

# Parent Guide: Summer – Day 1 of 5 (Weather)

## Tornado In A Jar, Coffee Filter Sun, Weather Workout

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### Tornado In A Jar

Create your own twister...this jar is great for learning about weather...but can also be used as a calm-down tool when needed as the swirl action is mesmerizing!

#### Supplies Needed:

- jar with lid
- 3 cups water
- 1 teaspoon dish soap
- 1 teaspoon vinegar
- glitter or other small objects (optional)

Join us on our Facebook page for instructions!

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### Coffee Filter Sun

Now for a little sunny weather - this cheerful project is cheery and simple!

#### Supplies Needed:

- blue paper
- coffee filter
- yellow and orange paint
- small paper plates
- clothes pin and pom poms (or small paint brushes)
- glue stick
- foam curler (or small paint brushes)

Join us on our Facebook page for instructions!

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### Weather Workout

Go outside to an open space. Place cones or other markers in the grass at distances appropriate for your child's age. Pretend to be a tornado, bright sunshine, rain drops, or thunder and lightening as you make your way from cone to cone doing the following movements: jumping jacks, squats, push ups, sit ups, skipping, etc...

To make this activity last longer, set up your workout on the sidewalk using chalk to draw different weather stations. Do the same moves through each station, but vary the way you do it based on each weather station you pass.