



# Week Seven Activities

## Arts and Crafts

Pipe Cleaner Dragonflies



## STEM

Catapults



## Cooking

Rice Krispie Treats



## Family Activity

Movement Bingo

B	I	N	G	O
15 JUMPING JACKS	10 SQUATS	30 SEC RUN IN PLACE	10 PUSH UPS	10 BURPEES
10 LUNGES EACH SIDE	10 ARM CIRCLES	15 SQUATS	1 MIN RUN IN PLACE	15 PUSH UPS
15 AIR PUNCHES	10 JUMPING JACKS	15 CRUNCHES	10 SQUATS	15 SEC RUN IN PLACE
5 PUSH UPS	10 AIR PUNCHES	15 LUNGES EACH SIDE	15 BURPEES	20 SQUATS
15 SQUATS	20 PUSH UPS	20 AIR PUNCHES	10 LUNGES EACH SIDE	1 MIN PLANK

VISIT [WWW.CPYMN.ORG](http://WWW.CPYMN.ORG)  
FOR VIDEO INSTRUCTIONS



**Community Partners  
with Youth**  
[www.cpymn.org](http://www.cpymn.org)  
651.633.6464



# Week Seven Arts and Crafts

## Pipe Cleaner Dragonflies

### SUPPLIES:

- ◆ 3 Pipecleaners
- ◆ 11 beads
- ◆ 2 googly eyes
- ◆ Scissors
- ◆ Tape
- ◆ Clothespin
- ◆ Glue



### INSTRUCTIONS:

- ◆ Fold one of the pipe cleaners in half
- ◆ Add 10 beads into the pipe cleaner half, leaving around 1 inch of space at the folded end
- ◆ Take a second pipe cleaner, and shape it into a circle, crossing the ends by 1/2 inch
- ◆ Twist the ends to make a continuous circle
- ◆ Push the top and bottom of the circle together until they meet
- ◆ Slide the wings onto the body, and center them to make them even on each side
- ◆ Twist the wings twice as close to the body as you can
- ◆ Flip the dragonfly over, and twist the wings twice on the other side—this should give you secure wings on each side of the dragonfly
- ◆ Take the last pipe cleaner, and cut about 2 inches off from the end
- ◆ Take the longer piece, and cross the ends to form a second circle
- ◆ Secure the second pipe cleaner the same as the first, to make the smaller set of wings
- ◆ Slide a final bead over the wings, and twirl up the pipe cleaner tail to form the head
- ◆ Glue on your googly eyes. Once it is done, glue the dragonfly onto the clothes pin, and make a clip!
- ◆ Repeat with remaining supplies

VISIT [WWW.CPYMN.ORG](http://WWW.CPYMN.ORG) FOR VIDEO INSTRUCTIONS



**Community Partners  
with Youth**  
[www.cpymn.org](http://www.cpymn.org)  
651.633.6464



# Week Seven STEM

## Catapults

### SUPPLIES:

- ◆ 9 craft sticks
- ◆ 6 rubber bands
- ◆ 1 spoon
- ◆ Cotton balls



### INSTRUCTIONS:

- ◆ Take 7 of the craft sticks and tie a rubber band around one end
- ◆ Tie a second rubber band around the opposite end, making a solid stack of 7
- ◆ Take the remaining 2 sticks, and tie a rubber band on one of the end, as close to the edge as possible
- ◆ Insert the stack of 8 through the two sticks, creating a "t" shape
- ◆ Tie a rubber band in a criss-cross joining the "t" shape together
- ◆ Using the remaining rubber bands, attach the plastic spoon to the end
- ◆ Load up the cotton balls, and shoot away!

VISIT [WWW.CPYMN.ORG](http://WWW.CPYMN.ORG) FOR VIDEO INSTRUCTIONS



**Community Partners  
with Youth**  
[www.cpymn.org](http://www.cpymn.org)  
651.633.6464



# Week Seven Cooking

## Rice Krispie Treats

### SUPPLIES:

- ◆ 4 tablespoons salted butter
- ◆ 6 c Rice Krispies cereal
- ◆ 12 oz marshmallows



### INSTRUCTIONS:

- ◆ Grease a baking pan with PAM, butter etc
- ◆ In a large saucepan, melt your butter over low heat.
- ◆ Add marshmallows, and stir until almost melted
- ◆ Remove the pot from heat, and stir in cereal, until it is well coated
- ◆ Using a buttered spatula or wet hands, evenly press the mixture into the baking pan
- ◆ Cool, and cut into squares

VISIT [WWW.CPYMN.ORG](http://WWW.CPYMN.ORG) FOR VIDEO INSTRUCTIONS



**Community Partners  
with Youth**  
[www.cpymn.org](http://www.cpymn.org)  
651.633.6464



# Week Seven Family Activity

## Movement Bingo

### SUPPLIES:

- ◆ Bingo boards
- ◆ Bingo caller page
- ◆ Scissors

B	I	N	G	O
15 JUMPING JACKS	10 SQUATS	30 SEC RUN IN PLACE	10 PUSH UPS	10 BURPEES
10 LUNGES EACH SIDE	10 ARM CIRCLES	15 SQUATS	1 MIN RUN IN PLACE	15 PUSH UPS
15 AIR PUNCHES	10 JUMPING JACKS	15 CRUNCHES	10 SQUATS	15 SEC RUN IN PLACE
5 PUSH UPS	10 AIR PUNCHES	15 LUNGES EACH SIDE	15 BURPEES	20 SQUATS
15 SQUATS	20 PUSH UPS	20 AIR PUNCHES	10 LUNGES EACH SIDE	1 MIN PLANK

### INSTRUCTIONS:

- ◆ Take the bingo calling cards and cut them apart. Shuffle the cards.
- ◆ Give each player a bingo board.
- ◆ The caller draws and read the action on each card. As it gets called, players perform the given action, and mark it off their Bingo board.
- ◆ First player to get five in a row, wins!

VISIT [WWW.CPYMN.ORG](http://WWW.CPYMN.ORG) FOR VIDEO INSTRUCTIONS



**Community Partners  
with Youth**  
[www.cpymn.org](http://www.cpymn.org)  
651.633.6464

<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
15 JUMPING JACKS	10 SQUATS	30 SEC RUN IN PLACE	10 PUSH UPS	10 BURPEES
10 LUNGES EACH SIDE	10 ARM CIRCLES	15 SQUATS	1 MIN RUN IN PLACE	15 PUSH UPS
15 AIR PUNCHES	10 JUMPING JACKS	15 CRUNCHES	10 SQUATS	15 SEC RUN IN PLACE
5 PUSH UPS	10 AIR PUNCHES	15 LUNGES EACH SIDE	15 BURPEES	20 SQUATS
15 SQUATS	20 PUSH UPS	20 AIR PUNCHES	10 LUNGES EACH SIDE	1 MIN PLANK

<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
10 SQUATS	10 PUSH UPS	15 LUNGES EACH SIDE	15 SQUATS	15 JUMPING JACKS
10 LUNGES EACH SIDE	15 SQUATS	10 SQUATS	15 AIR PUNCHES	15 SEC RUN IN PLACE
20 PUSH UPS	30 SEC RUN IN PLACE	15 CRUNCHES	10 AIR PUNCHES	10 BURPEES
20 AIR PUNCHES	1 MIN RUN IN PLACE	10 LUNGES EACH SIDE	10 ARM CIRCLES	1 MIN PLANK
10 JUMPING JACKS	15 BURPEES	5 PUSH UPS	20 SQUATS	15 PUSH UPS

<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
10 SQUATS	15 CRUNCHES	30 SEC RUN IN PLACE	5 PUSH UPS	10 JUMPING JACKS
15 AIR PUNCHES	20 PUSH UPS	10 LUNGES EACH SIDE	15 JUMPING JACKS	15 LUNGES EACH SIDE
20 AIR PUNCHES	10 PUSH UPS	15 PUSH UPS	10 AIR PUNCHES	10 LUNGES EACH SIDE
15 SQUATS	10 SQUATS	10 ARM CIRCLES	1 MIN PLANK	10 BURPEES
15 BURPEES	1 MIN RUN IN PLACE	15 SQUATS	15 SEC RUN IN PLACE	20 SQUATS



Cut the calling cards out on the solid lines

Shuffle, and use as Bingo Calling Cards

15 JUMPING JACKS	10 SQUATS	30 SEC RUN IN PLACE	10 PUSH UPS	10 BURPEES
10 LUNGES EACH SIDE	10 ARM CIRCLES	15 SQUATS	1 MIN RUN IN PLACE	15 PUSH UPS
15 AIR PUNCHES	10 JUMPING JACKS	15 CRUNCHES	10 SQUATS	15 SEC RUN IN PLACE
5 PUSH UPS	10 AIR PUNCHES	15 LUNGES EACH SIDE	15 BURPEES	20 SQUATS
15 SQUATS	20 PUSH UPS	20 AIR PUNCHES	10 LUNGES EACH SIDE	1 MIN PLANK



# Week Seven Middle School Activity

## Friendship Bracelets

### SUPPLIES:

- ◆ String



### INSTRUCTIONS:

- ◆ Cut your string 3-4 times longer than your wrist. Knot it at one end.
- ◆ Putting all the string together, take one strand and tie it around the bundle.
- ◆ Keep knotting the string, allowing it to rotate around the bundle, switching colors as you see fit
- ◆ When finished, tie the end of the bracelet off, and trim to an even length
- ◆ Make a matching one for a friend!

VISIT [WWW.CPYMN.ORG](http://WWW.CPYMN.ORG) FOR VIDEO INSTRUCTIONS



**Community Partners  
with Youth**  
[www.cpymn.org](http://www.cpymn.org)  
651.633.6464