

Easy @ Home Activities (no electronics required)

- Experiments: explain the chemical changes that are taking place (example: color change, temperature change, mass, density, matter change)
 - Elephant Toothpaste
 - 3 tbsp yeast mixed with 1 tbsp warm water in a small bottle
 - ½ c of hydrogen peroxide and food coloring plus couple of squirts of dish detergent in a cup
 - Pour the peroxide mix into the yeast mixture and watch the reaction
 - Make your own playdough
 - 2 c plain flour, 2 tbsp vegetable oil, ½ c of salt, 2 tbsp cream of tartar, 1 c of boiling water, food coloring if desired.
 - Put all ingredients in a bowl (water last) mix together and knead until you have a dough consistency
 - Make your own hand sanitizer*.
 - 1 part aloe vera to 3 parts rubbing alcohol. It works best if the alcohol is 91% or above.
 - *Please note that I am not a medical professional and I cannot guarantee the effectiveness of this product.
 - Lava Lamp DIY
 - Bottle, oil, food coloring, alka seltzer or baking soda, water.
 - Fill the bottle with 2 parts water, 1 part oil. Drop in a couple drops of food color then drop in the seltzer.

TIC TAC TOE : Ideas to Promote Normalcy

Get up every hour and move or stretch!	Spend 20-30 minute increments learning something new or reviewing!	Host a video chat party!
Eat mindfully. Think- are you hungry or bored?	Record what is happening in a journal for reflection now and later (you will appreciate it when you are older)!	Limit screen time one day for 24 hours- do a puzzle, read a book
Write a card or letter to someone	After you shower, get dressed (not in PJ's) in school clothes or something fancy!	Make a list of things you are thankful for.

LET'S STAY CONNECTED

#ALONETOGETHER

Text me through Remind Email

thomask@floyd.k12.va.us

*Remember to check your email if able.

Connect

- Instagram (@KThomasCES)
- Daily Zoom Meetings
Code: 712-122-5536

ZOOM WITH A SCIENTIST!

This week during our daily Zoom sessions for check-in we will have two special guest stars! Both are scientists who will tell you about their current research and their educational path! Don't miss out- Wed. and Thurs. from 11:15am-11:30am. Check your email for details.

