April 20 Planet Earth

Virtual B.A.S.E Activities

Craft - Puffy Paint Earth

Earth, our home, is the third planet from the sun. It is the fifth largest of the planets in the solar system, with a diameter of roughly 8,000 miles. The Earth is round because gravity pulls matter into a ball. But, it's not perfectly round it is really an "oblate spheroid," because its spin causes it to be squashed at its poles and swollen at the equator.

Earth is the only planet known to have an atmosphere containing free oxygen, oceans of water on its surface and, of course, life.

Using the Instructions below create your version of Earth!

Materials:

- 1 cup glue
- 1 to 2 cups shaving cream (depending on how fluffy you want the paint)
- Food coloring (for color), optional
- Essential oils (for fragrance), optional
- Glitter (for sparkle), optional
- Paper plate
- Map outline, if desired

Directions:

1. In a large bowl, whisk together glue and shaving cream until combined.
2. If desired, add essential oil, or glitter and stir to distribute. To make the different colors, scoop out a cup full of shaving cream puffy paint into two separate cups. Add the blue and green coloring (one per cup) and stir until the food coloring is fully mixed with the base paint.
3. Trace the map on a paper plate or free-hand the map.
4. Paint with paint brushes, sponges, or cotton swabs. You might want to start with the green land painting, and then add the blue oceans. Sprinkle the paint with additional glitter and allow to dry.
   You can add people, trees, animals.....but really, that's up to you it's your EARTH!!! Take a picture of your project and add it to our comments!!

Virtual Exploration - Planet Earth

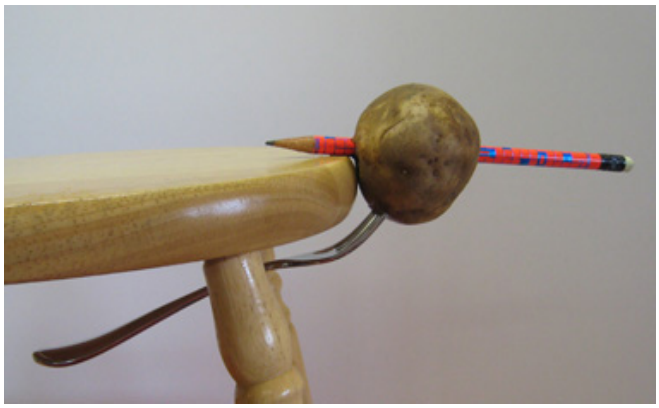
Follow the link below to experience Earth and our Solar System, the Universe and the Spacecraft exploring them.

https://eyes.nasa.gov/

Science Activity - Gravity Experiments Balancing Acts

Three centuries ago Newton discovered gravity. Gravity holds us to the Earth and keeps us from floating out into space. If you weigh 100 pounds on Earth and moved to the Moon to live you would only weigh 17 pounds if you stepped on a scale there.

The force of gravity is also the reason why if you hold a potato, fork and pencil in your hand and let them go they will fall to the ground.



Follow the link below to test your skills at balancing. In these experiments you will be balancing three objects on the edge of a table. The first experiment will be with a pencil, fork and potato. After balancing those three objects try to balance other objects. Take a picture of your results and add them to our comments!!

https://www.kids-earth-science.com/gravity-experiments.html

Daily Challenge - Design your own Space-Suit

On July 20, 1969, American astronaut Neil Armstrong stepped off the lunar landing module Eagle, dressed in his spacesuit, and became the first human to walk on the surface of the moon. Nearly 240,000 miles from Earth, Armstrong spoke these words to more than a billion people listening at home: "That's one small step for man, one giant leap for mankind."

Now is your chance to design your own Space-Suit and recreate that famous moment in history - use items you have around your house - be creative! Take a picture when you're done then add them to our comments!!

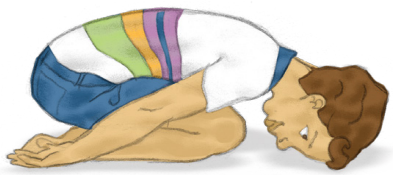
Let's Stay Active - Yoga for Kids

Follow the link below for a fun introduction to yoga. You'll get to warm up, practice breathing and poses, and relax into a power down.

https://www.youtube.com/watch?v=X655B4ISakg

Pretend to be a Flower

Flower Pose: Lift your bent legs, balancing on your sitting bones. Weave your arms under your legs, palms up. Pretend to be a flower in bloom.



Pretend to be a Seed

Child's Pose: Sit back on your heels and bring your forehead down to rest on the floor. Pretend to be a seed in the garden.

Pretend to be a Tree

Tree Pose: Stand on one leg. Bend the other knee and place the sole of your foot on you inner thigh. Sway like a tree in the breeze. Now the other side.