Week 7: When I Grow Up August 5-11

All summer we'll learn about different careers—this week, think about all the exciting possibilities in your future!

Use the sheet below to mark off this week's activities as you complete them. See if you can get a BINGO!

Scan the QR code or visit www.michiganlearning.org/whenigrowup to see the playlist of videos for this week.

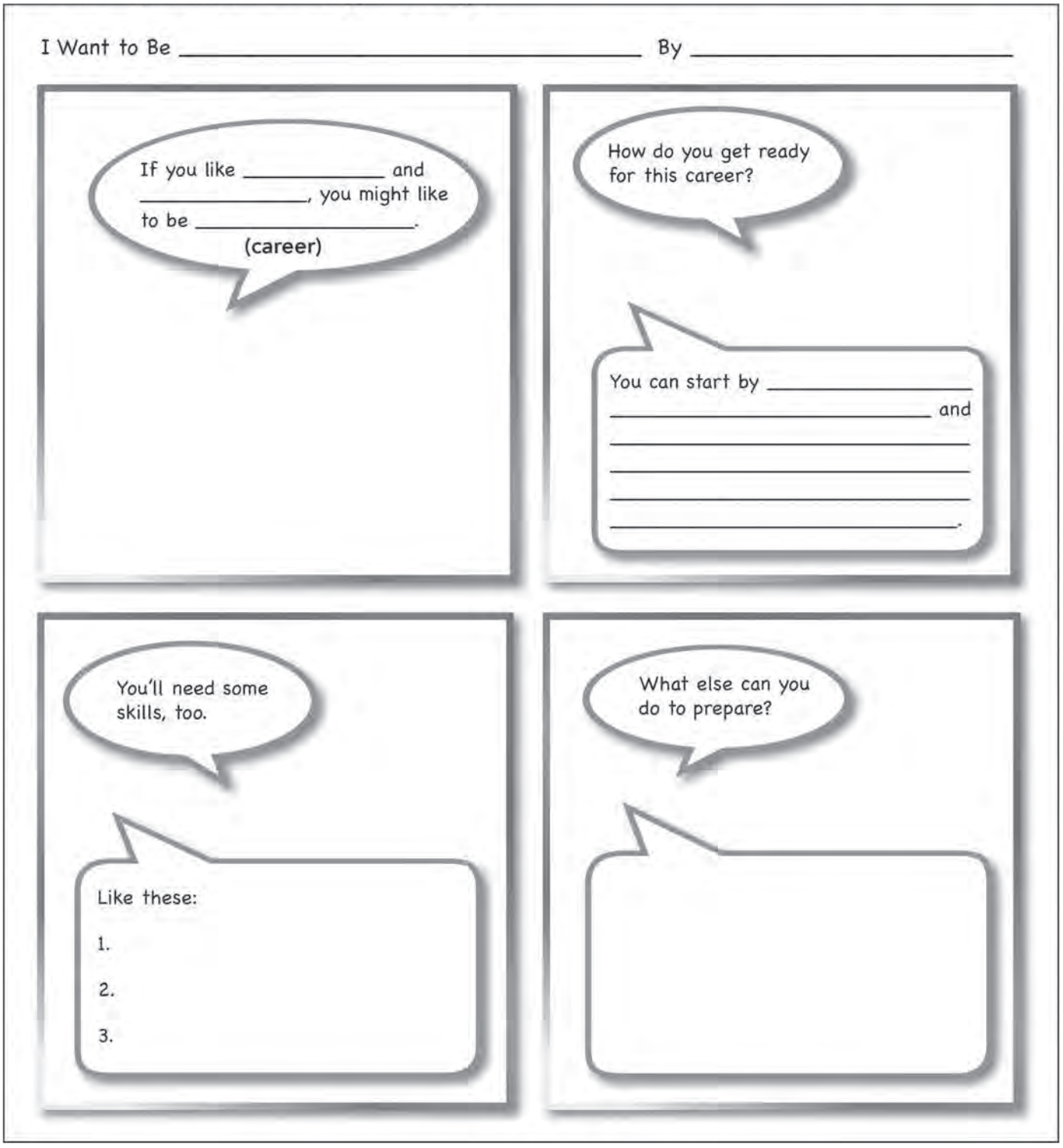
Watch a Career Girls video	 60 mins. of activity	 Read for 20 minutes	 Try a new food	Watch Extra Credit
 Read for 20 minutes	Learn about a new career	Learn about a family member's job	Make an electro-scope	 60 mins. of activity
Try an InPACT activity card	Draw yourself in 50 years	 HAVE FUN! (Free Space)	Try an InPACT Activity Card	 Read for 20 minutes
Watch Extra Credit	Write your hero story	 Watch Math Park	 Watch Story Pirates	Watch InPACT at home
Learn about a family member's job	 Read for 20 minutes	Watch DIY Science Time	 60 mins. of activity	Write a story about your future self

career girls

Career Comics 1 Career Video: _____

Scan the QR code to visit the Career Girls website and find a career video that interests you. Then ask yourself: *What is this job like?* Create a comic starring you in this career. At the top, fill in the career and sign your name. Use words and pictures to tell what happens on the job!

I Want to Be _____ By _____



it's Storytime CHALLENGE

Protect Your Egg

Scan here for instructions from Live From the Opera House Episode 307: When I Grow Up

- A Raw Egg
- Foam
- Duct tape
- Masking tape
- White paper
- Colored Pencils
- Crayons

My Design Ideas:

How could I improve on my design for next time?

DID YOU KNOW?

A sports engineer focuses on preventing injury while enhancing the performance of the athletes. That includes what the athlete wears and uses, but also the sporting environment and the tools for analyzing the athlete's performance!

POWER UP WORDS

Iteration
Kinetic energy
Potential energy

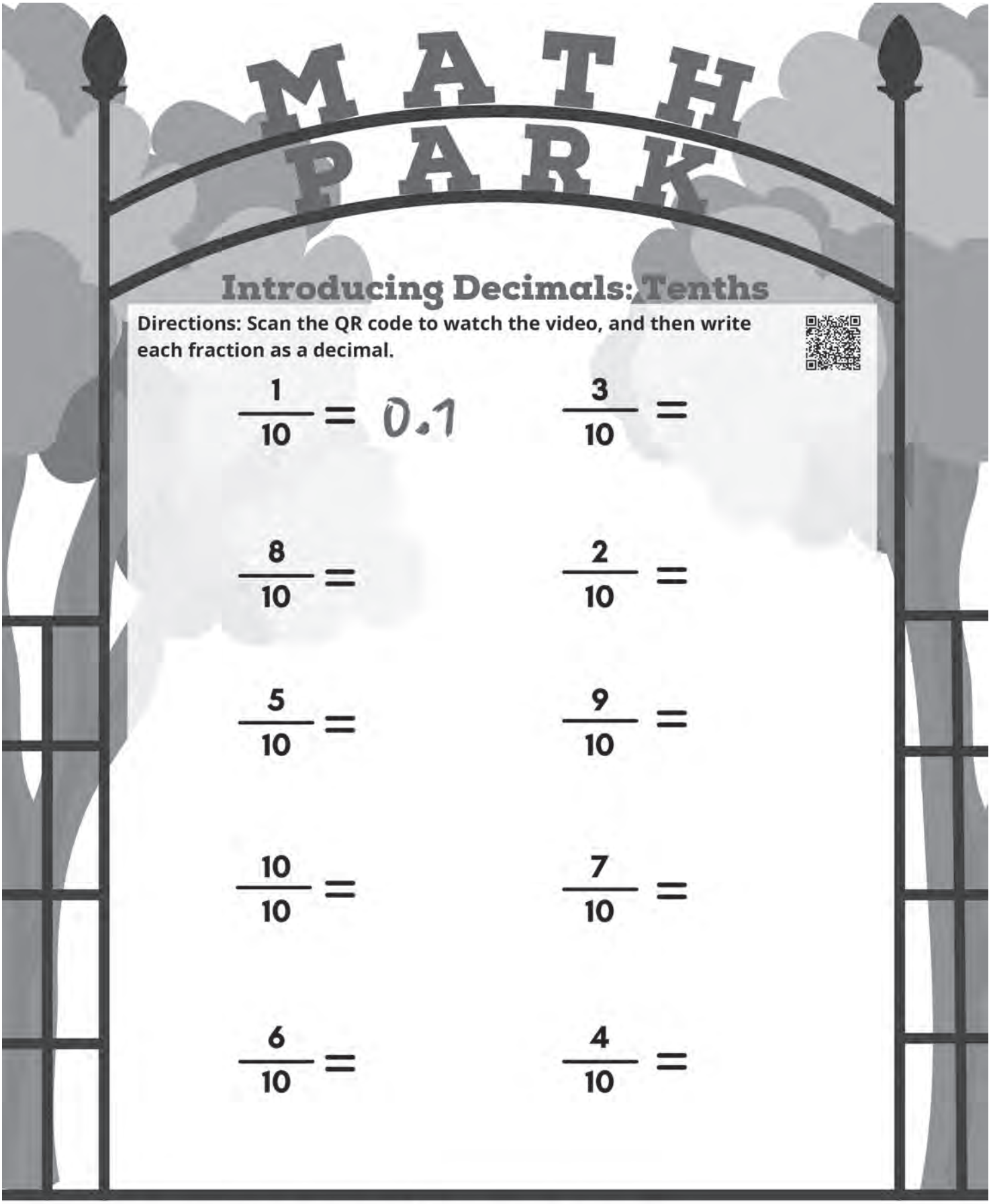
CAREER LIFTOFF

- Industrial Designer
- Physical Therapist
- Sports Technologist
- Simulation Engineer

Learning Standards: 3rd-5th Grade

3-5-ETS1-1. Define a simple design problem reflecting a need or a want that includes specified criteria for success and constraints on materials, time, or cost.

CITY OPERA HOUSE | TCAPS Traverse City Area Public Schools Great Community, Great Schools | Michigan LEARNING CHANNEL A PUBLIC MEDIA PARTNERSHIP | LIVE from the OPERA HOUSE it's Storytime



Introducing Decimals: Tenths

Directions: Scan the QR code to watch the video, and then write each fraction as a decimal.

$\frac{1}{10} = 0.1$ $\frac{3}{10} =$

$\frac{8}{10} =$ $\frac{2}{10} =$

$\frac{5}{10} =$ $\frac{9}{10} =$

$\frac{10}{10} =$ $\frac{7}{10} =$

$\frac{6}{10} =$ $\frac{4}{10} =$

Michigan Learning Channel | Math Park Episode 307

Activity Cards

Cut out the cards. When you're feeling antsy, try following the directions for one of the exercises!

Blast-Off Lunges

INSTRUCTIONS

1. Get into a lunge position with left leg forward, hips underneath you, and right leg behind your right hip.
2. Slowly sink into a lunge, trying to get your knee to touch the ground.
3. Immediately "blast off" by hopping upwards and into next lunge position with right leg forward and left leg behind.
4. If needed, instead of jumping into the next lunge position, jump with feet together and then bounce into lunge position.
5. Repeat as many rounds as possible.

Side Leg Lifts

INSTRUCTIONS

1. Start by laying on your side with your legs stacked on top of each other.
2. Slowly raise your top leg up towards the sky and then back down.
3. Complete 10 repetitions and then switch legs.
4. Complete 3 sets per leg.
5. For added challenge, tape a bag of water to the top leg for some added weight!

Tap Backs

INSTRUCTIONS

1. Stand up tall and proud with your feet together and hands on your hips.
2. Take your right foot and tap it right behind you, then place back to starting position.
3. Take your left foot and tap it right behind you, then place back to starting position.
4. Repeat as fast as can to get 100 tapbacks (50 on each leg).

Ski Jumps

INSTRUCTIONS

1. Start by standing tall with your feet shoulder width apart.
2. Using only your right foot, jump to the left about 2-3 feet and land on your left foot.
3. Gather yourself and then using only your left foot, jump to the right 2-3 feet and land on your right foot.
4. Repeat this as many times as you can for 30 seconds.

Bonus: After each time you jump, touch the ground with the same hand as the side you landed on. Ex: Land on your left foot, touch the ground with your left hand.

Cereal Bowl

INSTRUCTIONS

1. Lay flat on your back with feet together.
2. Bring your knees together and raise both legs up so that your feet are facing the ceiling.
3. In slow motion, stir the imaginary bowl of cereal with feet and keep hands under your bottom.
4. Repeat 30 times.

Lay Down Hip Stretch

INSTRUCTIONS

1. Start by sitting at the edge of a bed in a relaxed position with your feet hanging off.
2. Lay back, and pull your right knee towards your chest while keeping your left leg hanging off the bed.
3. Pull your knee until you feel a stretch in your left hip and hold for 10-15 seconds.
4. Relax, switch legs, and then repeat 2-3 times per leg.

Aligator Breath

INSTRUCTIONS

1. Stand with legs hip-width apart.
2. Spread arms out wide and inhale as you reach outward.
3. When you exhale, clap your hands together as many times as possible like baby alligator jaws.

Cloud Watching

INSTRUCTIONS

1. Find a day where there are a lot of clouds in the sky.
2. Lay down on your back on the ground or in the grass and look up into the sky.
3. Watch and admire all the different clouds. Look at the different shapes they make, how fast/slow they're moving, and where they are moving to!

This page was left blank to cut out the activity on the other side.

DIY Electroscope

FUN FACT

Lightning is a form of static discharge and lightning strikes have been recorded at distances of 10 miles. If you are close enough to hear thunder, it's important to take shelter.

MATERIALS

- Glass jar or cup
- Cardstock
- Copper wire
- Aluminum foil
- Straw
- Scissors
- Pencil
- Balloon

DIFFICULTY

STATIC ELECTRICITY

Static electricity is a stationary electric charge. This charge is typically produced by rubbing two objects together. The friction causes electrons to transfer from one object to another to create a build up of electrons, or static charge.

VISIT

DIYSCIENCETIME.ORG

FOR MORE SCIENCE FUN!

What happens if you plant a lightbulb in a garden?

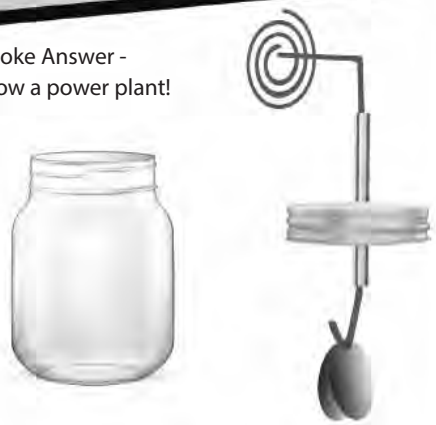
*Answer on the next page

ALABAMA PUBLIC TELEVISION

DIY SCIENCE TIME

"Science is wherever YOU are!"

*Joke Answer -
You grow a power plant!



DIY *Electroscope*

EXPERIMENT

Step 1: Create a card stock lid for the top of your jar (about 1 inch larger than the jar). Carefully pierce a hole in the center of your lid.
Step 2: Cut the straw to approximately 3 inches in length and push through the hole in your card stock lid.
Step 3: Cut a length of the copper wire approximately 10 inches. Use approximately 4 inches of one end of the wire to create a flat spiral. Run the straight end of the wire down, through the straw and into the jar.
Step 4: Carefully cut two, 1 inch oval-shaped pieces of aluminum foil. Pierce a small hole in one end of each piece and using the copper wire inside the jar as a hook, hang them next to each other inside the jar.
Step 5: Use your electroscope to detect static charge on different objects by placing them near the wire spiral.
Step 6: Hold the blown up balloon up to the wire spiral of your electroscope. Then try rubbing the balloon against your hair and then hold the balloon to the wire spiral of your electroscope and observe any differences.

WHY IT WORKS

Rubbing a balloon against your hair transfers electrons from your hair to the balloon. This transfer of electrons will cause the balloon to become more negatively charged. When you move the balloon closer to the electroscope, this will cause the negatively charged electrons on the copper wire to move down and away from the balloon. The electrons move down the copper wire and transfer onto the pieces of foil. Now both pieces of foil have the same charge and want to repel one another. This causes the aluminum pieces to spread apart.

EXTEND YOUR LEARNING

- What other objects can you test?
- Could you create a scale to measure how far your aluminum pieces separate?
- What do you think causes them to separate more or less?
- Could the aluminum foil be replaced with something like paper? Would your electroscope still detect charges?

WORKFORCE CONNECTION

Electrostatic discharge engineers are scientists that focus on minimizing or eliminating electrostatic discharge. Their jobs require them to understand how the build up and discharge of electrons can impact sensitive electronics. For example, eliminating sparks created by static electricity is critical for the safety of astronauts working on space equipment. Even the slightest spark of electricity could ignite catastrophic fires when working in space.

WRITE YOUR STORY!

Write a title in the box below, then use the characters, emotions, and dialogue from earlier in this book to create a story!

WRITE YOUR STORY!