

ACHIEVE

Activities for the Week of 6/9-6/11

If you have any questions, please contact the lead teacher for the week:

Mrs. Ulsh: mmulsh@pgasd.com

OR text @achievepga to 81010 to talk to the lead teacher and get Achieve text messages through Remind.

[Click here for full directions on how to sign up for Remind!](#)

Please note that all Achieve activities are optional and do not need to be turned in!

Tuesday

Activity # 1: Rock Collecting/Rock Gardens

Instructor: Mrs. Medeiros

Goal: Students will learn about various types of rocks.
Students will paint their own rocks to start a rock garden.

Materials:

Paint
Paintbrushes
Stones

Directions:

1. Listen to the story, Let's Go Rock Collecting by clicking [here](#).
2. Listen to the story, Be a Rock Detective by clicking [here](#).
3. Look at various examples of rock gardens by clicking on the link [here](#).
4. Investigate some more ideas on this website by clicking [here](#).
5. Decide which type of rock garden you would like to make.
6. Collect rocks from your neighborhood or friends. You may also just use the stones provided.
7. Paint your collection of rock, allow to dry, place outside in an area that is designated by your parents or guardians.

Activity #2: All About Hummingbirds & Make Your own Hummingbird Feeder

Instructor: Miss Sondag

Goal:

Students will be able to identify and describe traits of hummingbirds

Students will construct a hummingbird feeder to draw hummingbirds to their yard.

Materials:

Empty water or Gatorade bottle with lid

Small Tupperware container with lid

Sugar

Cutting Utensils like a sharp knife

Jute Twine

Directions:

1. Hummingbirds are amazing creatures! They begin to arrive in our area in May each year. They stay while it's warm and the flowers are in bloom. As the days grow shorter, they continue to migrate south to warmer areas.
2. There are 3 different kinds of hummingbirds that visit PA on their way south. [You can read about them and see pictures here!](#)
3. Learn more about these beautiful birds by watching these two videos:
 - a. [Facts about Hummingbirds](#)
 - b. [National Geographic Hummingbirds](#)
4. Want to see hummingbirds in real life? Build a feeder to draw them to your yard or porch! Follow the directions below and see step by step pictures [here!](#) You will need an adult to help you with the cutting!
5. Take the lid off of the empty bottle (be sure to hold on to it!) and mark the center of the top of the tupperware container.
6. Cut a hole in the center of the tupperware lid the size of the opening to the powerade bottle.
7. Once that's done, check to make sure that the powerade bottle fits through the hole and the lid can be screwed back on. The hole needs to be small enough so that when the lid is screwed back onto the bottle, the tupperware lid is stuck between the two.
8. Next, cut four small holes near the corners of the lid of the tupperware container for the hummingbirds to drink out of. Be sure to leave enough of a ledge for the hummingbirds to sit on.
9. One of the trickier holes to cut is in the lid of the bottle. The hole needs to be big enough so that the hummingbird food fills the tupperware container, but not so big that it overflows. In the end, the hummingbird food should only come up to the level of the powerade lid and won't actually fill the whole tupperware container.
10. Put the bottle through the hole in the tupperware lid (from the top) and fasten the bottle lid to the bottom of the tupperware lid.

11. Once all of the holes are cut, it's time to get the feeder ready to hang. Gatorade/Powerade bottles are shaped nicely such that you can hang them easily with twine. Tie two loops around the bottle, one loop for each indentation and then tied the hanging loop from these two sturdy loops.
12. Finished product!



13. Make some food for your hummingbird feeder. Stir one part sugar into 4 parts hot water until dissolved. No food coloring needed! They will come to eat the food just fine if it is clear, some people say the dye actually harms the birds. Check out these [Feeder Tips from the Audubon Society](#) to learn more!

Wednesday:

Activity # 1: Bird Feeders Galore!

Instructor: Mrs. Medeiros

Goal: Students will be able to identify and describe traits of a variety of birds.
Students will construct a bird feeder to draw birds to their yard.

Materials:

Bird Seed and Suet
Old coffee cup
Empty milk jug or milk carton
Pine cones

Directions:

1. [Birds Read Aloud - YouTube](#)
2. [Hooray for Birds Read Aloud- YouTube](#)
3. [Check out the page for easy bird feeder ideas.](#)
4. [Check out milk jug bird feeders.](#)
5. [Check out pine cone bird feeders.](#)
6. After looking at the ideas on the websites regarding homemade bird feeders, choose one that you would like to make.
7. Gather the materials at home such as an old coffee cup and saucer, washed out milk jug, or pine cone.
8. Next use the suet and bird seed to complete your project. Hang on a tree, pole, bush, or porch and enjoy watching the wildlife that visit you.

Activity #2: Paint Your Own Walking Stick

Instructor: Miss Sondag

Goal: Students will create a personalized walking stick to take on their Nature Walk!

Materials:

Stick

Paint

Paint Brushes

Glitter

Directions:

1. One of the activities for tomorrow is to go on a Nature Walk! We're going to get ready by making a walking stick! Walking sticks make hiking more fun. Also called hiking poles or hiking staffs, they let your arms get into the act, so you cover ground more easily. Even better, they help you keep your balance!
2. Find a stick in your yard or nearby woods! To choose the right size, stand with your arms at your side and the stick should be about 6 or 8 inches taller than your elbow. Pick an even longer stick if you'll be tackling steep terrain. If you're really just planning on walking with your stick, a shorter one will do. No need to cut or break from a live tree, just find one on the ground!
3. Strip the bark off of the stick if you like! This may require help from an adult with a sharp knife. You can leave the bark on too!
4. Paint your walking stick so that everyone will know it is yours! You can use whatever colors or patterns you like! You can even sprinkle glitter over the wet paint to make your stick shiny!
5. Just for fun, here's a story about the two natural materials you painted this week: [Stick and Stone!](#)

Thursday

Activity # 1: Nature Portraits

Instructor: Mrs. Medeiros

Goal:

Students will go on a nature walk to gather resources to use for the project.

Students will complete a salt free dough portrait or face using materials found on the nature walk.

Materials:

Plain Flour

Oil

Warm Water

Food coloring (optional - we left ours plain)

Mixing Bowl

Cup

Spoon

Directions:

1. [Be Still, Love Nature Read Aloud](#)
2. [Our Tree Named Steve Read Aloud](#)
3. [Check out the Forest Portraits you will be making.](#)
4. [More examples of the forest faces.](#)
5. Create a batch of dough using our special **salt free** recipe. Measure out 2 cups of flour and empty them into the large mixing bowl. Stir in 3 tablespoons of oil. Get another cup of boiled water and add to the dough in parts, mixing and adding until you get the dough consistency needed.
6. You will need to use your hands to continue to knead the dough together. When the dough is 'doughy' but doesn't stick to your hands at all, you have achieved the perfect consistency.
7. Go on a walk in the woods or fields and only collect Nature that you find already on the forest floor. Don't pick berries/leaves/sticks etc off the trees and bushes. It will be a good talking point on your walk and will help children respect and appreciate the woodland.
8. After you have gathered your nature materials such as seeds, twigs, acorns, etc, select a tree trunk to press your dough into.
9. Once you have the dough flattened you have your canvas. Create portraits or patterns using the nature you have collected along the way on your walk.
10. Remember to take all the dough back with you. It easily removes from the tree trunks

Activity #2: Pressed Wildflower Art

Instructor: Miss Sunday

Goal:

Students will create art with wildflowers they collect.

Materials:*Pressing your flowers:*

Flowers

Paper Towels

Cardboard or newspaper

Several heavy books

A warm dry room to make your press

To make the art project:

Glue stick

Elmer's glue

Cardstock

Ribbon or twine

Tape

Background paper

Brushes for glue.

Directions:

Today's activity is actually two in one! When you go on your nature walk, pick some wildflowers to dry! They will need two weeks to dry and then you can do the second part of the activity: making your pressed flowers into a piece of art!

1. Most wild flowers soon wither if you pick them, but you can preserve them for a long time by [pressing](#) or [drying](#) them. Choose only flowers that you know are common, and do not pick them unless there are lots of them. Remember to pick a stem with a leaf, or take a separate leaf to press with it.
2. Flat flower heads like buttercups, violets, Blue Columbine, Wild Flax, and Prairie Star press well. Avoid very bulky flower heads like Red Clover, sunflowers, or Teasel. It is better to dry those. Take a plastic bag to put the flowers in. It will help to keep them fresh until you get home. [Here are some pictures of these flowers to look for as you walk!!](#)
3. Arrange the flowers and leaves carefully on the sheets of paper towel. Give each flower enough room, and remember it will press dry just as you have arranged it.
4. Start with a piece of cardboard or four layers of folded newspaper on a flat, hard surface. Lay a paper towel with flowers on top of it. Put another sheet of paper towel and then cardboard or folded newspaper on top of it.
5. Go on adding layers of flowers between paper towels and cardboard or newspaper until you have a stack no more than 6 inches high. Finish with a cardboard or newspaper layer.
6. Carefully place the heavy books on top of the stack.
7. Leave the flowers alone for two weeks. Then peel the paper back gently and check that the flowers are flat and dried. If they are not, leave them for another week.

8. Once the flowers are dried you can make them into a piece of art! For pictures of the process, [click here!](#)

9. Fold card stock in half to make a “card”

10. Rub glue stick on back of background paper, then center background paper on the front of the card. Press down.

11. Tape the ribbon/twine to the inside back of the card. Use gluestick on the inside of the card and press closed, sealing the card with the ribbon/twine looping out the top to create a hanger.

12. Lightly spread Elmer’s glue with brushes on the background paper. Place the flowers gently on the glue. Using the brush, add more glue over the top of the flowers to coat (younger kids may need help).

13. Let it dry for 15-20 minutes. You can do additional layers of mod podge over the top if you want.

14. Finished Product!



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Links to this week's videos:

Tuesday

Activity #1

- [Let's Go Rock Collecting](#)
- [Be a Rock Detective](#)

Activity #2

- [Facts about Hummingbirds](#)

- [National Geographic Hummingbirds](#)

Wednesday

Activity #1

- [All About Birds](#)
- [Hooray for Birds](#)

Activity #2

- [Stick and Stone!](#)

Thursday

Activity #1

- [Be Still, Love Nature Read Aloud](#)
- [Our Tree Named Steve Read Aloud](#)

Activity #2

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Links to this week's resources:

Tuesday

Activity #1

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Activity #2

- [Hummingbirds Found in PA](#)
- [Hummingbird feeder pictures and directions](#)
- [Feeder Tips from the Audubon Society](#)

Wednesday

Activity #1

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Activity #2

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Thursday

Activity #1

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Activity #2

- [Pressing and Drying Wildflowers](#)
- [PA Wildflowers](#)
- [Pressed Wildflower Art Project](#)