

Kentville PLAYS KIT



Family Kit #2



Kit Overview

This week's kit expands on some of the activities and items we used last time, and also provides you with new items and hobbies to explore! Add this folder to your rec binder to keep it safe!

Your Family Scrapbook	3
Painting	4
Before you start	4
Color Wheel	5
Painting Tips	6
Paint Your Path	7
Planting	8
Fitness	9
Fitdeck	9
Sock Ball Games	11
Build a Shelter	12
Mindfulness	13
Making Mindful Bubbles	13
Feelings Wheel	14
Table Talk Questions	15
Friendship Bracelets	23
Pottery	24
Chess	25
Card Tricks	35
American Sign Language	37
Coloring	38
We Need Your Feedback!	59

Included in this week's kit:

Seeds
Soil
String
Beads
Paint
Paintbrushes
Cardboard box
Bubbles
Clay

What you'll need from kit 1:

Card deck
Crayons
Ruler
Scissors

Your Family Scrapbook

Hopefully you've been making daily use of your scrapbook/rec binder! Don't forget to use it to set goals, reflect on the activities you explore in your kit, and your daily life in general. Here are a few more prompts to keep you motivated. Discuss them as a family. Try and sit down together at the end of each day and answer one question together to log in your scrapbook (or do them altogether at the end of the week). If you'd rather, draw it out, paint it or write a poem together!

- What did you do today? What did your family members do today?
- What are three things you can't go without?
- When do you feel happiest?
- Finish this thought: *Nobody knows that I . . .*
- Have you ever done something that you thought you couldn't?
- What would you like to tell your future self?
- How have you learned from your biggest mistakes?
- What do you love most about life?
- Have each person list 10 things that make them smile, decorate the page together!
- What do you think your body would say if it could talk?

Grab your crayons to add a splash of color! Doodle or add drawings to add to your reflections.

Family Tree

So far, you've created self portraits of yourselves and each other. Now we're going to get out our paint and make a family tree! This is an activity you can all do together. Before you start, check out the next few pages for tips and tricks for painting!

As a family. Sit down and come up with a family slogan that suits you all. Is it funny? Heartwarming? You decide!

Next, paint the base of your tree.

Once you have that, have each family member pick a color to represent them.

Pour your paint (not too much! You can always add more paint, but you can't always pour it back). Have each person paint or dip their hand in their color.

Stamp your hands so that they become the leaves of your tree!

Write your family name and the slogan you came up with above or below your art. If you want to, you can label each person's hand too.

You can keep it in your scrapbook, or even frame and hang it up for guests to see!





Painting

Painting can be a great therapeutic activity when you're stuck inside on a rainy day, or if you want something to do while you're enjoying nature and want to capture the scene. Can't bring yourself to leave the tv screen? No problem! Painting is awesome because it's something you can do while you're listening to music, talking to your friends over zoom, or watching Netflix. Call up your friends for a paint night focused on one of the following activities, or take some time for yourself away from family and housemates and make something.

Maybe you enjoy painting more when it's for something or someone. Maybe you enjoy painting just for the activity itself! See what you enjoy the most about painting as you go through these activities.

Before you start

Before getting started with your painting activities, make sure you find a nice flat surface. Be sure to lay down newspapers, garbage bags, or whatever you have available to prevent paint from leaking through your work or spilling. You'll also want to get yourself a dish of warm water to rinse your brushes between colors, and some paper towel or a cloth to dab away any mistakes you make (or to catch any of the previously mentioned spills!). Try not to wear anything you'd be upset to get some paint on.

Your paint set includes your primary colors (blue, red and yellow), along with black and white. This lets you get started by mixing your own shades without being wasteful. The next page gives you a mixing chart for finding the colors you'd like to use. Test with as **little paint as possible** so you don't end up with too much, or run out of paint early! You can always add more if you need to. You can use paper, a dish, or whatever you don't mind getting paint on as your palette.

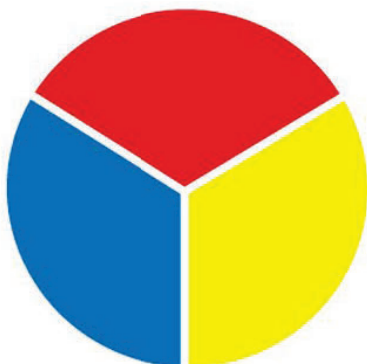
The color wheel will show you how to create different colors from the ones you've been provided. As you begin painting, you'll notice different tones and shades. Your white and black paint can help you create different tones by adding them to the different colors you create on the wheel. Your first painting activity includes some tips for painting with acrylic paint and working on canvas.

Make sure you also check out the painting tips page before you begin!

The Color Wheel



**Primary
Colors**



**Secondary
Colors**



**Tertiary
Colors**





Tips from artist Sam Hall on getting started with your paint:

A little about the paints: Acrylic paint is inexpensive, versatile, and dries very quickly, so you can paint over mistakes almost immediately. It will wash off your hands but may stain clothes and surfaces. You may want to place a newspaper or a garbage bag below your canvas while you work!

Setup: big cleaning water, small mixing water, rag for wiping, brush

Place your palette, water, and a rag on the side you write with, so you won't be reaching across yourself every time. Place your brushes and paints on the other side.



Acrylic dries fast, but you can spray your palette with water now and then to keep the paint usable for longer periods. Don't leave your brushes standing in the water, as long periods of soaking will damage them. Make sure to clean them right away so that paint doesn't dry in the bristles.

Starting Your Painting!

If you'd like, find a photo or still life to work from. You may find it helpful to try some practice sketches on paper before you begin painting.



Start by mixing some **very thin paint**, by loading up your brush with clean water and mixing a little paint into it. Begin with your *underpainting*- the rough sketch that will be your blueprint as you paint.

Focus on really getting the big shapes down how you want them- don't worry about detail yet.

Don't worry if you make a mistake, as you'll be painting over most of this- although you can leave parts of the underpainting visible if you'd like!



When you're happy with the underpainting, you can start layering more paint in! **Let each layer dry before you paint over the area.** Again, try to start with the biggest and most general areas, then work towards getting more specific and detailed. Use your bigger brushes for as long as possible, so as to not get bogged down in detail too early. Try experimenting with different kinds of brushstrokes and mark making!

You can thin acrylic paint with water to use it like watercolour! With your canvas lying flat, mix clean water with a little paint. Load your brush and paint a broad, straight stroke across the canvas. Working quickly, reload your brush and paint the next stroke just below (barely touching) the first, so that they flow into each other. Try not to go back over these areas until they're dry. You can layer washes like this over and over each other to create some beautiful colours and textures.



Paint Your Path

Some of us enjoy making art more when we have a goal or purpose in mind. Whether that means making a gift for someone else, or making a room more colorful, it can be a great way to motivate yourself on a rainy day.

For this activity, you'll be painting messages to the community and making them a map to solve your puzzle. This activity is great because you can work on different parts of it depending on the weather.

- 1) On a nice day, go out and collect 20 perfect rocks
- 2) On a rainy day,
 - a. Write a 20-word story, joke or message for friends or neighbours to enjoy (feel free to use more words if you collect enough rocks!)
 - b. Paint each of your rocks the same color or design and choose a word from your story for each one.
 - c. Design your map and decide where around your neighbourhood you would like to plant them for community members to find. Mark each spot on the map (in order).



- 3) On a sunny day, go out and place your story around the neighbourhood!
- 4) Share your map on our page or with friends. If you want to make it extra challenging, you can mark the map randomly and challenge others to figure out the order.

As you complete the steps in this activity, think about how you feel or what you achieve with each one. Get out your journal and answer this question.

What parts of this activity did you like best?

- Getting outside
- Painting on your own
- Exploring your community
- Making and marking a route on your map
- Having something to share with people you haven't been able to see.

Maybe it was something completely different. That's great! Write it down. Think about how you can explore the parts you liked best more throughout your day. See what you come up with!

Planting

You may be wondering why your kit includes a cardboard box. It's for your soil! This is where you'll be planting **swamp milkweed** for nearby butterflies! Milkweed is the **only** food that some species of butterflies eat, and the use of pesticides in fields and meadows makes it harder for them to find it. That's where you come in! As a family, sit down and plant your milkweed. You'll grow it inside until it starts to sprout, and then you can plant it outdoors for caterpillars and butterflies to munch on! This activity is brought to you by **Flying Squirrel Adventures!**

Step 1:

Pour your soil into the box provided. Try and layer it evenly over the bottom. Pack it down gently.



Step 2:

Place two seeds every inch or two and cover them with soil.



Step 3:

Place them somewhere sunny and water them every few days, they like to be kept moist!



Step 4:

As they grow, draw or take pictures of them as a family. Record what it looks like when you plant them, as they start to sprout, and as you notice that they're getting much bigger or starting to flower.



Step 5:

Plant them in the ground in June or July for the butterflies in your neighbourhood!



Flying Squirrel Adventures is a free nature program for young and old in the heart of the Valley. We help people connect to the natural world through outdoor events and nature activities. Sometimes it's not possible to get outside so we created this activity kit to bring nature into your home. We hope you enjoy it!

We would love to see your creations and get your feedback on this activity kit.



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Fitness

Let's get moving! Take out your journal. Take a look at your fitness goals over the past few weeks. Did you meet your objectives? Was it a little too hard? Maybe it was too easy! Before you get started on your goals for this week, reflect on what you think went well and what you can keep improving on. Discuss these questions as a family and write down your answers to hold each other accountable and remind one another of what seems to work and what doesn't for each person.

Have you noticed any patterns in your exercise routine? Have you noticed patterns in anyone else's? Are some days easier than others to get motivated? What motivates each of you? Are some days easier than others when you're actually doing your workout activity? Do you ever dread a workout or activity and then feel way better afterwards?

Try and write down things you think make it easier or more challenging for you personally. Maybe you find it really hard to get motivated or to get the energy to move your body at certain times of day. Try and pinpoint when you enjoy exercising most and what workouts are your favorite.

Fitdeck

Pull out your fitdeck! This kit includes a new set of exercises to try out! You can assign each of the activities below to the card suits like you did in your first kit, or mix and match between the two. Have everyone take turns drawing cards and do the workout as a family!

Lunges can help you develop lower-body strength and endurance. When done correctly, lunges can effectively target your lower-body muscles without placing added strain on your joints.

1. Stand tall with feet hip-width apart. Engage that core!
2. Take a big step forward with right leg. Start to shift your weight forward so heel hits the floor first, but still keeping your back **straight**.
3. Lower your body until right thigh is parallel to the floor and right shin is vertical. It's ok if your knee shifts forward a *little* as long as it doesn't go past your toe. If mobility allows, lightly tap left knee to the floor while keeping weight in right heel.
4. Press into your right heel to drive back up to the starting position and repeat on the other side (on the spot) OR step from one side forward into the other (walking lunges).





Leg Raises, despite the name, work your abs more than your legs. They can also improve strength and flexibility in your back and hips. We've done core exercises before, but this one focuses specifically on the **lower abs**, which makes it especially challenging. Try it out!

1. Lie on your back, **legs** straight and together.
2. Keep your **legs** straight and lift them all the way up to the ceiling until your butt comes off the floor.
3. Slowly lower your **legs** back down till they're just above the floor. Hold for a moment.
4. Raise your legs back up. Repeat.

Tricep Dips are an exercise that you can use to build your arms at home, at the gym, or even on a park bench during your morning run. The dip's accessibility makes it a versatile exercise, but you need to be careful about form to stay safe and get the best results. Try tricep dips on a park bench, or the ground and see what works best for you. The instructions below outline the bench dip, but the only differences between the two are that your bum may touch the ground if starting on the floor, and your knees will be bent the whole time.

1. Scoot off of your seat, supporting yourself with your hands. Drive your weight into the palms of your hands and the soles of your feet, with straight arms as shown. Your legs should still have a slight bend so as not to lock your knees!
2. Slowly begin to lower yourself until your arms reach a 90-degree angle, engaging your core and leg muscles. As you lower, think about keeping your elbows from flaring out. They should stay pointed directly behind you.
3. Don't let your bum touch the ground! Pause for a moment once your elbow reaches 90 degrees. Slowly return to your starting position and repeat.



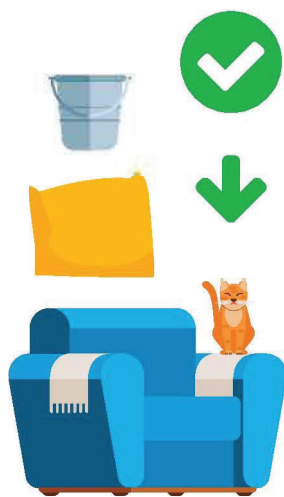
V-Sits work **all** of your abdominal muscles and then some! They're excellent for exercising your back and upper leg muscles as well, and test your balance.

1. Start in a seated position with your knees bent and feet **off** the floor. Your chest should be open and lifted.
2. With your arms by your sides, slowly unfold from your seated v as you lower your torso and legs toward the floor. Stop when your legs are just above the floor. Hold for a moment. Be sure to keep your head and shoulders lifted and your lower back pressed into the mat.
3. With your core tight and tucked, use your abs to return to the starting position.
4. Repeat, keeping your abs engaged instead of relying on gravity; if it gets too hard, then keep your knees bent as you lower down!



Keep logging your workouts and setting new goals! Don't forget to reflect each week on your challenges and improvements!

Active for Life Sock Ball Games



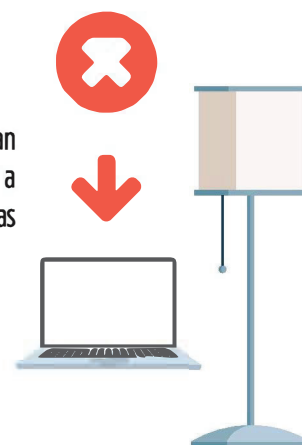
1. PREPARE YOUR PLAY AREA

Remove breakable objects such as lamps, electronics, flower vases, etc. The play area can be a bedroom, living room, or anywhere there is enough space to throw, catch or kick a ball and swing a simple bat. Objects like pillows, chairs, sofas and boxes can be used as goals or targets for some games.



2. MAKE A SOCK BALL

Roll and fold a pair of socks inside each other. For larger balls, use 3-4 pairs of socks, or use heavy adult-size work socks.



SOCCER

One player: Practice shooting on a "goal" (living room sofa, door opening, laundry hamper laid on its side).

Two or more players: Play a game 1-versus-1 or 2-versus-2 (use sofas, doorways, etc. as goals).

3. GET READY TO PLAY!

BASKETBALL

One player: Practice shooting on a "basket" (laundry hamper, small cardboard box, or other container turned upright).

Two or more players: Play 1-versus-1 or 2-versus-2 in a competitive shootout challenge. Take turns shooting from different distances. No blocking allowed.



BOWLING

Set up 6 empty milk cartons or plastic bottles as bowling "pins."

One player: One child can play alone after a parent shows how to setup the bowling pins.

Two or more players: Play against each other in a competition.



THROW AND CATCH

Stand 3-5 metres apart and throw to each other.

Start with gentle underhand throws.

As throwing and catching improve: throw faster, throw overhand, and even try trick throws (throw from behind your back, under your legs, from behind your head, etc.).



DODGE BALL

Make two or three sock balls per person.

Players are allowed to pick up balls from opponents and throw back at them.

Players are only permitted to throw from their "home base" (sofa, bed, or other designated place).

No "elimination" when you are hit—keep playing.



BASEBALL BATTING

Use a cardboard tube, roll a newspaper with tape, or get a plastic vacuum cleaner pipe to use as a baseball bat.

Take turns pitching and batting the sock ball

With three or more players, extra players are "fielders" who try to catch the ball after it has been hit.

After 10 hits, change batters.



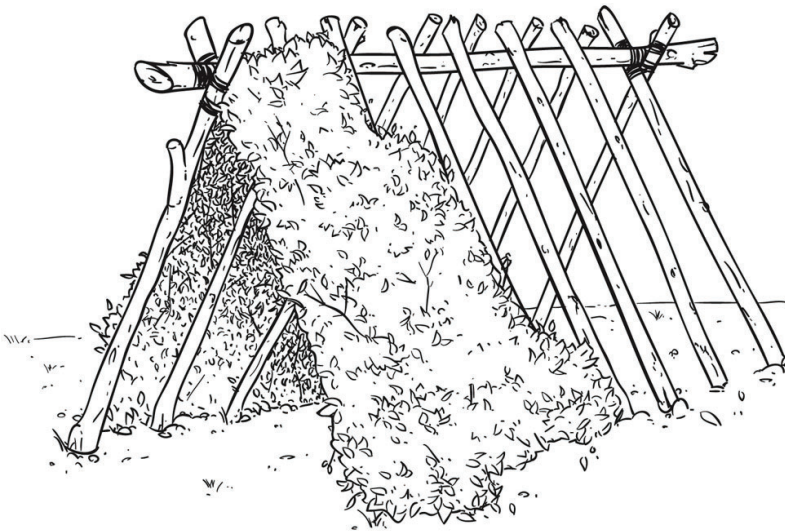
Build a Shelter

Connect with nature and learn a new skill! The following instructions will help you build an **A-Frame Shelter**. A-Frame Shelters are awesome because they're easy to build and all you need is nature! It's an awesome skill to have and gives you a space all to yourself wherever you are.

How to Build the Shelter:

1. Find one long, sturdy branch. It should be a few feet longer than your height.
2. Prop one end of branch up on a tree stump or log. Alternatively, you can prop it up on two shorter branches, making an A shape.
3. Lean shorter branches against the branch. Now you have a frame.
4. Now cover the frame with leaves, branches, or other brush.

You can also make this survival shelter against fallen trees. Or, for a larger A-frame shelter, prop up both ends of your long branch.



Mindfulness

This week, we've added a few more mindfulness activities for you to practice as a family – or on your own!

Mindful Eye Spy

When you or a family member is feeling anxious or stressed out, take a moment to slow down and mindfully observe your surroundings together.

From where you're sitting, can you see something that matches each color of the rainbow?



Making Mindful Bubbles

Break out your bubbles! For two minutes try blowing bubbles
With your family or on your own. It's okay if you don't make the best bubbles.
Just keep trying!

Focus on your breath, what happens to your bubbles
if you change the way you breathe?

How big a bubble can you blow?

Let go of any judgement of yourself or those around you.
Have fun!



This circular diagram illustrates 100 emotions, organized into five primary categories, each with a distinct color and further subdivided into specific emotional states.

- Happy (Yellow):**
 - Good: Joyful, Free, Cheeky, Aroused, Energetic, Awe, Astonished, Perplexed, Dismayed, Shocked.
 - Bad: Tired, Stressed, Busy, Bored, Scared, Anxious, Insecure, Weak, Rejected, Threatened, Let down, Humiliated, Bitter, Mad, Aggressive, Frustrated, Distant, Critical, Disapproving, Disappointed, Awful, Repelled, Hurt, Depressed, Guilty, Despair, Vulnerable, Lonely, Optimistic, Trusting, Peaceful, Powerful, Accepted, Proud, Interested, Content, Playful, Excited, Amazed, Confused, Startled.
- Sad (Blue):**
 - Lonely: Isolated, Abandoned, Victimized, Fragile, Grief, Powerless, Ashamed, Remorseful, Empty, Inferior, Disappointed, Embarrassed, Hesitant, Horrified, Detestable, Nauseated, Revolted, Appalled, Embarrassed, Judgmental, Dismissive, Skeptical, Numb, Withdrawn, Annoyed, Infuriated, Hostile, Provoked, Jealous, Furious, Violated, Indignant, Ridiculed, Disrespected, Resentful, Betrayed, Exposed, Nervous, Persecuted, Excluded, Insignificant, Worthless, Inferior, Inadequate, Worried, Overwhelmed, Frightened, Helpless, Indifferent, Apathetic, Pressured, Rushed, Overwhelmed, Out of control, Sleepy, Unfocused.
- Angry (Red):**
 - Disgusted: Disapproving, Disappointed, Awful, Repelled, Hurt, Depressed, Guilty, Despair, Vulnerable, Lonely, Optimistic, Trusting, Peaceful, Powerful, Accepted, Proud, Interested, Content, Playful, Excited, Amazed, Confused, Startled.
- Fearful (Orange):**
 - Disgusted: Disapproving, Disappointed, Awful, Repelled, Hurt, Depressed, Guilty, Despair, Vulnerable, Lonely, Optimistic, Trusting, Peaceful, Powerful, Accepted, Proud, Interested, Content, Playful, Excited, Amazed, Confused, Startled.
- Surprised (Purple):**
 - Disgusted: Disapproving, Disappointed, Awful, Repelled, Hurt, Depressed, Guilty, Despair, Vulnerable, Lonely, Optimistic, Trusting, Peaceful, Powerful, Accepted, Proud, Interested, Content, Playful, Excited, Amazed, Confused, Startled.



Table Talk Questions

When everyone has their own schedule, it can be hard just getting together for a meal. Sometimes, once you do, you can't even think of anything to say! The next few pages offer some "Table Talk" questions to get the conversation rolling. Cut out each question and shuffle them up, so you have new topics to cover each time you want to spend family time together.

**TABLE
TALK**

IF YOU JOINED
THE CIRCUS,
WHAT WOULD
YOUR CIRCUS
ACT BE?

**TABLE
TALK**

IF YOU WERE
PRINCIPAL OF
YOUR SCHOOL,
WOULD YOU
CHANGE
ANYTHING?
WHAT?

**TABLE
TALK**

DO YOU THINK YOU
HAVE TOO MUCH
FREEDOM, OR NOT
ENOUGH?

**TABLE
TALK**

WHAT
PERSONALITY
TRAITS DID
YOU GET FROM
EACH OF YOUR
PARENTS?

**TABLE
TALK**

WHAT'S THE
FUNNIEST THING
THAT HAPPENED
TO YOU TODAY?

**TABLE
TALK**

WHAT WAS
YOUR FAVORITE
BOOK OR MOVIE
FROM LAST
YEAR? WHAT
DID YOU LIKE
ABOUT IT?

**TABLE
TALK**

WHEN IS IT
ESPECIALLY
IMPORTANT TO SAY
'THANK YOU?' DO
YOU NOTICE WHEN
PEOPLE THANK YOU,
OR FORGET TO
THANK YOU?

**TABLE
TALK**

TALK ABOUT
TWO THINGS
FOR WHICH YOU
FELT THANKFUL
OR GRATEFUL
FOR TODAY.

**TABLE
TALK**

**WHAT IS YOUR
PROUDEST
MOMENT SO FAR?**

**TABLE
TALK**

**WHAT DOES IT
MEAN TO BE
SUCCESSFUL?**

**TABLE
TALK**

**WHO IS A ROLE
MODEL FOR YOU AS
A CARING
PERSON?**

**TABLE
TALK**

**WHAT DOES IT
MEAN TO BE
INSPIRED?**

**TABLE
TALK**

**WHAT WOULD YOU
SAY TO
SOMEONE WHO
WAS SAD?**

**TABLE
TALK**

**WHAT TRAITS
ABOUT YOUR
MOM OR DAD
WOULD YOU
LIKE TO HAVE
WHEN YOU ARE
A GROWN UP?**

**TABLE
TALK**

**WHAT DOES IT
MEAN TO BE BRAVE?**

**TABLE
TALK**

**IF YOU COULD GO
TO ANY COLLEGE
OR UNIVERSITY,
WHICH WOULD
YOU CHOOSE?**

**TABLE
TALK**

IS IT ALWAYS A
GOOD THING TO BE
LOYAL? WHEN
MIGHT IT NOT BE?

**TABLE
TALK**

TELL ME SOME-
THING ABOUT
YOU THAT YOU
THINK I MIGHT
NOT KNOW.

**TABLE
TALK**

WHO AT SCHOOL
DO YOU FEEL MOST
EXCITED TO SEE IN
THE MORNING?

**TABLE
TALK**

WHAT IS YOUR
FAVORITE
FAMILY
TRADITION?
WHY?

**TABLE
TALK**

IF YOU HAD THREE
COOKIES AND
FIVE FRIENDS,
WHAT WOULD YOU
DO TO MAKE IT
FAIR FOR
EVERYBODY?

**TABLE
TALK**

TALK ABOUT
SOMETHING
NICE SOMEONE
DID FOR YOU
THIS WEEK, OR
SOMETHING
THAT MADE YOU
FEEL BETTER.

**TABLE
TALK**

WHAT MAKES YOU
FEEL LOVED?

**TABLE
TALK**

IF YOU COULD GO
ANYWHERE ON
VACATION,
WHERE WOULD
YOU CHOOSE?

Friendship Bracelets

It can be hard to find ways to connect with others right now, especially while distancing ourselves. Create a friendship bracelet for someone you miss or want to show appreciation for!

What you'll need:

Scissors
String
Beads
Something to keep your bracelet in place

Getting Started:

1) First, cut 60cm of your mini yarn and hold the end in place with tape, a clipboard, or whatever you have available. Then, cut a second, 100cm piece. Connect the pieces with a knot that marks the midway point of the long cord, and that's 6cm from the top of the first cord, as shown in the photo below.

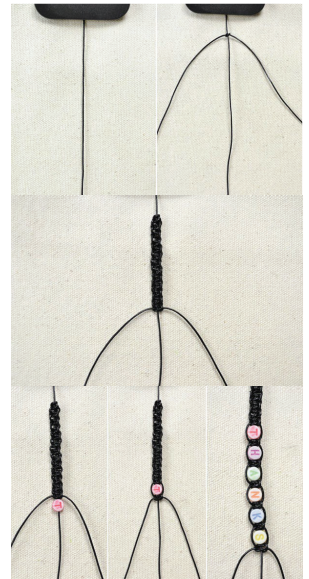
2) Make fourteen **square knots** (take a look at your knot guide from kit 1!) with the two **outer cords**.

3) Slide a bead onto the **middle cord**. Tie another square knot after it.

4) Continue sliding one bead at a time and securing it with the square knot until you are happy with how it looks.

5) Tie thirteen more square knots, then trim the excess of the outer cords, making a little knot to clean them up

6) Line up and overlap both ends of your middle cord. Cut another 15cm and tie six more square knots around the middle cords. Then cut off any extra cord and tie a knot. Trim any bits that are messy!



You're done! Now give your gift to whomever you choose!



Pottery

Your kit this week comes with air dry clay. You can create lots of awesome things with it, but since it doesn't go in a kiln or oven, it is **not food safe**, so don't make a mug or bowl that you plan on eating from! We're going to print plants in clay! This activity is a simple one to introduce you to pottery, but it will take place over a few days, as the clay takes a long time to dry! If you have any clay leftover once you're done, put it in a ziplock bag with a sprinkle of water to keep it fresh, and think of what else you can make!

Before you begin:

Your clay comes with instructions on the back of the package, as well, but **FIRST**, we need to get outside collect some nature for our art! Go for a trail walk or gather materials while you're outside doing another activity. Anything that catches your eye will work, but gather some flowers, grass, leaves, shells, pinecones, whatever you like. This is what we'll be pressing into our clay.

Once you've collected your nature, make sure you have a clear space that you don't have to worry about getting messy. Get yourself a bowl of **warm water**, a **cloth or paper towel** to clean as you go, and a **rolling pin** (anything you can roll with – like a smooth **water bottle**) or **something to press your clay down flat with like a book**. Make sure you dress for the mess!

Getting Started:

- 1) After you unwrap your clay, you'll want to dip your hands in water as you start to handle it. Notice the texture. How does it feel in your hands? As you knead it with your fingers, start to flatten it out. Grab whatever you have at home to flatten it, you'll want it to be no more than 1cm thick. Don't use too much clay, and make sure it's in a shape you like. You can add a hole or groove in the back if you think you'd like to hang it or give it to someone as jewelry.
- 2) Take your collection of nature and start pressing it into the clay (dried plants are fine, but fresh ones will make for sharper, more pronounced lines) with whatever you're using to press it down.
- 3) Once it's pressed down, remove all of your materials from the clay. You may need to pick some pieces out with your fingers or a pair of tweezers if you have them. If you want, you can press stones or even beads from your bracelet activity into it to make a border!
- 4) Now you'll leave your piece to dry for **at least one day**, maybe longer if it still doesn't feel dry enough. You might want to leave it under a flat heavy object to make sure the clay doesn't curl or warp as it hardens. This piece may also act as a mold if you want another set of prints that look like they're coming out at you. **It will be delicate as it dries**, but don't worry, you have plenty of clay for multiple attempts. The pictures shown use *far* more than is needed!
- 5) If you would like to, make a second print by using your **now completely dry** original. Keep in mind, it *will* be delicate!
- 6) Depending on the shape you've made, you may be able to make a piece of jewelry out of it! You can use your bracelet making materials, as well as the leftover paint from kit 1 (You've received black and white this time so you can play with shades and tones even more)! Once it dries, hang it, place it or give it to someone! You're done!



Chess

Chess is a famous board game that exercises your mind. Chess can raise your IQ, prevent Alzheimer's, promote creativity, improve reading skills, memory, problem-solving skills, and concentration skills. It also teaches us the importance of planning and foresight. This helps us make educated decisions in situations and shows us how different actions lead to different consequences. The next few pages include a guide to the rules of chess, as well as a chess board and pieces you can cut out to use at home. This is a game that you can teach your kids to play together, and will keep their brains sharp, but don't forget to sit down and play with them or your own peers from time to time!

Rules

Chess is a game played by two people on a chessboard, with sixteen pieces (and six types) for each player. Each type of piece moves in a distinct way. The goal of the game is to checkmate, that is, to threaten the opponent's king with inevitable capture. Games do not necessarily end with checkmate – players often resign if they believe they will lose. In addition, there are several ways that a game can end in a draw.

Besides the basic movement of the pieces, rules also govern the equipment used, the time control, the conduct and ethics of players, accommodations for physically challenged players, the recording of moves using chess notation, as well as provide procedures for resolving irregularities which can occur during a game.

Initial Setup

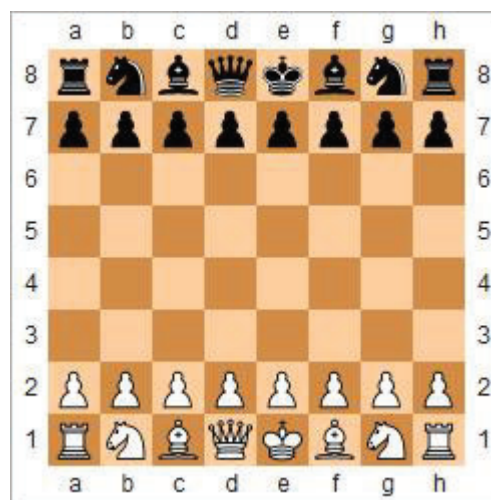
Chess is played on a chessboard, a square board divided into 64 squares (eight-by-eight) of alternating color, which is similar to that used in checkers. No matter what the actual colors of the board, the lighter-colored squares are called "white", and the darker-colored squares are called "black". Sixteen "white" and sixteen "black" pieces are placed on the board at the beginning of the game. The board is placed so that a white square is in each player's near-right corner. Horizontal rows are called ranks and vertical rows are called files.

At the beginning of the game, the pieces are arranged as shown in the diagram to the right.

For each side, there is one king, one queen, two rooks, two bishops, two knights, and eight pawns.

Pieces are placed, on each square, as follows:

- The **rooks** are placed on the outside corners, right and left edge.
- The **knights** are placed immediately inside of the rooks.
- The **bishops** are placed immediately inside of the knights.
- The **queen** is placed on the central square of the same color of that of the player: white queen on the white square and black queen on the black square.
- The **king** takes the vacant spot next to the queen.
- The **pawns** are placed one square in front of all of the other pieces.



People often say "queen on her own color" and "white on right" to remember where to place pieces. The latter refers to setting up the board so that the square closest to each player's right is white.



Gameplay

The player controlling the white pieces is named "White"; the player controlling the black pieces is named "Black". White moves first, then players alternate moves. Making a move is required; it is not legal to skip a move, even when having to move is detrimental. Play continues until a king is checkmated, a player resigns, or a draw is declared, as explained below. In addition, if the game is being played under a time control players who exceed their time limit lose the game.

The official chess rules do not include a procedure for determining who plays White. Instead, this decision is left open to tournament-specific rules (e.g. a Swiss system tournament or Round-robin tournament) or, in the case of non-competitive play, mutual agreement, in which case some kind of random choice is often employed. A common method is for one player to conceal a piece (usually a pawn) of each color in either hand; the other player chooses a hand to open and reveal their color. Play then commences with white.

Movement

Each type of chess piece has its own method of movement. A piece moves to a vacant square except when capturing an opponent's piece.

Except for any move of the knight and castling, pieces cannot jump over other pieces. A piece is captured (or taken) when an attacking enemy piece replaces it on its square (en passant is the only exception). The captured piece is thereby permanently removed from the game. The king can be put in check but cannot be captured.

The king moves exactly one square horizontally, vertically, or diagonally. A special move with the king known as castling is allowed only once per player, per game.

A rook moves any number of vacant squares in a horizontal or vertical direction. It also is moved when castling.

A bishop moves any number of vacant squares in any diagonal direction.

The queen moves any number of vacant squares in a horizontal, vertical, or diagonal direction.

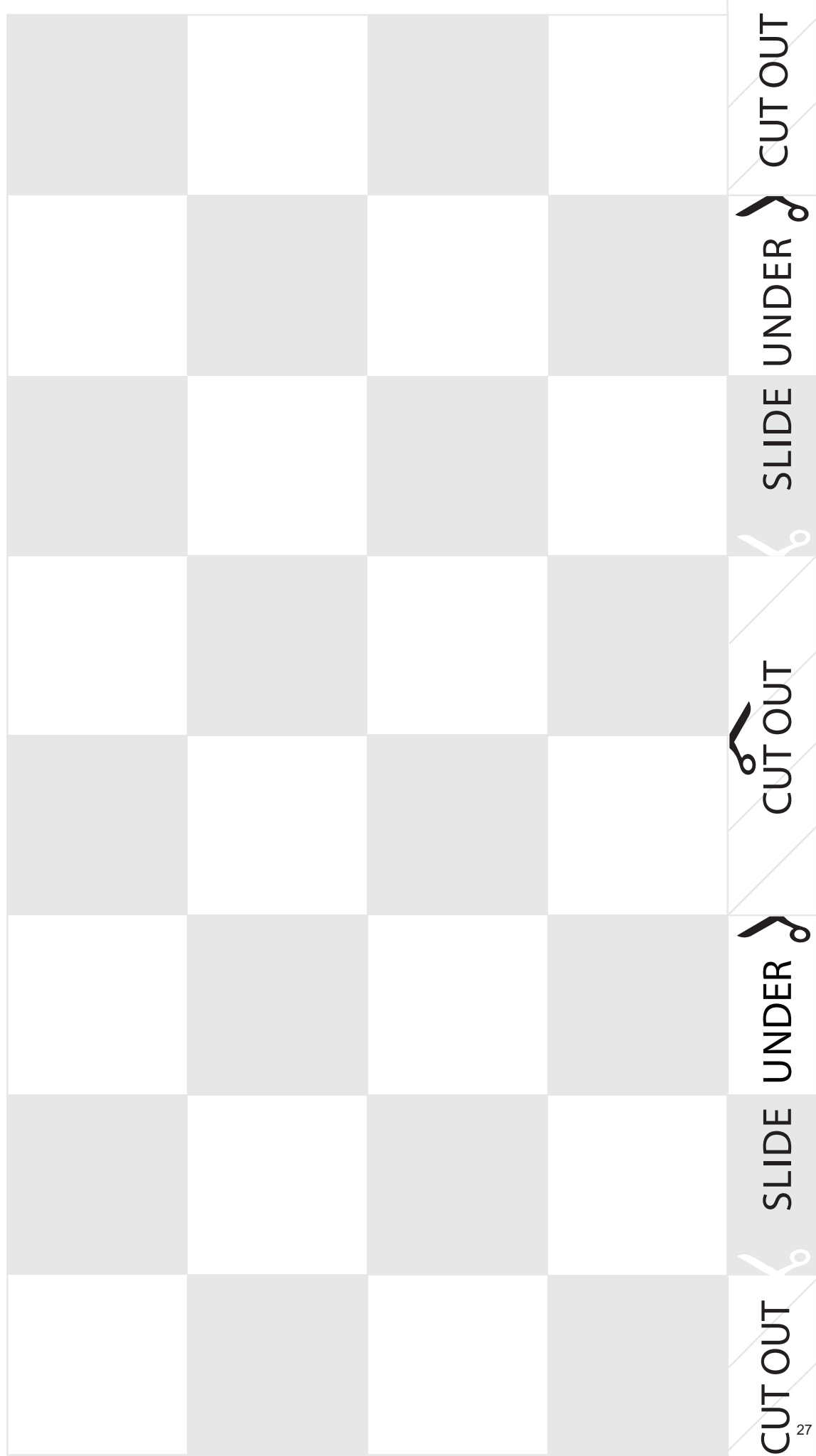
A knight moves to the nearest square not on the same rank, file, or diagonal. (This can be thought of as moving two squares horizontally then one square vertically, or moving one square horizontally then two squares vertically—i.e. in an "L" pattern.) The knight is not blocked by other pieces: it jumps to the new location.

Pawns have the most complex rules of movement:

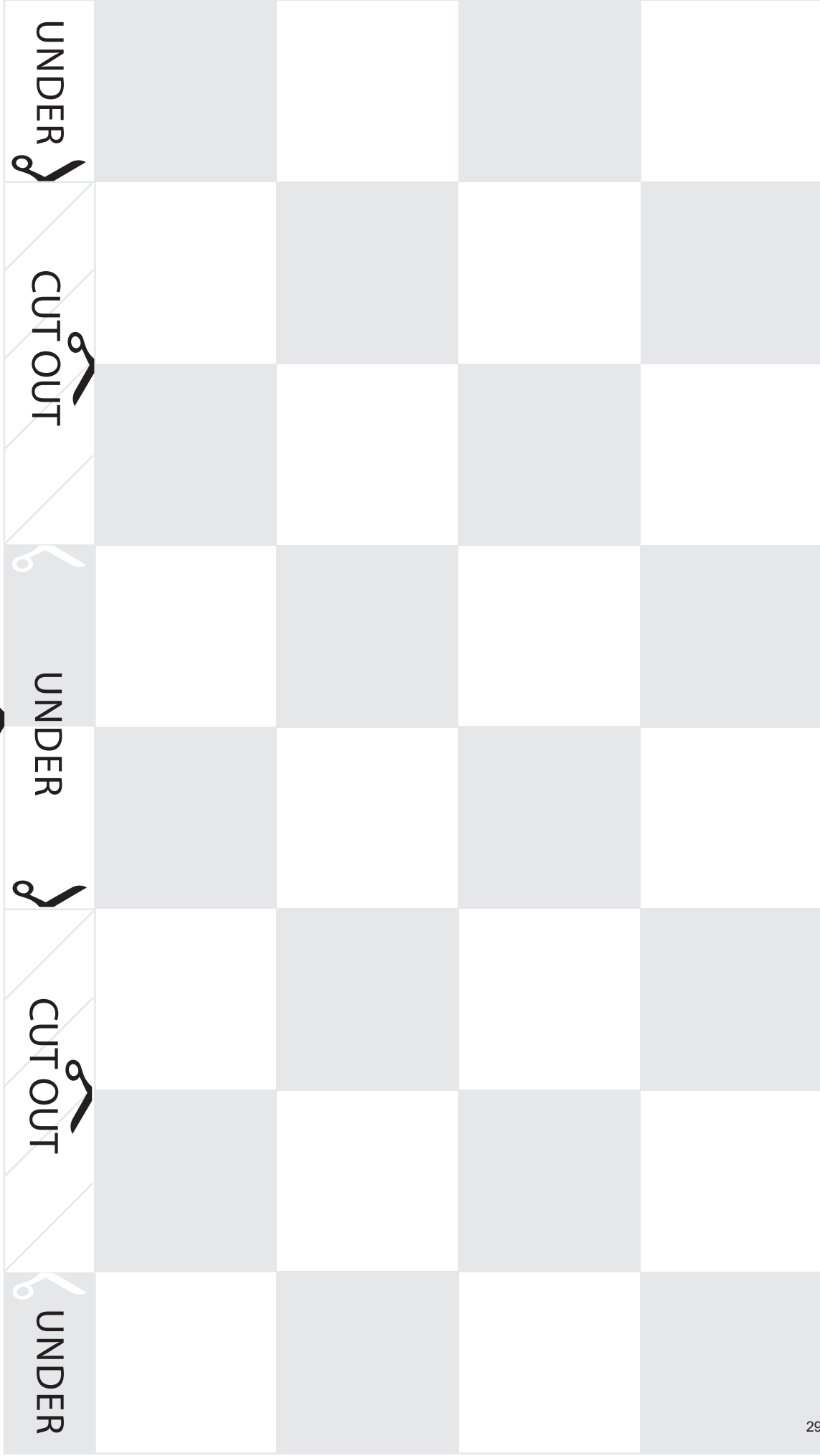
A pawn moves straight forward one square, if that square is vacant. If it has not yet moved, a pawn also has the option of moving two squares straight forward, provided both squares are vacant. Pawns cannot move backwards.

Pawns are the only pieces that capture differently from how they move. A pawn can capture an enemy piece on either of the two squares diagonally in front of the pawn (but cannot move to those squares if they are vacant).

If a pawn reaches the back of the opponent's side of the board, its player may choose to replace it with any of the other pieces.

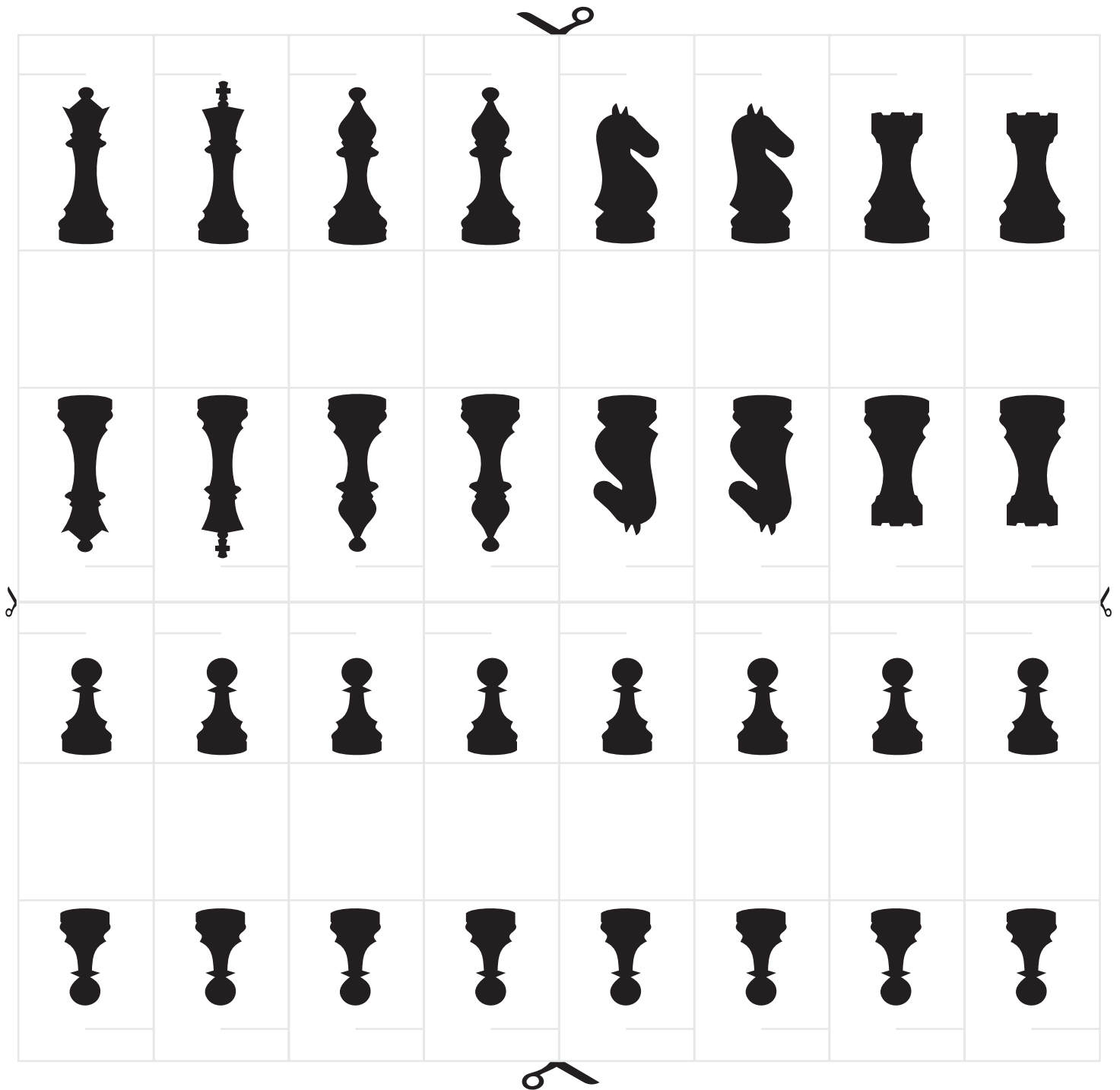


CUT FOUR SHORT (HALF SQUARE LENGTH) SLICES AS INDICATED BY SCISSORS
THEN CUT OUT AND REMOVE THE AREAS MARKED

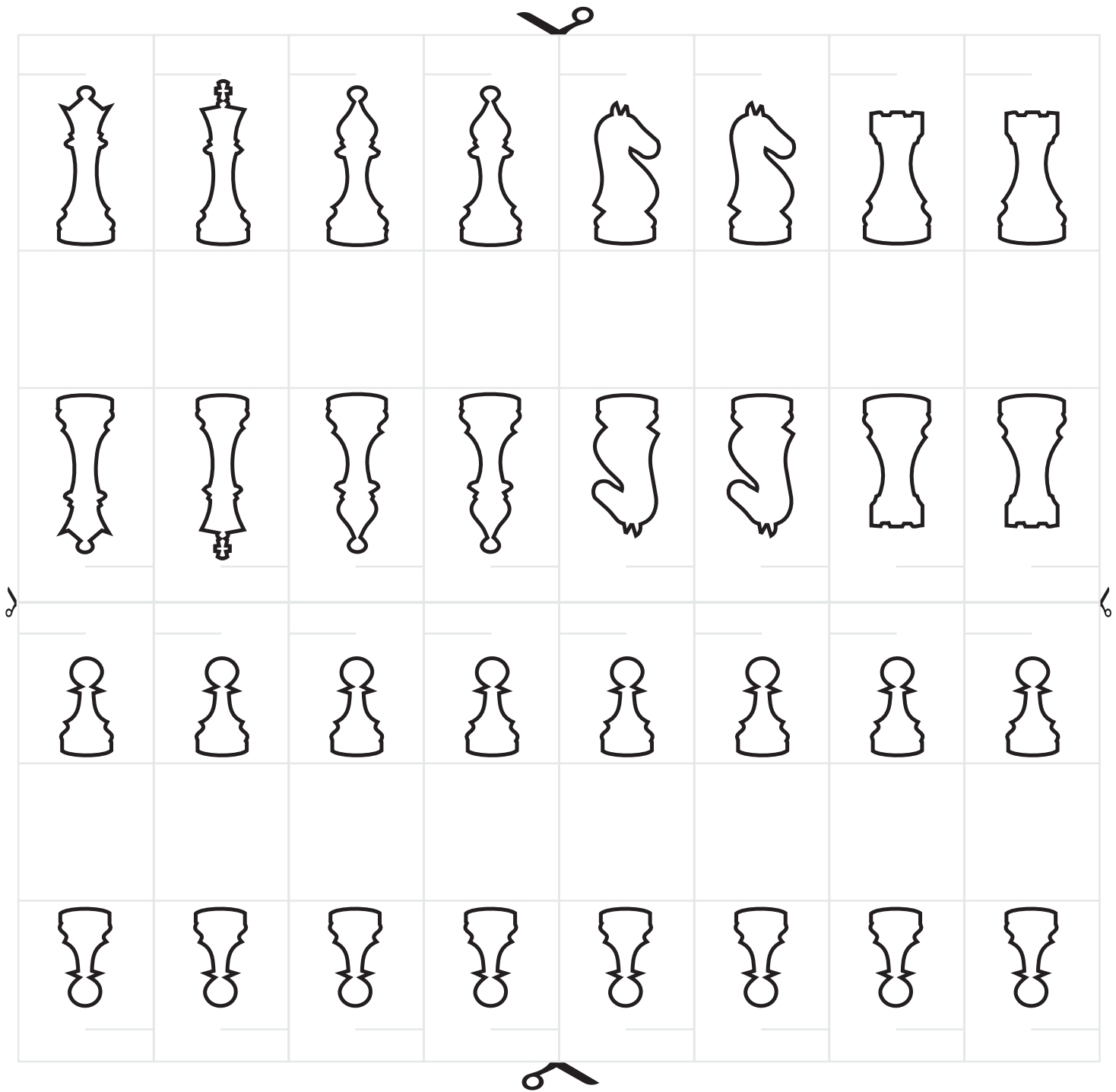


CUT FOUR SHORT (HALF SQUARE LENGTH) SLICES AS INDICATED BY SCISSORS
THEN CUT OUT AND REMOVE THE AREAS MARKED

BLACK PIECES



WHITE PIECES



Card Tricks

Card tricks are a fun way to entertain others, but the practice it takes to get good is done solo. Try practicing these card tricks when you're at a loss for what to do on a rainy day.

Amazing Aces

The spectator takes a pack of cards and deals them into four piles. When the dealing process is finished, one ace is found on top of each pile.

Explanation: Before the trick begins, secretly remove the four aces and place them on the bottom of the deck. Offer the deck to your spectator and ask them to deal the cards into four piles one card at a time. While it isn't important if your volunteer deals a few cards consecutively in the same pile, it is important that the last four cards (the aces) are dealt singularly onto each of the piles. A helpful idea to accomplish this is to say "really think about where you deal each card," as you volunteer comes closer to the bottom of the deck. If you're not comfortable with this, simply instruct your spectator to deal the cards one at a time into four piles. Once the dealing sequence is complete, ask them to turn over the top card of each pile to reveal that they've found the four aces!



A Coincidence

The magician removes two predictions from the pack and sets them on the table. A volunteer is invited to deal through the deck face down until they're satisfied. At this point either prediction is selected and placed face up on the dealt cards. The balance of the deck is placed on top. The procedure is then repeated. After the second prediction has been lost, the magician spreads the cards and locates the two face-up predictions. After taking the single cards immediately above the predictions, it is revealed that the spectator has placed each prediction next to their mates in the deck!

Explanation: As you look through the deck to find your two "predictions," note the top and bottom card of the pack. Let's say in this example that the top card is the Eight of Hearts, and the bottom is the Five of Spades. In this situation your predictions should be the mates of these two cards (Eight of Diamonds and the Five of Clubs). Place the predictions face up on the table and invite a spectator to deal through the deck face down until they are satisfied. When they stop dealing, invite them to place either prediction face-up on the dealt cards and drop the balance of the deck on top of the prediction. Repeat this process for the second prediction. After this is complete, ribbon spread the deck revealing where the spectator has chosen to place the two predictions, then take the card immediately above both face-up cards. You're now ready to reveal that the spectator has placed the cards you selected next to their mates.

Pick a Card, Any Card

A classic of card magic. The magician offers the cards to a spectator and asks for a selection to be made. After noting their card, the spectator is invited to return the card to the deck. The magician then goes through the pack and is able to easily divine the identity of the selection.

Explanation: Before the trick begins, separate the cards into red and black halves. When the spectator selects his card, note whether or not his selection comes from the red or black portion of the deck. If they've selected a red card, when the spectator places their card back in the deck, make sure they return their card to the black half. The opposite applies if the selection is a black card. It's now easy to figure out what the selection is; simply go through the pack and find the card in the wrong group.

Blind Three Card Monte

The Queen of Hearts and two black Aces are removed from the deck and placed face-up in front of the spectator. The magician then turns his/her back and invites the spectator to think of any of the three cards, flip them face down and mix them up. After looking at each card, the magician is able to tell exactly which of the three cards the spectator is thinking of.

Explanation: Lay the cards face-up as follows: Ace of Spades, Queen of Hearts, Ace of Clubs. Turn your back and invite the spectator to think of any of the three cards, and then switch the positions of the two cards that they're not thinking of (i.e. if the Ace of Spades is the mental selection, then the spectator switches the positions of the Queen and the Ace of Clubs). Instruct your volunteer to turn all three cards face down. When this is complete turn around and look at the three face down cards. At this point you instruct the spectator to mix all three cards on the table. What you must do is follow the card in the center. When the spectator is finished shuffling look at the card you've followed. If the card you're looking at is the Queen of Hearts, their mental selection was the Queen. If you are looking at the Ace of Spades, then their mental selection is the Ace of Clubs. Should you be looking at the Ace of Clubs, their mental selection is the Ace of Spades. Reveal their thoughts, and they'll be guessing for days.

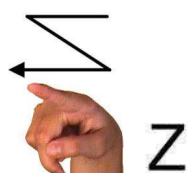
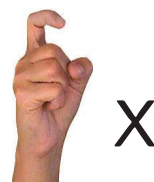
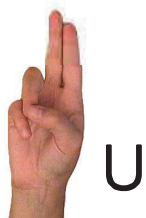
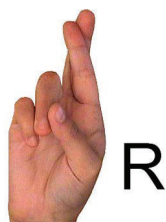
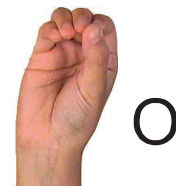
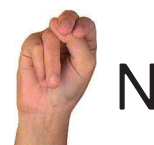
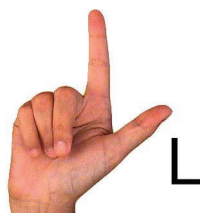
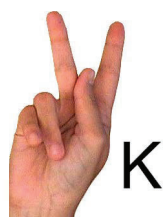
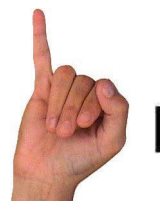
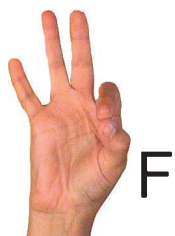
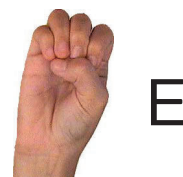
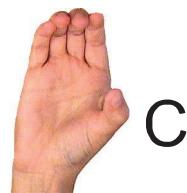
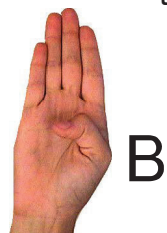
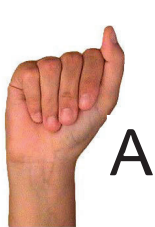
Bonus

Build a house of cards! See who can make theirs the biggest without it tumbling!



American Sign Language Alphabet

It's never too early, or late to learn a new language. Learning sign language is a great way to help build more inclusive and accessible communities. Start practicing by trying to spell your name!



Coloring

You've probably whizzed through the coloring pages from kit 1 already. We've provided you with five more to keep you busy with your crayons.

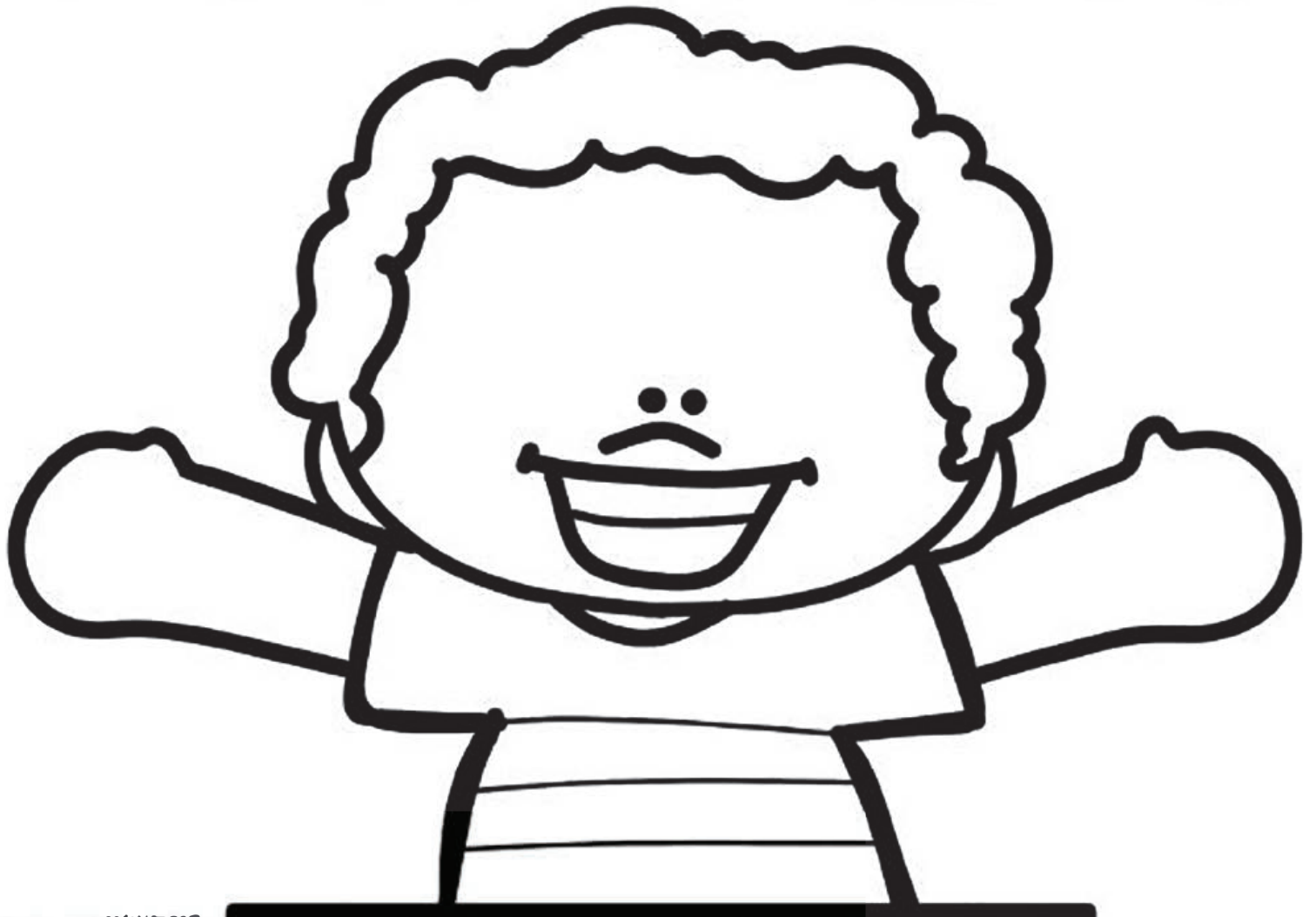
In case you've forgotten, coloring helps improve sleep quality, ability to focus, motor skills, and vision. It also reduces stress and anxiety. Refer to your coloring intro in kit 1 for a reminder of the details that make coloring a great activity for all ages. What are you waiting for? Get coloring!



PROUD

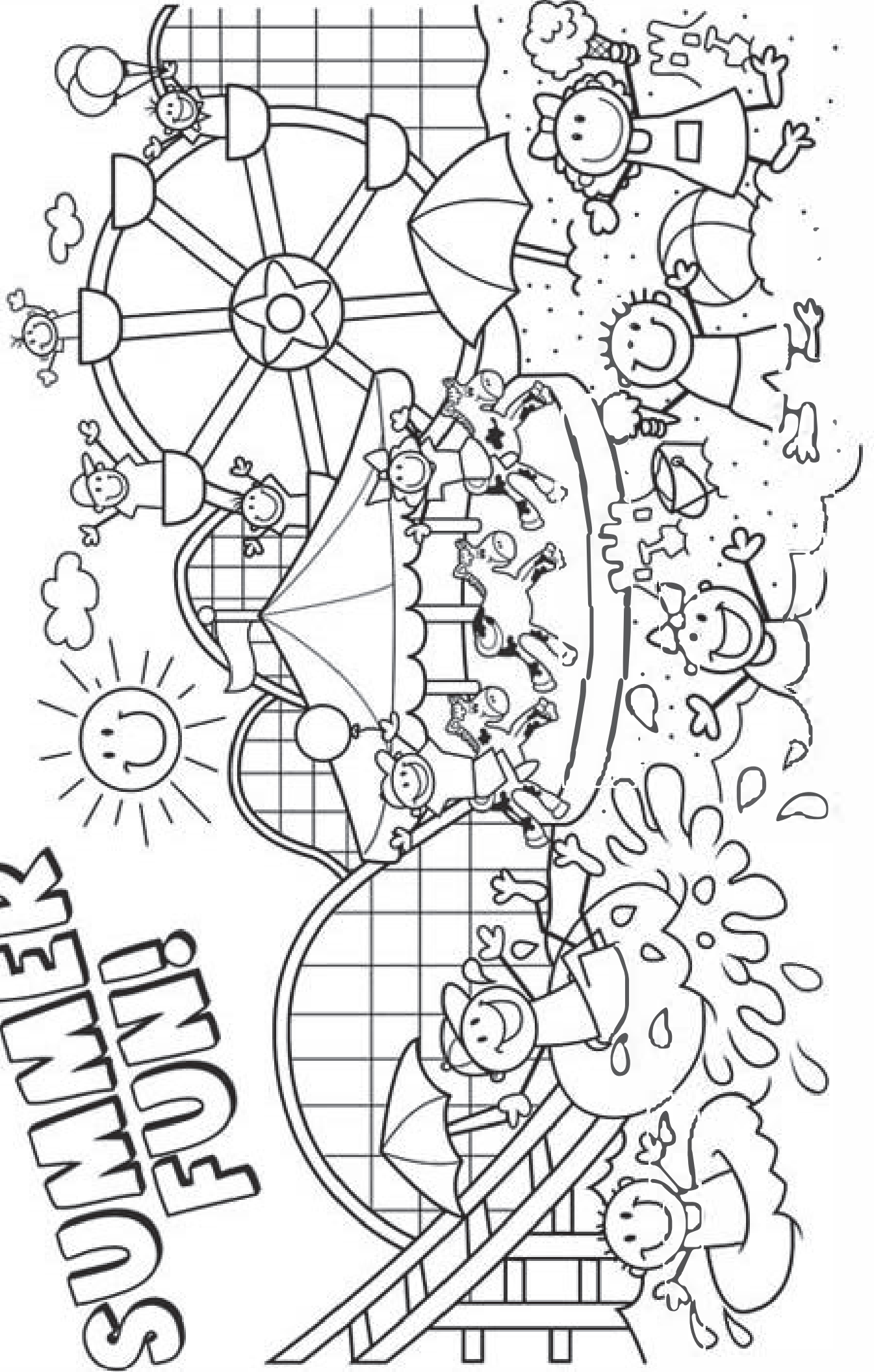


I AM
CAPABLE OF
LEARNING
ANYTHING

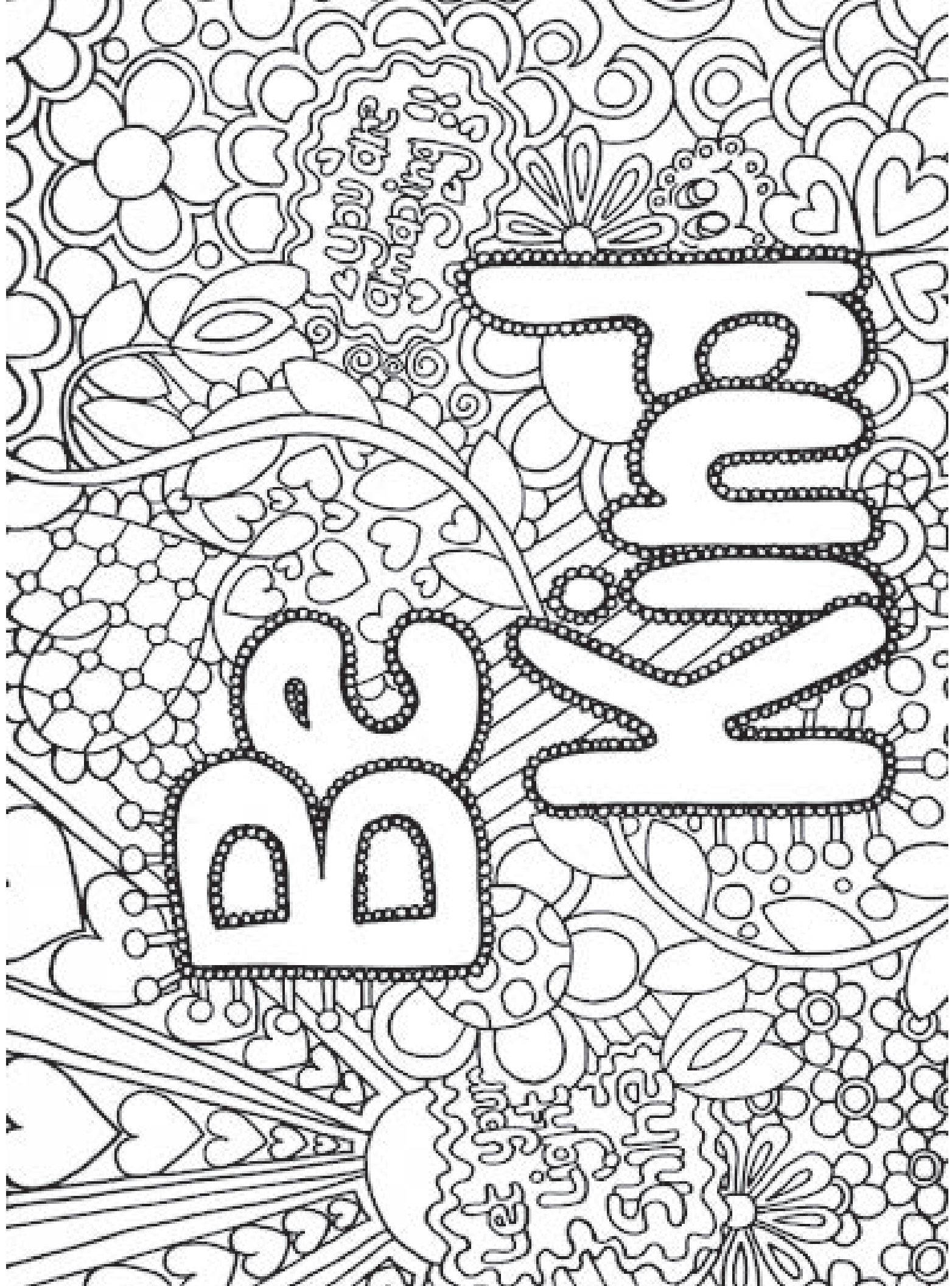


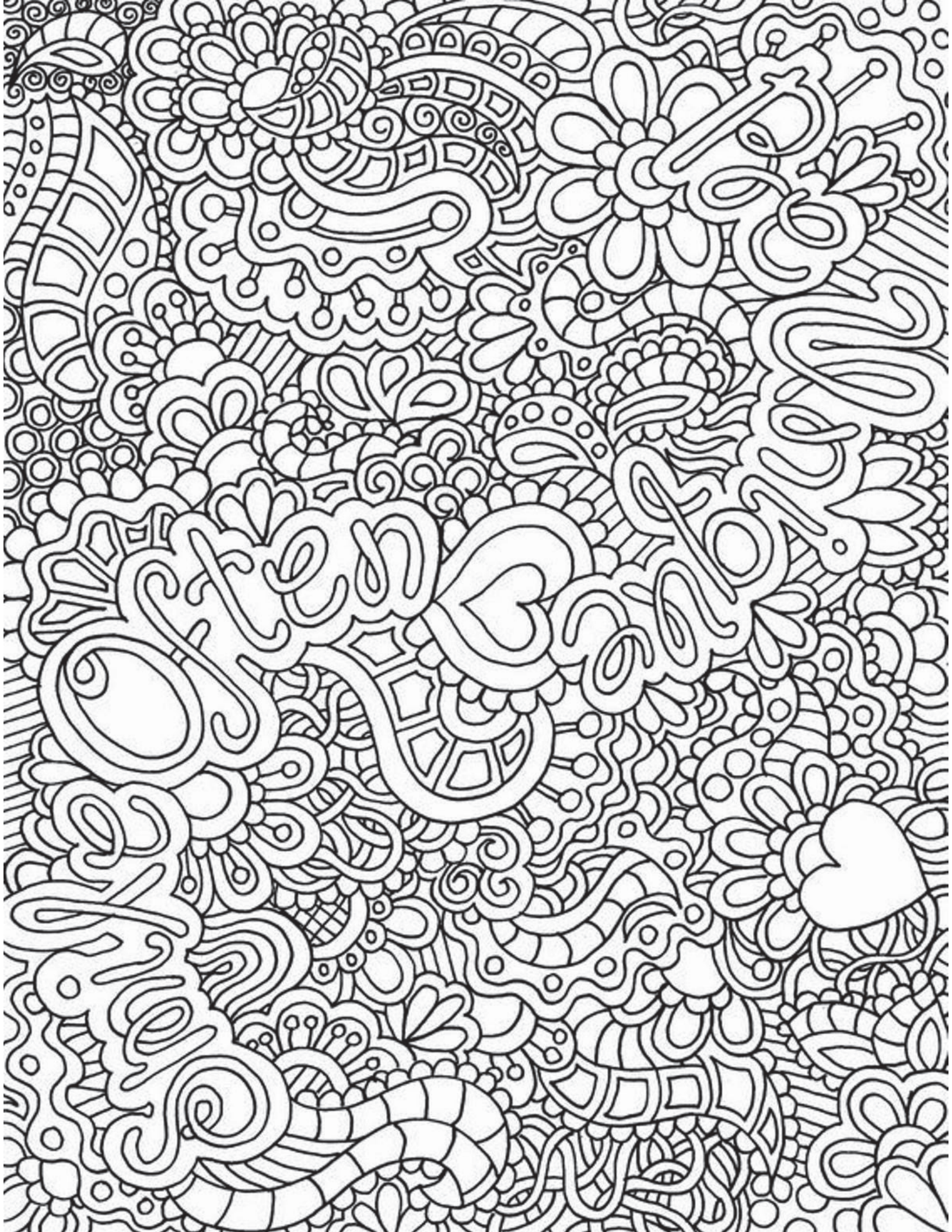


**SUMMER
FUN!**











i am awesome





We Need Your Feedback!

To make sure we're meeting your needs please fill out this form to return to your kit provider during the next drop off. This will help us identify what folks are most interested in. Feel free to use the back of this page if you need more room.

Look back through your journal when thinking about your answers!

If you have online access and prefer to submit electronically, you can contact recreation@kentville.ca for a link to the form.

Do you have regular/home access to:

Phone	yes / no
Computer	yes / no
Internet/data	yes / no
Smartphone or tablet	yes / no

1. What was your favorite activity in this kit?
2. What was your least favorite activity in this kit (that you participated in)?
3. Were there any activities you chose not to participate in?
4. If yes, which ones? Why did you choose not to try that activity?
5. Are there any items you did not use in this kit?
6. Since receiving your kit, have you found any other uses for the items provided?
7. When using your kit, did you run out of any of the supplies **before** completing any activity?
8. Were there any activities you would like to see included again?
9. Overall, do you feel equipped to repeat the activities in this kit on your own moving forward?
10. Have you found any new interests or hobbies since receiving your kit?
11. Was there anything that made it particularly easy or difficult to use your kit regularly?