STEM Activity

Calendar

Offline and Online At Home Enrichment Activities



www.vivifystem.com



Pre-Kindergarten



Create Monday	Science Tuesday	Active Wednesday	Engineering Thursday	Fun Friday
Create your personal mission patch! In a large circle, draw (or use clippings) to represent things you like.	Scientist want to understand the world around us. Ask 5 WHY or WHAT questions to learn more about something in nature.	Create an obstacle course. Calculate your time to complete the course. Can you do it faster the second time? Get a family member to try!	Engineers solve problems to improve our lives. Build a bridge with blocks to help your toys cross a small river.	Draw your dream bedroom. What special things would be in it?
Create a song on the importance of hand washing and how to do it properly.	Which is the best invisible ink? Draw 3 circles using milk, lemon juice, and vinegar. Allow to dry. Heat up the paper with a blow dryer to see circles appear.	Play some basketball (or trash can ball)! Count how many baskets you make.	Design and build a table using only newspaper or paper and tape. How much weight can it hold? How can you make it stronger?	With someone's help, make paper airplanes and have a distance contest.
With the help of an adult, cook lunch or dinner. Help measure ingredients.	Safely drop two small items at the same time. Which one hits the ground first? Discuss why.	Go for a walk and play "I Spy" using colors or letters. Example: I spy something that starts with "t" for tree.	Use blocks or other items to make a tower as tall as you! How high can you go?	Use a small bag of candies like M&Ms. Count how many of each color there are in the bag. Which color has the most?
Make a greeting card using 3D pop up art.	List 5 non-reusable items in your house. How can you make at least one of them reusable?	Go outside and draw 5 different insects or animals.	Build a house for a toy figurine. Can you make different rooms? How big does the door need to be?	Draw a picture about your dream vacation.
Create a hoop glider using a straw and paper strips. How far can you make it go?	Turn on the water slowly. Brush a plastic comb through your hair 10x. Slowly bring the comb close to the water. What is happening?	Pretend you are a frog. Make paper lily pads to hop everywhere you need to go.	Create a boat out of foil that floats in the bathtub. Can it hold a toy without sinking? How many toys or Legos can it hold?	Create a cup and string phone by poking the ends of a long string through the bottoms of two cups. Talk to a family member through your phone.
Create a senses scavenger hunt! Find one thing that smells good, sounds good, feels good, tastes good, and looks good to you.	Sprinkle pepper into a dish of water. Dip one finger into dish soap then touch the surface of the water. What happens?	Create your own dance. Teach to a family member.	Turn your favorite toy into a superhero. Create a cape and then make a supercar or plane for your superhero.	Play "Magic Rock" with a partner. Curl up like a rock, then the other person tells you to turn into an animal like a lion. Saying "magic rock" turns you back into a rock.



Pre-Kindergarten



Create Monday	Science Tuesday	Numbers Wednesday	Engineering Thursday	Fun Friday
Create beats using sounds from the everyday world. experiments.withgoogl e.com/drum-machine	Listen to a podcast from But Why.	Play a number game at Education.com/games/preschool	Build apartments for LEGOs with the LEGO Tower app.	Time to explore the night sky! Download the SkyView app. Can you find a planet or constellations?
Bring a drawing to life with the DRAWING FOR KIDS Games! Apps 2 app	Build a window greenhouse and watch your plants grow. Learn more here: bit.ly/vivifylifescience	Count the fish using the Fish School App, then make your toys into the numbers.	Use the build activity spinner for an engineering challenge: pbskids.org/designsqua d/build/spinner/	Download the Wonderscope app and read a story as it comes to life.
Create letters using the ABC Kids - Tracing & Phonics App.	Listen to a podcast from Fun Kids Science Weekly.	Play a game on the Monkey Math: games & practice app.	Explore the NASA website: nasa.gov/kidsclub/. Find out about the Mission to the Moon.	Listen to a storybook read by an astronaut: storytimefromspace.c om/
Build and drive a vehicle in the <i>Lego</i> Juniors app.	Create a bee hotel. Learn more here: bit.ly/vivifylifescience	Play a game on the Dino Teach Math PreSchool Kids app.	Use the Hoopa City app to design a city!	Listen to a story from the Story Pirates. storypirates.com/podc ast
Create your own animated cartoon by downloading the Toontastic App	Play a science game from breakoutedu.com/funa thome	Play a game on the Think & Learn Code-a-pillar app.	Build and test an invention with The Cat in the Hat Builds That app.	Can the computer guess your drawing? quickdraw.withgoogle.
Create your own train with the LEGO® DUPLO® Train App.	Use the <i>iNaturalist</i> app to learn about a new plant or creature.	Complete a math activity at bedtimemath.org/fun -math-capybara/	Can you cook using the heat of the sun? Learn how to build a solar oven: bit.ly/vivifysolaroven	Search "virtual museum tours" to explore famous exhibits from around the world.



Lower Elementary (K-2)



Create Monday	Science Tuesday	Active Wednesday	Engineering Thursday	Fun Friday
Create your personal mission patch! In a large circle, draw (or use clippings) to represent things you are passionate about.	Scientist want to understand the world around us. Write 5 WHY or WHAT questions to learn more about something in nature.	Create an obstacle course. Calculate your time to complete the course. Can you do it faster the second time? Get a family member to try!	Engineers solve problems to improve our lives. Brainstorm an invention that can improve your life. Draw how it will work.	Draw your ideal future city. What areas will keep citizens healthy and happy? What laws will you have?
Create a skit or poster on the importance of hand washing and how to do it properly.	Which is the best invisible ink? Write 3 messages using milk, lemon juice, and vinegar. Allow to dry. Heat up the paper with a blow dryer to see message appear.	Play some basketball (or trash can ball)! Measure how many baskets you make out of 10. Do it again. How many more/less did you get than the first trial?	Design and build a table using only newspaper or paper and tape. How much weight can it hold? How can you make it stronger?	Host a paper airplane contest.
With the help of an adult, cook lunch or dinner. Measure out the ingredients. How would you double or halve the recipe?	Place a small ball on top of a large ball and drop them together. Watch how energy is transferred!	Find a quiet place in nature. Bring a journal and record everything you see.	Design and build a catapult with household item to knock over a tower of cups. Calculate percentage accuracy.	Use a small bag of candies like M&Ms, make a bar graph showing how many of each color are in the bag.
Make a greeting card using 3D pop up art.	List 5 non-reusable items in your house. How can you make at least one of them reusable?	Go outside and record as many different insects and mammals as possible.	Design and build a roller coaster from paper, paper plates, and tape. How long can you keep a ping pong ball moving?	Draw or write a story about your ideal vacation.
Create a hoop glider using a straw and paper strips. How far can you make it go?	Turn on the water slowly. Brush a plastic comb through your hair 10x. Slowly bring the comb close to the water. What is happening?	Measure your heart beat for 10 seconds. Run around and then measure again. How many beats more did you count in 10 seconds?	Create a zip line for a small action figure to travel down from at least your shoulder height. Count how many seconds it takes. Make it move faster or slower.	Survey your family for these genetic traits: dimples, attached earlobes, ability to roll tongue, and right thumb goes on top when clasping hands.
Peter Piper picked a peck of pickled peppers. Write your own tongue twister.	The tongue map theory states that different areas of your tongue sense different tastes. Look-up this theory. Create an experiment to prove or disprove it.	Create your own dance workout routine. Teach to a family member.	Imagine you only have one leg. Design a prosthetic leg using household items. Test it out! How do you make it comfortable? How would it attach to your body?	With a family member, discuss a significant historical event that happened to them. How did this event impact their life? What did they learn?



Lower Elementary (K-2)



Create Monday	Science Tuesday	Coding Wednesday	Engineering Thursday	Fun Friday
Create beats using sounds from the everyday world. experiments.withgoogl e.com/drum-machine	Check out the latest issue of Smore Magazine: smoremagazine.com	Play a coding game at hourofcode.com/us/le arn	Explore engineering careers at EGFI-k12.org	Time to explore the night sky! Download the SkyView app. Can you find a planet or constellations?
Bring a drawing to life with the <u>DRAWING FOR</u> <u>KIDS Games! Apps 2</u> app	Build a window greenhouse and watch your plants grow. Learn more here: bit.ly/vivifylifescience	Download the Cargo-Bot app and program your Bot.	Use the build activity spinner for an engineering challenge: pbskids.org/designsqua d/build/spinner/	Listen to a story from the Story Pirates. www.storypirates.com /podcast
Conduct an orchestra from your computer. semiconductor.withgoo gle.com/	Read a science article at sciencejournalforkids.o rg/	Play a coding game on the Scratch Jr app.	Explore the NASA website: nasa.gov/kidsclub/. Find out about the Mission to the Moon.	Try out the Flight Pilot Simulator 3D app and conquer the skies.
Create a movie using a Stop Motion Animation studio app.	Conduct and record an experiment using SciJournal: sciencejournal.withgoog le.com/experiments/	Play a coding game at studio.code.org	Create a design in LEGO Life app.	Choose 1 book to read. funbrain.com/books
Create your own animated cartoon by downloading the Toontastic App.	Play a science game from breakoutedu.com/funa thome	Play a coding game at blockly.games	Build and test a tower with the <i>Tami's Tower</i> app.	Can the computer guess your drawing? quickdraw.withgoogle.
Create your own ant farm! Find a diagram at m.wikihow.com/Buildan-Ant-Farm. What do you observe?	Use the <i>iNaturalist</i> app to learn about a new plant or creature and share it with the scientific community.	Check out the projects at scratch.mit.edu then create your own game!	Can you cook using the heat of the sun? Learn how to build a solar oven: bit.ly/vivifysolaroven	Search "virtual museum tours" to explore famous exhibits from around the world.



Upper Elementary (3-5)



Create Monday	Science Tuesday	Active Wednesday	Engineering Thursday	Fun Friday
Create your personal mission patch! In a large circle, draw (or use clippings) to represent things you are passionate about.	Scientist want to understand the world around us. Write 5 WHY or WHAT questions to learn more about something in nature.	Create an obstacle course. Get a family member to try! What is the shortest amount of time it takes to get through the course?	Engineers solve problems to improve our lives. Brainstorm an invention that can improve your life. Draw how it will work.	Make leaf art! Place a leaf under a sheet of paper and rub a crayon over the leaf to reveal its print.
Create a skit or poster on the importance of hand washing and how to do it properly.	Which is the best invisible ink? Write 3 messages using milk, lemon juice, and vinegar. Allow to dry. Heat up the paper with a blow dryer to see message appear.	Play some basketball (or trash can ball)! Measure how many baskets you make out of 10.	Design and build a table using only newspaper or paper and tape. How much weight can it hold? How can you make it stronger?	Host a paper airplane contest.
With the help of an adult, cook lunch or dinner. Measure out the ingredients. How would you double or halve the recipe?	Place a small ball on top of a large ball and drop them together. Watch how energy is transferred!	Find a quiet place in nature. Bring a journal and record everything you see.	Design and build a catapult with household item to knock over a tower of cups.	Use a small bag of candies like M&Ms, find the ratio of each color to the total candies in the bag.
Make a greeting card using 3D pop up art.	Find a leaf on a plant, wrap it in a plastic bag and secure it with a rubber band. After a few hours water will appear! This is the plants version of sweating.	Go outside and record as many different insects and mammals as possible.	Design and build a roller coaster from paper, paper plates, and tape. How long can you keep a ping pong ball moving?	Draw or write a story about your ideal vacation.
Create a hoop glider using a straw and paper. How far can you make it go?	Take a pencil and scribble in a square to create a graphite "ink pad". Press your finger in the graphite and then on a sheet of paper to look at your fingerprint!	Measure your heart beat for 10 seconds. Do jumping jacks and then measure again. What is the difference?	Create a zip line for a small action figure to travel down from at least your shoulder height.	Survey your family for these genetic traits: dimples, attached earlobes, ability to roll tongue, and right thumb goes on top when clasping hands.
Draw a robot invention. What would it do?	Go outside and write down your weather observations. What do the clouds look like? Can you tell what direction they are moving?	Create your own dance workout routine. Teach to a family member.	Imagine you only have one leg. Design a prosthetic leg using household items. Test it out! How do you make it comfortable? How would it attach to your body?	With a family member, discuss a significant historical event that happened to them. How did this event impact their life? What did they learn?



Upper Elementary (3-5)



Create Monday	Science Tuesday	Coding Wednesday	Engineering Thursday	Fun Friday
Create beats using sounds from the everyday world. experiments.withgoogl e.com/drum-machine	Read the latest issue of Smore Magazine: smoremagazine.com	Play a coding game at hourofcode.com/us/le arn	Explore engineering careers at EGFI-k12.org	Time to explore the night sky! Download the SkyView app. Can you find a planet or constellations?
Create your own 3D design on www.tinkercad.com	Build a window greenhouse and watch your plants grow. Learn more here: bit.ly/vivifylifescience	Download the Cargo-Bot app and program your Bot.	Use the build activity spinner for an engineering challenge: pbskids.org/designsqua d/build/spinner/	Try out the Flight Pilot Simulator 3D app and conquer the skies.
Conduct an orchestra from your computer. semiconductor.withgoo gle.com	Listen to this science show about space bit.ly/supernova8	Play a game at hourofcode.com/us/le arn	Explore the NASA website: nasa.gov/kidsclub/. Find out about the Mission to the Moon.	Choose 1 book to read. funbrain.com/books
Create a movie using Stop Motion Animation studio app.	Download the JigSpace app to learn about the solar system.	Play a coding game at studio.code.org	Build and test bridges with the Bridge Constructor FREE app	Create a song! <u>creatability.withgoogle</u> <u>.com/keyboard/</u>
Read this story and then draw your own robot creation. bit.ly/robotstory7	Play a science game from breakoutedu.com/funa thome	Build a game on the Tynker Junior app.	Download the JigSpace app to learn how a quadcopter (drone) works!	Can the computer guess your drawing? quickdraw.withgoogle.
Watch the video "Inventions from Nature" and create a poster to advertise your own animal inspired invention. bit.ly/animalinvention	Use the iNaturalist app to learn about a new plant or creature and share it with the scientific community.	Check out the projects at scratch.mit.edu then create your own game!	Can you cook using the heat of the sun? Learn how to build a solar oven: bit.ly/vivifysolaroven	Search "virtual museum tours" to explore famous exhibits from around the world.



Middle School



Create Monday	Science Tuesday	Active Wednesday	Engineering Thursday	Fun Friday
Create your personal mission patch! In a large circle, draw (or use clippings) to represent things you are passionate about.	Scientist want to understand the world around us. Write 5 WHY or WHAT questions to learn more about something in nature.	Create an obstacle course. Calculate your average time to complete the course over a series of 5 attempts. Get a family member to try!	Engineers solve problems to improve our lives. Brainstorm an invention that can improve your life. Draw how it will work.	Draw your ideal future city. What areas will keep citizens healthy and happy? What laws will you have?
Create a skit or poster on the importance of hand washing and how to do it properly.	Which is the best invisible ink? Write 3 messages using milk, lemon juice, and vinegar. Allow to dry. Heat up the paper with a blow dryer to see message appear.	Play some basketball (or trash can ball)! Measure how many baskets you make out of 10. Calculate your percentage accuracy.	Design and build a table using only newspaper or paper and tape. How much weight can it hold? How can you make it stronger?	Host a paper airplane contest.
With the help of an adult, cook lunch or dinner. Measure out the ingredients. How would you double or halve the recipe?	Place a small ball on top of a large ball and drop them together. Watch how energy is transferred!	Players must keep two balloons up in the air with just one hand and the other hand is kept behind their backs. The last player with two balloons still going wins.	Design and build a catapult with household item to knock over a tower of cups. Calculate percentage accuracy.	Use a small bag of candies like M&Ms, find the ratio of each color to the total candies in the bag.
Make a greeting card using 3D pop up art.	List 5 non-reusable items in your house. How can you make at least one of them reusable?	Go outside and record as many 10 different insects and mammals.	Design and build a roller coaster from paper, paper plates, and tape. How long can you keep a ping pong ball moving?	Draw or write a story about your ideal vacation.
Create a hoop glider using a straw and paper. How far can you make it go?	Find a quiet place in nature. Bring a journal and record everything you see.	Measure your heart beat for 10 seconds. Convert to beats per minute. Run around and then measure again. What is the percentage increase?	Create a zip line for a small action figure to travel down from at least your shoulder height. Calculate the speed (distance divided by time) of the zip line.	Survey your family for these genetic traits: dimples, attached earlobes, ability to roll tongue, and right thumb goes on top when clasping hands.
Peter Piper picked a peck of pickled peppers. Write 2 of your own tongue twisters.	The tongue map theory states that different areas of your tongue sense different tastes. Look-up this theory. Create an experiment to prove or disprove it.	Create your own dance workout routine. Teach to a family member.	Imagine you only have one leg. Design a prosthetic leg using household items. Test it out! How do you make it comfortable? How would it attach to your body?	Design a device to keep a water balloon or egg from breaking when thrown against a wall or dropped from a second story.



Middle School



Create Monday	Science Tuesday	Coding Wednesday	Engineering Thursday	Fun Friday
Create beats using sounds from the everyday world. experiments.withgoogl e.com/drum-machine	Read the latest issue of Smore Magazine: smoremagazine.com	Play a coding game at hourofcode.com/us/le arn	Explore engineering careers at EGFI-k12.org	Time to explore the night sky! Download SkyView. Can you find a planet or constellations?
Create your own 3D design on www.tinkercad.com	Build a window greenhouse and watch your plants grow. Learn more here: bit.ly/vivifylifescience	Download the Cargo-Bot app and program your Bot.	Use the build activity spinner for an engineering challenge: pbskids.org/designsqua d/build/spinner/	Try out the Flight Pilot Simulator 3D app and conquer the skies.
Conduct an orchestra from your computer. semiconductor.withgoo gle.com/	Read a science article at https://sciencejournal forkids.org/	Play a coding game at studio.code.org	Take a virtual field trip of Johnson Space Center in Houston: boeingfutureu.com/virt ual-field-trip	Discover your strengths by taking this quiz: thrively.com/registration
Create a movie using Stop Motion Animation studio app.	Conduct and record an experiment using SciJournal: sciencejournal.withgoog le.com/experiments/	Check out the projects at scratch.mit.edu then create your own game!	Watch these Rube Goldberg examples: bit.ly/rubegoldexampl e Create your own!	Build a new eco-friendly city wallaceandgromit.com/games/sustainable-shaun
Create digital art, a website, or a game: projects.raspberrypi.org	Play a science game from breakoutedu.com/funa thome	Build a game on the Tynker app.	Watch: bit.ly/NASAartemis Explore NASA's Mission to the Moon: nasa.gov/joinartemis/a ctivities-videos.html	Can the computer guess your drawing? quickdraw.withgoogle.
Create your own ant farm! Find a diagram at m.wikihow.com/Buildan-Ant-Farm. What do you observe?	Use the iNaturalist app to learn about a new plant or creature and share it with the scientific community.	Create a free account on Code Combat and play the game: www.codecombat.com	Can you cook using the heat of the sun? Learn how to build a solar oven: bit.ly/vivifysolaroven	Search "virtual museum tours" to explore famous exhibits from around the world.