donkey kicks



MATERIALS

Cups, a ball or some rolled up socks, deck of cards, dice.



TIME

45 MIN

Mash-up!

BOKS PHYSICAL ACTIVITY PLAN 4



Click **here** to have a visual of the plan.



Games

INDOOR BOWLING

- Set up a bowling alley.
- Place cups/bowling pins 10-15 feet from the start point.
- Stand on start and try to roll the ball or socks and try to knock over the cups.
- Do ten jumping jacks after each time you hit the cups.
- Set a goal for yourself - knock cups over 5 times OR how many times can I knock them over in a minute?

CUP STACK CHALLENGE

- Start with three cups per person.
- Perform three push-ups, and then make a pyramid with your cups as fast as you can.
- Perform three more push-ups, and then unstack your cup pyramid.
- Try to stack and unstack your cups as many times as possible!

Cool Down

MOVEMENT FLOW

Complete the following postures:

- Deep breaths with hands over head.
- Forward fold.
- High plank.
- Low plank.
- Cobra.
- Downward dog.
- Three-legged downward dog (both sides).
- Low lunge.
- Warrior II.
- Chair.



MATERIALS

Cups, a ball or some rolled up socks, deck of cards, dice.



TIME

45 MIN

Mindfulness

BOKS PHYSICAL ACTIVITY PLAN 5



Click **here** to have a visual of the plan.



Warm Up

BALANCING ACT

- Each kid places one reusable cup upside down on their head.
- With the cup on their head ask each kid to perform one movement (e.g. lunge, squat, marching, plank hold, etc.)
- If the cup falls off the kids head, they must perform ten repetitions of a skill or creative movement.

Running Related Activities

GO BACK AND HIT IT

Complete the following activities:

- If the trainer says GO: fire feet!
- If the trainer says BACK: butt kickers!
- If the trainer says HIT IT: burpee or squat jump!

Skill of the Week: Squat

Set feet shoulder distance apart, send arms up, butt back, and squat down so knees are at a 90 degree angle to the floor. Weight should be in heels and knees should not extend past the toes. Keep knees, ankles and feet all pointing in the same direction. Then stand up straight and tall.

WALL SQUAT CHALLENGE

Hold a wall sit and complete the following movement:

- Lift your right foot off the ground.
- Lift your left foot off the ground.
- Come up on your toes.
- Raise both arms over your head.



MATERIALS

A cup, pillow, or something to balance with, a yoga mat (optional)



TIME

45 MIN

Mindfulness

BOKS PHYSICAL ACTIVITY PLAN 5



Click **here** to have a visual of the plan.



Game

RED LIGHT, GREEN LIGHT

Teach kids the following commands/movements:

- Red Light= Balance/freeze
 - Suggestions: raise one knee, balance on one leg like an airplane, freeze on the spot, hold a squat/wall sit, etc.
- Green Light= Movement
 - Suggestions: marching, jogging, fire feet, dance moves, jumping jacks, etc.

Movement Flows

BALANCE FLOW

Flow through the following postures:

- Tree pose.
- Chair pose.
- Wide-legged squat (with added arms) to forward fold.
- Downward dog with twists.
- Wild thing.
- Cat-cow with table-top variations.
- Crow pose.
- Butterfly.

Finish by completing a body scan (mindful minute) to rest and reset.

Cool Down

SENSE COUNTDOWN

Find a comfortable seat, sit up nice and tall, and take a deep breath. At your own pace, countdown through each sense.:

- 5 things you can see.
- 4 things you can touch.
- 3 things you can hear.
- 2 things you smell.
- 1 thing you taste.

If you're feeling brave, try sharing your countdown out loud. It's fun to see the different things others sense while doing the activity



MATERIALS

A cup, pillow, or something to balance with, a yoga mat (optional)



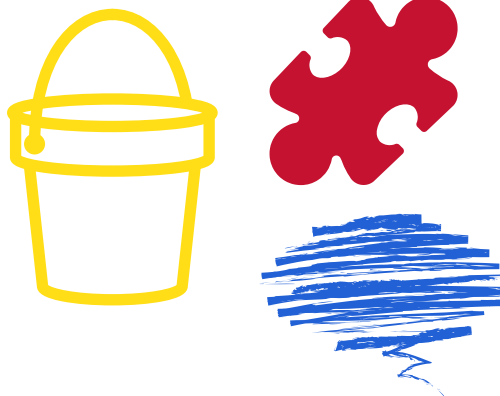
TIME

45 MIN

3

BOKS Games

Have fun with these summer games. You will find outdoor and indoor games to keep the kids entertained whatever the weather looks like! Get the whole family involved in a good old-fashioned game such as a scavenger hunt or chalk games. Or, let the kids entertain themselves with this selection of kid friendly activities.



BOKS Games

1. BOKS FIELD DAY

HOCKEY SHOT

Materials: Hockey stick/pool noodle/broom/umbrella/long stick; a basket/net and a puck/ball or sock ball.

Set Up: Designate a starting point across from your target. Create a target across from starting point with a basket, net or just note a target.

Object: See how many pucks, balls (sock balls) you can get into the target.

Details:

- Place the puck, ball or sock ball on the starting point across from the target.
- Give yourself five tries and see how many targets you can hit.
- Move with the puck or ball and shoot the ball from the starting point.



PILLOW TOWEL SCOOT

Materials: Pillow, towel, t-shirt (something to sit on that will slide on the floor).

Set Up: Designate a course/path that you will move through.

Object: Slide from the start to the finish of the course the fastest.

Details:

- Sit on your item beside the person you will race against.
- On GO you both scoot, legs forward and pull yourself toward the finish line.
- The first person to complete the course is the winner.
- If doing this as an individual, time how long it takes from start to finish and try to improve your time by doing it two to three times.



PAPER PLATE BEAR CRAWL

Materials: Paper plates, napkin or cloth (something that will slide on the floor).

Set Up: Designate a course/path that you will move through.

Object: Slide from the start to the finish of the course the fastest.

Details:

- Place hands on items – paper plates, towels etc.
- Bear crawl through the designated course.
- Challenge someone else to do the activity at the same time.
- If doing it alone, time yourself and see if you can improve your time with two to three consecutive tries.



BOKS Games

2. MINI GOLF

Materials: Golf putter, pool noodle, broom, or umbrella; golf ball or other size ball, and a cup or another item to create a target.

Set Up: Organize your mini course with three to five holes.

Object: Hit your ball from the starting line toward the target.

Details:

- Set up a three to five hole mini golf course.
- Using whatever long implement you have available - golf club, pool noodle, broom or umbrella.
- Hit the ball from the tee-box and try to hit the target.
- Player to hit the target in the least number of tries is the winner of that hole.

3. BOKS KICK THE CAN

Materials: Can or kickable object. Places to hide indoors/outdoors.

Set Up: You can play this as individuals or teams. If teams, create two teams. Place the can/object in a central area where you can kick it. Set up where the jail will be (near the can – maybe a bench or front porch).

Set up boundaries where kids can hide.

Object: Find the individuals and put them in jail.

Details:

- Choose an individual or team as being the “taggers/seekers” and one team is the “hidiers”.
- Determine the boundaries that the hidiers can go.
- Hidiers kick the can as far as it can go. Taggers do 25 burpees before they can go find them.
- If any member tags someone that is hiding then they go to jail and stay there until the game is over or they are freed.
- If any member from the team that is hiding runs and kicks the can everyone that is in jail goes free. The taggers do 25 burpees while the hidiers go hide again.
- If all hidiers are caught, they now become “taggers/seekers”.

4. WATER SPONGE RELAY

Materials: Buckets/bowls and sponges.

Set Up: Place one bucket at the start full of water and an empty bucket at the end of your space.

Object: To fill the bucket with water by squeezing the sponge as fast as possible.

(Continue on page 29.)



BOKS Games

4. WATER SPONGE RELAY (CONTINUED)

Details:

1. Have kids begin at the start line complete ten jumping jacks.
2. Dip the sponge in the bucket of water.
3. Run to the designated "empty" bucket and squeeze the water out of the sponge.
4. Next person in line may go once they are complete.

If there is only one individual taking part in the activity see how long it takes to fill the bucket or how much they can fill in a specific timeframe.

5. BEAN BAG TOSS GAME

Materials: Bowls, paper plates or hula hoops and bean bags.

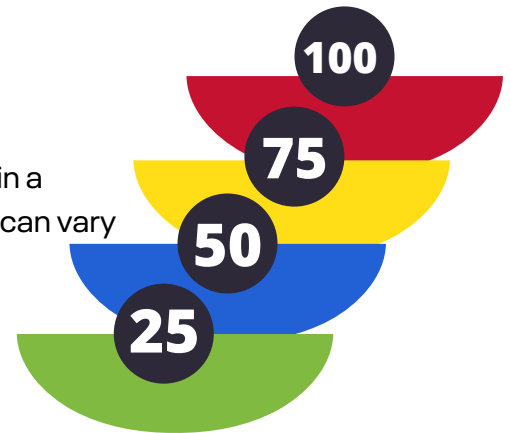
Set Up: Place the four labelled targets (bowls, paper plates, or hula hoops) in a vertical line at a reasonable distance away from the start line. The distance can vary based upon how challenging you want to make the game.

Object: To collect as many points as possible.

Details:

1. Have kids begin at the start line complete ten squats.
2. Toss their bean bag to the target (bowl, paper plate or hula hoop).
3. Mark their points.
4. Next person in line may go once they are complete.

If there is only one individual taking part in the activity see how long it takes them to get to 200 points for example.



6. FRISBEE GOLF

Materials: Frisbee (homemade BOKS frisbee) - everyone should have their own frisbee, a score card - paper, pen/pencil.

Set Up: Designate four to six targets in your yard or space. List starting spots and targets one through six on your score card/sheet of paper.

Object: Hit the target in the fewest number of frisbee throws.

Details:

- Start at the place marked as the starting spot and throw the frisbee toward the first target.
- Pick up the frisbee where it lands, and continue to throw until you hit the target.
- Record on your score card how many throws it took to get to the target.
- Repeat for remaining holes.

BOKS Games

7. CHALK GAMES

Materials: Chalks of different colors

Chalk games are super fun! You will find below three different chalk games.

Did you know you can make your own chalk? Learn how on page 40 in the Craft Section.

a) Baseball Fun Chalk

1. Using chalk, draw lines and squares to draw a baseball diamond.
2. Place functional movements in the squares (e.g. 10 star jumps, 10 squats, 10 jumping jacks, 10 arms circles) and then come up with different movements to get from base to base (e.g. run, hop, high knees and lunges).

b) Balloon Chalk

1. Using chalk, draw squiggly lines leading to four big ovals (balloons).
2. In each balloon put an activity (e.g: 10 jumping jacks, 10 squat jumps, 20 hops, 10 star jumps).
3. Pick a balloon string and follow the string to the balloon and do an activity.
4. Continue until you've picked all the balloon strings.

c) Camping Chalk

1. Using chalk, draw elements from a camping trip. The elements will be accompanied by movements.
2. Examples of elements to draw with sample movements:
 - a. Logs – jump over the logs 10 times
 - b. Tent set up – 10 toe touches
 - c. Apple tree – 10 arm raises ("as if" you are picking apples)
 - d. Camp fire – collect logs – 10 squats
 - e. Lake – swim in a lake by doing 10 arm circles
 - f. Canoe – 10 torso twists





8. NATURE SCAVENGER HUNT

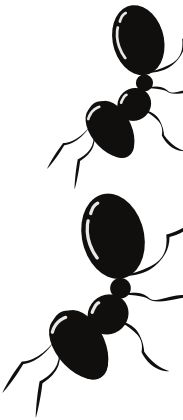
Can you find them all? Ready ... Set ... Go!

TO DO

- ☐ 10 wacky jacks for each person you pass
- ☐ 10 squats onto a park bench or bus stop bench
- ☐ 10 jumping jacks for every dog you see
- ☐ 10 high knees for every stop sign you pass
- ☐ 10 second dance for every fire hydrant you pass
- ☐ Find a playground and slide down the slide 2 times

TO LOOK FOR

- ☐ Tree
- ☐ Rough rock
- ☐ Worm
- ☐ Green leaf
- ☐ Ant
- ☐ Pine cone
- ☐ Dandelion
- ☐ Spiderweb
- ☐ Nest
- ☐ Colored leaf
- ☐ A puddle
- ☐ Acorn
- ☐ Flowers
- ☐ Bunny
- ☐ Ladybug
- ☐ Clover
- ☐ Feather
- ☐ Butterfly
- ☐ Smooth rock



4

BOKS Healthy Learnings

About America's Test Kitchen Kids:

Our mission is to build a new generation of empowered cooks, engaged eaters, and curious experimenters. We encourage kids to take risks, embrace and learn from failure, and develop a healthy and positive relationship with food. We publish kid-tested, kid-approved recipes, activities, and experiments in our Young Chefs' Club subscription boxes, our line of cookbooks, board books, and picture books, and on our website.

Learn more at [ATKkids.com](https://www.ATKkids.com)



BOKS Healthy Recipes

Quinoa ("KEEN-wa") is super delicious AND super nutritious!

Photo by America's Test Kitchen Kids



Quinoa with Herbs



 **TIME**
55 MIN

 **YIELD**
SERVES 4 TO 6

Prepare Ingredients

- 2 tablespoons unsalted butter, cut into 2 pieces
- 1 small onion, peeled and chopped fine
- ½ teaspoon salt
- 1½ cups prewashed white quinoa
- 1¾ cups chicken or vegetable broth
- 3 tablespoons chopped fresh basil, parsley, or mint

Gather Cooking Equipment

- Medium saucepan with lid
- Wooden spoon
- Oven mitts
- Fork

Notes

- ✓ **Safety:**
 - Uses a knife
 - Uses the stovetop
- ✓ **Difficulty:** Beginner

Start Cooking!

1. In medium saucepan, melt butter over medium heat. Add onion and salt and cook, stirring occasionally with wooden spoon, until softened, about 5 minutes.
2. Add quinoa and cook, stirring often, until quinoa begins to make popping sounds, 2 to 3 minutes.
3. Carefully stir in broth and bring to simmer. Cover, reduce heat to low, and cook for 10 minutes.
4. Use oven mitts to remove lid. Stir quinoa and put lid back in place. Cook until liquid is absorbed, 8 to 10 minutes.
5. Turn off heat. Slide saucepan to cool burner and let sit, covered, for 10 minutes.
6. Use oven mitts to remove lid. Add herbs and gently stir quinoa with fork until fluffy. Serve.



BOKS Healthy Recipes

Weeknight pizza, here we come!
This flatbread pizza is second to
"naan."

Photo by America's Test Kitchen Kids



Pesto Flatbread "Pizza"



 **TIME**
40 MIN

 **YIELD**
SERVES 1 TO 2

Prepare Ingredients

- 1 teaspoon extra-virgin olive oil
- 1 (8-inch) naan bread
- 2 tablespoons pesto
- $\frac{1}{3}$ cup shredded mozzarella cheese
- 12 cherry tomatoes, cut in half

Gather Cooking Equipment

- Pastry brush
- Ruler
- Rimmed baking sheet
- Small spoon
- Oven mitts
- Cooling rack
- Spatula
- Cutting board
- Chef's knife or pizza wheel

Notes

- ✓ Safety:
 - Uses a knife
 - Uses the oven
- ✓ Difficulty: Beginner

Start Cooking!

1. Adjust oven rack to lowest position and heat oven to 400 degrees. Use pastry brush to brush oil into 9-inch circle in center of rimmed baking sheet. Place naan on top of oil on baking sheet.
2. Use back of small spoon to spread pesto over naan, leaving $\frac{1}{2}$ -inch border around edge. Sprinkle cheese over pesto, then sprinkle tomatoes over cheese.
3. Place baking sheet in oven and bake until naan is golden brown around edges, 8 to 10 minutes.
4. Use oven mitts to remove baking sheet from oven (ask an adult for help). Place baking sheet on cooling rack and let cool for 5 minutes.
5. Use spatula to carefully transfer naan to cutting board (baking sheet will be hot). Use chef's knife or pizza wheel to cut naan into wedges. Serve.

— AMERICA'S —
TEST KITCHEN

KIDS

BOKS Healthy Recipes

For a perfect salad on the go, it's all about the "jar-chitecture."

Photo by America's Test Kitchen Kids



Salad in a Jar



TIME
30 MIN



YIELD
SERVES 4

Prepare Ingredients

- 3 tablespoons extra-virgin olive oil
- ¼ teaspoon grated lemon zest plus 4 teaspoons juice, zested and squeezed from ½ lemon
- ½ teaspoon Dijon mustard or mayonnaise
- ¼ teaspoon salt
- Pinch pepper
- 1 (15-ounce) can chickpeas, drained and rinsed
- 2 Persian cucumbers, ends trimmed and cucumbers chopped
- 1 cup (6 ounces) cherry tomatoes, halved
- 2 cups chopped romaine lettuce
- ½ cup (2 ounces) crumbled feta cheese

Notes

- ✓ Safety: Uses a knife
- ✓ Difficulty: Beginner

Gather Cooking Equipment

- 4 pint-size (16-ounce) jars with lids
- 1-tablespoon measuring spoon

Start Cooking!

1. In 1 pint-size jar, combine oil, lemon zest and juice, mustard, salt, and pepper. Cover jar tightly with lid and shake until mixture is well combined, about 30 seconds.
2. Remove lid. Use 1-tablespoon measuring spoon to measure 1-tablespoon dressing into each of the other 3 jars (leave remaining dressing in first jar).
3. Divide chickpeas, cucumbers, tomatoes, lettuce, and feta evenly among jars, in that order. Cover jars with lids and refrigerate until ready to pack for your picnic. (Salads can be refrigerated for up to 24 hours.)



BOKS Healthy Recipes

Transform vegetables into a tangy, crunchy topping for your salad, sandwich, or grain bowl by making these super simple QUICKLES!



Photo by America's Test Kitchen Kids

Quick Pickled Vegetables



YIELD
MAKES 2 CUPS

Prepare Ingredients

- 1 cup (8 ounces) unseasoned rice vinegar
- 3 tablespoons sugar
- ½ teaspoon salt
- 4 Persian cucumbers, sliced into half-moons, or ½ small head red cabbage, cored and shredded

Gather Cooking Equipment

- Medium microwave-safe bowl
- Oven mitts
- Spoon
- Slotted spoon

Notes



Safety:

- Uses a knife
- Uses the microwave



Difficulty: Beginner

Start Cooking!

1. In medium microwave-safe bowl, combine vinegar, sugar, and salt. Heat in microwave until hot and beginning to bubble at edges, 1 to 2 minutes. Use oven mitts to remove bowl from microwave (ask an adult for help). Stir mixture with spoon until sugar dissolves.

2. Add cucumbers or cabbage to bowl and stir to combine. Let mixture sit, stirring occasionally, for 45 minutes. Use slotted spoon to serve pickles. (Pickles can be refrigerated in brine for up to 1 week.)

BOKS Healthy Recipes

Taste the “rainbow” with these colorful, veggie-packed bowls!

Photo by America's Test Kitchen Kids

Rainbow Grain Bowls



 **TIME**
1 HOUR AND 10 MINUTES

 **YIELD**
SERVES 4

Prepare Ingredients

- 6 cups water
- 1¾ cups short-grain brown rice
- 1 teaspoon salt
- 1 (15-ounce) can chickpeas or white beans, opened
- ½ teaspoon ground turmeric
- 1 tablespoon plus ¼ cup extra-virgin olive oil, measured separately
- 2 tablespoons lime juice, squeezed from 1 lime
- 2 teaspoons low-sodium soy sauce
- 1 teaspoon honey
- ¼ teaspoon ground ginger
- 1½ cups (9 ounces) cherry tomatoes, halved
- 2 carrots, peeled into ribbons
- 1 avocado, halved, pitted, and chopped
- 1 recipe Quick Pickled Cabbage (see page 36)

Gather Cooking Equipment

- Large saucepan
- Wooden spoon
- Colander
- 3 bowls (1 large, 1 medium, 1 medium microwave-safe)
- Spoon
- Oven mitts
- Whisk
- 4 serving bowls

Notes

- ✓ **Safety:**
 - Uses a knife
 - Uses the stovetop
 - Uses the microwave
- ✓ **Difficulty:** Advanced

Start Cooking!

1. In large saucepan, bring water to boil over high heat. Carefully add rice and salt to saucepan. Reduce heat to medium and simmer, stirring occasionally with wooden spoon, until rice is tender, 30 to 35 minutes.
2. While rice cooks, set colander in sink. Pour chickpeas into colander. Rinse chickpeas with cold water and shake colander to drain well. Transfer chickpeas to medium microwave-safe bowl. Rinse colander and leave in sink.
3. Add turmeric and 1 tablespoon oil to chickpeas and use spoon to stir until evenly coated. Heat in microwave until warmed through, about 1 minute. Use oven mitts to remove bowl from microwave; set aside.
4. In medium bowl, whisk together lime juice, soy sauce, honey, and ginger. While whisking constantly, slowly pour in remaining ¼ cup oil until combined.
5. When rice is ready, carefully pour into now-empty colander in sink (ask an adult for help; saucepan will be heavy and hot!). Carefully shake colander to drain well. Transfer drained rice to large bowl.
6. Pour half of lime dressing over rice. Use wooden spoon to stir until rice is evenly coated.
7. Divide rice evenly among 4 serving bowls. Top each bowl with piles of tomatoes, carrot ribbons, chickpeas, avocado, and pickled cabbage, placing piles around bowl in rainbow order. Use spoon to drizzle each bowl with remaining dressing. Serve.



BOKS Healthy Recipes

Transform fresh watermelon into the “coolest” drink around!

Photo by America's Test Kitchen Kids



Watermelon Slushies



TIME

15 MINUTES, PLUS 2 HOURS FREEZING TIME

Prepare Ingredients

Simple Syrup:

- $\frac{2}{3}$ cup (4 $\frac{2}{3}$ ounces) sugar
- $\frac{2}{3}$ cup (5 $\frac{1}{3}$ ounces) water

Watermelon Slushies:

- 10 cups 1-inch seedless watermelon pieces (3 pounds)
- $\frac{1}{4}$ cup lime juice, squeezed from 2 limes
- 2 tablespoons Simple Syrup
- $\frac{1}{8}$ teaspoon salt



YIELD

SERVES 4 TO 6 (MAKES ABOUT 6 CUPS)

Gather Cooking Equipment

- Jar with tight-fitting lid
- Large plate
- Blender
- Dish towel
- Glasses

Notes

- ✓ Safety: Uses a knife
- ✓ Difficulty: Intermediate

Start Cooking!

1. **For the simple syrup:** In jar, combine sugar and water. Cover jar with lid to seal. Shake jar vigorously until sugar dissolves, about 2 minutes.
2. Let jar sit on counter until syrup turns clear, about 5 minutes. (Simple Syrup can be refrigerated for up to 1 month.)
3. **For the slushies:** On large plate, spread 5 cups watermelon pieces into single layer. Place in freezer and freeze until firm, about 2 hours.
4. Add lime juice, 2 tablespoons Simple Syrup, salt, and remaining 5 cups unfrozen watermelon to blender jar. Place lid on top of blender and hold lid firmly in place with folded dish towel. Turn on blender and process until smooth, about 30 seconds. Stop blender.
5. Add frozen watermelon pieces to blender. Replace lid on top of blender and hold lid firmly in place with folded dish towel. Turn on blender and process until thick and slushy, and no large chunks remain, 30 to 60 seconds. Stop blender.
6. Pour into glasses. Serve immediately.



5

STEAM Activities

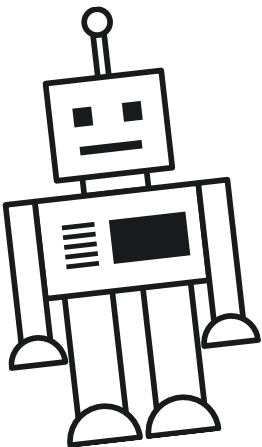
STEAM (Science, Technology, Engineering, Arts, and Mathematics) education gives students tools to explore new and creative ways to think outside the box!

About iRobot Education:

Activities 5 through 8 are created by our friends at iRobot Education, who are mission-driven builders committed to making advanced accessible through education, partnership, and thoughtful innovation.

Learn more at <https://edu.irobot.com>

iRobotTM
Education



STEAM Activities

1. MAKE YOUR OWN JUMP ROPE

OPTION 1

Materials: Plastic bags, duct tape.

1. Collect as many bags as you can.
2. Roll the bags so they are in a thin roll.
3. Repeat for six to ten bags.
4. Tie 2 - 3 knots to make the roll sturdy and the plastic more rope like.
5. Duct tape the loose ends of the bags together to give the rope weight and connect the bags.
6. Continue until your rope is long enough for the person jumping to hold the rope at waist level with arms bent to 90 degrees.



OPTION 2

Materials: Ten plastic bags, duct tape or masking tape.

1. Make sure the plastic bags are clean.
2. Cut the handles off the plastic bags so the bags are square or rectangular shaped.
3. Cut about 2" strips from the plastic bags.
4. Tie strips together making three long strips.
5. Bind the three long strips together and then braid the strips.
6. Use duct/masking tape to make the handles and to smooth out the sections of the braided rope that have the knots.



2. PAPER PLATE PADDLES

Materials: Paper plates, stick/tongue depressor/spatula, duct tape, balloon or light ball.

Using duct tape, tape the spatula/stick or tongue depressor to the back of the paper plate (the thicker the plate the better as it makes it a bit sturdier).



3. DIY CHALK PAINT

Materials: Cornstarch, water, food coloring, paint brushes, bowls and small containers to hold the paint.

1. Mix one cup of cornstarch with one cup of water in a bowl.
2. Once the contents are mixed well, pour into individual containers.
3. Add ten drops of food coloring of your choice into each of the individual containers and mix well.
4. Now you are ready to paint.



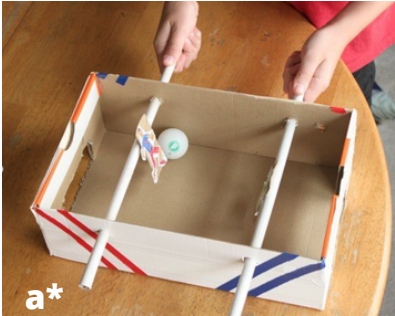
STEAM Activities

4. CREATE YOUR OWN FOOSBALL

Materials: A shoebox, two cardboard tubes from a dry cleaner type pants hanger, ruler, pencil, utility knife, paper, cardboard – from a cereal box, scissors, colored pencils/markers, duct tape, ping pong ball.

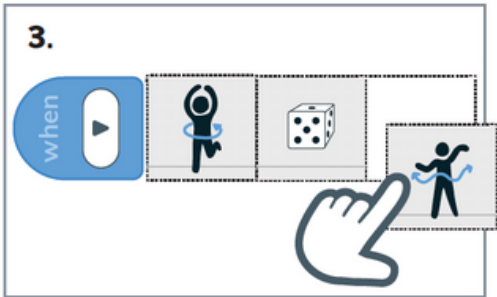
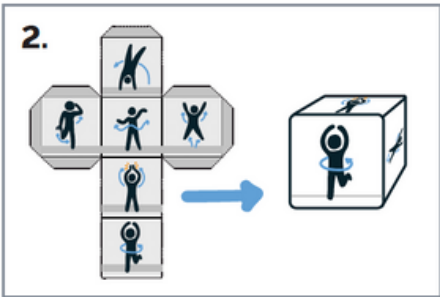
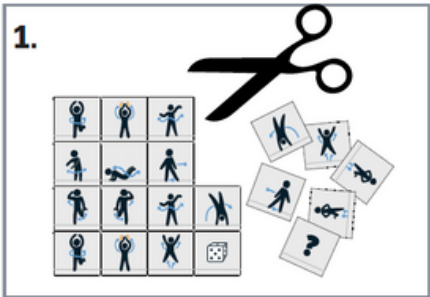
Note: Adult help will be needed with the utility knife.

1. Take the cardboard rods off your clothes hangers.
2. Use a utility knife to make holes in the side of the shoebox to fit your cardboard rods. Create holes three inches from the bottom of the box and three inches from the end of the box. You may need to adjust this based on the size of your box.
3. Make the goals by cutting a hole in each end of the box. Make sure that the ping pong ball can fit through easily.
4. Cut rectangles from cereal box cardboard to be the players, encourage kids to draw their favorite player, and decorate the box.



5. DANCE MOVES

Use the paper code blocks to program a dance for you and your family and friends to try together! See page 42 and 43 for elements to cut out to create your dance.



when

▶

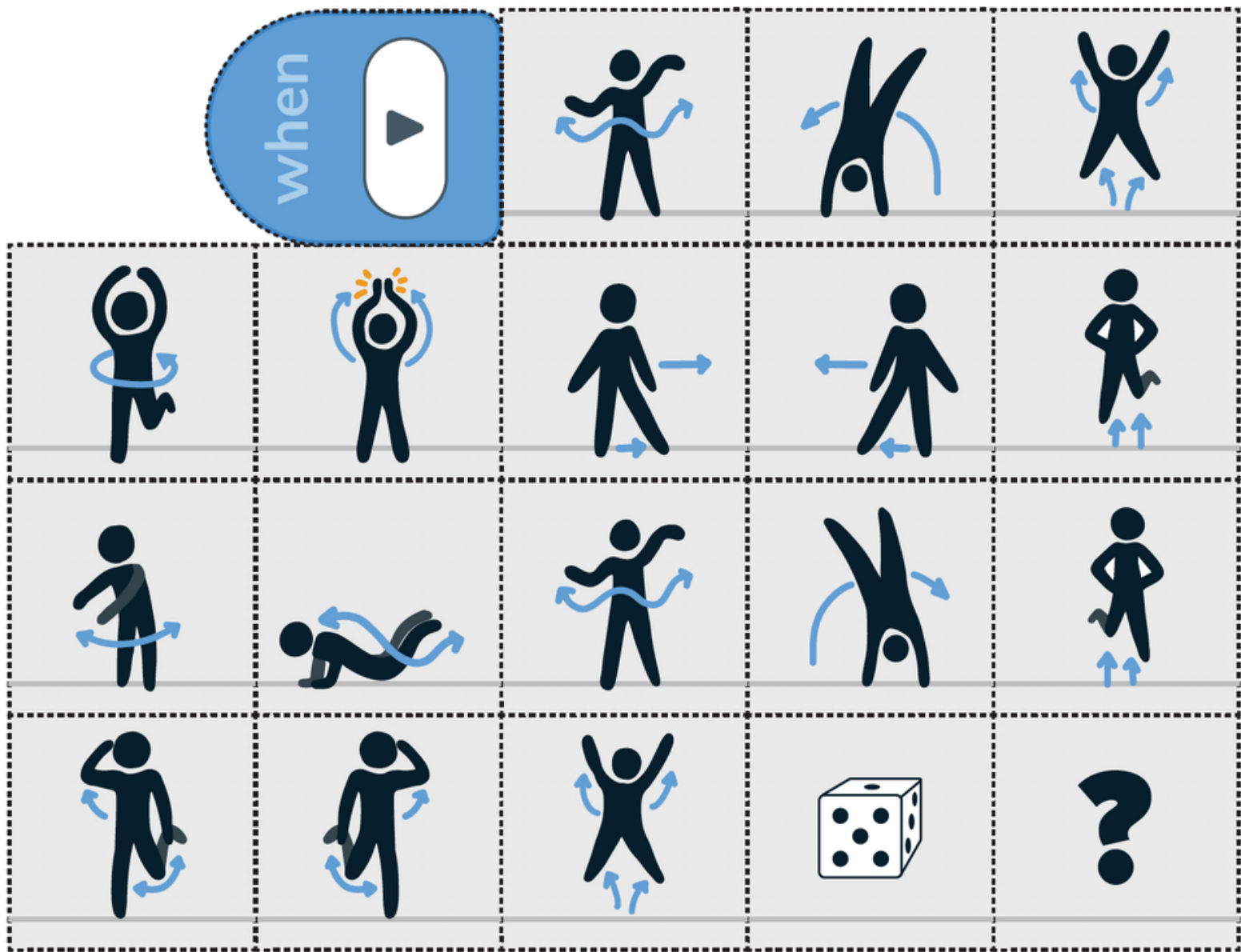
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TIP: Want to code a longer dance? Build your dance code on the table or floor instead!

STEAM Activities

DANCE MOVES - CUT OUT PIECES

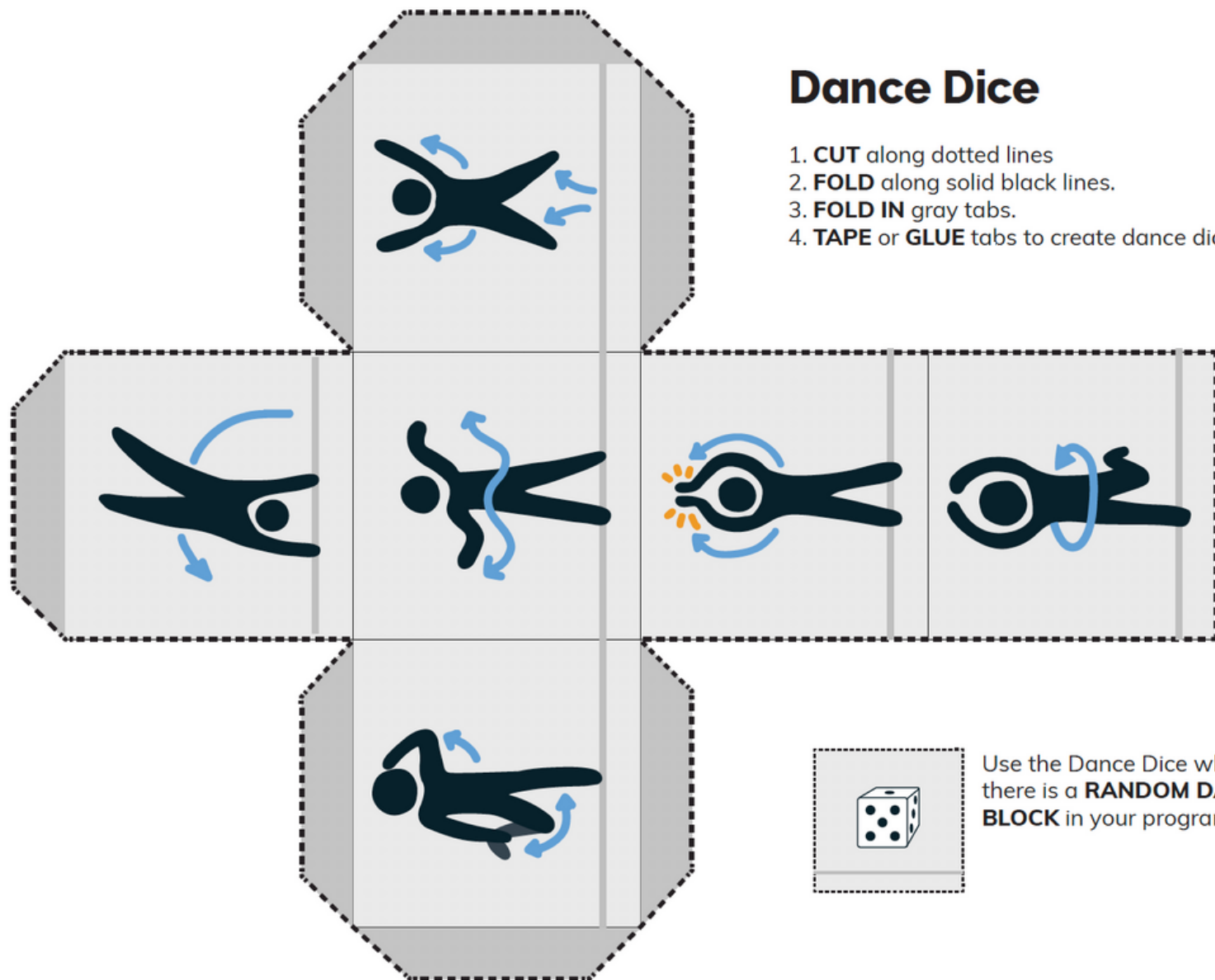
Cut out the pieces below along the dotted line and align them on the dance timeline to create a sequence of dance moves.



STEAM Activities

DANCE MOVES - DANCE DICE

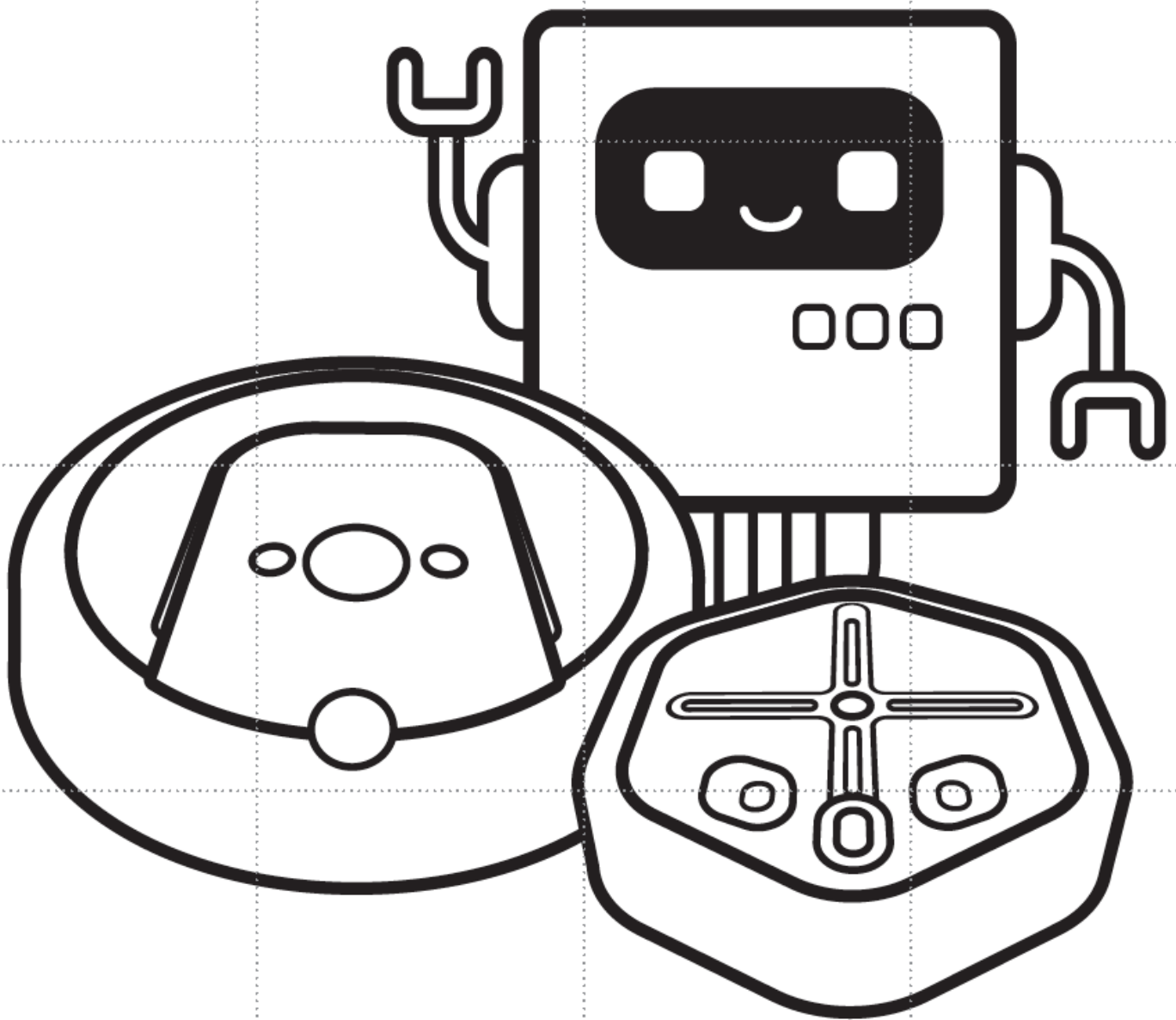
Cut out the dance dice below and fold into the correct square shape. Use the dance dice when your sequence has a random dance block.



STEAM Activities

6. ROBOT PUZZLE

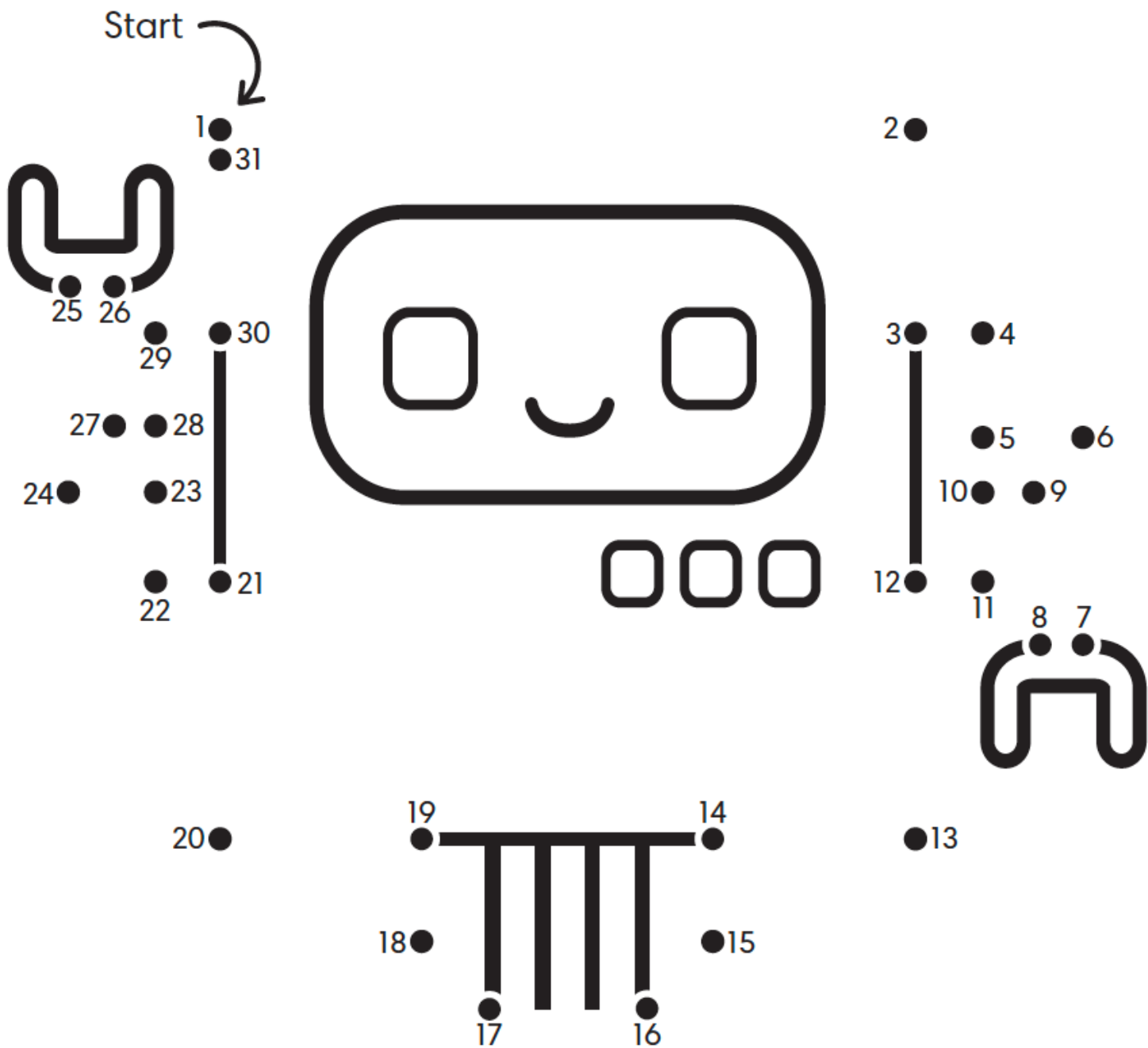
Color this robot and have an adult help you cut on the dotted lines to make a robot puzzle! Always be careful when using scissors.



STEAM Activities

7. CONNECT THE DOTS

Connect all the dots and then color in the robot.



STEAM Activities

8. SILLY STORY

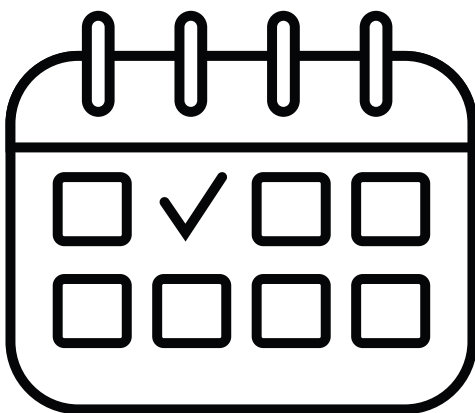
Pair up with a friend and have them give you a word to fill in for each blank without reading the story first, and then read the completed silly story out loud.

If I built my own robot, it would be _____ feet tall,
number
with a _____ and a _____
color part of the face
_____. It would help me
adjective computer part
with _____ and would do a
chore
_____ job. It would have a lot of sensors so
adjective
it can _____ . My robot
one of the 5 senses plural noun
would also be able to _____ ,
verb plural noun
and clean up after my pet _____. With
animal
my _____ robot, I would have more free
adjective
time to go _____ with _____
fun activity name of a friend
instead of _____. Robots and
chore
technology are really _____ !
adjective

6

BOKS Calendar Template

Create your own adventure this summer by filling out the calendar template with the BOKS activities found throughout the summer fun pack. It is time to create your own ADVENTURE!



Books Fitness Calendar

July 2022

Download the calendar.
Print out the template.
Write down the activity or
BOKS Burst you did that day!

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

Here's how many days I was active in July: _____



Download the calendar.

 Write down the activity or BOKS Burst you did that day!

SUNDAY **MONDAY** **TUESDAY** **WEDNESDAY** **THURSDAY** **FRIDAY** **SATURDAY**

Here's how many days I was active in August:



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