

Girl Scouts at School Program Descriptions

Program Area	Grades 2-3	Grades 4-5
STEM (Pages 2-3)	<ul style="list-style-type: none"> ● Go Green ● STEM at Home Scientists 	<ul style="list-style-type: none"> ● Culinary Chemist ● Go Green ● STEM-gineers
Travel/Culture (Page 4)		<ul style="list-style-type: none"> ● Traveling Around New Jersey (Grade 4) ● Traveling Around the United States (Grade 5)
Fitness (Page 5)	<ul style="list-style-type: none"> ● Get Up & Get Fit ● Virtual Trail Race 	<ul style="list-style-type: none"> ● Mind, Body, Spirit ● Virtual Trail Race

All programs are listed alphabetically under the Program Area. Each program has an overall description along with a breakdown of the activities planned for each week and the final week's Family Showcase.

Two important notes:

1. Go Green has 4 weeks of student activities. The Family Showcase is an optional Community Clean-Up Day that families would participate in during their own time.
2. Virtual Trail Race is a self-paced Family Challenge. We will share a digital resource packet with students, but there is no instruction.

STEM Program Descriptions

- **Culinary Chemist:** Chefs, you may open your baskets! In this program, we'll cook in new ways, learn new things about a kitchen, and have a whole lot of fun using science to cook delicious snacks for your whole family.
 - **First Course:** Learn some of the basics of cooking and how cooking can't happen without science!
 - **Second Course:** Now that we have some basics under our chef's hat, let's make something that bubbles with deliciousness.
 - **Third Course:** Step your prep up with a quick meal that is out of this world!
 - **Family Showcase:** "Chopped - What's in your fridge?" edition! With the help of your family, find four random ingredients in your house to make something delicious using all of the lessons we've learned.
- **Go Green:** Spend the next few weeks learning and designing ways to keep your space and community clean and green! Save water and energy by growing your own food and help protect the planet.
 - **Reuse, Reduce, Recycle:** Learn the 3 R's through a fun recycling activity
 - **Water Savers:** We'll talk tips & tricks to saving water and take a virtual visit to a local community garden with water collection
 - **Green Thumb:** Create your own starter plant kit using seeds, milk cartons, soil, old kitchen scraps, and water
 - **Energy Savers:** How can you save energy at home? We'll try out some tips & tricks to saving energy in your living space.
 - **Optional Family Showcase:** Community Clean-Up Day! Families are encouraged to take an hour to pick up trash and clean up a community space - whether it's a park, a lake, or your own front yard, make sure you share photos on your school/classroom community board and social media. Don't forget to tag us!
- **STEM at Home Scientists:** By paying careful attention during experiments, scientists always learn new things. During our time together our home scientists will find out where science has been hiding in their homes.
 - **Slime & Oobleck Fun:** Examine the science of slime and oobleck. We'll make slime dance and examine multiple states of matter.
 - **Create Static Electricity:** Students will use balloons and other at-home materials to create static electricity.
 - **Dive into Bubbles:** Students will experiment with bubble creation! We'll make giant bubbles and make a balloon blow up using vinegar and baking soda.
 - **Family Showcase:** Ice Cream Social- Families will gather supplies and follow the leader as we complete our grand finale science experiment-- ICE CREAM!
- **STEM-gineers:** Have you ever wondered why boats float and planes fly? Have you thought about who invented the first car and how it changed the way people move from place to place? Engineers create the future of technology--they design, invent, and build

new creations to improve the world. Now it's your turn to try your hand at being an engineer, and see what you can create!

- **Paper Airplane Engineering:** Start exploring how the engineering design process works from start to finish by making and testing paper airplanes.
- **Boat Design:** Dive deeper into engineering and discover how boats stay afloat as you create your own.
- **Balloon Car Challenge:** Cars are a feat of mechanical engineering, and you will get a chance to put your engineering skills to the test as you design a car that runs off of kinetic energy.
- **Family Showcase:** Race day! It's time to show off the creations you have been working on. Test your designs against your friends as you race your balloon cars, with your family there to cheer you on.

Travel/Culture Program Descriptions

- **Traveling Around New Jersey Grade 4:** Let's learn all about our great state from the comfort of your own home! New Jersey has so many different types of ecosystems - and it's not even that big!
 - **Map it Out!:** Can you name all of the counties in New Jersey? How about the main waterway that flows through most of the state? Let's map it out as we explore the layout of the Garden State.
 - **Passport Around NJ:** From farm fields to mountain tops, beaches to ponds - how many different types of geographic wonders does New Jersey have?
 - **NJ All Day:** After learning all about the magic of New Jersey, create your own New Jersey bio-dome!
 - **Family Showcase:** Virtual Road Trip! Bring your New Jersey bio-dome, and each participant will get the chance to share out about their area during a "pit stop" on our road trip around New Jersey!
- **Traveling Around the United States Grade 5:** Let's learn all about our great country from the comfort of your own home. The United States has so many geographic wonders across our 50 states, what can we discover?
 - **National Park Adventure:** Did you know that there are 422 national parks sites in the United States? Let's explore some of the most beautiful places in the United States.
 - **Passport Around the USA:** From farm fields to mountain tops, beaches to ponds - how many different types of geographic wonders does the United States have?
 - **Sell Your State:** After learning about the magic of the USA, create your own travel brochure about a national landmark, state, or another location you love.
 - **Family Showcase:** Virtual Road Trip! Bring your Travel Brochure, and each participant will get the chance to share out about their area during a "pit stop" on our road trip around the USA!

Fitness Program Descriptions

- **Get Up & Get Fit:** Join your friends for four fun-tastic weeks of getting fit from the inside out! There will never be a dull moment.
 - **Choose My Plate:** Learn and explore the five basic food groups using activities on ChooseMyPlate.gov. Complete a “healthy plate” activity and talk about everyone’s favorite healthy snacks and meals, because being fit starts on the inside!
 - Materials Needed: your favorite healthy snack, a water bottle, crayons or colored pencils, and the two worksheets we send
 - **Get Moving:** Learn and try out fun, easy exercises that you can do from your kitchen table, desk, or comfy couch at home.
 - Materials Needed: a water bottle and make sure you wear comfortable clothes and shoes
 - **Fair Play:** Learn to teach the rules of an Active Game and demonstrate your new skills through playing Simon Says, Freeze Dance, and Red Light-Green Light.
 - Materials Needed: a water bottle and make sure you wear comfortable clothes and shoes
 - **Family Showcase:** JAM-boree - Show them what you got/ Each One Teach One/ We’re in this Together. Invite your family to this fun, interactive session and actively demonstrate to them what you have learned about healthy living from exercising to playing fair. We will end our time together by taking a pledge to keep it moving!
 - Materials Needed: a water bottle, a pencil, a piece of paper, and make sure you wear comfortable clothes and shoes and invite your family to join in!
- **Mind, Body, Spirit:** There’s nothing more important than taking care of yourself! Kick into high gear as you explore fun ways of keeping yourself strong and healthy - mind, body, and soul.
 - **Start Moving:** Get your heart pumping with exercises and activities that you can do right from home.
 - **Food Fuel:** Food is the fuel that keeps your body going! Make a recipe booklet of healthy and fun snacks so you can pick the best foods for you.
 - **De-Stress Day:** Focus on your mind and soul as you learn some yoga and deep breathing, then create a journal to help de-stress from your day.
 - **Family Showcase:** Family Fitness Fun! Learn how to get moving together and make a fitness challenge out of things you do every day.
- **Virtual Train Race (self-paced, no instruction):** Join your fellow classmates for a Virtual Trail Race. Students will receive a digital race packet, getting them ready for either a 1 mile or 5K trail race. The packet will include a training schedule, information on how to choose trails, nutrition needed to fuel your body. Students and families can participate in a Virtual Race together.