

# Fun Friday Activities

## R U OK Day – 9<sup>th</sup> September

### Warm Fuzzies Jar

#### Equipment

Jar, paper, pencils

#### What to do:

Decorate the jar and then add pieces of paper with things that you love about each family member.  
Share the warm fuzzies after dinner with your family.

### Chalk Drawing

#### Equipment

Chalk, Footpath

#### What to do:

Draw a chalk drawing on your driveway/footpath to brighten up someone else's day!  
Take a photo of your drawing and post it on our schools Facebook Page.

### Affirmation Cards

#### Equipment

paper, pencils

#### What to do:

Make some positive affirmation cards and hang them in your bedroom where you can see them each morning.

I am grateful for....

I am proud of.....

I feel clam when.....

My smile is.....

I love.....

### Make a Life-Sized Hug

#### Equipment

paper, pencils

#### What to do:

Make a Life size 'hug' and send it to someone special. eg grandparent, friend etc.



Take a photo of your life sized hug and post it on our schools Facebook page.

## Science

### Leak Proof Bag

#### Equipment

Sharp pencils

Plastic zip lock bag

Water

#### What to do:

1. Fill the bag one-half full with water and then seal the bag closed. Pose this question to your family: "What would happen if I tried to push one of these pencils through the bag of water? Would the water leak out and make a giant mess?"

2. Make sure the tips of the pencils are sharpened to a point.



### Soap Powered Mini Boats

#### Equipment

A foam tray (like the kind meat comes in) or cardboard

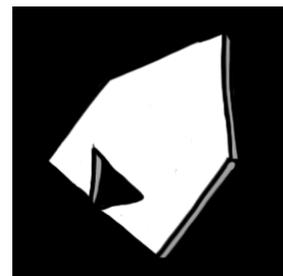
A tray, bowl or sink full of water

Liquid Dish soap

A toothpick

#### What to do:

- Cut the foam tray or cardboard into the shape below



- A good size is about 5cms long.

3. Here comes the scary part. Hold the pencil in one hand and the top of the bag in the other hand. Believe it or not, you can push the pencil right through one side of the bag and halfway out the other side without spilling a drop. Add more pencils to the bag. The long chains of molecules that make up the bag magically seal back around the pencil and prevent water from leaking out. Now, that's the "Spear-It" of science! Sound impossible? Try it—over the sink the first time and then over your mum's head . . . just for fun.



- Dip the toothpick into the liquid soap and use the toothpick to put soap onto the sides of the notch at the back of the boat.
- Now carefully place the boat onto the surface of the water and watch it scoot across the water for several seconds – you've made a soap-powered boat!
- To demonstrate the boat again, you will need to rinse out the tray to remove any soap from the previous demonstration.
- Create several boats and have a boat race. Who will win?

#### **How does it work?**

Soap is a surfactant – that means that it breaks down the surface tension of water. As the surface tension is broken up, it creates enough of a force to push the lightweight boat across the surface.

