

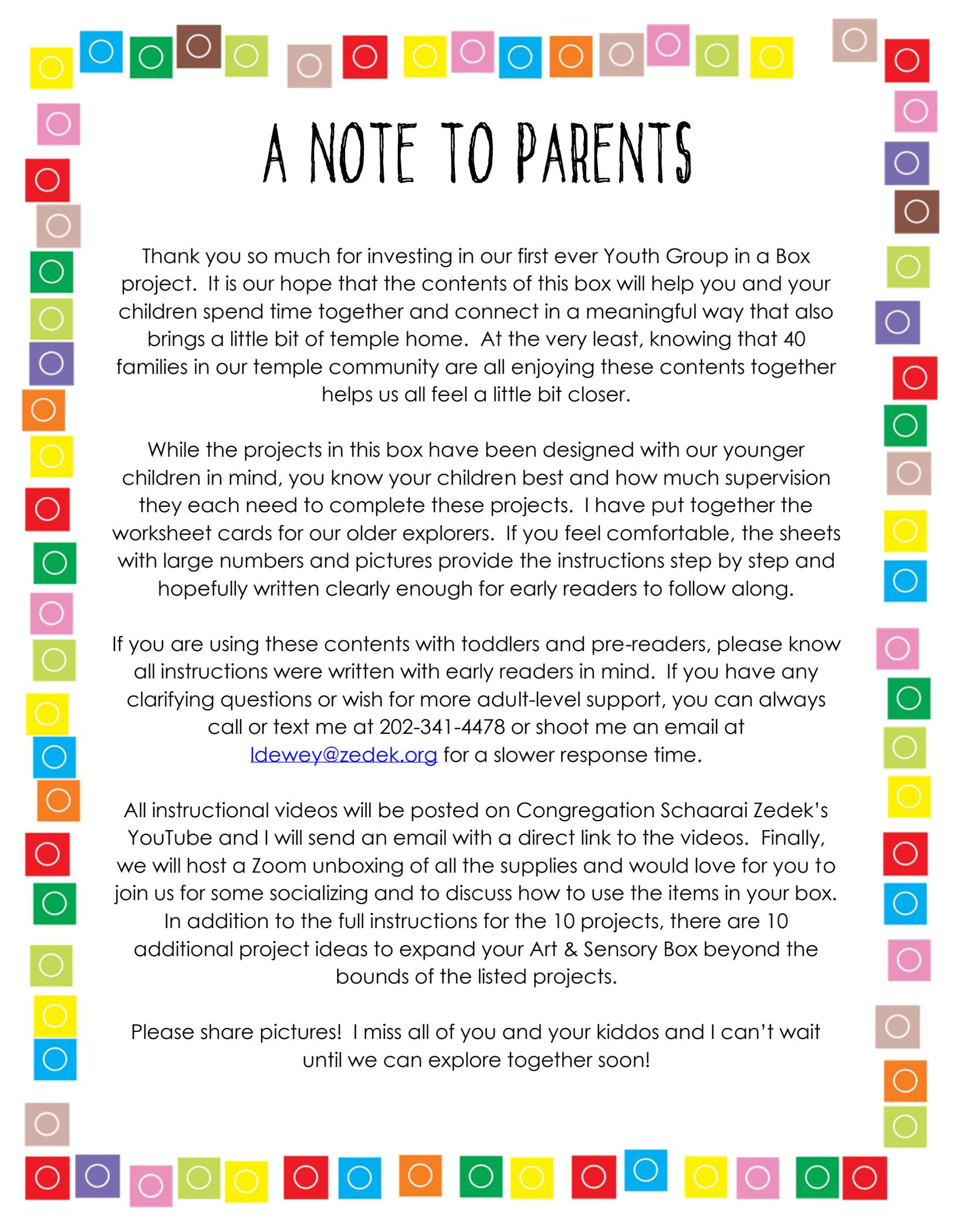
CSZ at Home

teenokot and yeladim

YOUTH GROUP

IN A BOX





A NOTE TO PARENTS

Thank you so much for investing in our first ever Youth Group in a Box project. It is our hope that the contents of this box will help you and your children spend time together and connect in a meaningful way that also brings a little bit of temple home. At the very least, knowing that 40 families in our temple community are all enjoying these contents together helps us all feel a little bit closer.

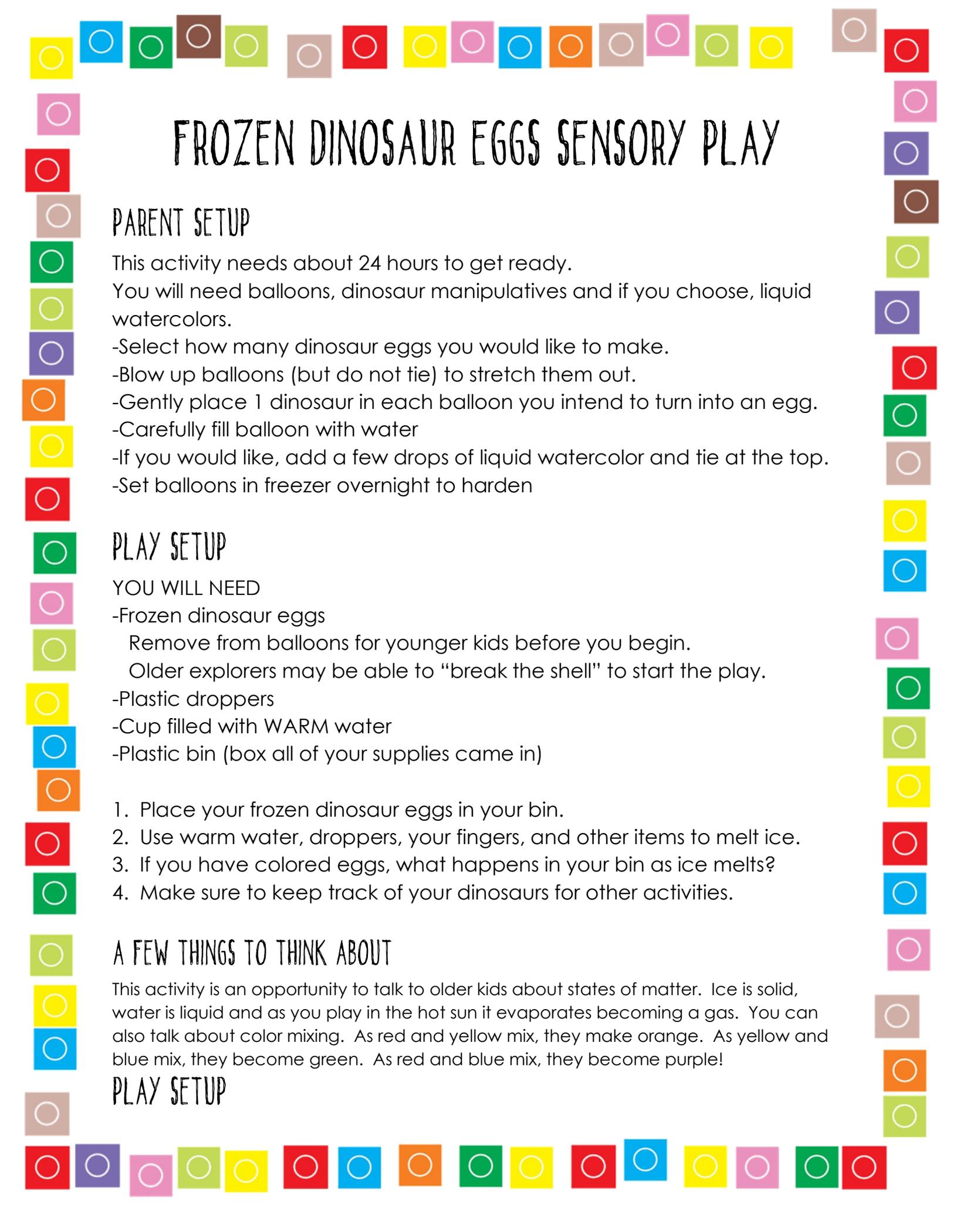
While the projects in this box have been designed with our younger children in mind, you know your children best and how much supervision they each need to complete these projects. I have put together the worksheet cards for our older explorers. If you feel comfortable, the sheets with large numbers and pictures provide the instructions step by step and hopefully written clearly enough for early readers to follow along.

If you are using these contents with toddlers and pre-readers, please know all instructions were written with early readers in mind. If you have any clarifying questions or wish for more adult-level support, you can always call or text me at 202-341-4478 or shoot me an email at ldewey@zedek.org for a slower response time.

All instructional videos will be posted on Congregation Schaarai Zedek's YouTube and I will send an email with a direct link to the videos. Finally, we will host a Zoom unboxing of all the supplies and would love for you to join us for some socializing and to discuss how to use the items in your box.

In addition to the full instructions for the 10 projects, there are 10 additional project ideas to expand your Art & Sensory Box beyond the bounds of the listed projects.

Please share pictures! I miss all of you and your kiddos and I can't wait until we can explore together soon!



FROZEN DINOSAUR EGGS SENSORY PLAY

PARENT SETUP

This activity needs about 24 hours to get ready.

You will need balloons, dinosaur manipulatives and if you choose, liquid watercolors.

- Select how many dinosaur eggs you would like to make.
- Blow up balloons (but do not tie) to stretch them out.
- Gently place 1 dinosaur in each balloon you intend to turn into an egg.
- Carefully fill balloon with water
- If you would like, add a few drops of liquid watercolor and tie at the top.
- Set balloons in freezer overnight to harden

PLAY SETUP

YOU WILL NEED

- Frozen dinosaur eggs
 - Remove from balloons for younger kids before you begin.
 - Older explorers may be able to “break the shell” to start the play.
- Plastic droppers
- Cup filled with WARM water
- Plastic bin (box all of your supplies came in)

1. Place your frozen dinosaur eggs in your bin.
2. Use warm water, droppers, your fingers, and other items to melt ice.
3. If you have colored eggs, what happens in your bin as ice melts?
4. Make sure to keep track of your dinosaurs for other activities.

A FEW THINGS TO THINK ABOUT

This activity is an opportunity to talk to older kids about states of matter. Ice is solid, water is liquid and as you play in the hot sun it evaporates becoming a gas. You can also talk about color mixing. As red and yellow mix, they make orange. As yellow and blue mix, they become green. As red and blue mix, they become purple!

PLAY SETUP

YOU WILL NEED

-Frozen dinosaur eggs

Remove from balloons for younger kids before you begin.

Older explorers may be able to “break the shell” to start.

-Plastic droppers

-Cup filled with WARM water

-Plastic bin (box all of your supplies came in)



1

Place your frozen dinosaur eggs in your bin.

2

Use warm water, droppers, your fingers, and other items to melt ice.

3

If you have colored eggs, what happens in your bin as ice melts?

4

Make sure to keep track of your dinosaurs for other activities.



WAX RESIST WATERCOLOR PAINTING

PARENT SETUP

You may want to set out the plastic tablecloth/dropcloth before beginning. It may decrease mess if you place the watercolor paper on the baking sheet before your child begins the watercolor step of the projects.

We have provided a white crayon for this project. The same technique works for all crayons. You can experiment with all colors with crayons you have at home!

PLAY SETUP

YOU WILL NEED

- Watercolor paper
- White Crayon
- Paint Brush
- Paint Palette
- Liquid Watercolors
- Plastic dropper
- Water in a cup to clean your brush

1. On a flat surface, use your crayons to color a picture or design.
(You do need to press harder/go over your design a second time)
2. Brush off extra crayon wax.
3. Before you begin painting, add clean water to your liquid watercolors with your plastic dropper.
4. Wet your brush
5. Using big strokes, paint over your picture to show your magic hidden pictures!

PLAY SETUP

YOU WILL NEED

- Watercolor paper
- White Crayon
- Paint Brush
- Paint Palette
- Liquid Watercolors
- Plastic dropper
- Water in a cup to clean your brush



1

Use your white crayon to draw a picture or design.

2

Add clean water to your liquid watercolors with your dropper.

3

Wet your paintbrush.

4

Using big strokes, paint over your design to show your picture.



BAKING SODA SENSORY PLAY

PARENT SETUP

You may want to set up your divided tray or cookie sheet inside your plastic bin. You may want to put your plastic bin on your plastic tablecloth/dropcloth. The level of mess is entirely dependent on your comfort level and the age of your child.

This project will work with just baking soda and vinegar. You can enhance the play with liquid watercolor by either coloring the vinegar with a few drops OR “burying” drops of color under baking soda in the divided tray.

PLAY SETUP

YOU WILL NEED

- Baking Soda
- Vinegar
- Liquid Watercolor
- Droppers
- Dinosaur manipulatives (optional)

1. Pour a layer of baking soda on your baking sheet.
2. If “hiding” color, add a few drops of watercolor and cover with more baking soda. If dyeing vinegar, add a few drops to the clear vinegar.
3. Use droppers to squeeze up vinegar.
4. Drop vinegar onto baking soda.
5. Introduce dinosaurs or other small toys at home for extended play.

A FEW THINGS TO THINK ABOUT

This activity is fascinating and the joy with the bubbling is pretty unparalleled in our house. You can talk a lot about primary (red, yellow and blue) and secondary (green, orange and purple) colors. Color mixing is easy to demonstrate with droppers of different colors. If you want to mix red, yellow and blue vinegar, you can use your divided tray!

PLAY SETUP

YOU WILL NEED

- Baking Soda
- Vinegar
- Liquid Watercolor
- Droppers
- Dinosaur manipulatives (optional)



1 Pour baking soda on your baking sheet.

2 Pour vinegar in your divided tray. (Add watercolors to color)

3 Squeeze dropper to move vinegar onto the baking soda.

4 Watch the bubbles and colors mix. Add dinosaurs for more play!



POMPOM SORTING AND RACES

PARENT SETUP

This activity is pretty limitless and open to lots of interpretation as your children get older and can make up rules to their own games. The most simple setup is to use your colored dots and divided tray and put a colored dot in the bottom of each section. Invite your kiddos to sort the pompoms into sections with the colored dot.

You can expand on the simple setup by writing a number on the colored dot and ask them to find that many of a specific color or any color. To work on fine motor and pre-writing skills, you can use the tongs to pick up the pompoms and move them into the correct section.

FOR OLDER children, you can add a spoon and encourage them to balance the pompom across the room to get it into the correct section of the tray. You can also use the colored dots to write out sight words or spelling words and make a key where different words correspond to different colored pompoms. THE POSSIBILITIES ARE ENDLESS with this one!

PLAY SETUP

YOU WILL NEED

- Divided tray
- Multicolored pompoms (fewer colors to start for younger children)
- Multicolored dots
- Marker (optional)

1. Pour out your pompoms
2. Sort them based on your rules
3. REMIX, add new rules and PLAY AGAIN

PLAY SETUP

YOU WILL NEED

- Divided tray
- Multicolored pompoms
- Multicolored dots
- Marker (optional)

1

Pour baking soda on your baking sheet.

2

Pour vinegar in your divided tray. (Add watercolors to color)

3

Squeeze dropper to move vinegar onto the baking soda.

4

Watch the bubbles and colors mix. Add dinosaurs for more play!



DINOSAUR RESCUE OR DINOSAUR HUNT

PARENT SETUP

This activity is largely age dependent and based on whether one child is playing or multiple are engaging. For younger children you will keep all of the dinosaurs in one place and taped to the baking sheet, plastic bin or divided tray. For older children you can select a room to tape and hide the dinosaurs, play with their non-dominant hand or have siblings take turns taping and hiding for the other to find.

You can reuse the pieces of tape over and over while playing this game.

PLAY SETUP

YOU WILL NEED

- Baking Sheet/Plastic Bin/Divided Tray
- Tape
- Dinosaur Manipulatives

1. Tear small strips of tape, large enough to hold 1 dinosaur to the tray.
2. Use the tape to “trap” the dinosaur to the baking sheet.
3. Invite your children to “free” the dinosaurs.
4. You can race and see how long it takes, give instruction by color (release the dinosaurs in this order—red, blue, green)
5. You can also take the game to a full room and hide the taped dinosaurs all over a room and introduce “hot” and “cold”

A FEW THINGS TO THINK ABOUT

This activity seems simple and for a very young child, but it is engaging for many different ages. Much like the pompom sort—children can make up their own rules for games and expand the possibilities. Much like playing with loose parts—when children are given the space to play creatively, they will often surprise us with what they come up with. ple) colors.

PLAY SETUP

YOU WILL NEED

- Baking Sheet/Plastic Bin/Tray
- Tape
- Dinosaur Manipulatives



1

Tear or cut strips of tape. (You may cut the tape to be skinny)

2

Tape dinosaurs to the tray.

3

Try to untape/free the dinosaurs.

4

Make up your own rules for the game and play again!



CONTACT PAPER STAINED GLASS RAINBOWS

PARENT SETUP

- Cut the length of contact paper that fits in your space. This activity works best on a window or glass door, but can be done on a wall as well!
- If you want to use the template on the wall—hang that first.
- If you don't want to use the template on the wall, but as a guide, set it under your contact paper and trace it on the non-sticky side of your contact paper.
- If you don't want to use the template at all, you can draw your own!
- You can also put up the sticky contact paper without a template and see what your children come up with!
- Peel the backing off your contact paper.
- Hang the sheet of sticky paper on your surface, sticky side out.
- Use your tissue paper squares to fill in the segments with color.
- You can use your sticky dots, if you like, to color code the segments.

PLAY SETUP

YOU WILL NEED

- Contact paper
- Rainbow template (optional)
- Tape
- Tissue Paper Squares

1. Tape your contact paper to the wall sticky side out.
2. Use tissue paper squares to fill in segments of color.
3. You can use colored dots to mark color segments (like a color by number) if you would like.
4. Enjoy the sun shining through your colored artwork!

A FEW THINGS TO THINK ABOUT

This activity can help demonstrate color mixing and the light behind the colors shows this without the mess of paint.

PLAY SETUP

YOU WILL NEED

- Contact paper
- Rainbow template (optional)
- Tape
- Tissue Paper Squares



1

Tape your clear sticky paper to the wall (sticky side out!)

2

Use tissue paper squares to fill your design with color.

3

Think about covering your whole space so nothing is sticky.

4

Enjoy the light shining through your design!



TIE DYE PAPER BUTTERFLIES

PARENT SETUP

This project can be done with markers or the liquid watercolors, depending on the level of mess you are willing to take on at any given time. You may want to set your coffee filters out on the baking tray or the plastic dropcloth. Whether you use the watercolors or markers the colors will bleed through the filter. There is some drying time to this project. You may want to space it before and after a meal or rest.

PLAY SETUP

YOU WILL NEED

- Baking Sheet
- Washable Markers or Liquid Watercolors
- 2 Coffee Filters
- Dropper
- Small cup of water
- Pipe Cleaner

1. Place your coffee filters on your baking sheet.
(You can experiment with nesting the filters or drawing on each one individually. Both the markers and water color will work either way.)
2. Flatten your coffee filters so they are a flat circle.
3. Color or paint designs to cover your whole coffee filter.
4. If using markers, use your dropper and water to drip water and watch the colors spread.
5. Separate your 2 layers and lay your baking sheet in the sun to dry for about 30 minutes.
6. Once completely dry, you are going to "fan fold" each filter in about 1/2 inch folds.
7. Stacking the 2 filters on top of each other, twist a pipe cleaner around the center to hold the filters together and make antennae.
8. Open the wings by gently stretching the fans.

PLAY SETUP

YOU WILL NEED

- Baking Sheet
- Washable Markers or Liquid Watercolors
- 2 Coffee Filters
- Dropper
- Small cup of water
- Pipe Cleaner

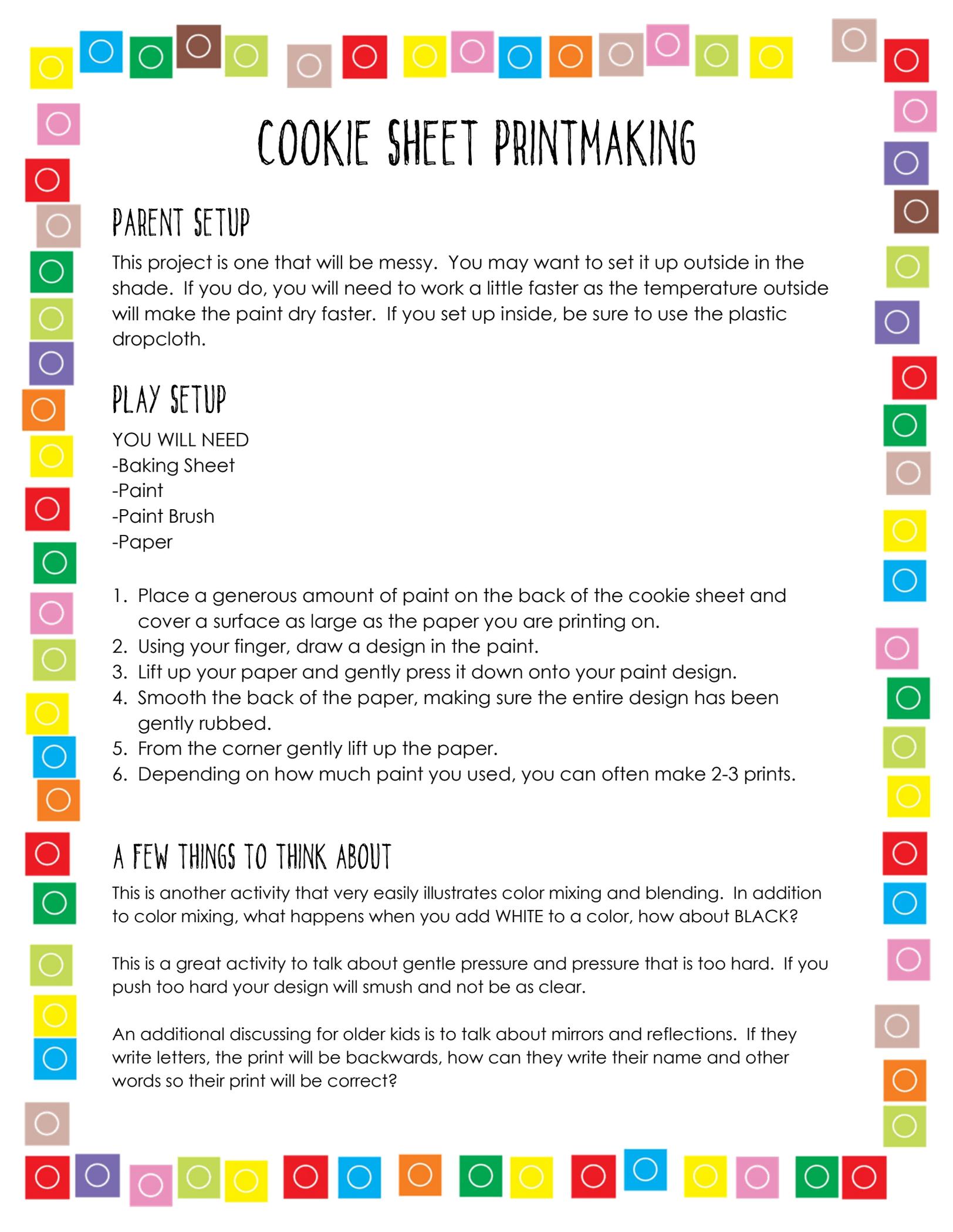


1 Flatten your coffee filters on your baking sheet.

2 Color or paint your WHOLE circle.

3 If you use marker, use your water and dropper to drip and let your colors blend!

4 Once completely dry, fold your circles like a fan. A parent can help twist your pipe cleaner around the center to hold your butterfly.



COOKIE SHEET PRINTMAKING

PARENT SETUP

This project is one that will be messy. You may want to set it up outside in the shade. If you do, you will need to work a little faster as the temperature outside will make the paint dry faster. If you set up inside, be sure to use the plastic dropcloth.

PLAY SETUP

YOU WILL NEED

- Baking Sheet
- Paint
- Paint Brush
- Paper

1. Place a generous amount of paint on the back of the cookie sheet and cover a surface as large as the paper you are printing on.
2. Using your finger, draw a design in the paint.
3. Lift up your paper and gently press it down onto your paint design.
4. Smooth the back of the paper, making sure the entire design has been gently rubbed.
5. From the corner gently lift up the paper.
6. Depending on how much paint you used, you can often make 2-3 prints.

A FEW THINGS TO THINK ABOUT

This is another activity that very easily illustrates color mixing and blending. In addition to color mixing, what happens when you add WHITE to a color, how about BLACK?

This is a great activity to talk about gentle pressure and pressure that is too hard. If you push too hard your design will smush and not be as clear.

An additional discussing for older kids is to talk about mirrors and reflections. If they write letters, the print will be backwards, how can they write their name and other words so their print will be correct?

PLAY SETUP

YOU WILL NEED

- Baking Sheet
- Paint
- Paint Brush
- Paper
- QTip (optional)



1

Using your big paint brush, paint your cookie sheet with paint.

2

Using your finger (or a Q tip) draw a design in the paint.

3

Gently place your paper on your design and smooth your paper.

4

From the corner, lift up your paper and see your design!



PAPER PLATE ANIMALS

PARENT SETUP

This project has a significant amount of freedom to design, decorate and play. You can use the enclosed templates for cutting shapes to make the animal you desire. Your children can use markers, paints, watercolors, glue, tissue paper, sticker eyes—really, the entirety of the box!

PLAY SETUP

YOU WILL NEED

- Paper plates
- Scissors
- Glue
- Tissue Paper
- Markers/Paint/Watercolor
- ANY craft materials you desire for decoration

1. Decide what animal you would like to begin with.
2. Cut the paper plate and glue in place any needed piece to create a base.
3. Using your materials of choice, color your animal and decorate.
4. Display your animal proudly!

A FEW THINGS TO THINK ABOUT

There are samples and templates included in your kit and you can take these samples a number of ways. You can talk about habitats and make animals that all live in the same habitat (like a shark, turtle and fish) or pick your favorite animal from a book or show!

Your older children may also consider making fictional animals or animal mix-ups! Encourage their creativity if they want to make cat ears, with fish scales and a turtle tail!

There is no "right" way to decorate these animals. Let your little explorers create!

PLAY SETUP

YOU WILL NEED

- Paper plates
- Scissors
- Glue
- Tissue Paper
- Markers/Paint/Watercolor
- ANY craft materials you desire for decoration



1

Pick an animal to make.

2

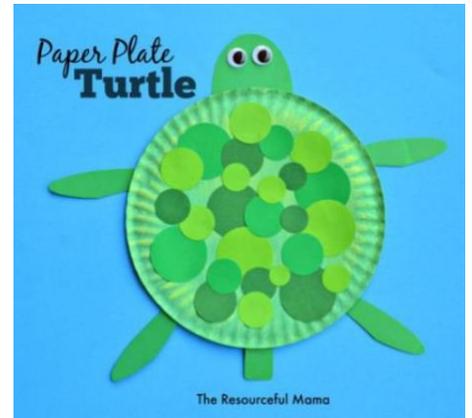
Cut your plate and glue shapes to make your base.

3

Color and decorate your animal.

4

Display your finished animal!





MESS FREE FINGER PAINTING

PARENT SETUP

This project is likely the simplest to show color mixing. Think about the colors you add to the bag before they start. The fewer colors and better they mix, the greater chance you have of ending up with something beautiful. If you put too many colors in the bag or use secondary colors (green, orange, purple) you are likely to end up with a muddy colored bag. (to be fair, that can also be fun)

PLAY SETUP

YOU WILL NEED

- 2 Gallon Ziplock Bag
- Paint
- Paper
- Tape

1. Place a piece of paper in your Ziplock bag.
2. On top of your paper and inside your bag, add small mounds of paint.
3. Remove all of the air from the bag and close the bag.
4. Tape the bag down to the table or floor.
5. Use your finger or hand to mix the colors around and draw pictures.
(you do not have to put paper in the bag for this activity to work)

A FEW THINGS TO THINK ABOUT

Just like the printmaking, this is another activity that very easily illustrates color mixing and blending. In addition to color mixing, what happens when you add WHITE to a color, how about BLACK? The difference with this activity is the paint stays contained in the bag.

Much like the contact paper rainbow with tissue paper, this can be done hanging on a window or glass door and you can talk about light and how it impacts the colors.

PLAY SETUP

YOU WILL NEED

- 2 Gallon Ziplock Bag
- Paint
- Paper
- Tape



1

Open your Ziplock bag and place paper inside the bag.

2

Add drops of paint on top of paper inside your bag.

3

Remove air from bag and seal your bag.

4

Tape your bag down to a table or window and mix away!



ADDITIONAL ACTIVITIES YOU CAN TRY

Some of these activities use materials not included in your box that can commonly be found around your home.

3D SALT PAINTING

(Paper, Glue, Liquid Watercolor, Salt)

PAPER TOWEL PAINTING

(Paper towels, Liquid Watercolor, Baking Tray)

PIPE CLEANER AND CEREAL STRINGING

(Pipe Cleaners, cereal)

PIPE CLEANER ANIMALS, BUGS, MONSTERS, CREATURES

(Pipe Cleaners, PomPoms, Sticker Eyes, Glue)

TISSUE PAPER LANTERNS

(Balloon, Tissue Paper, Glue, Paint Brush, cup with water)

BALLOON PAINTING

(Balloon, Paper, Paint)

TRAVELING RAINBOWS

(Liquid Watercolor, Paper Towels, 6 cups filled with water)

POM POM RACETRACKS

(Tape, Straws, PomPoms)

POM POM MARBLE RUN

(Tape, Construction Paper, Scissors, Toilet Paper/Paper Towel Tubes)

Q-TIP DOT PAINTING

(QTips, Paper, Paint)

STICKER DOT SIGHT WORDS

(Label Dots, Marker, Connect 4 coins/plastic gelt/checkers)

BLOW PAINT MONSTERS

(Baking Tray, Paint, Water, Straws, Sticker Eyes)

BUBBLE PAINTING

(Baking Tray, Water, Paint, Dish Soap, Straws, Divided Tray)