

# BOOSH Play @ Home Program

More fun activities to do at home whilst we wait till see you all at school very soon!

Enjoy these activities with friends and family and share with us your experience!

| Activity                   | Category     | Equipment                           | Description  |
|----------------------------|--------------|-------------------------------------|--|
| Active Challenges          | PE           | Paper Pen                           | An easy and fun way to keep active and healthy                       |
| Magic Curtains             | Arts & Craft | Coloured Paper<br>Glue<br>Texta     | Let's decorate our room with some magical curtains                   |
| Egg-citing Experiment      | Science      | Egg<br>Vinegar<br>Glass/Clear Cup   | Science is fun! Watch and feel what your raw eggs turn into!         |
| Magic Drawing (Refraction) | Science      | Clear Cup<br>Water<br>Paper<br>Coin | Have you heard of 'refraction'? Fun and easy way to understand this! |

# Active Challenge

This can be done indoors or outdoors! It's up to you.

We love our chatterbox's,

so let use this to help us keep active!

## Chatterbox Instruction

### Equipment:

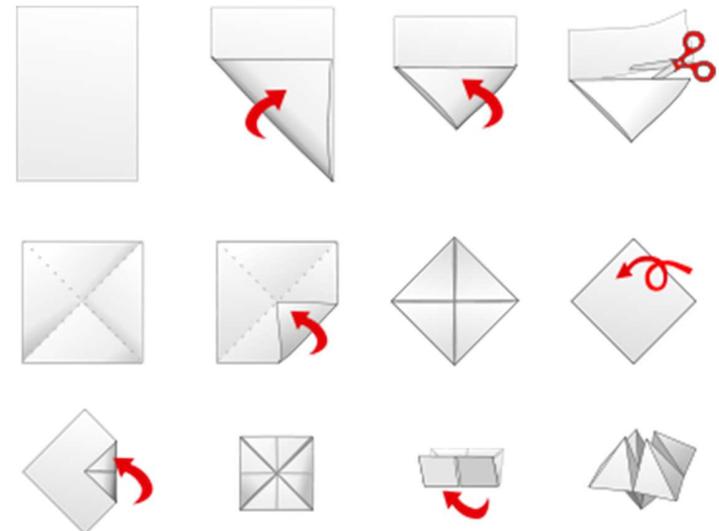
- Paper
- Pencil
- Scissors

### Method:

1. Follow the instructions and make a chatterbox
2. Fill the spaces with challenges from below or your own!
3. Play the game with a family or friends and let's get fit!

*Example: 20 x star jumps, 10 x push up, going for a walk, bike riding, stretching, soccer, 10 x squats, going for a run*

NOTE: Did you know doing house chores is also being active? Why not add some house chores to do the challenge 😊. Example – folding laundry, vacuuming, sweeping. An excellent way to be active and do good things around the house



# Magic Curtains

Let's add some bright decorations around the house 😊

## Method:

1. On a A4 paper cut 5-6 equal long strips down. (Coloured paper will also look very nice)
2. Decorate the strips (this is optional)
3. Make a loop by gluing the end of one strip together.
4. Use another strip to loop around it
5. Repeat step 4 to make a paper chain.
6. Make different types of paper chain!
7. Now it's time to hang it up!



# Egg-citing experiment

## Method:

1. Fill half your clear glass cup with vinegar
2. Carefully place your raw egg inside the cup
3. Wait.
4. Wait...your egg shell should slowly start disappearing. (You will see white bubble form around the egg.
5. Wait.. let the egg shell completely disappear
6. After 2 days carefully remove the egg
7. Rinse the egg in cold water.



**Result – Your egg should feel really bouncy and soft! (Be careful! It can still pop!)**

## Why does this happen?

- The shell of an egg is made of calcium-carbonate which allows the eggshell to be really hard!
- Vinegar has a chemical called acetic acid! This acid dissolves the calcium-carbonate slowly over time!
- When there is a reaction (two different things acting together) we can see the changes. In this case, we see the bubbles! This is carbon dioxide.

# Light Refraction

*A fun little magic science trick*

## Method:

1. Draw a picture, shape, symbol, anything you want on a piece of paper
2. Look at picture through a glass of water.
3. What do you see?

## Result:

**You'll see that the picture are reversed!**

## Why?

What we are seeing here is a physics concept called **REFRACTION** or the bending of light. When light passes *through* transparent objects (in this case, the front of the glass, the water, and the back of the glass), it refracts or bends. When the glass is full of water, it acts as a cylindrical convex lens, and produces an reversed image.

