



SUMMER KIT

KESHET 2017

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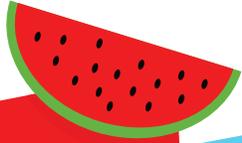
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Balloons



Balloons with funny faces

Materials: Balloons in multiple colors, paper, printer, glue, scissors.

Print the following page with facial features for your balloon or go online and find more fun features. Cut out each feature and make piles of each one (eyes, ears, etc.). Let the kids create combinations as they see fit, and glue them onto the balloons.

To upgrade the activity, try multicolored yarn or cotton to use as hair.

Homemade juggling balls

Materials: Balloons in multiple colors, a funnel, scissors, something to fill the balloons with such as: flour, rice, sand, lentils, etc.

Preparation: Blow up a balloon and hold it with your fingers to keep the air in.

Carefully attach the funnel while keeping your fingers around the balloon. Let the kids pour the filling through the funnel.

After the balloon is full, take the funnel out and tie it off.

Blow up another balloon in a different color and then let the air out (we blew it up just to stretch it). Cut the neck of the balloon off. Stuff the balloon we filled earlier into the stretched one, and we have a colorful and tight juggling ball. Make more juggling balls in different colors and enjoy!



Chalk



Colorful Chalk-Sand Art

Materials: Table salt, colorful chalk, a rectangular dish with low sides, a decorative glass jar/bottle you can close.

Preparation: Pour approximately 1-2 cups of table salt into the rectangular dish. Choose a piece of chalk in the color you want and roll it over the salt until it crumbles. Mix well. Pour the resulting colorful salt gently into the glass jar/bottle (you can use a funnel). Repeat the process, each time with chalk of a different color, and change the amount of salt according to how thin/thick you want that layer to be. Don't forget to close the lid and send us a picture!

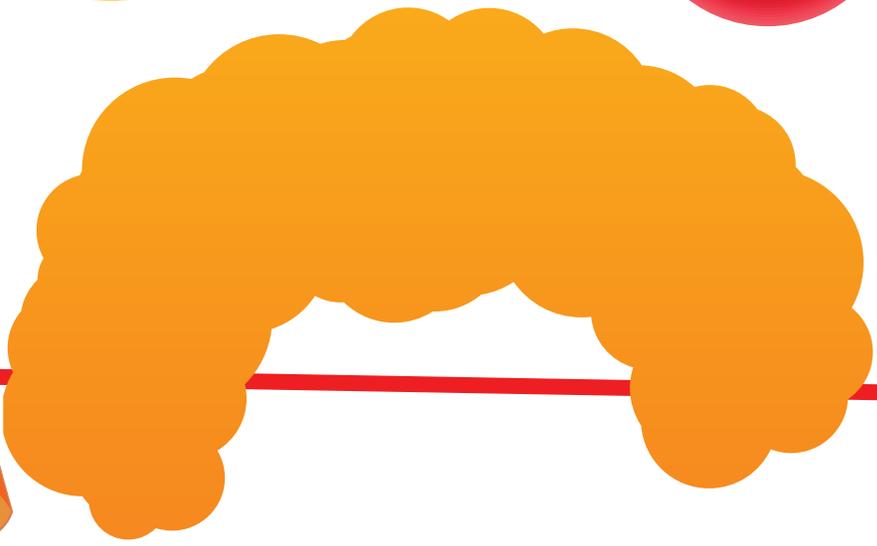
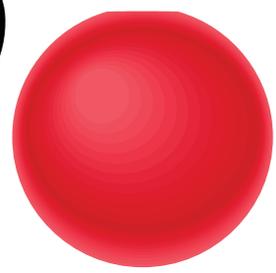
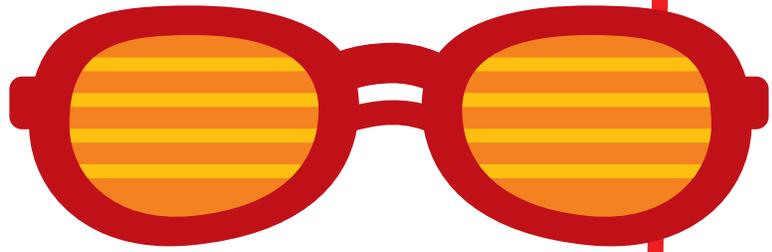
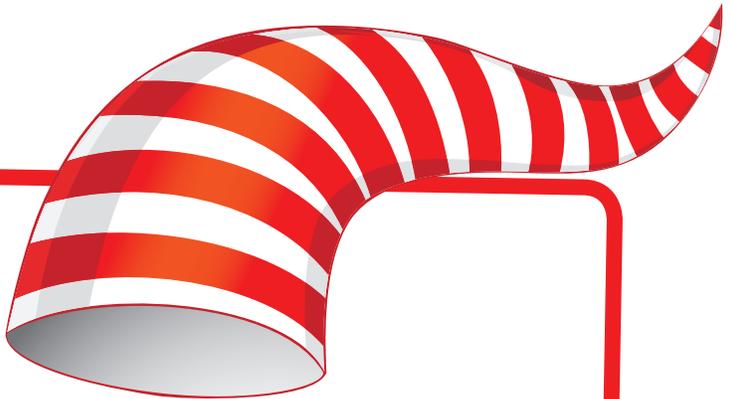
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Balloons



Volcano

If you don't have plans to go on a volcano trip this summer and the kids are curious and like to mix substances, this is an excellent opportunity to create a volcano, and the kids can be full participants in the process.

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Materials: A disposable cup, water, 4-5 tsp. baking soda, 1 tsp. dish soap, red food coloring or washable paint if you don't want to risk stains, a cup of vinegar for every volcano eruption you want to create (take into account that the kids will want more than one).

- > The kids can be involved in mixing the materials in this order: water (2/3 cup), baking soda, dish soap, and food coloring/paint.
- > Ask the kids to create a little hill out of soil and place the full cup at the top, so that only the lip of the cup shows.
- > Add the vinegar to the cup, and watch your own private volcano eruption!

Moon Sand

Moon Sand/Magic Sand is a fun substitute for real beach sand, that you can use at home during the summer or winter. Its main charm (especially for parents) is that unlike regular sand, magic sand won't make your house into the neighborhood sand box or the beach. More importantly for the children, it's very easy to work with and make shapes or structures that last for a long time. The sand is reusable: store it in a sealed container in the closet, and add 2-3 cups of water to the mixture in order to bring back its elasticity when you want to use it again. Even though we're talking about a mixture that's made out of edible materials, you should explain to the kids that it's not something they should taste, even if it smells like vanilla or chocolate. Here are two options to make magic sand. You can choose which to make based on what you have in the house.

Mixture 1: Materials: 3 cups cornstarch, 1.5 cups water, 6 cups of clean sand.

Preparation: Pour the water into a bowl (preferably a plastic one that will be easy to clean later), add the cornstarch and mix well in order to avoid lumps. When the mixture is smooth, add the sand as you're mixing.

As a variation: if you want colored sand, add a few drops of food coloring into the bowl. You can divide the mixture into a few small bowls and make sand in different colors. You can add glitter or even fragrance (using readily available extracts).

Mixture 2: Materials: 9 cups flour, 1.5 cups baby oil.

Preparation: Mix the flour and oil in a bowl. If you want to make sand in different colors, divide the flour into a few bowls, add the colors, followed by the oil. As a variation: add a few drops of vanilla or strawberry extract, or even cocoa powder, to give the mixture a fragrance. Don't add too much so as not to change the ratio of liquids and solids.

Try adding half a cup of glitter, to make the material especially starry.



Lemonade

Make delicious lemonade with the kids.

Materials: 2 medium size lemons (about ½ cup juice), 4 tsp. sugar, 4 cups cold water. This recipe can be doubled – or even tripled!

Preparation: Squeeze both lemons, removing pits, and pour the juice into a pitcher. Add the sugar and water. Mix well, until the sugar is nearly dissolved, and serve.

Making Invisible Ink

Materials: Lemon, vinegar diluted with water, thick paper (poster-board), thin paintbrushes, a flashlight or table lamp.

> Preparation: With the kids, squeeze the lemon into an appropriate dish. You can also dilute vinegar with water and put in the dish that will have the secret liquid.

> Explain to the kids that certain fruit juices such as lemon, and certain acids - like apple cider vinegar - make invisible stains on paper. But when they're warmed up - you can see them clearly.

> Have each child draw or write using the acidic liquid and a paintbrush. Let dry, preferably in the sun.

> After it dries, put the paper under a flashlight or table lamp and reveal the secret drawings and writings.

> You can also exchange notes among kids, and invite each child to try and figure out what his/her friend drew or wrote.

As a variation:

> Do the experiment with other fruit, such as an orange or a radish - you get a different color liquid after warming.

> For smaller kids, you can draw facial features or a partial drawing and ask them to finish it using the magic liquid. They'll be surprised to find that they can only see what they drew after it dries.

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Pasta

Pasta Party

> Go shopping with the kids and let them choose pasta in different shapes.

> Use colored spray to paint the pasta (outside and away from the kids). Try some fun new colors!

> Use the painted pasta to create jewelry, keychains and whatever you think of. Use yarn (or any other thick string) to string the pasta.

> As you're crafting, you can cook the rest of the unpainted pasta and finish the activity with a nice pasta dinner.

Pasta Collage

Materials: Lasagna noodles, poster-board/cardboard, water colors and paintbrushes, glue.

> Ask the kids to break the pasta noodles, but tell them the pieces shouldn't be small. Let them paint the pieces as they like. If you don't have water colors, markers will work as well.

> Don't forget to put a disposable tablecloth or paper underneath.



Popsicles

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Popsicle Puzzles

You can make this puzzle for the kids or let them make it themselves (ages 6-11).

Materials: 20 popsicle sticks (you can save them from popsicles you eat, buy, or use doctors' tongue depressors), markers and tape.

Preparation: Lay the sticks out flat on a surface and place tape across them. Use markers to number them. Turn the numbered sticks over together and draw (on the side that isn't taped) whatever shape/pattern you want. Take off the tape, shuffle the sticks, and let the kids put them together and discover the picture.

Making popsicles

Popsicles are a wonderful opportunity to cool the body and hydrate. Making popsicles at home is also a fun activity for the kids, and in the end you get a quality product that's healthy and even cost effective!

Basic popsicle recipe you can make at home:

- > 1 cup of fruit puree or cut fruit, such as: banana, mango, strawberry, etc. If you feel brave, add spinach or cucumbers.
- > 1 cup of liquid such as: cream, milk, yogurt, pureed avocado.
- > You can add 1 tsp. of sweetener, such as honey or maple syrup. Using ripe fruit will do the job.
- > Mix all of the ingredients together and pour into your popsicle molds. Freeze at least 4 hours. If you don't have popsicle molds, don't worry. Disposable cups (preferably paper), and recycled popsicle sticks, or ones you buy at a craft store, will work as well.

As a variation, you can substitute the popsicle sticks with celery sticks, carrots, or pretzels.

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Coloring

Make your own paint! Here's a recipe to make paint out of four ingredients you can find at home.

Materials: 1 cup salt, 1 cup flour, 1 cup water, and food coloring.

Mix everything together until you get a smooth mixture. You can fill squeeze bottles such as empty ketchup bottles.

> Print your kids' favorite out of the attached coloring pages, add a pack of markers or crayons, and here's more creative time.



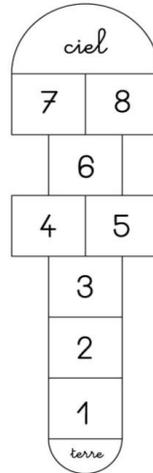
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Klass

A game played on concrete. Use chalk to draw the game board as it appears on the drawing. At each turn, the player throws a rock and tries to hit the number square that corresponds with the player's level, beginning with 1 and ending with 8, the highest level. After the stone lands in the correct square, the player has to jump through the drawing with a series of hops and jumps. Hop through the single squares and jump when you see two side by side squares. Skip the square that holds your stone. When you reach the sky, turn around and jump back, picking up the stone from its square and landing back on firm ground. Beware! If you land on any lines, you're out and the next player gets a turn!



Israeli children's games

Israeli children's games: they're an excellent way to expend some energy, be physically active, and they're great when you're hosting other kids:

Three sticks

Three sticks are placed parallel and equidistant from each other. At the beginning of the game the distance between the sticks will be small. Each participant has to jump between the sticks, at his/her turn, to the opposite side. If you don't succeed - by not jumping over the third stick, or landing in the same space twice - is disqualified and is out of the game. The last player is the "distance maker" - the last stick is moved to where they landed, and the other sticks are moved accordingly to keep the distance between them equal.

A continuous drawing

This game is intended for three players or more. The first player draws a drawing of their choice at the bottom of a piece of paper (a shape, letters, a drawing, etc.). They then fold the paper over what they drew and pass it on to the next player. This action repeats itself until there's no more room on the page. The player who receives the completely folded paper opens the page and shows everyone the drawing. It's interesting to see what each person drew and how it fits into the final drawing.



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Hide and seek



One player is the "seeker."

The seeker stands, closes his/her eyes, and counts aloud. During this time, the rest of the players run and hide. When the her/she stops counting, the seeker open his/her eyes and starts to look for the hiders. When they find someone, the seeker quickly runs to the spot where he/she originally stood and counted, and calls out "One, two, three" and the name of the player found, thereby disqualifying that hider. The hider tries to get to the counting spot and call out "One, two, three" and the name of the seeker, before the seeker gets there.



Tag

Tag is a kids' game where the purpose of some of the players is to connect (usually by touching) with the other players. The purpose of the other players is to avoid.

Color tag: The "catcher" (chaser) declares a color. The players being caught can avoid capture by touching something of that same color.

Height-tag: Players can avoid capture by climbing on something above ground, such as a chair.

Mouse tag: When a player is caught, he/she has to stand with his/her feet apart. If a player who hasn't been caught yet crawls through that player's legs, the player is free.

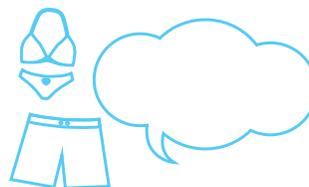
Jumping rope

Jumping alone is fun - Use the rope for sport or physical activity. You can also play a game with two players - each player jumps rope until he or she falters. The classic way to jump rope includes turning the rope when the hands stay in place (in relation to the body), and only the wrists move. More sophisticated methods include crossing your hands while jumping, jumping backwards, and holding your hands together.



The snake is coming

This game, which also serves as physical activity, can be played with a jump rope, but also with simple rope. One player stands in a clear area and the rest of the players stand around them. The player, who holds one end of the rope, moves it above the ground as they call out "The Snake is Coming!" The players must jump over the rope. If the rope hits someone, that player is disqualified. The last player standing wins.



Coloring





Blind cow

The catcher's eyes are blindfolded with a piece of cloth. In the beginning of the game he/she turns in circles to get disoriented. When the catcher catches one of the other players, he/she must figure out which player he/she caught by using his/her senses, other than sight.



Click on the link to hear a summer playlist on YouTube

https://www.youtube.com/playlist?list=PLrrpGoJ1dLiPFieXzhsBh.hlvC_rGIQic

"Dag Malu'ach"

or Red-Light, Green-Light, 1, 2, 3:
One player is designated the "Dag Malu'ach" and stands by a wall or imaginary line. The other players stand about 30 feet behind them, behind a drawn line. The "Dag Malu'ach" turns his/her back on the players, closes his/her eyes, and calls out "1, 2, 3 Dag Malu'ach!" He/she then turns to look at the other players again. If the "Dag Malu'ach" sees someone moving, he/she tell them to go back to the beginning. The goal is to reach to the "Dag Malu'ach" and touch him/her first, thus becoming the next "Dag Malu'ach."

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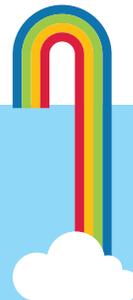
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