

Week 7: All About Science!



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Activity 3: Krazy Kaleidoscopes

① *This activity can be completed before the Zoom session if you have a university mentor.*

Kaleidoscopes use mirrors to create beautiful patterns, commonly used as inspiration to fashion designers and artists. Today, we will make our own kaleidoscopes and create some beautiful patterns with beads.



You can find a video demonstration here:

<https://www.youtube.com/channel/UCV-Sx4Jt70IGI0oO7hSECSQ/featured>



This craft requires cutting. It is important to be careful when you use scissors. Ask an adult to help you.

Materials: Pringles container, white paper, coloured and translucent beads, scissors, hot glue or craft glue, colouring utensils

- 1) Decorate a white sheet of paper which will cover the pringles can and become the outside of your kaleidoscope!
- 2) Cut off the bottom of the pringles can, this will be what you look through in your kaleidoscope!
Ask an adult to help you with this step, the bottom can be easily taken off with a can opener. Sometimes the bottom of the pringles can have sharp edges, so it is important to have adult supervision and to throw out the bottom as soon as it is cut off.
- 3) With glue, secure your decorated paper on the pringles can.
- 4) Pick out some beads and glue the beads to the inside of the transparent pringles lid. If you use hot glue, **ask an adult to help** and be very careful!
- 5) When glue is dry, put the lid back on the pringle can and your kaleidoscope is complete!

Activity 2: Design your own experiment!

① *This activity can be completed during the Zoom session if you have a university mentor.*

Scientists use something called the scientific method to learn and study the world around them. There are 6 steps of the scientific method including: asking a question, gathering research, making a hypothesis (guess), running your experiment, and making a conclusion. Scientists always start by asking a question about what they are curious about and then they complete an experiment to find an answer!

Materials: Design your own experiment worksheet, writing utensils

Follow along with the provided worksheet to plan an experiment:

- 1) Start by writing down a question to something you are interested.
- 2) Next, make a hypothesis (guess). In other words, what do you think the answer to your question might be?
- 3) Now, you need to make a plan to see if your guess is right. What are you going to do to answer your question?
- 4) After you make a plan, pretend you completed your experiment and come up with some results. If this experiment was being done in real life, you would observe and record real results. In this activity, you can make up your own!
- 5) Finally, make a conclusion. Was your guess right or wrong?

For now, you are just planning your experiment, not actually doing it. This means you can be as creative as you want! Maybe you would like to travel to the moon to see what it looks like up close or travel back in time to observe dinosaurs!

Level up! An important part of planning an experiment is planning how to keep yourself safe in the lab! What are some things you should do to keep yourself safe in a lab? **Hint:** think about what things the people did in the vinegar and baking soda experiment to keep themselves safe.

Activity 2: Healthy Roll & Match

① *This activity can be completed during the Zoom session if you have a university mentor.*

It is important to keep our body healthy and strong. With this activity, we will learn about some healthy habits. What healthy habits can you think of before completing this activity?



Materials: Healthy Roll & Match worksheet, dice

- 1) Roll a dice.
- 2) From the start of the game board, move the corresponding number of squares. You can just count using your finger or find and move a game piece along. For example, if I rolled a 4 on my dice, I would move 4 spaces on my game board.
- 3) What image did you land on? If your image looks like a healthy habit, write it under a sentence on the left side of the worksheet. Is the image a healthy food, a way to get exercise, or something you should do to keep your body clean and healthy?
- 4) If the image does not look like a healthy habit, explain why it is not? For example, a chocolate bar is a treat and is yummy some days, but not every day.

Level up! Think of some healthy habits you have. Then, go back through the images of unhealthy habits on your worksheet and think of something that you could do to turn it into a healthy habit!