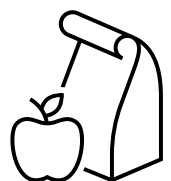


WAKE COUNTY

SUMMER MEALS



CRAFT ACTIVITIES





BUG KIT

GO OUT AND FIND THE BUGS OF NORTH CAROLINA'S SUMMER

Use the journal to draw pictures of the bugs you find and record the North Carolina bugs you find. See if you can find all 6 North Carolina bugs below. What can you learn about these cool bugs?

Carpenter Ant



Carpenter ants have powerful jaws that literally chew wood and spit it out. Carpenter ants are the biggest ants in North America.

Big Dipper Firefly



To keep fireflies healthy and safe, contrary to popular belief that holes should be cut in the jar to allow air in, the jar should not have any holes, because this can dry out the insects. Adding a moist paper towel, coffee filter, or piece of an apple will keep the humidity up and keep them hydrated.

Stink Bug



Stink bugs eat leaves, flowers, fruit and crops like soybeans. They also eat other pests, such as caterpillars. Stink bugs do not hurt humans, but they can cause a lot of damage to crops and plants.

Love bugs



During and after mating, adult pairs remain coupled, even in flight, for up to several days. Love bugs have a slightly acidic body chemistry. The acidity of the dead adult body, especially the female's egg masses, often resulted in pits and etches in car's paint, making them a nuisance to many car owners.

Asian Ladybug



One ladybug can eat up to 5,000 insects in its lifetime! Most ladybugs have oval, dome-shaped bodies with six short legs.

Green June Beetle (June bug)



The green June bug is an occasional pest of grapes in North Carolina. Adult beetles are almost an inch long and metallic green in color. In North Carolina, the adults emerge in late June through August to feed and search for mates.

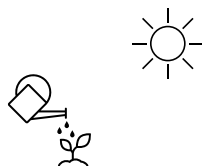
Garden in a Glove

The Garden in a Glove kit is one of the most popular activities the VISTAs distributed. The kits include everything necessary to start your own vegetables in the house that can be transferred into an outside pot or garden!

In each bag, you will find:

1. Latex free glove
2. Cotton balls
3. Two types of vegetable seeds
4. Yarn
5. Instruction sheet
6. Information about the enclosed vegetables including growing tips and nutritional facts

Just dampen the cotton balls and roll them in the seeds before inserting them into each finger of the glove. Blow some air into the glove, close it with a piece of yarn and find a warm, sunny spot to watch the seeds grow! *Make sure to label the fingers with the correct seed names.* After the seeds sprout, simply cut off the tip of the glove and plant directly into the dirt...voila - you have a garden!



Earlier in the summer use seeds such as tomato, cucumber, and green bean – plants that thrive in the warm weather. Now that the summer growing season is coming to an end, the newer kits might include root vegetables and greens – veggies that appreciate the cooler temperatures.

Both parents and children are excited when they see the Garden in a Glove activity kit. It not only gives them the opportunity to work on a project together, but also provides a great learning experience about nutrition for the kids and the excuse to dig in the dirt (even if just a little).

Paper Plate Fish Craft

1. Cut out a triangle shape from the right side of the plate
2. Glue the triangle shape on the left side of the plate for the tail. The opening from the cut out will be the mouth.
3. Glue the eye above the mouth
4. Decorate with pom poms, stickers and crayons.

Fishy Fun Facts

Fish are vertebrates which means they have a backbone.

Fish don't have lungs like us. They breathe by taking oxygen from the water in through their mouths, where it passes over the gills. The gills then absorb oxygen from the water and send oxygen throughout the body.

Fish have a good sense of taste, sight and touch. They can feel pain.



Fish Q&A

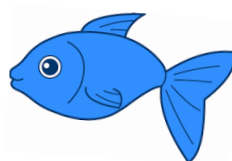
Question: Are sea horses fish?



Answer: Yes. Despite their horsey shape, sea horses are fish. They have very small fins and can't swim fast.

Question: Do people ever farm fish?

Answer: Yes, people farm, or raise, fish in the ocean, as well as on land. Large man-made pools or tanks are called hatcheries. Fish are born and raised here to sell as food.





Paper Plate Wind Spinner

Instructions:

1. Use watercolor to paint the pre-cut paper plate.
2. Allow plate to dry
3. Attach string to hole at the top of plate
4. Hang wind spinner outside to catch the wind.
5. Use Cup to fill up with water to dip & clean your brush as you go

Let's Learn about Wind!

Wind is air that is moving.

Depending on their strength, winds can be known as a breeze, gale, storm or hurricane.

Wind can take ships across the sea. Sailing ships use wind to power their movement with the help of sails.

The windiest place on Earth is in Antarctica. In Port Martin in Antarctica, the winds average more than 40 miles per hour on at least 100 days each year!

Wind isn't visible to us, but you can see the effects of wind. Watch the air spin your paper plate!



Pipe Cleaner Parrot

Materials:

- 2 pipe cleaners
- Toothpick
- 2 googly eyes
- Feather
- Paper triangle (beak)
- Glue

Instructions:

1. Place the feather next to the toothpick (Leave the bottom half empty)
2. Wrap a pipe cleaner around the toothpick until you get to the top
3. Then glue 2 googly eyes on to the "head" of the parrot
4. Glue the beak below the eyes

Trivia????

1. What do parrots like to eat?
2. Where do parrots live?



FUN FACT:

Parrots are known to be the most intelligent bird species!!!



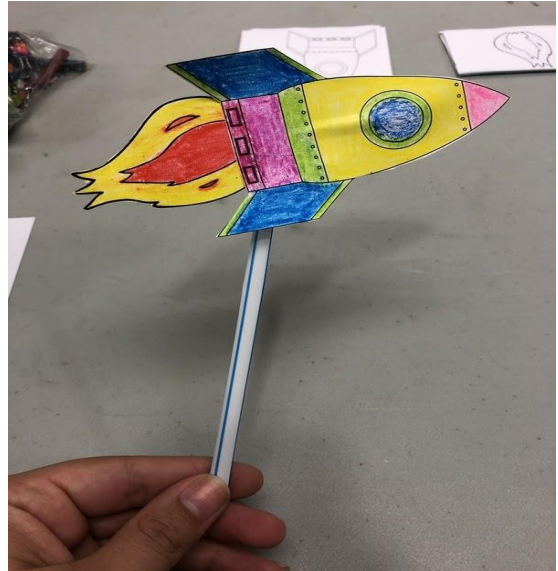
Rocket ship Kit

Materials:

- Rocket ship cutout
- Flame cutout
- 2 crayons
- Popsicle stick
- Glue
- Scissors

Instructions:

1. Using the crayons given or coloring utensils, color the Rocket ship and flame cutout
2. Then use scissors to cut out rocket ship and flame
3. Add a drop of glue to the tip of the popsicle stick
4. Finally, glue the rocket ship and the flame on to the popsicle stick



Trivia????

What is the name of the agency in the USA that focuses on space travel?

SUNFLOWER KIT

Materials:

- Cup
- Soil
- Sunflower Seeds
- Water

Instructions:

5. Take the cup out the bag and place it on a flat surface
6. Scoop the soil from the Ziploc bag and pour it into the cup
7. Pour some water to wet the soil. NOT TOO MUCH
8. Using your index finger, poke 2 holes on the top
9. Drop 1 sunflower seed into each hole
10. Cover the hole with the soil
11. Sprinkle water on the seeds
12. Put the cup on a sunny windowsill



FUN FACT:

Did you know that the tallest sunflower is over 30 feet!!!!



Popsicle Sticks Catapult

These popsicle sticks catapults are SO EASY to make and SO FUN to experiment with! A great learning activity to teach kids about physics.



Materials

- 5 popsicle sticks
- 3 elastics/rubber bands (thicker, such as size #64)
- 1 plastic spoon
- projectiles/firing power (tin foil balls, paper balls, marshmallows, etc)

Instructions

Step 1: Put popsicle sticks together

1. Take 4 of the popsicle sticks and line them up on top of each other.
2. Take an elastic and wrap it tightly around one end of the popsicle sticks.
3. Place the last (fifth) popsicle stick between the first and second popsicle sticks, sliding it to the middle.
4. Take a second elastic and wrap it tightly around the other end of the popsicle stick stack.

Step 2: Attach spoon to catapult

1. Line up the handle of the plastic spoon with one end of the single popsicle stick. Attach the handle tightly with an elastic.
2. You can now test out the catapult, using all kinds of different projectiles. Pull down on the spoon, place a projectile on it, and let it fly!
3. Your popsicle stick catapult is complete!

DIY Dreamcatcher

These dreamcatchers are so pretty and so easy to make! Keep bad dreams away with this simple kid's version of a traditional dreamcatcher.



Equipment

- Scissors
- One hole punch
- Glue or Tape

Materials

- paper plate
- markers (or pencil crayons or crayons)
- stickers, pom poms, buttons, etc (for decorating plate)
- Yarn
- Pony beads (or other beads that will fit over yarn)
- feathers

Instructions

Step 1: Prepare & decorate paper plate

1. Carefully cut out the center, or inner circle, of the paper plate.
2. Using a one-hole punch, punch eight evenly spaced holes around the inside edge of the paper plate.
3. Punch two holes in the top of the outer edge of the paper plate, roughly 2 inches apart - This will be where the dreamcatcher is hung.
Punch three holes 2 inches apart on the bottom of the outer edge of the paper plate - These will be where the feathers hang.
Decorate the paper plate however you'd like! Draw patterns or shapes or paint your paper plate.
4. Use glue or crafters tape to attach decorations to the paper plate. You can attach pom poms, buttons, gemstones, sequins or anything else in your craft bin!

Step 2: Attach yarn

1. Cut a length of yarn. Tie one end to any of the inner holes, knotting it in place.
2. Thread this yarn through the eight inner holes in whatever pattern you would like, crossing them over each other to create a web pattern. String beads on the yarn as you do so.
3. Cut a 6 inch piece of yarn. Feed this through the top two outer holes and tie a knot in it. This will be the hanger.
4. Cut 3 pieces of yarn, each of them 12 inches long. Tie feathers to one end of each strand. If the feathers slide out, add a dab of glue to keep them in place.
5. Slide beads over each yarn strand, letting them fall on top of the feathers.
6. Tie the other end of these three strands to the bottom three holes on the plate.



Step 3: Hang the dreamcatcher

1. Your dreamcatcher is complete!



Wind Chime with Beads

These DIY wind chimes are SO PRETTY and so easy to make using beads and fishing line. They're the perfect summer craft for kids and adults.

Equipment

- Scissors

Materials

- Fishing line
- Jingle bells
- Glass beads and/or clear pony beads
- Driftwood stick or small tree branch
- Twine



Instructions

Step 1: Make and attach bead strands

1. Cut a strand of fishing line 26 inches long. Tie a bell onto one end of the fishing line (in a tight double knot) to create an anchor for your bead strands.
2. Begin adding beads to the fishing line, letting them fall to the bottom of the strand against the bell.
3. Continue feeding beads onto the fishing line until you have a bead strand that is roughly 14 inches long (excluding the bell).
4. Repeat these steps until you have all the bead strands you want. We made six strands in six different colors.
5. Lay the bead strands out on a table in the order and length you want to hang them on the stick.
6. If you want the strands to be different lengths, set the stick in position at the top of the beads. Then remove any extra beads that are above the stick.



7. Loop the fishing line from your first strand around the stick and tie it tightly in a double knot. Continue double knotting the rest of the bead strands to the stick, making sure they're an equal distance apart
After making the knots, cut off any extra fishing line.



Step 2: Attach twine hanger

1. Cut a 5 foot piece of twine.
Loop one end of the twine around one side of the stick and tie a double knot.
2. Wrap the twine around the stick at least five times. Slide the loose end of the twine under one of the wrapped strands and pull tight, creating a knot.
3. Take the other side of the twine and tie a knot on the opposite side of the stick, making sure to leave at least 16 inches hanging loose past the knot.
Take the loose twine and wrap it around the stick at least five times. Slide the loose end of the twine under one of the wrapped strands and pull tight, creating a knot.
4. Cut off any extra twine.
5. Your beaded DIY wind chime is complete!

