

# Monthly Ideas for Girl Scout Leaders

Girl Scouts of Central Illinois, 3020 Baker Drive, Springfield, IL 62703, Ph: 877-231-1446  
[www.girlscouts-gsci.org](http://www.girlscouts-gsci.org)

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# October is...

## Apple Month

- ✚ Visit an apple orchard.
- ✚ Make an applesauce ornament (#1).
- ✚ Bob for apples or play "Pin the Apple on the Tree."

## Computer Learning Month – (Be sure to check out the Safety Activity Checkpoints for computer use)

- ✚ Discuss computer related careers.
- ✚ Visit a computer lab at a college or computer repair store.
- ✚ Do an internet scavenger hunt.
- ✚ Be sure to browse [www.girlscouts.org/girls](http://www.girlscouts.org/girls).
- ✚ Make a mouse pad (#2).



## Family History Month

- ✚ Have girls interview a grandparent and record it with paper, tape recorder, or video camera.
- ✚ Make a family tree.
- ✚ Have everyone bring in a family recipe to share and create a cookbook.
- ✚ Juliette Gordon Low's birthday is October 31. Make a family tree in honor of the founder of Girl Scouts.

## Pizza Month

- ✚ Make a pizza garden (#3).
- ✚ Read and act out the book *Pete's a Pizza* by William Steig.

## Popcorn Popping Month

- ✚ Make popcorn balls.
- ✚ Play Popcorn Relay (#4).
- ✚ Study Mexico and make Mexicali Popcorn (#5).

## Roller Skating Month

- ✚ Have a roller skating party.
- ✚ Research when roller skates were invented.

# November is...



## Adoption Month

- ✚ Adopt a park (pick up trash, paint the park benches, weed the flower beds). Be sure to get the city's permission.
- ✚ Visit a pet adoption facility.
- ✚ Adopt-A-Senior (introduce the girls to a senior citizen at a nursing home).

## Child Safety and Protection Month

- ✚ Have a bicycle rodeo. Go over bike and road safety.
- ✚ Have a speaker come to your troop meeting and discuss child safety.

## Drum Month

- ✚ Research drum history on the internet.
- ✚ Make an African Drum (#6).

## Good Nutrition Month

- ✚ Discuss the food pyramid and healthy living.
- ✚ Make G.O.R.P. – Good Old Raisins and Peanuts.
- ✚ Drink from an orange. (Use a knife or tip of a potato peeler and poke a hole about one third of the way through an orange. Insert a plastic straw into the hole. Suck the orange juice out of the orange. You may need to “massage” the orange to get all the juice.)
- ✚ Make Peanut Honey Balls (#7).

## Latin American Month

- ✚ Learn a Latin dance.
- ✚ Research Girl Scouting in Latin American countries.

## Peanut Butter Lover's Month

- ✚ Make Peanut Butter Playdough (#8).

## Stamp Collecting Month

- ✚ Invite a stamp collector to visit your troop.
- ✚ Turn pictures from magazines into stamps using glue backing recipe (#9).

# December is...

## Hello Neighbor Month

- ✚ Make a craft for a neighbor.
- ✚ Invite a neighbor to attend your troop meeting.
- ✚ Encourage each girl to do a good deed for a neighbor (carry groceries, shovel sidewalks, deliver the newspaper).
- ✚ Discuss “stranger danger” in the neighborhood.

## Read a New Book Month

- ✚ Have each girl bring her favorite book to your troop meeting. Create your own Girl Scout book club.
- ✚ Do an activity related to a book. (Example: serve green eggs and ham after reading the book by Dr. Seuss).
- ✚ Have your troop meet at the local library.

## Stress Free Family Holiday Month

- ✚ Have a “No Stress Allowed” night.
- ✚ Learn a stress management technique.

## Safe Toy and Gift Month

- ✚ Collect and donate safe toys to a child care shelter, a crisis nursery, or a domestic violence shelter.

## Write to a Friend Month

- ✚ Get a Girl Scout pen pal.
- ✚ Show the girls how a letter should be properly written.
- ✚ Design your own stationery.

# January is...



## Girl Scout Cookie Sale Month

- ✚ Attend the Cookie Rally in your region.
- ✚ Be sure to discuss goal setting with your troop.

## Eye Care Month

- ✚ Visit a vision center.

## Hobby Month

- ✚ Invite someone to the troop to teach them a unique craft.

## Keeping Healthy Month

- ✚ Grow Bad Germs (#10).
- ✚ Why should you wash your hands? Have the girls look at their hands with a magnifying glass. Remind them that dirt and germs can hide in the lines, cracks, and wrinkles. They might see dirt, but they will not see germs because they are too small.
- ✚ Found out how powerful the sun can be by making sun cards (#11).

## Thank You Month

- ✚ Make a craft for your teacher, mailman, school cook, church official, etc. and be sure to tell them thank you for all they do.
- ✚ Send a thank you note to military women and men stationed overseas.
- ✚ Teach the girls how to write a thank you card.

## Oatmeal Month

- ✚ Make Cookies and Milk Bars (#12).
- ✚ Make Oatmeal Soap (#13).
- ✚ Do a science experiment using hot oatmeal (#14).
- ✚ Make Oatmeal Play Clay (#15).

# February is...

## Thinking Day Month

- ✚ February 22 is the joint birthday of Lord and Lady Baden Powell. Lord Baden Powell was the founder of Boy Scouts and Lady Baden Powell was the World Chief of the World Association of Girl Guides and Girl Scouts.
- ✚ Celebrate this special time of international friendship and world peace by studying a country that belongs to WAGGGS. Find out facts about their culture, agriculture, schools, and Girl Scouts or Girl Guides.



## American Heart Month

- ✚ Make a Heart of Grass – like a chia heart! (#16).
- ✚ Make and eat ABC Sweetheart Snack Mix (#17).
- ✚ Make a puzzle heart pin (#18).
- ✚ Have a contest to see who can jump rope the longest, giving your heart a great workout.

## Black History Month

- ✚ Make a box of crayons to honor our differences (#19). Read “Just a Box of Crayons” by Shane DeRolf.
- ✚ Make a Jacob’s Ladder toy, based on a well know African-American spiritual. <http://www.sermons4kids.com/instructions-ladder-toy.htm>

## Bird Feeding Month

- ✚ Make bird watching binoculars (#20).
- ✚ Make a bird feeder (#21).

## Cherry Month

- ✚ Play the “Hi-Ho-Cherrio” board game.
- ✚ Serve cherry juice for a snack.
- ✚ Make and eat Cherry Delight (#22).

## Dental Health Month

- ✚ Invite a dentist to speak at your troop meeting.
- ✚ Make homemade toothpaste (#23).
- ✚ Do the egg plaque experiment (#24).

# March is...

## American Red Cross Month

- ✚ Donate First Aid Kit supplies to your local Red Cross chapter.
- ✚ Make gift bags for children who lost their home due to a fire or flood.

## Ethnic Awareness Month

- ✚ Learn different dances from around the world.
- ✚ Visit local museum or cultural center.
- ✚ Learn about women who have dedicated their lives to promoting diversity.
- ✚ Discuss how it is important to value people of all cultures, ethnic groups, races, and abilities. Realize that our similarities are larger than our differences.

## Music in the Schools Month

- ✚ Do Music Art (#25).

## Kite Month

- ✚ Make a brown bag kite (#26).

## Woman's History Month

- ✚ Discuss how Juliette Gordon Low started Girl Scouts.
- ✚ Invite professional women to come talk to your troop about their careers.



## Poetry Month

- ✚ Make a Poetry Scroll (#28).

## Poison Prevention Awareness Month

- ✚ Take a food vs. poison quiz.

## Umbrella Month

- ✚ Have an umbrella-decorating contest.



# April is...

## Autism Awareness Month

- ✚ Research autism to better understand what it is and how those with autism can be helped.
- ✚ Check out the local autism group to see if they are hosting an awareness walk or event that your troop could either help with or participate in.

## Keep America Beautiful Month

- ✚ Pick up trash in your neighborhood.
- ✚ Send thank you cards to the local trash/recycling company.

## Frog Month

- ✚ Make a frog puppet (#29).
- ✚ Make an origami jumping frog (#30).

## Garden Month

- ✚ Make a ladybug paperweight (#31).
- ✚ Make a garden journal together (#32).
- ✚ Make a flower pen (#33).



## Humor Month

- ✚ Have each girl bring her favorite joke to a meeting. Who has the funniest joke?

## Math Month

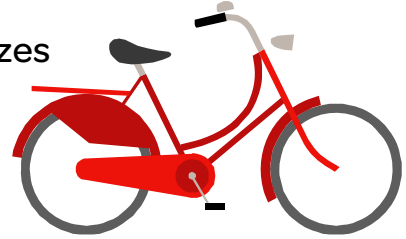
- ✚ Visit the supermarket and see how math is used there every day.
- ✚ Search the newspaper and see how many numbers you can find.
- ✚ Cut out a magazine picture that is symmetrical. Cut along the line of symmetry. Paste one half of the picture on the paper. Have the girls draw the missing half.



# May is...

## American Bike Month

- ✚ Have a bike decorating contest or parade.
- ✚ Visit the local bicycle shop to see the various sizes and styles.
- ✚ Find out the history of the bicycle. Did you know that the Wright Brothers, who flew the first airplane at Kitty Hawk, North Carolina, owned a bicycle shop and designed their own bicycles?



## Egg Month

- ✚ Play the Egg and Wooden Spoon Race (#34).
- ✚ Make Bacon and Eggs Treat (#35).
- ✚ Do an egg-speriment.

## Flower Month

- ✚ Plant flowers at an organization in the community.
- ✚ Make wooden spoon flowers (#36).
- ✚ Make a stuffed flower (#37).

## Hamburger Month

- ✚ Make mini-hamburger cookies (#38).

## Physical Fitness and Sports Month

- ✚ Create a sports day for all of the Girl Scout troops in your community.
- ✚ Learn a new sport.
- ✚ Develop a “walking for fitness” club.

## Strawberry Month

- ✚ Serve strawberry lemonade (#39).
- ✚ Make and eat strawberry ice cream ladybugs (#40).

## Older Americans Month

- ✚ Visit a nursing home. Bring donations, sing songs, and/or take pictures.

# June is...

## National Fresh Fruit and Vegetable Month

- ✚ Make fruit and vegetable prints. Put paint on a sponge or paper towel. Press cut fruit or vegetable onto the sponge and then onto the paper.

## National Rose Month

- ✚ Paint with fake rose flowers.
- ✚ Learn how to dry and preserve flowers.

## National Safety Month

- ✚ Fire Safety – give a lesson on how to use a fire extinguisher. Let the girls have a try!
- ✚ Safety Hunt – go on a scavenger hunt and see what team can find the most safety items (e.g., smoke alarm, First Aid Kit).
- ✚ Act out the story of Little Red Riding Hood.

## Turkey Lovers Month

- ✚ Paint with feathers.
- ✚ Play the “Turkey Strut” (#41).
- ✚ Have a Thanksgiving potluck in June! You can still be thankful at other times of the year.

## Zoo and Aquarium Month

- ✚ Make an Aquarium in a Bag. Add blue hair gel and gummie fish to a Ziploc bag. Squish it around.
- ✚ Make Bubble Fish. Cut out large angelfish shapes out of white paper. Mix bubble solution with food coloring. Blow bubbles onto the fish shape.
- ✚ Design a starfish. Glue Cheerios onto the starfish shape.
- ✚ Eat Starfish Biscuits. Use a cookie cutter to cut out a star from refrigerated biscuit dough. Bake. With a few minutes left, add cheese strips to the star limbs.
- ✚ Make a waterless aquarium (#42).



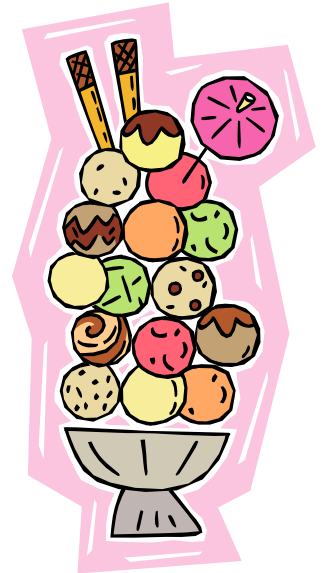
# July is...

## National Hot Dog Month

- ✚ Make a Hot Dog Octopus (#43).
- ✚ Make Dogs in a Sweater (#44).

## National Ice Cream Month

- ✚ Have a super sundae party. Each girl brings a different topping.
- ✚ Science Experiment – See where ice cream melts the fastest (on the sidewalk, in a plastic bowl, in a metal pie tine, or in a glass dish).
- ✚ Have a contest to see who can scream, “I scream, you scream, we all scream for ice cream!” the loudest.
- ✚ Have the girls eat a bowl of ice cream with their hands behind their back! Get ready to laugh!



## National Picnic Month

- ✚ Have each girl bring a teddy bear and celebrate with a teddy bear picnic.
- ✚ Find out if your community offers free outdoor concerts or plays and set up your picnic there.
- ✚ Play the “I’m Going on A Picnic” game (#45).

# August is...

## American Artist Appreciation Month

- ✚ Talk about the artist, Georges Seurat, who drew using dots. Then have the girls try to create their own artistic design using only dots. This artistic style is called pointillism.
- ✚ Look at various pieces of art and compare the feelings or mood expressed by the art.
- ✚ Share information about how cartoons are made and then watch one together.
- ✚ Discuss whether graffiti is good or bad for a community. Also talk about murals. Get a large sheet of paper and have the troop draw a mural or do graffiti.

## Foot Health Month

- ✚ Paint with your feet or color with a crayon stuck between your toes.
- ✚ Get a volunteer to give the girls and their mothers a pedicure.



## Golf Month

- ✚ Take the girls miniature golfing or even to a putting range.
- ✚ Discuss women athletes who have excelled in golf.

## Inventors Month

- ✚ Pair up the girls into groups of two or three. Have a contest to see which team can create and then draw the most creative invention.
- ✚ Make a silly recipe book by having the girls tell you what ingredients they would need (and the quantity) to make their own delicious, newly invented recipe. For example, they may make Bubble Gum Cobbler by combining chocolate pudding, bubble gum, and angel food cake...everyone's favorite desserts.

# September is...

## Baby Safety Month

- ✚ Young children can swallow small toys very easily. Have each girl bring in a small toy and see if it passes the choke free test. If it can pass through a toilet paper tube, it is not safe.

## Breakfast Month

- ✚ Serve snack boxes of cereal, fruit bars, fruit, mini pancakes or waffles, or other breakfast foods for snack.
- ✚ Paint on toast (#46).

## Children's Eye Health and Safety Month

- ✚ Two eyes are better than one. Find out with the Depth Perception Experiment (#47).
- ✚ Do your eyes work in the dark? Play the Cap Sorting game and find out (#48).

## Honey Month

- ✚ Discuss the various role bees play in making honey. Then have the girls list who is responsible for different jobs in their household.
- ✚ Did you know that beekeeping is a hobby for many? Maybe you could invite a beekeeper to come and visit.
- ✚ Communication is important for bees too. Play the telephone game by whispering the following line: A honeybee has 3 pairs of legs and 4 wings and is the only insect that produces food that is eaten by humans. Does the last player hear what the first player heard?
- ✚ Bring in different types of honey for the girls to sample. Have them vote for their favorite.



## 1. Applesauce Ornament

Supplies:

- 1 cup of regular applesauce (not the chunky variety)
- 1 ½ cups of ground cinnamon
- 1/3 cup of white glue
- Assorted cookie cutters
- Drinking straw
- Colored ribbon

**Step 1:** In a mixing bowl, stir together the ingredients. Form the mixture into a ball, wrap it in plastic and chill for at least 30 minutes until the 'dough' stiffens.

**Step 2:** Sprinkle more cinnamon on a cutting board or a waxed paper-lined surface, and turn the chilled dough onto it. Dust a rolling pin with cinnamon and use it to roll out the dough to a ¼ inch thickness (if it's thinner than that, the ornaments will be too fragile).

**Step 3:** Cut out decorative shapes with assorted cookie cutters or a butter knife, then use a plastic drinking straw to make a hole through the top center of each cutout.

**Step 4:** Let the ornaments air-dry completely before stringing them with ribbon.

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## 2. Mouse Pad

Supplies:

- 9" x 12" piece of gray craft foam
- Non-slip liner (sold at most department stores)
- Sheet of purple craft foam
- Tacky glue
- Purple, gray, and black felt
- Ribbon
- Waxed paper



**Step 1:** Round the corners of one short side of a 9" x 12" piece of gray craft foam and trim the other short side to a point.

**Step 2:** Trace this shape onto a piece of non-slip liner and cut it out.

**Step 3:** Create a face by tracing the pointed side of the gray foam onto a sheet of purple craft foam. Add a curved line for the top of the face, and then cut it out.

**Step 4:** With tacky glue, stick a length of yarn to the rounded end of the gray foam for a tail, then glue the non-slip liner to the foam, covering the end of the tail.

**Step 5:** For ears, glue two purple felt circles to the centers of two slightly larger gray felt circles, then glue the gray circles just under the top edge of the purple face.

**Step 6:** Glue ribbon whiskers to the end of the snout. Cover the whiskers with a black felt nose, add black felt eyes, and glue the purple face in place of the gray body.

**Step 7:** Cover the mouse with a piece of waxed paper. Set a large heavy book on top and allow the glue to dry completely.

### 3. Pizza Garden

Supplies:

- Old hula hoop
- Stick or dowel rod
- Twine, string or yarn
- Plants or seeds (things that belong on a pizza)
- Garden tools

**Step 1:** Loosen soil in a chosen spot – one that best suits the sunlight need of your chosen plants.

**Step 2:** Place hula hoop on the ground.

**Step 3:** Section off by placing stick or dowel in the center, tying strings onto the rod, and making pizza slice sections with the strings. Simply tuck strings under the hoop.

**Step 4:** Plant one type of plant or seed in each section. Small plants tend to work better than seeds because little ones can see immediate results. You may want to use tomato plants, basil, red and green bell peppers, onions, yellow squash or whatever the girls like on their pizza.

**Step 5:** For the cheese, use fertilizer called perlite. Sprinkle small amounts all around the pizza. Water thoroughly.

**Step 6:** A little T.L.C. and your garden will produce nice veggies! Use them to make a delicious pizza.

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### 4. Popcorn Relay

How to Play:

**Step 1:** Before the game, find a pair of plastic or paper cups for each team. Then use a tack or a small nail to poke a hole in the center of each cup bottom.

**Step 2:** Push one end of a thick rubber band through the hole and into the cup. Slip a paper clip on the end of the band inside the cup, and gently pull the other end until the clip rests on the bottom of the cup. The rubber band, worn around the ball of the foot, holds the cup in place on top of a player's shoe.

**Step 3:** Set two large, shallow boxes 5 yards beyond the starting line, opposite the teams.

**Step 4:** Divide the participants into teams. Designate one member of each team to be the person who fills up the cups with popcorn. These individuals will stand alongside their teams, behind the starting line.

**Step 5:** Instruct the first person in each team's line to slip the popcorn-filled cups over their shoes. At the whistle, they must sprint to the appropriate box and empty their cups into it, try to lose as little popcorn as possible along the way.





## 5. Mexicali Popcorn

Supplies:

- 10 cups popped popcorn
- 1 Tbsp. Taco seasoning
- ¼ cup melted butter
- ¼ cup grated Cheddar or Colby Cheese

**Step 1:** Place the popcorn in a large bowl.

**Step 2:** In a small bowl, mix the seasoning with the melted butter. Add grated cheese, then stir onto the warm popcorn. Makes 10 cups.

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## 6. African Drum

Supplies:

- Cardboard carpet tube (3" to 4" in diameter). You can find these at any carpet and flooring store.
- Plastic flower pot. The bottom of the pot should be the same in diameter as the cardboard tube so that when you set the pot on the tube, it fits without overlapping. If your tube is 4" in diameter, the bottom of the pot should also be 4" in diameter. Generally, a standard 6" flower pot tapers down to 4."
- A two-piece plastic embroidery hoop. The hoop should be the same in diameter as the top of your plastic pot so that when you set the hoop on the pot it fits without too much overlapping. If the top of your pot is 6" in diameter, the hoop should be approximately 6" in diameter.
- An old inflatable pool toy or heavy gauge plastic. Basically, what you need is some sort of material that is strong and flexible. A balloon is too thin. An old beach ball works great. An old rubber tie will work in a pinch.
- One to two inch wide packing or masking tape.
- Paint, paper or fabric to decorate the drum.



**Step 1:** Cut a tube approximately 12" long. Cut a piece of your beach ball or plastic to size, making sure to leave a couple of inches excess for overlapping later.

**Step 2:** Take the embroidery hoop apart. Place the cut beach ball over the inner hoop and while stretching (you may need another pair of hands to help you), place the outer hoop over the plastic and inner hoop. This will become your drum head.

**Step 3:** Next, place the "drum head" on the top of the plastic flower pot and using the packing tape, secure in place.

**Step 4:** Set the plastic flower pot on top of one end of the tube and using packing tape, attach the flower pot to the cardboard tube.

**Step 5:** Finally, decorate your drum using paint, paper or fabric. You might wish to cover up the areas where you used tape by wrapping yarn or jute around your drum.

## 7. Peanut Honey Balls

### Supplies:

- ¼ cup crushed wheat flake cereal (1 cup uncrushed = ¼ crushed)
- 3 Tbsp honey
- ¼ cup peanut butter
- ¼ cup nonfat dry milk solids
- Nonstick cooking spray

**Step 1:** Set aside 2 Tbsp of crushed cereal in a bowl.

**Step 2:** Mix honey and peanut butter.

**Step 3:** Gradually add nonfat milk, mixing well.

**Step 4:** Spray hands with non-stick cooking spray and shape into ½ inch balls. Roll in reserved cereal. Chill until firm (about 1 hour). Store in refrigerator.

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## 8. Peanut Butter Play Dough

### Supplies:

- 1 cup peanut butter
- ½ cup honey
- 2 cups powdered sugar

**Step 1:** Mix all ingredients in a bowl, using your hands. Dough should feel soft and pliable. Form shapes and be creative.

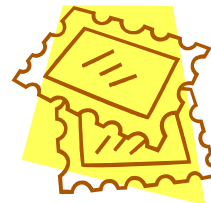
**Step 2:** Store in an airtight container when not in use.

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## 9. Stamp Glue

### Supplies:

- 1 packet unflavored gelatin
- 2 Tbsp cold water
- ½ tsp white corn syrup
- ½ tsp almond extract



**Step 1:** Dissolve gelatin in boiling water. Add cold water.

**Step 2:** Stir in corn syrup and almond extract.

**Step 3:** Brush glue onto the back of the stamps you have made. Allow to dry. To stick stamps onto another paper product, just lick them.

## 10. Bad Germs

Supplies:

- 3 small dishes
- 3 packets of dry yeast
- Water



**Step 1:** Add one packet of yeast to each bowl.

**Step 2:** Put about  $\frac{1}{4}$  cup of lukewarm water in one dish,  $\frac{1}{4}$  cup boiling water in a second dish and  $\frac{1}{4}$  cup ice water with an ice cube in the third. Read the label to see if you need to add sugar to help the yeast grow.

**Step 3:** In a few minutes you should have dramatic evidence that yeast grows faster at room temperature than at hot or cold temperatures. This is because you started with billions of live yeast cells, and at the right temperature yeast produces a lot of gas (carbon dioxide) that makes it bubble and rise. It can make a lasting impression on the girls to see how fast “germs” can grow.

Children can quickly learn that “bad germs make you sick.” This simple demonstration shows how much faster germs grow on a table or your fingers, than in the refrigerator. Most bacteria do not produce gas to bubble and rise and most foods do not have as many bacteria on them as the amount of yeast that you started with, but it also takes fewer bacteria to make us sick.

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## 11. Sun Cards

Supplies:

- Construction paper, thick and dark colored.
- Small Objects



**Step 1:** Place some small objects with distinctive shapes on top of the paper, such as keys, small toys, or small household gadgets. You can also cut out letters from another sheet of paper and place them on top of the colored construction paper.

**Step 2:** Place the construction paper directly in the sun. By the end of the day, the paper will be faded – except in the areas protected by the objects, leaving a design for your cards.

## 12. Cookies with Milk Bars

### Supplies:

- 8 chocolate graham crackers broken into chunks (or 10 reduced fat chocolate sandwich cookies)
- 1 cup low fat granola (or toasted oatmeal-based cereal)
- 1/3 cup white chocolate chips
- ½ cup walnut or pecan pieces coarsely chopped
- ½ cup fat free or low fat sweetened condensed milk

**Step 1:** Heat the oven to 350 degrees. Coat an 8 x 8 inch baking pan with cooking spray.

**Step 2:** In a medium size bowl, combine the graham crackers, granola, white chocolate chips, and walnut or pecans. Mix well.

**Step 3:** Drizzle the condensed milk over the top and stir until well blended.

**Step 4:** Using a piece of wax paper, press the mixture firmly into the prepared pan.

**Step 5:** Bake for 20 – 25 minutes or until just golden. Cool completely. Cut into 10 snack bars.

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## 13. Oatmeal Soap

### Supplies:

- ½ cup oatmeal
- ½ cup small soap pieces
- 1 ½ Tbsp cooking oil
- 1 Tbsp water

**Step 1:** Place soap slivers in a plastic bag and pound them into little chunks.

**Step 2:** Place the chunks in a blender. Add oatmeal and do short pulses until the mixture has a grainy consistency. Pour into a bowl and remove any oversized chunks of soap. Add the oil and water. Mix with your hands. Form into a firm ball and let set until hard – about 2 hours.

**Step 3:** To make “soap-on-a-rope,” make a 1 ½ inches long indentation in the ball immediately after it is formed. Tie the ends together of a 12 inch length of twine. Press the knotted end into the indentation. Mold the soap firmly over the twine. Let set until hard.

**Step 4: Alternative** – For pumice – like soap use cornmeal in place of the oatmeal.

## 14. Oatmeal Experiment

Supplies:

- Large plastic Ziploc bag
- Small plastic Ziploc bag
- Cup of pre-made instant oatmeal
- 3 sheets of newspaper
- 3 sheets of aluminum foil
- Thermometer
- Paper cup

**Step 1:** Get an adult to make some instant oatmeal and put it in a paper cup. Use the thermometer to measure the temperature of the oatmeal.

**Step 2:** Put the cup inside the small Ziploc bag and seal it up. Fill the larger Ziploc bag with material that you think will save the most heat – either three sheets of newspaper or three sheets of aluminum foil. Put the small bag into the larger Ziploc bag. Seal the large bag.

**Step 3:** After fifteen minutes use the thermometer to measure the temperature of the oatmeal to see how much heat was lost.

**Step 4:** Did you choose the aluminum foil or the newspaper? Why? Did it keep your oatmeal warm? If your invention didn't work, warm up your oatmeal and try using the material that you didn't choose. If your invention did work, just dig in!

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## 15. Oatmeal Play Clay

Supplies:

- ½ cup flour
- ½ cup water
- 1 cup oatmeal
- Food coloring (optional)

**Step 1:** Combine flour, water and oatmeal together in a medium bowl. Stir until smooth. If dough is too sticky, add more flour.

**Step 2:** Remove Oatmeal Play Clay from the bowl and place it on a floured surface. Knead for 3 – 4 minutes. Store in airtight container.

**Step 3: Optional** – Make different colors of Oatmeal Play Clay by stirring 6 – 8 drops of food coloring into dough mixture.

## 16. Heart of Grass

### Supplies:

- Heart-shaped cookie cutter
- New sponge
- Grass seed
- Plant mister
- Plastic wrap
- Paper
- Colored marker

**Step 1:** Trace around a heart-shaped cookie cutter onto a new sponge, then cut out the shape. Rinse the sponge well to remove any pretreated disinfectant. Let dry.

**Step 2:** Dampen the sponge slightly, and then put it inside the cutter.

**Step 3:** Sprinkle grass seed onto the sponge, spritz with a plant mister, and then cover with plastic wrap. Place the heart on a saucer so dampness won't seep through.

**Step 4:** Make a card with care directions using paper and a colored marker to attach to the plant. Remove plastic wrap when shoots appear. Spritz with water daily and mow as necessary.

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## 17. ABC Sweetheart Snack Mix

### Supplies:

- 4 cups Post Alpha-Bits Cereal
- 3 cups caramel corn
- 2 cups small pretzel twists
- 2 cups Teddy Grahams
- 2 cups Holiday M & M candy (red, white, pink)
- 2 cups conversational heart candy



**Step 1:** In a large bowl, gently toss all the ingredients with two large spoons.

**Step 2:** Measure  $\frac{1}{2}$  cup of mixed ingredients into a Ziploc bag. Makes 30 bags.

## 18. Puzzle Pin

### Supplies:

- Old jigsaw puzzle pieces
- Red spray paint
- Newspaper
- Glue
- Pin backing



**Step 1:** Place 20 to 25 old jigsaw pieces, excluding the straight-edged border pieces on a newspaper and spray-paint them red (brush applied paint will also work).

**Step 2:** Let the pieces dry thoroughly before gluing them into a heart shape. Use only as many as you need. Each heart will look different.

**Step 3:** Glue on a pin back and present it to your true love.

---

## 19. Box of Crayons

### Supplies:

- Crayons, pencils, markers
- Paper
- The poem “Just A Box of Crayons”
- Crayon pattern

**Step 1:** Read the poem “Just a Box of Crayons” to the girls. It is about the different colors getting along and liking each other. (The poem is on the next page.)

**Step 2:** Have the girls draw their portraits on a die-cut crayon pattern.

**Step 3:** Place all the crayons into a giant box of crayons that you can create with construction paper.



# Just a Box of Crayons

By Shane DeRolf

While walking in a toy store  
The day before today,  
I over heard a Crayon Box  
With many things to say.

"I don't like Red!" said Yellow.  
And Green said, "Nor do I!"  
And no one here likes Orange,  
But no one knows quite why.

"We are a box of crayons  
that really doesn't get along,"  
said Blue to all the others.  
"Something here is wrong!"

Well, I bought that box of crayons  
And took it home with me  
And laid out all the crayons  
So the crayons could all see.

They watched me as I colored  
With Red and Blue and Green  
And Black and White and Orange  
And every color in between.

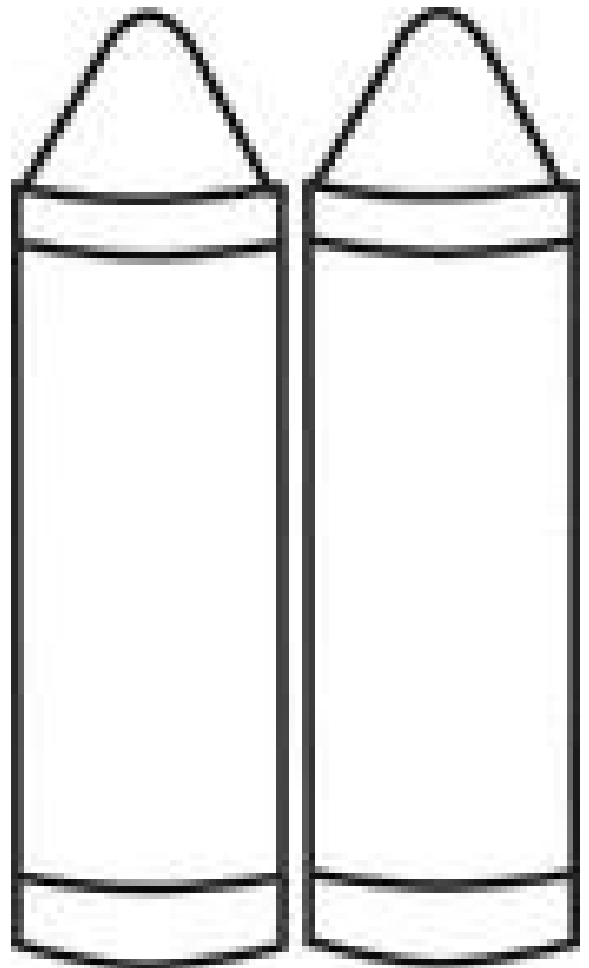
They watched as Green became the grass  
And Blue became the sky.  
The Yellow sun was shining bright  
On White clouds drifting by.

Colors changing as they touched,  
Becoming something new.  
They watched me as I colored.  
They watched till I was through.

And when I'd finally finished,  
I began to walk away.  
And as I did the Crayon box  
Had something more to say...

"I do like Red!" said the Yellow  
And Green said, "So do I!"  
And Blue you are terrific!  
"So high up in the sky."

"We are a Box of Crayons  
Each of us unique,  
But when we get together  
The picture is complete."



## 20. Bird Binoculars

Supplies:

- 2 paper rolls per child (about 4" – 5")
- Single hole punch
- Glue
- Yarn or string



**Step 1:** Give each child 2 paper rolls and have the girls glue them together on the sides.

**Step 2:** Help the girls put a hole in each side of the binoculars. Tie the yarn through the holes.

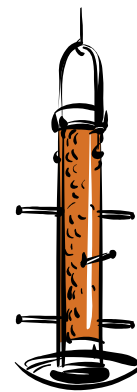
**Step 3:** Go outside and look for birds. Talk about the birds from your area and refer to books to see if you can spot the different types of birds.

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## 21. Bird Feeder

Supplies:

- Small paper plates
- Toilet paper or paper towel rolls
- Paint and paint brushes
- Yarn or heavy duty string
- White glue
- Scissors
- Hole puncher
- Bird seed



**Step 1:** If using paper towel rolls, you may wish to cut them in half. Have the girls paint and decorate a toilet paper roll and a small paper plate.

**Step 2:** Allow the rolls and the paper plates to dry slightly, then using the hole puncher, place three holes at one end of the roll, forming a triangle along the edge. These will be used to hang the feeder, so place them at equal height and at points that will help distribute the weight evenly.

**Step 3:** On the opposite end of the roll, cut two small half circles on opposite sides at the bottom of the roll. These will allow the bird seed to fall from the roll on to the plate.

**Step 4:** Glue the roll to the center of the plate with the small half circle openings on the bottom.

**Step 5:** Loop the string through the three holes on the top of the roll, fill with bird seed and place in a tree for the birds to enjoy.

## 22. Cherry Delight



### Supplies:

- 1 can cherry pie filling
- 1 can (20 oz) crushed pineapple, well drained
- 1 can sweetened condensed milk
- 1 container of Cool Whip (16 oz)
- Chopped pecans (optional)

**Step 1:** Mix the drained pineapple, cherry pie filling and sweetened condensed milk together in a large bowl.

**Step 2:** Fold in the Cool Whip until well blended.

**Step 3:** Smooth it all out evenly in the bowl and sprinkle nuts on top if you like.

**Step 4:** Put in refrigerator to chill for at least 1 – 2 hours before serving.

---

## 23. Homemade Toothpaste

### Supplies:

- 6 tsp baking soda
- 1/3 tsp salt
- 4 tsp glycerin
- 15 drops peppermint extract

**Step 1:** Mix all of the ingredients thoroughly. Should be a toothpaste consistency.

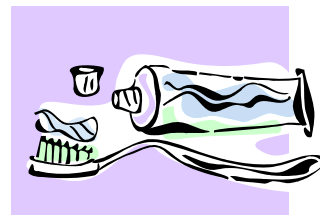
**Step 2:** For flavor you can add a few drops of peppermint or wintergreen. Store in a container.

---

## 24. Scrub Away Plaque

### Supplies:

- Egg (hard boiled)
- Dark soda
- Bowl
- Toothbrush and toothpaste



**Step 1:** Place the hard boiled egg in the bowl – cover with the soda for a day.

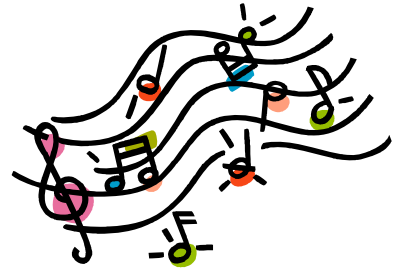
**Step 2:** The next day talk about why we should keep our teeth clean and how we can keep them clean. Then take the egg out. It is discolored, yellow, and looks like plaque.

**Step 3:** Add toothpaste to the toothbrush. Then scrub the “plaque” off of the egg. It really comes off!

## 25. Musical Art

Supplies:

- Large paper (14" x 20")
- CD or cassette player
- Various music accompaniments (i.e., classical, pop, country, rock)
- Pencils
- Crayons



**Step 1:** Girls place the tip of their pencil in the middle of the paper and close their eyes. With their eyes closed, the leader begins playing a song on the CD player.

**Step 2:** Girls then begin moving pencils in movements on the page that mimic the instruments or rhythms of the music pieces. As an example – a drum solo might be penciled as a jagged heart rate monitor-like line. The leader alters the music from style to style while the students keep their eyes shut.

**Step 3:** When most of the page is covered in lines, tell the girls to open their eyes and to trace darkly all the penciled lines with a black pencil or crayon.

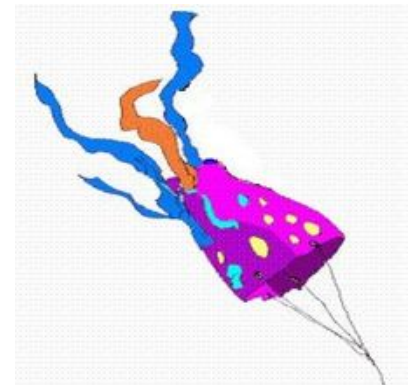
**Step 4:** Finally, the girls are instructed to color each individual shape in such a way that none of the colors are touching each other.

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## 26. Brown Bag Kite

Supplies:

- Large brown paper grocery bag
- Strong string
- Scissors
- Hole punch
- A number of paper ring reinforcements or masking tape
- White glue
- Paint (tempera, acrylic, etc)
- Crayons, markers, pencils
- Paper streamers or crepe paper strips



**Step 1:** Begin by taking the hole punch and making 4 holes in the top of the paper bag – one in each of the corners. Add paper ring reinforcements to the holes, or put a small piece of masking tape over the hole and poke through with a pencil. This will ensure that your holes will not tear through.

**Step 2:** Cut 2 lengths of string about 30" long. Tie each of the strings through a hole in the bag. The goal is to create 2 loops.

**Step 3:** Cut another piece of string – again around 30". Loop this new piece of string through the two loops you created and tie in a knot. This piece of string will become the handle of your kite.

## 26. Brown Bag Kit (continued)

**Step 4:** Decorate the paper bag kite using paint, markers or whatever else you desire. You can paint the designs on the kite or turn the kite into a fish by adding eyes, gills and fins. You can glue different items to the kite, but be sure not to load the kite down with heavy items or it will have a hard time staying up in the air.

**Step 5:** Use paper streamers as kite tails and glue them to the bottom of the paper bag. You can make your own streamers by cutting crepe paper into strips. Another nifty streamer idea is to take plastic bags and cut them into strips.

**Step 6:** Once the glue and paint is dry, the kite can fly. Hold on tightly to the string handle and run so that the wind catches the kite. When the bag fills with air it will float and flutter behind you. As a variation, you can add a longer handle string to the kite so it will fly higher in the air.

---

## 27. Noodle Fish

Supplies:

- Colored construction paper
- Fish pattern
- Pencils
- Scissors
- Glue
- Large “wiggly” eyes
- Large Ziploc bags
- Food coloring
- Rubbing alcohol
- Elbow macaroni
- Measuring cup
- Old shirts
- Several box lids

**Step 1:** Fill Ziploc bag half full with macaroni. Add food coloring and a little alcohol to the bag. Have the girls take turns shaking the closed bag up and down. Then drain excess food-coloring mixture. Pour colored pasta into box lids and spread out to dry overnight.

**Step 2:** Trace fish pattern and cut out. Each girl needs 2 fish.

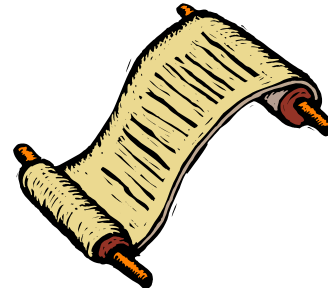
**Step 3:** Glue colored macaroni on fish as scales. Be sure that macaroni is glued on the second fish so that they will match when stapled together. Glue on eyes to both fish.

**Step 4:** Staple together and hang from ceiling.

## 28. Haiku Scroll

Supplies:

- Stationery
- Plastic drinking straws
- String
- Buttons
- Pen or marker
- Clear tape



**Step 1:** First, explain to the girls that the challenge of this Japanese form of poetry is to use three short lines of unrhymed verse and no more than 17 syllables to describe something in nature so clearly and simply that the reader will feel like they see it to.

**Step 2:** Once the girls have decided on a spring event to highlight in their haiku, they should try to describe it in the first two lines. In a third line they can add a personal comment or a surprising twist. When the first draft is done, help the girls total the number of syllables in each line. The aim is to end up with five each in the first and third lines and seven in the second line. They may have to cut out words like “the” and “it,” or rewrite a phrase, but assure them that this will make the haiku stronger and more interesting.

**Step 3:** Once the poem is finalized, create a homemade scroll. Start by using clear tape to attach the plastic drinking straws to the top and bottom of a sheet of stationery.

**Step 4:** Next, thread a button onto a piece of string and guide the string ends between the straw and the paper in the scroll’s upper left corner. Make another tie for the upper right corner.

**Step 5:** Reprint the haiku and include an illustration. Finally, roll up the scroll from bottom to top and wrap the string ends around the buttons to hold it closed.

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## 29. Frog Puppet

Supplies:

- Paper plate (dessert size)
- Green paint
- Utility knife
- Scissors
- Construction paper

**Step 1:** To make the frog’s body, paint both sides of a dessert paper plate green.

**Step 2:** When it is thoroughly dry, fold the plate in half and use a utility knife (adults only) to make a 1” slit for the frog’s tongue in the center of the fold.

**Step 3:** Create a finger-hold on the underside of the body using a 2” x 3” piece of green construction paper. Center it on the bottom of the folded plate and tape the shorter edges in place.

## 29. Frog Puppet (continued)

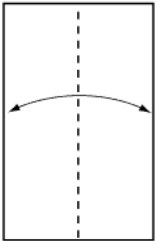
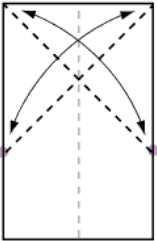
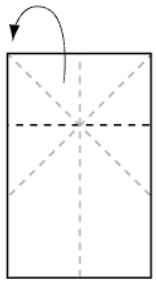
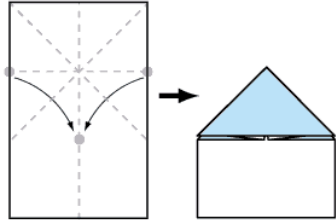
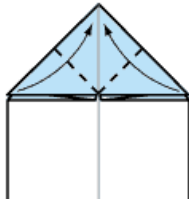
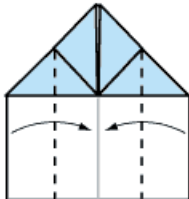
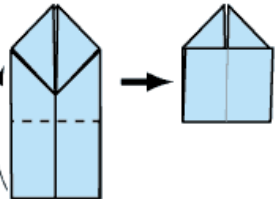
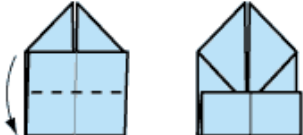
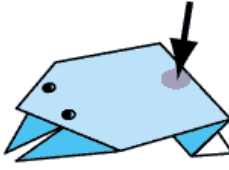
**Step 4:** For eyes, cut out a pair of 1" x 2" green rectangles and round the upper edges. Fold each rectangle in half and glue the lower portion to the top of the body. Glue on white and black paper circles.

**Step 5:** Now, cut frog legs out of construction paper, a shorter set for the front legs and a long, bent pair for the back legs. Tape the tops of the legs to the underside of the body.

**Step 6:** Finally, cut out a 3/4" x 7" tongue from red construction paper. Round one end and slip it through the slit. To wag the frog's tongue, jiggle the straight end.

## 30. Frog Puppet

Supplies: Paper

 <p><b>Step 1:</b> Start with a rectangular sheet of paper, white side up. Fold it in half, and open out again.</p>	 <p><b>Step 2:</b> Fold both top corners to the opposite edge of the paper. Your creases should look like this.</p>	 <p><b>Step 3:</b> Where the diagonal creases meet in the middle, fold the paper backwards, crease well and open.</p>
 <p><b>Step 4:</b> Hold the paper at the sides, bring these points down to the center line, then flatten. The creases should do most of the work here!</p>	 <p><b>Step 5:</b> Fold the uppermost triangles up to the top point.</p>	 <p><b>Step 6:</b> Fold sides in to the center line.</p>
 <p><b>Step 7:</b> Fold bottom of model upwards so the end sits in the center of the top of the diamond.</p>	 <p><b>Step 8:</b> Now fold the same part downwards, in half.</p>	 <p><b>Step 9:</b> Turn over and your frog is finished! To make him jump, press down on his back as shown.</p>



## 31. Ladybug Paperweight

### Supplies:

- 1 oval, smooth rock, the size of the palm of an adult hand
- 25mm – 10mm wiggle eyes
- Black and red acrylic paint
- 2 black or red chenille stems
- 1 pencil with eraser
- Glue gun or white glue
- Paint brushes



**Step 1:** Wash rock with soap and water and allow to dry. Spread newspapers on floor or table to protect surface from paint. Paint the entire rock black. Allow rock to dry.

**Step 2:** After rock has dried completely (leave on the newspaper), paint 2/3 of the rock on the side facing up with red paint. Allow to dry. Rock should have a red back with a black face.

**Step 3:** After red paint has dried, dip pencil eraser in black acrylic paint. Dab red area of rock with eraser and make black dots on red back of rock ladybug.

**Step 4:** After the black dots have dried, glue on 2 wiggle eyes on black face of the ladybug. Cut the chenille stems in two 3 – 4" antenna for ladybug. Glue antenna on ladybug close to eyes.

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## 32. Garden Journals

### Supplies:

- A large sheet of thick paper (i.e., poster board or Bristol board)
- Construction paper or felt – many colors
- Scissors, glue, and a hole punch
- String, heavy yarn or raffia
- Pencils and regular printer paper

**Step 1:** Cut the thick poster paper into 2 equal pieces. These will be the front and back covers of your journal. Punch three holes on the edges of your paper.

**Step 2:** Next, draw and cut out all kinds of things found in gardens. Use your colored construction paper. Flowers, plants, butterflies, beanstalks, blades of grass and yes, even weeds! Be sure to draw and cut out a sunshine...gardens depend on the sun after all!

**Step 3:** Glue the garden images onto the front cover. Write on the front cover in **BIG BOLD LETTERS** – "The Grow Zone."

**Step 4:** Punch holes into the plain printing paper and put the book together using string or raffia to tie it together. Inside the journal the girls could write all sorts of things. Here are some ideas:

- Descriptions of plants – red roses, tall corn stalks, tasty peas.
- Animals and insects found in gardens.
- Types of gardens (water, vegetable, flower).

### 33. Flower Pen

#### Supplies

- Small clay flower pot with rim around the top (4" diameter top)
- Package of pens
- Roll of green florist tape
- Artificial flowers (at least 6 stems)
- 2 cups assorted dried beans, pebbles or aquarium rocks
- A piece of ribbon cut the size of the rim around the top of your flower pot
- Glue gun
- Cardboard



**Step 1:** Cut a circle of cardboard to fit snugly in the bottom of the flower pot to cover the hole, then glue it in place.

**Step 2:** Fill the pot about half way full with beans, pebbles, or aquarium rocks.

**Step 3:** Use florists tape to tape the pen (with the point facing away from the flower petal) to the flower stem, making sure the pen cap will fit after taping.

**Step 4:** Wrap craft ribbon around the flower pot and secure using the glue gun.

**Step 5:** Arrange flower pens in the pot.

---

### 34. Egg and Wooden Spoon Race

#### Supplies:

- Raw eggs
- Wooden spoons
- Team flags or markers



**Step 1:** Each team stands in single file behind the starting line and opposite their respective flags, which are set in the ground about 5 yards away.

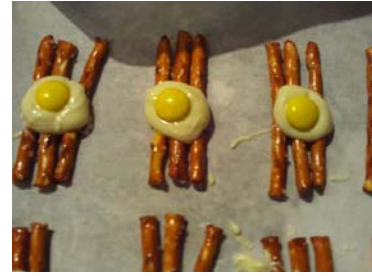
**Step 2:** At the whistle the first player in each line, balancing an egg on a spoon, races around her team's flag, then back to transfer the egg onto a spoon held by the next teammate. The recipient races to the flag, and the first runner hands the spoon to the third person.

**Step 3:** The race continues until one team finishes the course. Anyone who drops an egg must run to the starting line for another before resuming.

### 35. Bacon and Eggs Treat

Supplies:

- Pretzel sticks (small)
- White almond bark, melted
- Yellow M & M candies
- Wax paper



**Step 1:** Give each girl 3 pretzel sticks. Place them together parallel on a piece of wax paper.

**Step 2:** Place a small drop of the melted white almond bark in the center of the pretzels to represent the egg white.

**Step 3:** Place one yellow M & M in the middle of the white almond bark to represent the egg yolk.

---

### 36. Wooden Spoon Flowers

Supplies:

- Long-handled wooden spoons
- Acrylic or tempera paint
- Paintbrushes
- Assorted flat wooden craft shapes
- Wood glue
- Wooden beads (colored or plain)
- Mug



**Step 1:** Have the girls paint the wooden spoon handles green and stand them stem up in a mug to dry.

**Step 2:** For petals, glue flat wooden craft shapes to the bowl of each spoon (works best if you lay the spoons on a flat surface).

**Step 3:** Once the glue is completely dry, the girls can paint the flowers (both front and back) and stand them in a mug to dry.

**Step 4:** Glue a cluster of wooden beads in the center of each flower. Let dry.

## 37. Stuffed Flower

Supplies:

- Newspaper
- Paint
- Stapler
- Yarn or string

**Step 1:** Cut two large, identical flower shapes out of newspaper.

**Step 2:** Paint the opposite sides of each piece of newspaper as desired and let dry.

**Step 3:** Lay both painted pieces of newspaper together so the unpainted sides are touching. Staple around the edges, but leave an opening in the top so you can stuff your flower.

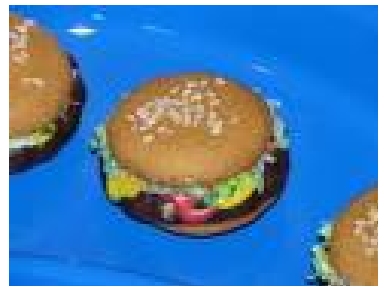
**Step 4:** Wad up small pieces of newspaper and stuff the flower. Staple the opening shut. Staple on a small yarn loop to use for hanging.

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## 38. Mini-Hamburger Cookies

Supplies:

- Vanilla wafers
- Girl Scout Thin Mint Cookies
- Coconut
- Green, yellow, red food coloring
- Vanilla icing
- Ziploc bags



**Step 1:** Place one vanilla wafer on a napkin with the flat part of the cookie on top (bun). Place the Thin Mint (hamburger patty) on top of wafer.

**Step 2:** Mix coconut with a few drops of green food coloring to make lettuce. Place a little colored coconut on top of the Thin Mint.

**Step 3:** Separate vanilla icing into containers. Add red food coloring to one bowl and yellow to the other (ketchup and mustard). Add a little of each color to the flat part of the other vanilla wafer. Place that wafer on top and then enjoy!

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## 39. Strawberry Lemonade

Supplies:

- 1 can frozen lemonade concentrate, thawed (12 oz)
- 4 ½ cups water
- 1 package frozen strawberries, partially thawed (10 oz)

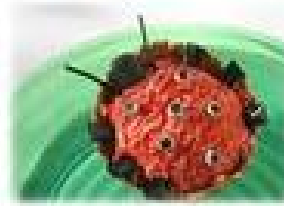
**Step 1:** In a large pitcher, mix together lemonade concentrate and water.

**Step 2:** Stir in the strawberries.

## 40. Strawberry Ice Cream Ladybug

### Supplies:

- 1 box waffle bowls
- 1 pint strawberry ice cream
- 1 jar red sugar sprinkles
- 1 package black candies
- 1 package black gumdrops
- Pieces of black licorice string



**Step 1:** Fill waffle bowls with strawberry ice cream.

**Step 2:** Shake on red sugar sprinkles. Add a few tiny round black candies for spots.

**Step 3:** Set a black gumdrop at the edge of the ice cream for the head. Tuck 2 pieces of black licorice string next to the head for the antennae and add 4 pieces of black licorice strings for the legs.

---

## 41. Turkey Strut

### Supplies:

- Turkey footprints
- Masking tape
- Music



**Step 1:** Use pieces of masking tape to tape turkey footprints all over the floor.

**Step 2:** Start playing some music. Let the girls pretend to be turkeys and strut around the room. When you stop the music, have the turkeys find footprints to stand on (one turkey to a footprint). When you start the music again, have the turkeys continue strutting around the room.

---

## 42. Waterless Aquariums

### Supplies:

- Two paper plates
- Fish and shell stickers
- Clear Confetti (water bubbles)
- Fish Confetti
- Green Easter grass
- Blue or green Reynolds Wrap
- Tape
- Scissors
- Stapler

## 42. Waterless Aquariums (continued)

**Step 1:** Take one of the two paper plates and cut out the inner circle of the plate.

**Step 2:** Take the stickers and adhere them to the inside of the other paper plate. Add a pinch of both of the confetti to the paper plate with the stickers on it.

**Step 3:** Take a small amount of the green Easter grass and roll it in your hands – making it appear as sea weed. Add this to the paper plate with confetti and stickers.

**Step 4:** Tear off a piece of cellophane and carefully lay it over the uncut plate with all of the ingredients inside.

**Step 5:** Now take the plate that you cut the inner hole in and put on top of the other plate. It should represent a port hole. Staple together the two plates.

---

## 43. Hot Dog Octopus

Supplies:

- Hot dog
- Sharp knife

**Step 1:** Cut the bottom  $\frac{3}{4}$  of a hot dog into 8ths (using vertical cuts). Leave the top  $\frac{1}{4}$  intact.

**Step 2:** Boil as you normally would. When done, the girls will enjoy a crazy octopus with wavy arms.

---

## 44. Dogs in a Sweater

Supplies:

- 1 package refrigerated breadstick dough (11 oz)
- 8 hot dogs
- 8 Popsicle sticks
- Ketchup, mustard

**Step 1:** Separate the dough. Roll each piece into a 15" rope.

**Step 2:** Insert sticks into hot dogs lengthwise.

**Step 3:** Starting at one end, wrap dough in a spiral around the hot dog. Pinch ends to seal.

**Step 4:** Place 1" apart on a baking sheet that has been coated with nonstick cooking spray. Bake at 350° for 18 to 20 minutes. Serve with toppings of your choice.



## 45. Going on a Picnic Game

Directions:

**Step 1:** The first person starts the game by saying, "I'm going on a picnic and I'm taking..." That person starts with the letter "A."

**Step 2:** The second person repeats the first part of the sentence, repeats what the first person is bringing and then adds something with the letter "B."

**Step 3:** This continues around with everyone starting with the first part of the sentence and repeating what the previous people brought and adding the next letter of the alphabet.

**Options:** To add a little more fun, make every letter into a tongue twister. "I'm going on a picnic and I'm bringing Aunt Annie's absolutely awesome apples!" Or you can also play, where each person brings an object that starts with the first letter of their name to make it a fun name game!

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## 46. Painted Toast

Supplies:

- ¼ cup nonfat milk
- 2 to 3 drops each red, blue, green, and yellow food coloring
- 2 slices white or whole wheat bread
- 2 clean paintbrushes
- 4 small cups or bowls
- Toaster

**Step 1:** Pour 1 Tbsp of milk into four small cups.

**Step 2:** Drop food coloring into the cups to make four different colors of "paint."

**Step 3:** Let the girls paint a face or other design onto the bread, then toast the bread and serve.

**Step 4:** Alternatively, tint small amounts of margarine or cream cheese with food coloring, then have the girls paint the colored spread on the bread. Serves 2.

## 47. Depth Perception Experiment

Supplies:

- Set of pennies, buttons, or other small items
- Cup

**Step 1:** Sit at a table with your subject. Put a cup in front of your subject. The cup should be about 2 feet away from the subject. Have your subject CLOSE one eye. Hold a penny in the air about 1 ½ feet above the table. Move the penny around slowly. Ask your subject to say “Drop it!” when she thinks the penny will drop into the cup if you released it. When the subject says “Drop it,” drop the penny and see if it makes it into the cup.

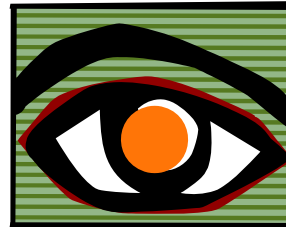
**Step 2:** Try again when the subject uses both eyes. Try it again with the cup farther away from the subject. Try it again with the cup closer to the subject. Compare the results of “10 drops” at each distance.

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## 48. Cap Sorting Game

Supplies:

- 10 soda bottle caps
- 10 water bottle caps
- 10 coke bottle caps



There are two types of photoreceptors in the eye: rods and cones. The rods are responsible for vision in dim light conditions and the cones are for color vision. To demonstrate how the photoreceptors adapt to low light conditions, do this simple experiment.

**Step 1:** Use a collection of bottle caps that look slightly different, but feel the same. In a bright room, ask the girls to separate the caps into piles of similar caps.

**Step 2:** Turn off the lights so the room is very, very dim. Ask them to separate the caps again.

**Step 3:** Turn on the lights and look at the results – there should be many mistakes.

**Step 4:** Discuss dark adaptations and about how animals can see in the dark.

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