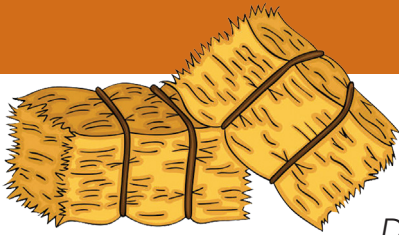


Activity Day!

Outline & Printable Resources

This Month's Lesson:

Law of the Harvest



Suggested Activity and Discussion for Kids

Depending on the size and makeup of your group, you may want to divide the children into age groups for the different activities.



Opening

- Prayer
- Pledge of Allegiance (*located in the General Resource pdf*)
You can have one of the children hold a small flag or use a larger flag. This is a great opportunity to teach the children respect and proper care and folding of the flag.
- Recite Preamble to the U.S. Constitution (*located in the General Resource pdf, doing this each day as a family will have your children memorizing it in no time at all.*)

Theme Story & Discussion: *When Grandma Gives You A Lemon Tree* by Jamie L.B. Deenihan (or, alternatively, *The Little Engine That Could* by Watty Piper with a discussion in the detailed outline as part of the stations activity)

Activity: Self Reliance Stations (*10 minutes each*)

Finance and savings, health and food prep, laundry, auto care, sewing, and power of positive thinking and innovation

Closing

- Read/Recite "The American's Creed" (*located in the General Resource pdf*)
- Prayer
- Announce the next month's theme and date/location for next Activity Day

Preparation and Materials Needed:

- Review the entire outline to consider how best to present the activities to each age group.
- Cut out the copies of the preamble and American's Creed to have on hand, or use copies from the previous Activity Day.
- Bring an American Flag for the Pledge of Allegiance.
- Borrow/purchase the book *When Grandma Gives You A Lemon Tree* by Jamie L.B. Deenihan or *The Little Engine That Could* by Watty Piper
- Provide a glass jar for each child, or request that each family bring a glass jar for each child in their family.
- Provide decoration materials for the glass jars: stickers, washi tape, string to make a bow, paper, scissors, glue etc.
- Provide celery, peanut butter, and raisins to make ants on a log in the cooking station. Also provide ingredients of your choice for smoothies. Print out enough copies of the handout "Sugar Shocker" by Cooking Matters to give to each participant.
Find here to print:
https://shareourstrength.widen.net/s/52rhwwkhqj/kidhandout_sugarshocker2021)
- Provide laundry cleaners to display during the laundry station.
Suggestions:
A general laundry detergent, bleach, hydrogen peroxide, vinegar, rubbing alcohol, dish soap etc. Print out enough copies of the stain removal handout from Real House Moms website to give to each participant.
Find here to print:
<https://realhousemoms.com/wp-content/uploads/2014/11/kids-stain-removal-chart.pdf>
- Bring a tire air pressure gauge and paper towels/cloth to use at the auto care station. Also choose a vehicle to use for demonstrating how to check oil and air pressure in a tire during the Activity Day.
- Provide buttons, needles, felt, and thread for the older kids at the sewing station to sew a button (or more than one) on the felt. Provide plastic needles (can be purchased online) yarn, and felt pieces for younger kids at the sewing station to stitch the two pieces of felt together.

Theme Story & Discussion: *When Grandma Gives You A Lemon Tree* by Jamie L.B. Deenihan (or, alternatively, *The Little Engine That Could* by Watty Piper with a discussion in the detailed outline as part of the stations activity)

Discussion suggestions:

1. How does the girl in the story respond when she doesn't get the present that she was hoping for?
2. What are some things she did to care for her lemon tree?
3. What did she do with the lemons?
4. At the end of the story, how did the gift that seemed disappointing at first help her more than she thought it would?
5. What are some things we can learn from this story?

Activity: Self Reliance Stations (*10 minutes each*)

Today, we are going to practice skills that help us do things for ourselves so we can learn to be responsible, independent, and self-reliant. These words mean that we don't need to ask others for help to take care of ourselves and our things. Learning these skills also prepares us to serve others when they are in need. It's a good thing to ask for help, but the more we can do things for ourselves the more prepared we are to solve our own problems if there is no one else around to help us. In today's activity, you will visit several different "stations" for 10 minutes and at each one there will be an adult or youth there to discuss a skill with you and even put it into practice. While you go to the different stations, think about what you can do to learn new skills and learn to help yourself a little more every day.

(Some stations will accommodate kids of all ages, while a couple will be just for older kids. If needed, consider letting the younger kids stay longer at the stations with activities for their age so the older kids can rotate through more stations and still have everyone finish at the same time.)

▪ **Finance and savings**

In this station: Decorate a money jar and teach about the importance of saving

Have all the jars and materials for decoration laid out on the table. Invite the kids to decorate as you discuss. Ask if anyone has an idea about why it's important to save money. Explain that although it can be hard to save because there are fun things that we want to do with our money, that there are some things that are too expensive to buy without saving up for them. Ask the kids if they have ever saved up for anything. What was it? Did they think it was worth saving for? Also, in case of emergencies, it's always good to have money saved to prepare

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for when something unexpected comes up that you need to pay for. Learning how to manage money now will save you a lot of worry and problems when you're older and have more money to manage. *(Ask them to leave their jars at/near the station and pick them up at the end of Activity Day to minimize breaking accidents.)*

▪ Health and food prep

In this station: Make ants on a log and a smoothie, briefly introduce nutrition

Ask everyone to wash their hands before getting started. Let them know that at this station we're going to talk a little bit about food and taking care of our bodies. It's important that you learn how to make meals and snacks for yourself (a few things when you're younger and more as you get older) so you can take care of yourself. It's also important that you know what kinds of foods your body needs to stay healthy.

Handout to use for this station is "Sugar Shocker" by Cooking Matters, see page 2 for the link. Print and give a copy to each participant.

Show them the MyPlate diagram from the second page of the handout and ask them which section is the biggest. It's important for our bodies to have lots of vegetables to be strong. Sugar can hurt our bodies if we eat too much of it. Help and oversee the kids in making a smoothie and ants on a log (celery stalks filled with peanut butter and topped with raisins) for a snack. Note to them that these are things they could ask their parents if they could make independently at home. Ask the kids to think about a goal they could work towards to make sure they are getting enough exercise. Maybe playing games outside, going to the park, or for older kids creating an exercise routine.

▪ Laundry

In this station: Discuss the importance of taking care of clothes and display products to help clean clothes

This station is all about laundry. Everyone's favorite thing, right? The clothes we wear send a sign about the kind of people we are trying to be. We want to send signs that we are trustworthy and clean people. So what can we learn to take care of our clothes a little better? Does anyone have an idea about some foods that cause stains on clothes?

Some kinds of fruit juice
(grape, for example)

Pen ink

Leaving stickers on clothes when
they go in the washer

Blood

Grass/mud

Ketchup/tomato sauce

Watermelon

Chocolate/hot chocolate

Markers

Paint

Crayon marks

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When you get something dirty or find a stain, there are some general things you can do. Rinse off the spot with water, especially if you are immediately taking care of it after it's gotten dirty (always do this when possible). If the cloth is white, bleach is a powerful tool to use. Use the instructions on the bottle and add it to your load of white laundry. Vinegar can also help remove stains. You can use it directly on the spot or add it to your load of clothes. For some things, like crayon marks, you can use dish soap to pre-treat the cloth before it goes through the washer. For pen stains you can use rubbing alcohol (or hair spray, if it has alcohol in it). For blood you can use hydrogen peroxide. (Feel free to add more tips to this). Print and give each participant a copy of the stain removal handout from Real House Moms website. See page 2 for the link.

▪ **Auto care**

In this station: Learn to check air pressure in tires and check engine oil

Vehicles help us get where we're going! If we want them to serve us well, we need to know how to take care of them properly. Two ways you should know how to take care of a vehicle are keeping the tire pressure at the right level and making sure you always have plenty of oil. At this station we will demonstrate how to check air pressure in a tire and how to check your oil level. Show the kids what a tire pressure gauge looks like and how to use one. Show them the dipstick to check the engine oil and how to tell if the vehicle has enough oil.

▪ **Sewing**

In this station: Sew a button or practice sewing on felt

A handy skill to learn and improve is sewing. When something breaks, it is very helpful to already know how to fix it and you can also sew your own clothes if you get good enough at it. Today we are going to practice a couple simple sewing activities. We have felt pieces that can be sewn together by the younger members of the group and buttons that can be sewn on felt for the older group members. Demonstrate how to do both and use the rest of the time to let the kids practice.

▪ **Power of positive thinking and innovation**

In this station: Discuss problem solving and the little engine that could

Have any of you heard of or read the book the Little Engine that Could? If yes: Who could tell me the story? If no: In the story, some toys need some help getting over the mountain so they can bring joy to some children. A couple big engines come by, but they're not willing to help. Then a small engine comes! This engine has never been over the mountain before, because she's so small, but she is willing to try so she can help the toys and the boys and girls who are waiting for the toys. It can be scary and hard to try something new. Lots of times we worry that we can't do it or we'll mess up. Have you ever said "it's too hard, I can't

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do it!" before? While the little engine was going over the mountain for the first time she said to herself "I think I can, I think I can." This is something that we can try too! Let's say it together. I think I can, I think I can. Guess what? The little engine made it over the mountain! After she got done she said to herself "I thought I could, I thought I could." We can learn from the little engine that when we have to do something new we can tell ourselves "I think I can" and just give it a try! If we don't do well, we can try again. If you have a problem and you're not sure what to do, you should pause and see if you can come up with a creative way to solve your problem by yourself. Give your brain a chance to work hard and see if you can come up with some new ideas that might work to solve your problem. You are very smart. And you are resourceful. That means you can use the things you already have to overcome problems you face. If you believe in yourself and think hard you will be surprised how often you can help yourself and others!

Feel free to adjust these stations or mix them up to include any of the following skills for older kids:

- find the circuit breaker and use it
- locate and use water and furnace shutoffs
- use a fire extinguisher
- register to vote
- basic first aid or CPR