

INV. 1 ACTIVITY—TESTING MAGNET STRENGTH

Focus Question: How strong are the magnets used at home?

Materials:

- Common household magnets

Suggested procedure

- Collect any magnets you have at home and compare the strength of each.
- What items are attracted to the magnets? Can you attract more than one item to the magnet?
- Compare two magnets and what is attracted to them. Are there any differences? Why do you think?
- Make a drawing and label the system you used to test the magnet strength.

INV. 1 ACTIVITY—EXPLORING PUSHES AND PULLS

Focus Questions: What household tasks require the force of pushing?
What household tasks require the force of pulling?
What forces do outdoor activities require?

Materials:

Common household items and/or tasks:

- **Indoors**—drawers, doors, remote controls, windows, chairs, washing machine, dishwashers, passing something at the dinner table or taking something on to your plate, etc.
- **Outdoors**—swings, slides, basketball, baseball, soccer, football, tennis, frisbee, biking, scootering and/or skateboards etc.
- What more can you come up with?

Suggested procedure

Explore household tasks and identify the force needed to accomplish the tasks.

Explore outdoor activities and identify the force needed.

Make a list of pushes and pulls you explored.

Share and discuss your list with someone.

INV. 1 ACTIVITY—BALANCE CHALLENGE

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Explore balance with yoga poses:

Tiger Pose: On a rug kneel on your hands and knees with your hands slightly in front of your shoulders and your knees under your hips. Inhale, and lift your right arm out in front of you. Exhale, and lift your left leg out behind you, pretending it's a tail. Now you're a long, brave tiger. Try to maintain your balance while you swish your tail from side to side. Play here for 3 breaths, then try the other side.

Plank Pose: Kneel on your hands and knees. Shift your hands and body forward. Lower your hips so your body is in a straight line. Curl your toes under, take a deep breath lift with your belly and straighten your legs. Can you lift one leg a couple of inches and balance. Take a deep breath lower leg and try the other side.

Boat Pose: Sit on the rug tall, bend your knees, feet on the ground. Lean back put your arms behind your back and point your toes. Are you strong enough to leave the land? Take a deep breath and on an exhale lift your legs. Can you float on the water like a boat? Stretch out your arms and balance. Breath for two breaths.

Mountain Pose: Standing with your feet under your hips, hands by your sides. Inhale and sweep your arms up overhead, with the palms of your hands facing one another. Exhale and sweep your arms back down by your sides as you fold forward at your hips and draw your chest toward your knees. Stay in this forward fold for one deep breath, roll back up to Mountain Pose, then repeat 4 more times. Finish in Mountain Pose.

Tree Pose: From mountain pose with both of your feet planted firmly on the floor. Press your palms together at your heart, and move your weight into your right foot, keeping a slight bend in your knee. Place the bottom of your left foot just below or above your right knee. Press your right foot into the ground, like your body is a tree—your foot growing roots deep into the earth. Now, reach the top of your head toward the sky, and grow your tree tall and balanced.

Dancer Pose: Stand tall in mountain pose. Bend your knee toward your buttocks. Hold your right ankle with your right hand and lift the opposite are. Bend forward as you press your legs up and back. Take a deep breath. Arch, lift and extend your arm and leg. If you lose your balance try again and don't forget the other side.

Airplane Pose: Stand tall in mountain pose. Take a deep breath and stretch one leg back. Tip forward your torso as one leg lifts until you are parallel with the floor. Spread both arms like wings. Take a deep breath. How long can you stay balanced? Try the other side.