

ARCTIC EXPLORERS

5 DAYS OF AFTER SCHOOL LESSON PLANS

GRADES K-5

**BEST
DAY
EVER!**



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ARCTIC EXPLORERS

Children will have “snow” much fun in this interactive week of activities! Key learning concepts will be fun and exciting as discoveries are made and games are played! While the lesson plan incorporates many different Pennsylvania Learning Standards, children will engage in specific activities that meet the PA Standard Areas of Science, Social Studies, Health, Wellness, and Physical Development, and Visual Arts.

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SCHEDULE

DAY 1: MAKER MONDAY

SNOW FRIEND STRESS BALLS 30 MINUTES

DAY 2: STEM TUESDAY

SNOWBALL SUMS BINGO 30 MINUTES

DAY 3: AROUND THE WORLD WEDNESDAY

SNOW TRADITIONS AROUND THE WORLD 30 MINUTES

DAY 4: ARTSY THURSDAY

SNOWGLOBE ART 30 MINUTES

DAY 5: FIT FRIDAY

SNOWBALL POPPER CHALLENGE 30 MINUTES

MATERIALS LIST

- White balloons
- Funnels
- Spoons
- Black and orange permanent markers
- Flour
- Snowball Sums Bingo Cards
- Bingo chips or markers
- Dice
- World map or globe
- Clear plastic 7" plates
- Dark blue construction paper
- White, orange, brown, and black paint
- Paintbrushes
- School glue
- Scissors
- Artificial snow or small, white pieces of paper
- Paper cups
- White pompoms
- Bins or empty trash cans

SHOPPING LIST

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DAY 1: MAKER MONDAY

SNOW FRIEND STRESS BALLS



ACTIVITY/CONCENTRATION

Description of Activity:

- **STEP 1:** Give each student a white balloon. Have them take turns using spoons to funnel flour into their balloon until it is filled.
- **STEP 2:** Tie off the opening to the balloon.
- **STEP 3:** Have students use permanent markers to draw a snow friend face onto the balloon, using black for the eyes and mouth and orange for a carrot nose.
- **STEP 4:** Share with students that these snow friend stress balls can be used to help them when they are feeling nervous or excited and having a hard time sitting still. They can squeeze them to release their built-up energy and to keep their hands busy! Keep these stress balls in their desks or in a place where they can remember to use them when they need something to do with their hands.



DURATION/SCHEDULE

30 minutes



MATERIALS

- White balloons
- Flour
- Orange and black permanent markers
- Funnels
- Spoons



LEARNER MODIFICATIONS



GOALS/OBJECTIVES

- Use nonconforming objects to create representations of real-life objects
- Complete multi-step tasks with independence



STANDARDS

- 9.1.D 2.E
- AI.2 2.B