

Season 2, Episode 6: Independence Day



The WNET Group | Media Made Possible by All of You

Celebrate Independence Day with head counselor Zach and make a stars and stripes handprint! Meet meerkats & mandrills, make shadow art & pendulums. Content partners include America’s Test Kitchen Kids, Children’s Museum of South Dakota, Exploratorium, Impossible Science, Memphis Zoo, One Voice Children’s Choir, Playworks, San Diego Zoo, S’more Ideas, Story Pirates, The Metropolitan Museum of Art.

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PARTICIPATE!

Can you think of a time when you did something on your own for the first time? Draw a picture of you doing something independently and get ready to celebrate “Independence Day” on *Camp TV!*

Camp TV is a production of The WNET Group.

Major funding for **Camp TV** is provided by the Corporation for Public Broadcasting. Additional funding is provided by The Peter G. Peterson and Joan Ganz Cooney Fund and the Pine Tree Foundation of New York.





Snazzy Jump Rope Moves

Skier



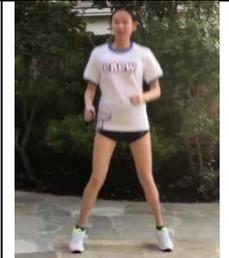
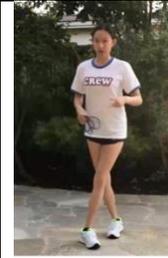
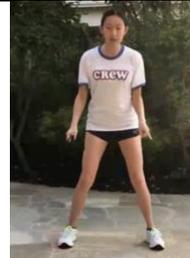
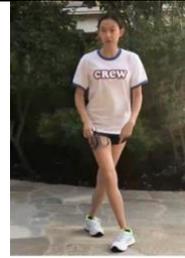
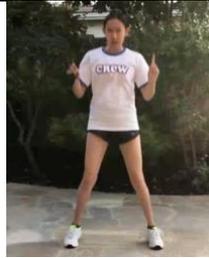
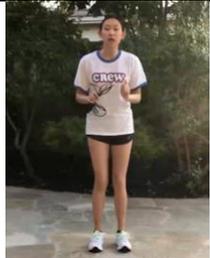
1. Jump side to side with your feet together.

Bell Hop



2. Jump front to back with your feet together.

Straddle Cross



1. Start with your feet together.

2. Jump with your feet out into a straddle.

3. Crisscross one foot in front of the other.

4. Jump back out.

5. Crisscross the other foot.

6. Repeat as you jump rope!

Crisscross



1. Jump normally with your feet together.



2. Swing the rope over your head with a normal swing and jump.



3. Then, cross your arms while you swing the rope and jump.



4. Alternate between one normal swing and one crisscross swing as you jump rope.



Guacamole

Materials List:

- Cutting board
- Butter knife
- Soup spoon
- Medium bowl
- Rasp grater (or box grater)
- ¼-teaspoon measuring spoon
- Chef's knife
- Whisk
- Rubber spatula

Ingredients:

- 3 ripe avocados
- 1 lime
- ½ tsp salt
- 1 plum tomato, chopped
- 2 tbsp chopped fresh cilantro
- 1 scallion, sliced thin

This activity should be done with the help of a trusted adult

Instructions:

1. Use butter knife to cut the avocado in half around the pit. With your hands, twist both halves in opposite directions to separate. Use a soup spoon to scoop out pit. Scoop the avocado from the skins into a medium bowl, discard pits and skins.



2. Use rasp grater or fine holes on box grater to remove ¼ teaspoon zest (the colored skin) from lime. Add zest to bowl with avocados.

3. Use a chef's knife to cut the lime in half and squeeze the juice into the bowl with the avocados. Add salt to the bowl.

4. Use a sturdy whisk to break the avocado into large pieces. Gently stir mixture to combine, leaving some large chunks of avocado. Gently tap the whisk on the rim of the bowl to remove any stuck avocado pieces and remove whisk from bowl.

5. Add tomato, cilantro, and scallion to the avocado mixture and use a rubber spatula to gently stir together. Serve and enjoy!





Stars and Stripes Flag Handprint Painting

Materials List:

- washable non-toxic red, white, and blue craft paint
- paint brushes
- light-colored piece of paper
- piece of colored paper
- white paint marker
- glue

Instructions:

1. Start by painting a blue square on the palm of your hand.



2. Paint red and white alternating stripes down your fingers



3. Press your hand down onto the light piece of paper and hold it steady. After a few seconds, carefully lift your hand up.



4. After you've washed your hands and your painting has dried add a star to the blue area using a white paint marker (if you don't have a white paint marker, you can use regular white paint).



5. Put some glue onto the back of your handprint and mount your artwork onto the colored paper, creating a frame.



6. Don't forget to sign your name!





Make a Potato Print

Materials List:

- paper
- slices of potato
- pencil
- paintbrush
- acrylic paint
- paperclip

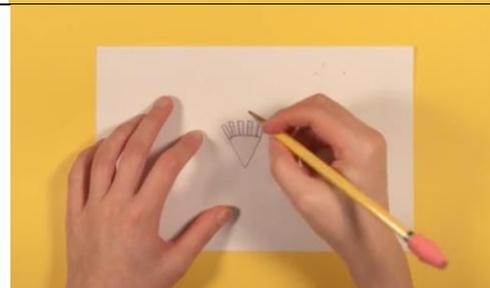
Design Your Print

Instructions:

1. Ask an adult to cut a potato into thick slices.



2. On a piece of paper, sketch a design for your potato stamp.



3. Center the design on the paper over the flesh of the cut potato.



4. To transfer the design, use the end of an unbent paperclip to poke holes along the design lines.

Carve the Potato

1. Think about what parts of your design you want to receive paint and what parts you don't. Only carve away the parts of the potato's surface that you don't want to receive paint.



2. Start carving! Use the curved end of the paper clip to carve the potato—the wide side to remove large strips and the narrow side to carve details.



Make Your Print

1. Pat the potato stamp dry with a paper towel.

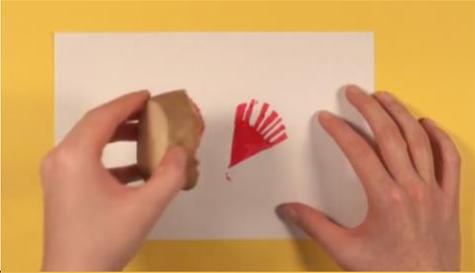
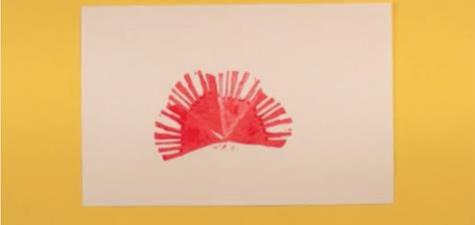


2. Use a wet paintbrush to apply the paint to the stamp.



3. Firmly press the stamp onto a piece of paper for about three seconds.



<p>4. Slowly lift the potato from the paper.</p>	
<p>5. Repeat to make a pattern.</p>	
<p>6. Check out your awesome print!</p>	

Activity courtesy of The Metropolitan Museum of Art - #MetKids

<https://www.metmuseum.org/art/online-features/metkids/videos/MetKids-Make-a-Potato-Print>

<https://www.camptv.org>



Pendulums

Materials List:

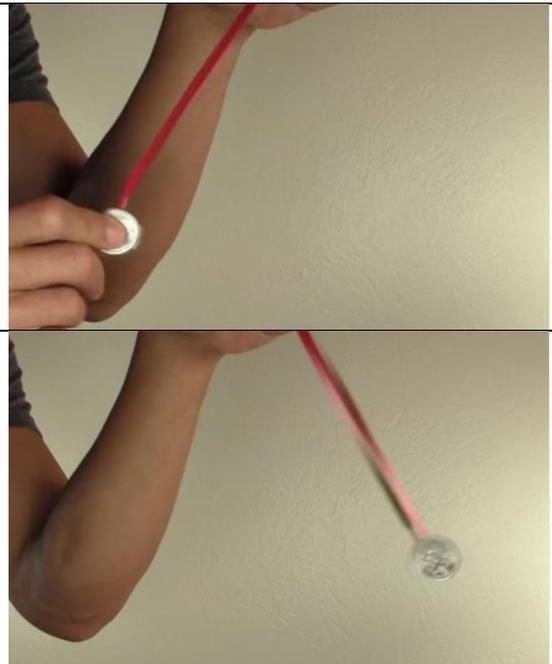
- weighted object - *coin, jar lid, button, key, or washer*
- something to secure the object – *tape, paperclip, or rubber band*
- something the pendulum can hang from - *yarn, twine, or old shoelace*
- long flat object – *ruler or cooking spoon*

Instructions:

1. Secure your weighted object onto the string. Be sure to secure the string to the middle of the weighted object



2. Lift the weighted end of the pendulum and let it swing. Experiment with different materials to see what works, and what doesn't work.



3. Tape a long flat object to a table so that an inch or two is sticking out over the edge of the table.

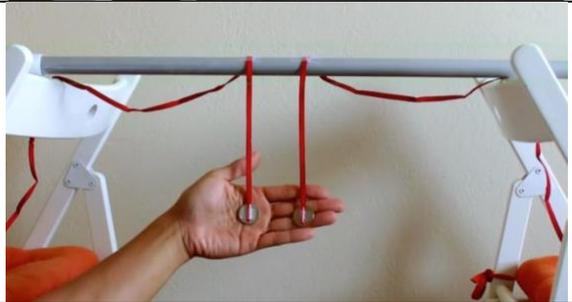
4. Take the sting of the pendulum so that it is in line with the object. Use extra pieces of tape to secure your pendulum in place.



5. Observe your pendulum.



6. Experiment with different set ups or try comparing different kinds of pendulums.





Shadow Art

Materials List:

- colorful construction paper
- black and white construction paper
- glue stick
- eraser
- pencil
- safety scissors
- flashlight or other light source

Instructions:

1. With a pencil, draw your shadow on a piece of black construction paper.



2. Cut out your shadow using safety scissors.



3. When your shadow is cut out, glue it onto a piece of white construction paper.



4. Flip over the paper. Cut out shapes from the colored paper to begin creating a scene that your shadow can live in. Glue down the shapes, be careful not to cover up too much of your shadow.



5. When you are done, reveal your artwork to your friends and family!





Festive Fruit Drink

Materials List:

- pitcher
- large spoon

Ingredients:

- 1 cup mixed berries – *fresh or frozen*
- 3 tablespoons of orange juice
- 2 tablespoons of lemon juice
- bubbly water
- 2 tablespoons of sugar - *optional*

1. Start by washing your hands. Then, stir together the berries, orange juice, lemon juice and sugar until the sugar has dissolved and some of the berries have broken down.

2. Let stand for about 10 minutes.

3. Pour in some fizzy water and serve over ice. Cheers!





Telekinesis: Opposites Attract

Materials List:

- Straws
- Object with curved edge, like a saltshaker

Instructions:

1. Choose an object with a curved edge. Anything so that the straw is not resting directly across.



2. Charge the straw by dragging it against the paper wrapper as you remove it, or rub with a paper napkin.



3. The straw is now negatively charged. When it gets close to your fingers, it's attracted to the positive charge in your hands. Place hands on different sides of the straw to make the straw move.

