



# Week Nine Activities

## Arts and Crafts

Jellyfish Suncatcher



## STEM

Marble Roller Coaster



## Cooking

Flautas



## Family Activity

Chalk Obstacle Course



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 Nine Arts and Crafts

## Jellyfish Suncatcher

### SUPPLIES:

- ◆ Tissue paper squares
- ◆ Black construction paper
- ◆ Contact paper
- ◆ Ribbon
- ◆ Scissors



### INSTRUCTIONS:

- ◆ Using the black construction paper, draw the shape of your jellyfish on the paper. Trace the shape again, leaving an inch between the lines.
- ◆ Cut along the lines so you have a black frame for your jellyfish.
- ◆ Cut a piece of contact paper larger than your fish. Remove the protective sheet, and tape the paper to the table, sticky side up.
- ◆ Place the jellyfish outline down on the sticky side of the contact paper. Then begin placing your tissue squares inside the frame, filling it up completely. Don't worry if the tissue paper extends outside the frame—you will trim that off later
- ◆ Take a second piece of contact paper, and place it down on top of your jelly fish to seal it, then trim around your jelly fish, leaving a small over hang to keep it sealed.
- ◆ Using tape or glue, attach your ribbon to the back of your jellyfish
- ◆ Hang in a window and see the rainbow when the sun shines!

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



# Week Nine STEM

## Marble Roller Coaster

### SUPPLIES:

- ◆ Paper plates
- ◆ Plastic cups
- ◆ Scissors
- ◆ Tape
- ◆ Marble
- ◆ Paper towel rolls/toilet paper tubes
- ◆ Cardboard for a base



### INSTRUCTIONS:

- ◆ Using the included supplies—and others from around your home!—create a roller coaster for your marble.

### SOME IDEAS TO GET YOU STARTED:

- ◆ Cut the plate to make a spiral
- ◆ Use the cups as a tunnel
- ◆ Use paper tubes to give your coaster some height
- ◆ See how tall you can make your coaster
- ◆ How can you change it to make your coaster faster? What about slower?

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 Nine Cooking

## Cheese Flautas

### SUPPLIES:

- ◆ 1 can of refried beans (optional)
- ◆ 1/4 c salsa
- ◆ 1 c shredded cheese
- ◆ 10 tortillas
- ◆ 2 tbsp oil
- ◆ 1/4 tsp salt
- ◆ 1 tsp taco seasoning



### INSTRUCTIONS:

- ◆ Preheat oven to 425 degrees
- ◆ Line a baking sheet with parchment paper
- ◆ In a large bowl, mix together beans, salsa, taco seasoning and shredded cheese
- ◆ Lay a tortilla on a work surface. Spoon 2-3 tablespoons of the mixture in a dollop onto the bottom half of the tortilla
- ◆ Tightly roll the tortilla from the bottom. Place the flauta seam-side down on the baking sheet
- ◆ Repeat until you have used all the tortillas
- ◆ When the flautas are assembled, brush the tops with oil, and sprinkle them with a bit of salt. Bake 15-20 minute, until crisp and browned
- ◆ Serve with salsa, guacamole, or sour cream for dipping
- ◆ Enjoy!

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 Nine Family Activity

## Chalk Obstacle Course

### SUPPLIES:

- ◆ Chalk
- ◆ A chunk of sidewalk or parking lot
- ◆ Some imagination!



### INSTRUCTIONS:

- ◆ Using your chalk, draw an obstacle course on the sidewalk.
- ◆ Challenge your family members to see who can complete the obstacle course the fastest, the most times, or the most creatively!

### IDEAS FOR OBSTACLES INCLUDE:

- ◆ Marks for a frog hop
- ◆ Lines to jump over
- ◆ A spot to spin!
- ◆ A zig zag line to run on
- ◆ Hopscotch to play
- ◆ Push up spot
- ◆ Jumping jack area

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 Nine Middle School Activity

## Rubber Band Bracelets

### SUPPLIES:

- ◆ 2 Pencils
- ◆ Bands
- ◆ Band hook
- ◆ Band clips



### INSTRUCTIONS:

- ◆ Using the pencils to stabilize the bands, take your first band, twist it once, and place the pencils inside each part of the loop. The loop should look like an "8", with a pencil in each side
- ◆ Start placing the bands on the pencils, one at a time. Once a band is placed, take the band from below, and pull it up over the newly placed band, taking it off the pencil. It will be held in place by the next band.
- ◆ Continue placing bands and weaving them on, until the bracelet has reached your desired length.
- ◆ Once you like the length, take one of the clips, and place it on either end of the bracelet to keep it closed.

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