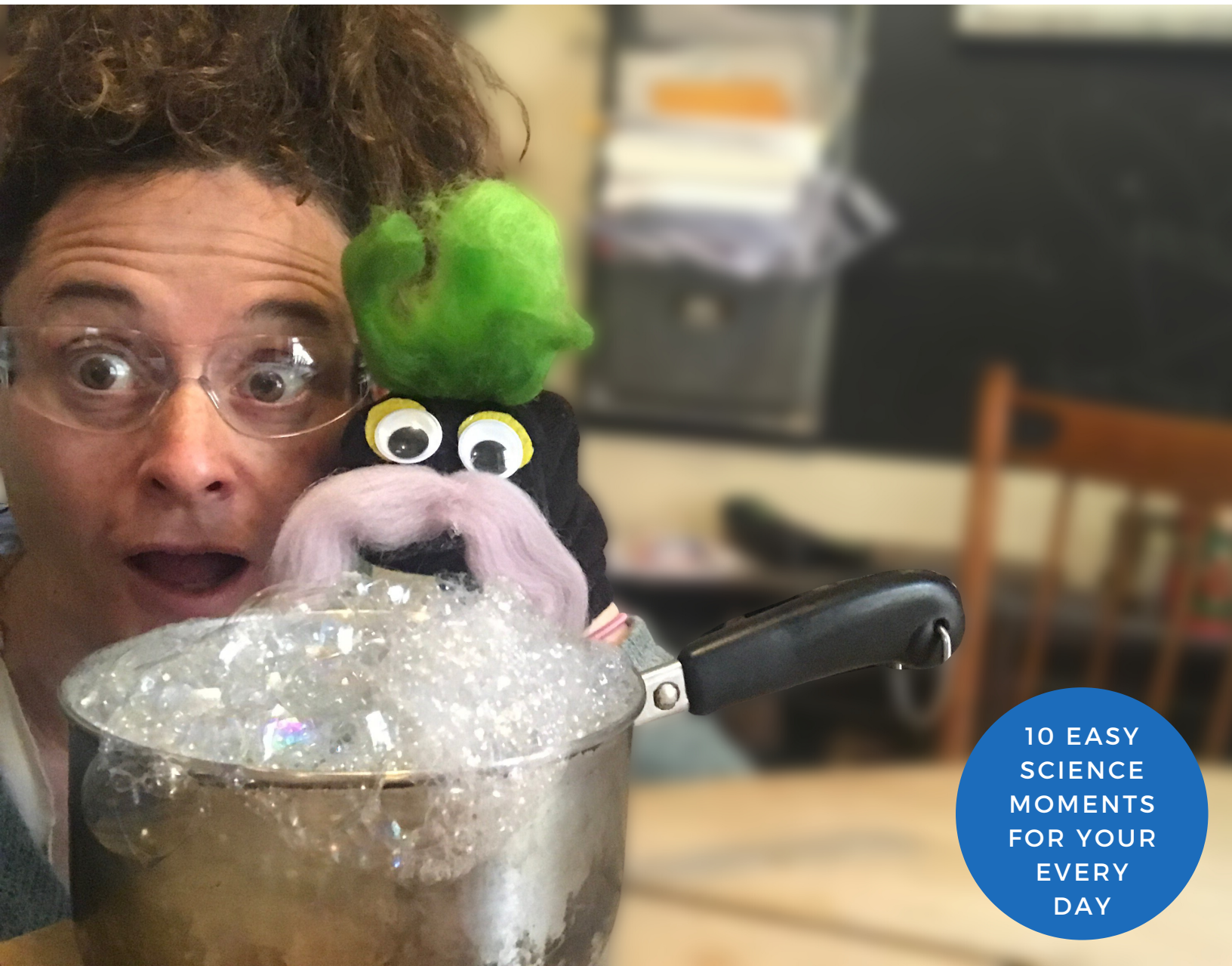




# KITCHEN SINK SCIENCE

**FAMILY FUN HOUR**  
**HOME ACTIVITY GUIDE**



10 EASY  
SCIENCE  
MOMENTS  
FOR YOUR  
EVERY  
DAY

# IN THE MORNING

1

## Ask a question right in the morning!

Right when your child wakes up, you can ask a question that gets them experimenting and exploring all day. For example: "When you're outside in nature by a park, street, or tree - what kinds of things do you think you will see?" Or... "I've got a question, ready, set, go. Is it easier to stand on 1 foot or 5 toes?" Questions that get your child to notice and explore the world around them are KEY to science.



## Warm up your five senses with a song.

You and your child need all five senses for science and discovery! Here's a song that will help your child warm up their 5 senses. Try it to the tune of "The Hokey Pokey":

You put your (nose/eyes/hands/tongue/ears) in, you put your \_\_\_\_ out,  
You put your \_\_\_\_ in, and you (sniff/look/feel/taste/hear) all about!  
Use your 5 senses and explore all around, that's what it's all about!

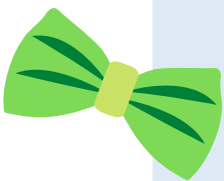
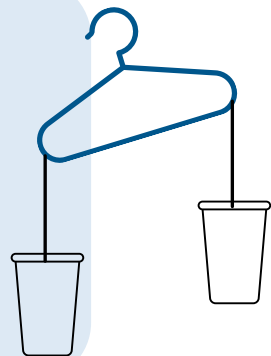
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## Use a homemade scale to compare items.

As you're packing your bags, have your child compare two items to see which one is lighter. Professor Eureka showed us an easy homemade scale using two cups, a hanger, and some string. Put an item in each of the cups, and notice the heavier item going down. Your child can compare several items to figure out which items are lighter to carry.

Observing how two things are similar or different is important to scientific experiments and problem solving.

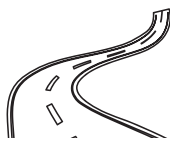


## Learn some BIG, FANCY SCIENCE WORDS!

It's a great time to also start using some BIG, FANCY WORDS to help your child think and explore like a scientist! Don't hold back! During our time together, we learned EXPERIMENT, OBSERVE, and ANALYZE.

- Do a sink-float EXPERIMENT by putting items in a bowl of water to see which floats.
- OBSERVE an item to see if it will float or sink.
- ANALYZE the results of an activity or experiment to see what patterns you can find!

4



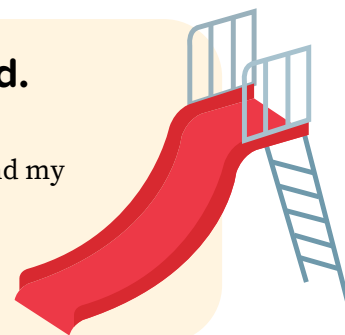
# IN THE AFTERNOON

5

## Experiment at the park or on the playground.

When you're playing outside, there are so many questions you can explore. For example: What makes a swing, swing? Where can I find my shadow? Which object slides faster, a ball or a shoe?

First ask, then experiment to find out the answer.

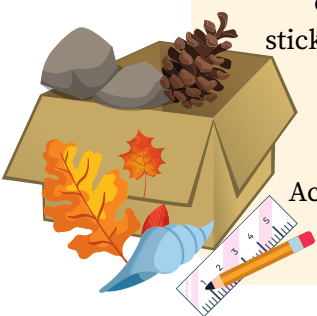


## Create a Nature Nook for when you can't go outside.

When your child is not able to go out, bring the outside inside! Grab an old cardboard box. Fill it with natural items like leaves, rocks, bark, soil, shells, sticks and pinecones. Then, you can add items such as an ice tray, a magnifying glass, and a measuring tape to encourage your child to explore and notice different things about these natural items.

Activities such as drawing, creating sculptures, or tracing items can help your child creatively explore the scientific world.

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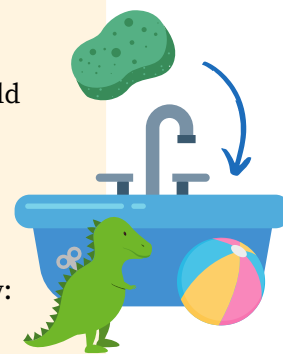


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## Use a sink or tub to try some water experiments.

The Big Fancy Word Lady showed us a great experiment you can do right at home - see which items float or sink! Try it in the kitchen sink, tub, or even just a big bowl of water. Find some items around the house and let your child drop them into the water to see what happens. Can they predict what will happen before they drop it in? As they drop the items in, look closely and observe. What do they notice?

After, can they analyze the results? To get them thinking, ask questions. Try: "Which items floated? Why do you think they floated? Which ones sank? How are these items different from the items that floated? Do you notice any patterns?" These questions are a fantastic way to build science skills.



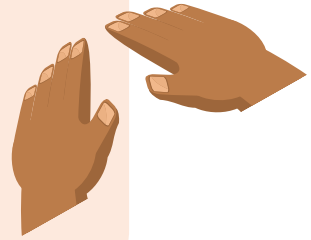


## IN THE EVENING

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### Use your hands in this easy science game.

So much of science is about noticing. At the table, play a quick game to help your child develop their observational skills. Move, clap, or tap your hands and have your child follow along. Every so often, change the move just a little bit. Challenge your child to really look closely and do what you do. Keep making little changes. Can they keep up? Now it's their turn to lead.



### Make an instrument that makes soothing sounds.

Creating a musical instrument can get your child experimenting. You can give them something as simple as a bottle to blow over or a pot to tap lightly and create a chime sound. What else can they use to create a soothing sound?

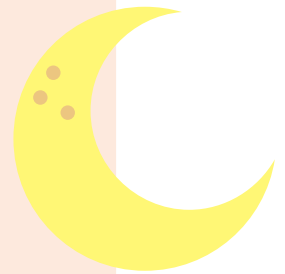
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10

### Use your body to show something you see.

As you're going to bed, look at the night sky together. What do you notice? Can you make that shape with your body? Make it into a guessing game. It could be the moon, stars, or clouds.

You can also look around the room and use your bodies to show something you notice inside. Observational skills are key for science.



**And don't forget, science is all about trying again and again!**

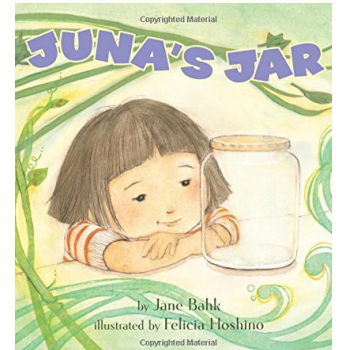
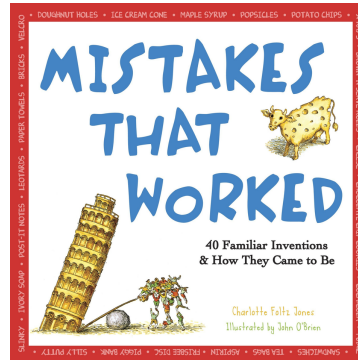
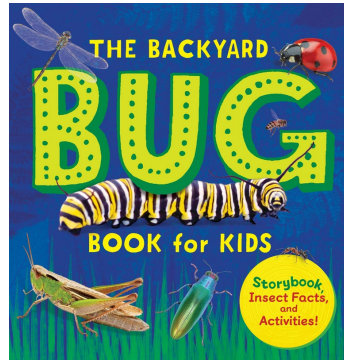
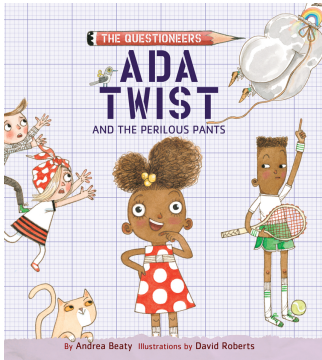




# "KITCHEN SINK SCIENCE"

## RECOMMENDED BOOK LIST

- Ada Twist, Scientist by Andrea Beaty
- Happy Birthday, Moon by Frank Asch
- Bear Shadow by Frank Asch
- Actual Size by Steve Jenkins
- The Backyard Bug Book for Kids by Lauren Davidson
- Mistakes that Worked by Charlotte Foltz Jones
- The Great Kapok Tree by Lynne Cherry
- 10 Minute Science Experiments (Smithsonian) by Steve Spangler
- Carpenter's Helper by Sybil Rosen and Camille Garoche
- Step Gently Out by Helen Frost and Rick Lieder
- Juna's Jar by Jane Bahk
- The Squirrel's Busy Year by Martin Jenkins
- Glacier on the Move by Elizabeth Rusch
- Inside Your Outside: All About the Human Body (Cat in the Hat) by Tish Rabe



# WANT TO SUBMIT A STORY OR POEM?

We want to hear your children's stories or poems!  
Write down a story or poem made up by your child  
(no need to edit it!) and send the story to us at this link:

[r4k.tips/stories](https://r4k.tips/stories)

We'll choose one of your stories to act out at our next  
Family Fun Hour!



Remember, Ready4K text messages bring you everyday  
learning activities each week. Look out for your  
**FACT/TIP/GROWTH** messages for more everyday learning!