

# IKUS Activity Packet

## Week of April 24-May 1

Please answer these questions and email them back to us. You can also respond to these questions on our Facebook page or at [ikuslife.org](http://ikuslife.org)! Please e-mail all responses to the manager of your program Myles [maten@ikuslife.org](mailto:maten@ikuslife.org) or Anne-Marie at [amshumaker@ikuslife.org](mailto:amshumaker@ikuslife.org). We look forward to hearing from you!

### Questions:

1. What is a new leisure and recreation activity that you are interested in trying?
2. If you could have one super power what would it be?
3. What's your favorite zoo animal?
4. Have you helped out at home? By doing what?
5. Would you rather be a sandcastle or be a wave?

### Trivia:

1. An Olympic gold medal is made mostly of what metal?  
A. Gold  
B. Copper  
C. Nickel  
D. Silver
2. What is the Olympic motto?  
A. Refuse to lose  
B. Faster, Higher, Stronger  
C. Dare to be great
3. Which of these animals were used in the 1900 Olympics?  
A. Camels  
B. Pigeons  
C. Elephants  
D. Bears
4. How old was the oldest Olympics medal winner?  
A. 48  
B. 64  
C. 72  
D. 56
5. Approximately how many countries compete in the Olympics?  
A. 100  
B. 50  
C. 200  
D. 400

Answers: 1 D Silver, 2. B Faster, Higher, Stronger, 3. B Pigeons, 4. C 72 years old, 5. B 200

For more trivia questions and facts on the Olympics visit  
[http://www.usefultivia.com/sports\\_trivia/olympics\\_trivia.html](http://www.usefultivia.com/sports_trivia/olympics_trivia.html)

## Fitness Olympic activities

Here is a link for some chair yoga:

<https://www.youtube.com/watch?v=1DYH5ud3zHo>

Homemade obstacle course

Spoon race



## Crafts & Experiments:



### FLAG ROCKS

*-Olympic craft-*



### fizzy OLYMPIC RINGS



<https://www.icanteachmychild.com/fizzy-olympic-rings/>

### Here's what you'll need for fizzy Olympic rings:

- Baking Soda
- Vinegar
- Liquid Watercolors OR food coloring
- Squeeze Bottles
- Safety Goggles
- Tray

### Directions:

1. Mix together baking soda and a small amount of water. Add more water and stir until the baking soda has formed a paste or dough-like consistency.

2. Form the baking soda/water dough into circular shapes to resemble Olympic Rings. Place in the freezer for at least an hour.
3. Pour vinegar into each of the squeeze bottles and then add liquid watercolors or food coloring into the vinegar. I used liquid watercolors and the end result ended up being very muted, so next time I might use food coloring instead.
4. Get the tray with the Olympic Rings out of the freezer and gather your colored vinegar bottles
5. Head outside and get ready for some fizzy fun!
6. Start spraying each of the Olympic rings with the coordinating color. Watch the reaction of the baking soda and vinegar!

### **Puzzles:**



Name: \_\_\_\_\_

# Word Search: The Olympics



Try to find all the hidden words about the Olympics.  
Remember, words can be diagonal, vertical, horizontal,  
forward or backwards. Good luck!



FINISH LINE

LEAGUE

JAVELIN

HURDLE

TEAM

BALL

SCORE

RACE

ATHLETE

BRONZE

MEDAL

COMPETE

CHAMPION

GOAL

COACH

STADIUM

SILVER

GOLD

## Olympics

C	G	N	I	C	N	E	F	B	X	G	T	U	S	W
E	N	W	N	D	L	L	A	B	T	E	K	S	A	B
R	I	I	P	G	Q	S	O	R	O	B	S	B	I	M
E	V	Y	O	U	E	G	R	D	G	X	C	R	L	R
M	I	L	J	B	M	O	N	S	U	B	I	O	I	R
O	D	L	A	D	E	M	O	I	Y	J	T	N	N	Z
N	O	L	A	H	T	A	T	N	E	P	S	Z	G	W
I	L	A	H	C	R	O	T	N	K	O	A	E	X	R
E	E	B	G	C	F	A	I	E	C	R	N	O	U	E
S	K	Y	H	I	T	R	M	T	O	T	M	A	S	S
R	Z	E	E	N	E	Q	D	W	H	Y	Y	C	C	T
X	R	L	A	C	T	R	A	C	K	D	G	R	M	L
Y	D	L	C	N	W	W	B	R	E	V	L	I	S	I
I	T	O	W	J	E	Q	U	E	S	T	R	I	A	N
A	S	V	E	I	S	Y	A	C	H	E	T	I	N	G

ARCHERY	EQUESTRIAN	SAILING
ATLANTA	FENCING	SILVER
BADMITTON	FIELD	SOCCER
BASEBALL	GOLD	TENNIS
BASKETBALL	GYMNASTICS	TORCH
BOXING	HOCKEY	TRACK
BRONZE	JUDO	TV
CANOEING	MEDAL	VOLLEYBALL
CEREMONIES	PENTATHALON	WRESTLING
DIVING		YACHETING

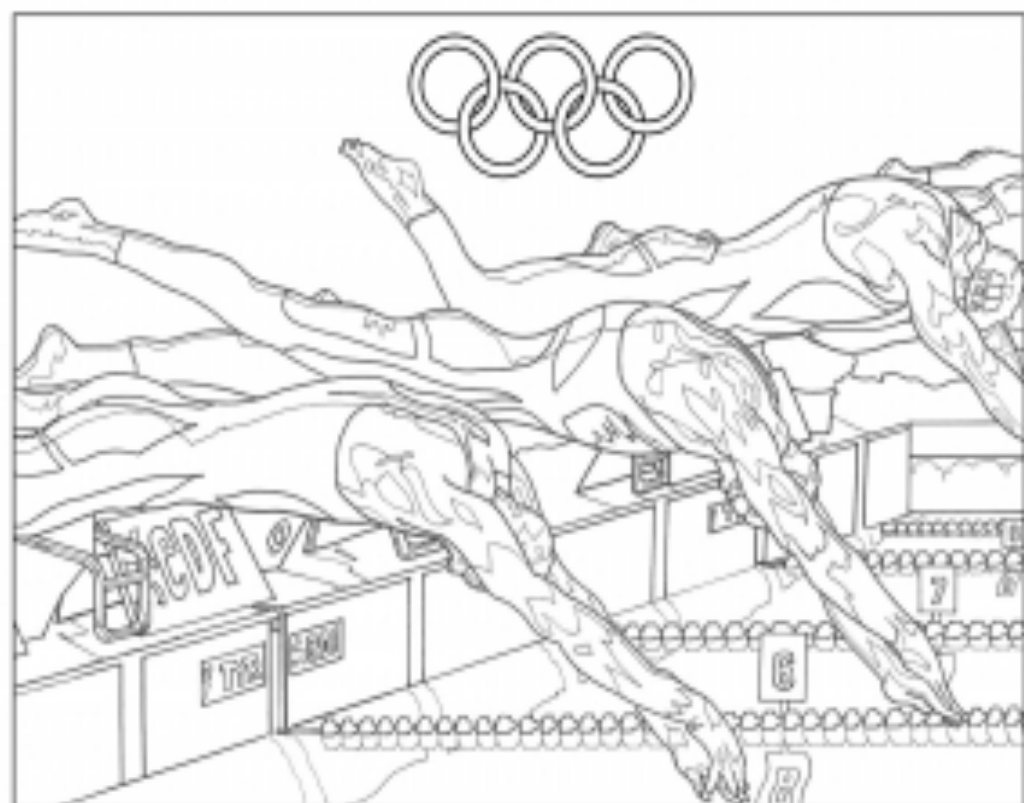
Copyright 1996 John R. Potter John's Word Search Puzzles  
<http://www.thepotters.com/puzzles.html>

# Summer Olympics

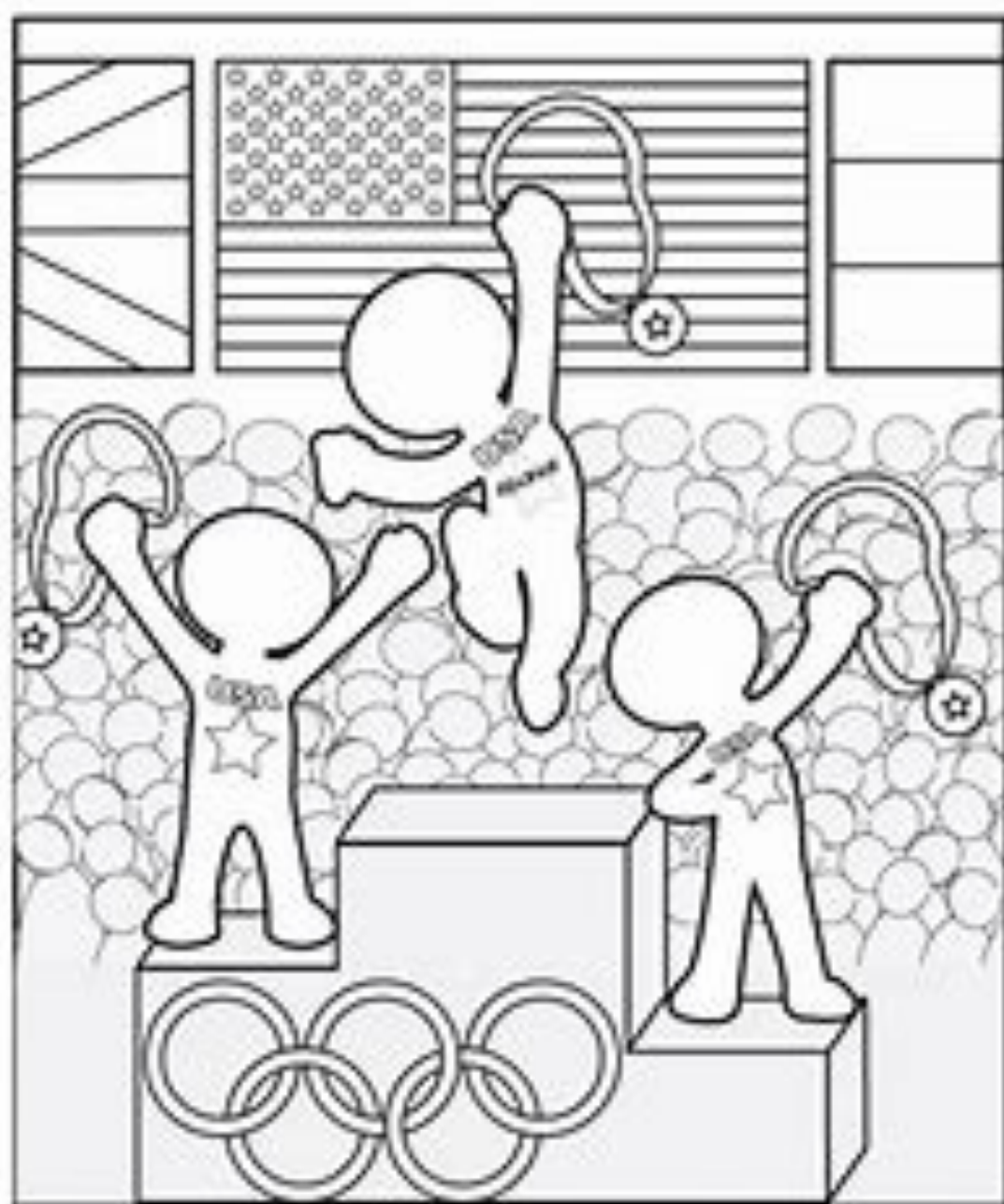
A O Y Z T B A G G H F E G L M  
R M E H O R N N D Z J N L Y S  
U L C X C I I D C L I A E K Z  
I B I H M L B G L T B G C O Q  
V N E M T V Z A F T Q Y C Q P  
G R I S U X B I E T C M A H S  
Y W E J Y Y L K L G K N I O I  
S R J K E T S A N N S A C H N  
W B F L H A S I H G N S X K N  
A Y L G B Y K A N F G T K D E  
W O I R D I E I I B A I V F T  
V E W V B S V K Q L M C N J T  
W Z O X O I O E C A I S G N I  
S H R L D B K V U O U N A S C  
J Z Y E X I N A Z L H F G A A

archery  
basketball  
biking  
boxing  
diving  
gymnastics

hockey  
sailing  
swimming  
tennis  
volleyball  
weightlifting  
wrestling



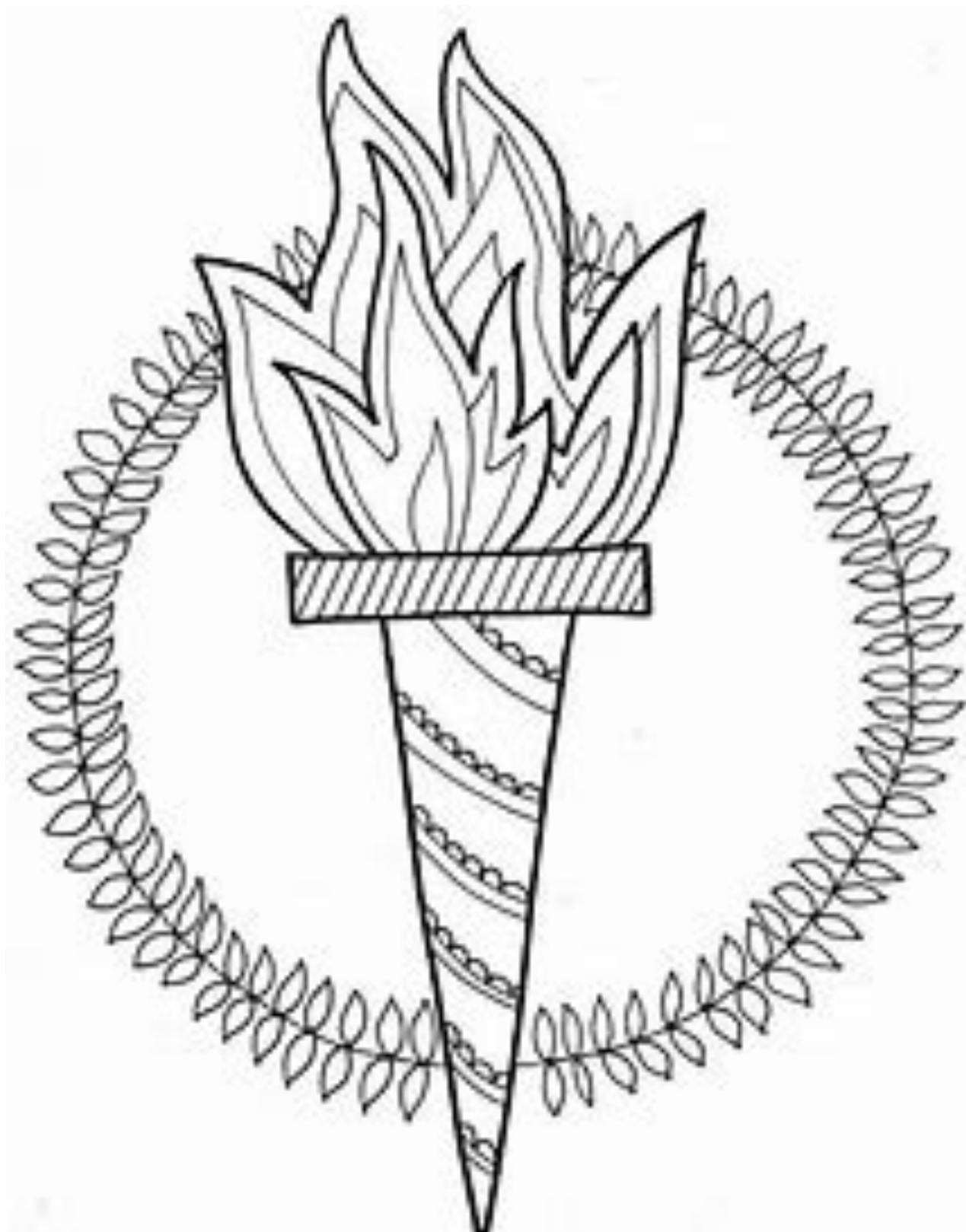


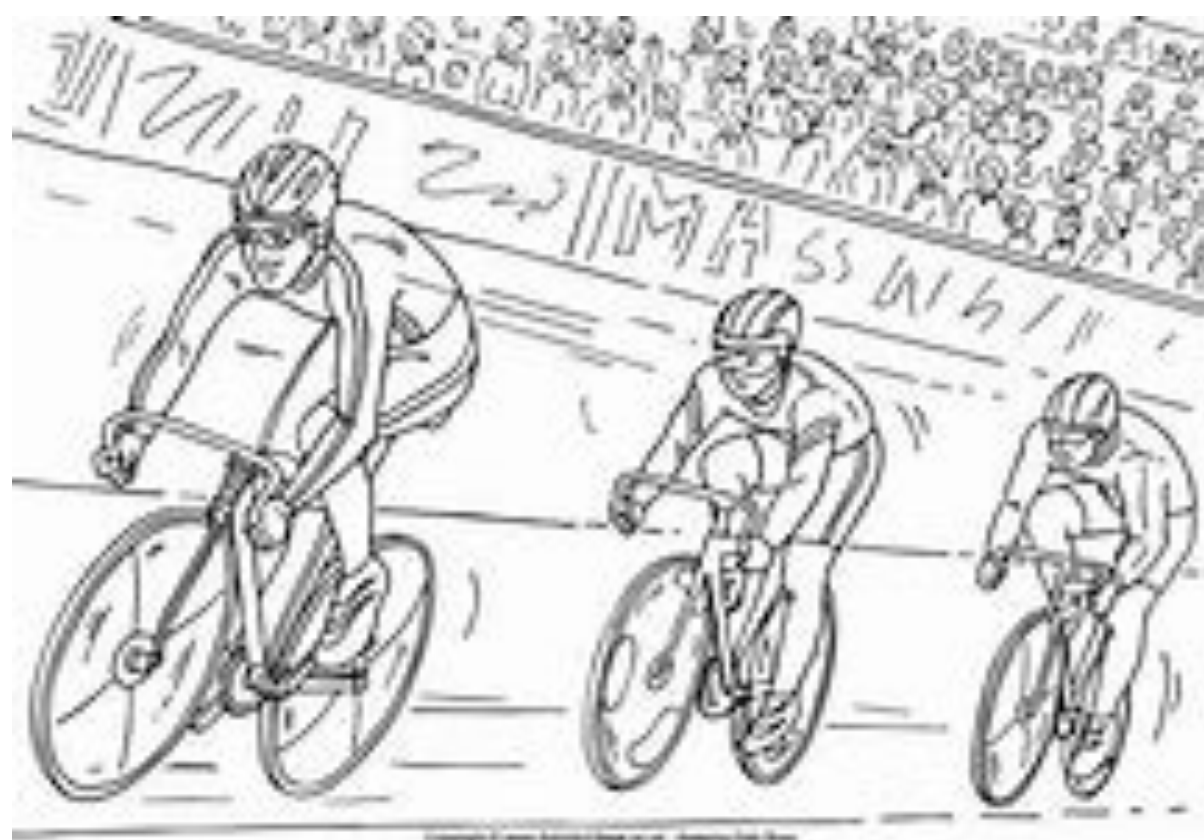


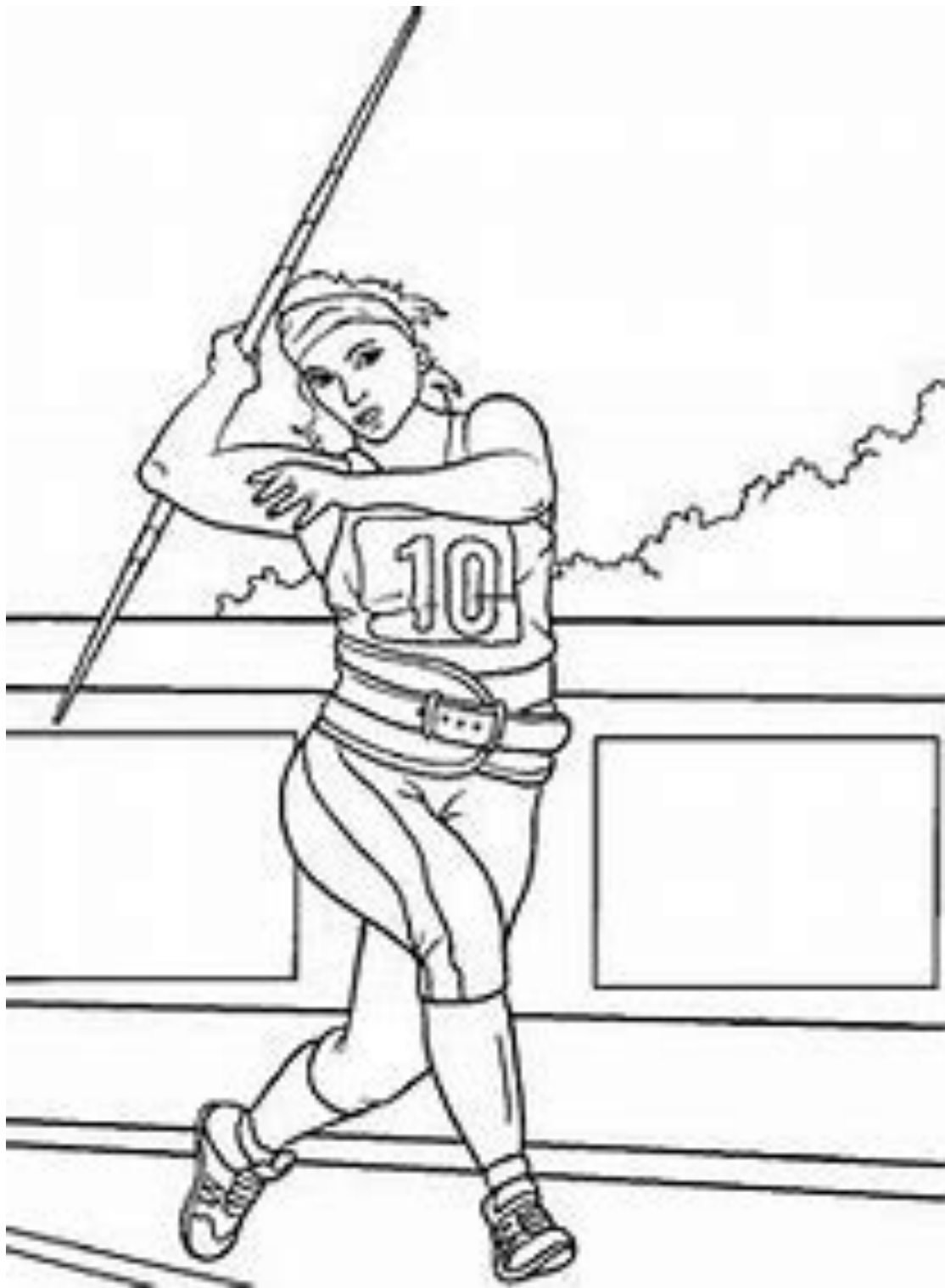
A coloring Page for:

Richie

frecklebox  
Personalized gifts for kids

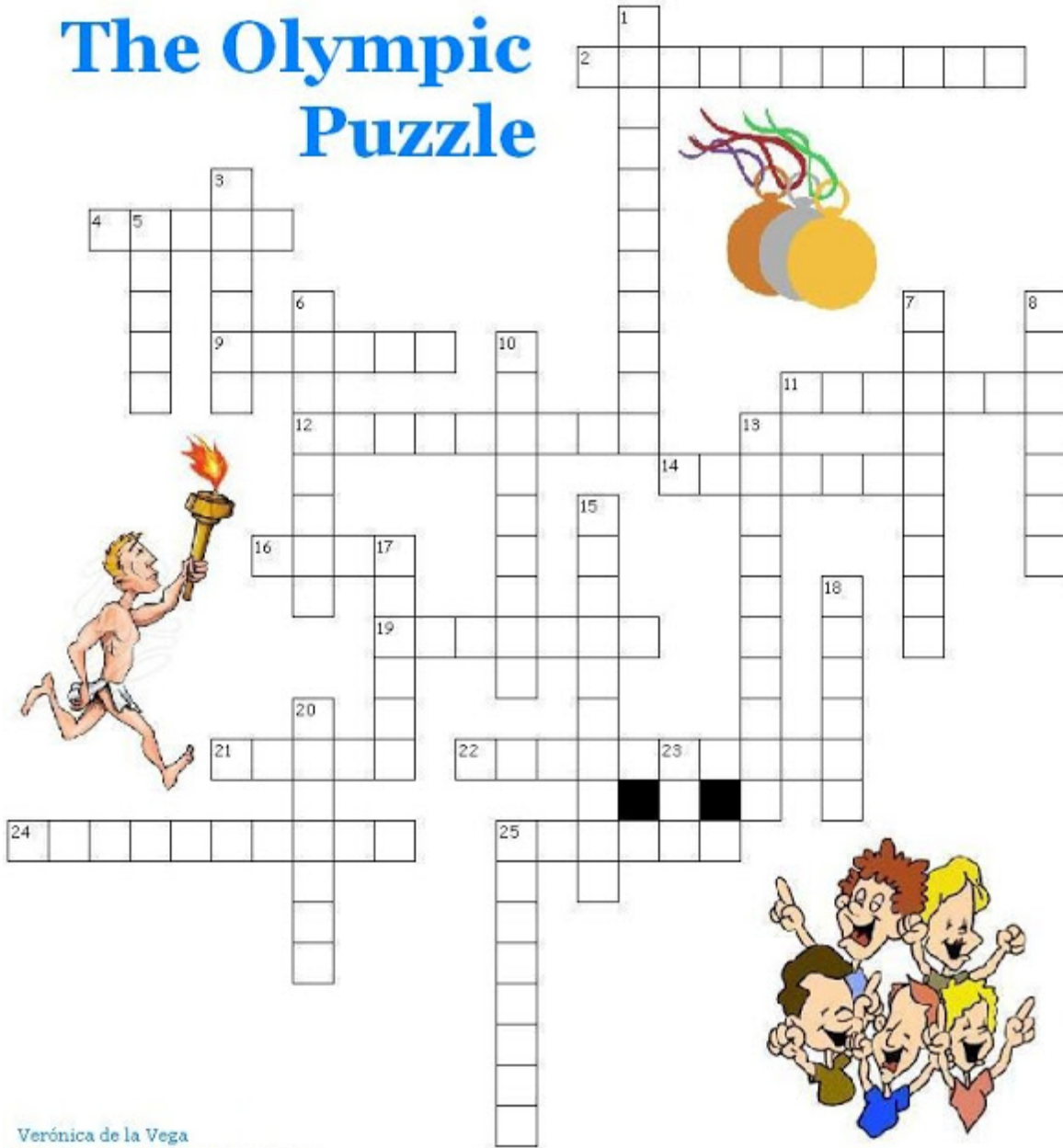






[iheartenglishmag.blogspot.com/2012/07/olympic-puzzle-olympic-issue.html](http://iheartenglishmag.blogspot.com/2012/07/olympic-puzzle-olympic-issue.html)

# The Olympic Puzzle



### Across

2. For this sport you need small paddles.(2 words)
4. The number of points a competitor or team earns during a game
9. a person who trains and directs an athlete or a sports team.
11. A person who trains for and competes in a sport.
12. The official name for Track & Field.
14. The centrepiece of the Olympic games, where athletic events are held.
16. Years between Ancient Olympic Games.
19. Sport with bikes.
21. A piece of land marked out for a sports contest e.g. hockey.
22. A contest featuring five different events.
24. Team sport with a net and six players per team.
25. A team sport with eleven players per team.

### Down

1. Originally known as the International Wheelchair Games.
3. Country where Ancient Olympic Games were held.
5. A quadrangular area on which ball games are played, such as tennis or basketball.
6. Long run, typical in the Olympic games.
7. Highest prize that an athlete can get at the Olympics. (2 words)
8. To shout encouragement to a team or a player. (2 words)
10. Aquatic sport involving a ball.
13. Sport that includes walking, driving and shooting.
15. multi-discipline sport divided in artistic, rhythmic and trampoline.
17. Fastest time registered in an event.
18. An event where athletes fight with gloves.
20. A punishment imposed on a player or team for breaking the rules of a sport.
23. A result in a game in which teams have the same final score.
25. Aquatic discipline.

### Answers

**Across:** 2. table tennis 4. score 9. coach 11. athlete 12. athletics 14. stadium 16. four 19. cycling 21. field 22. pentathlon 24. volleyball 25. soccer

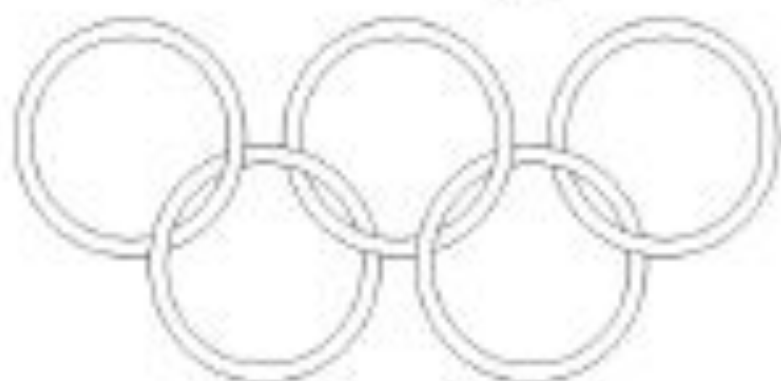
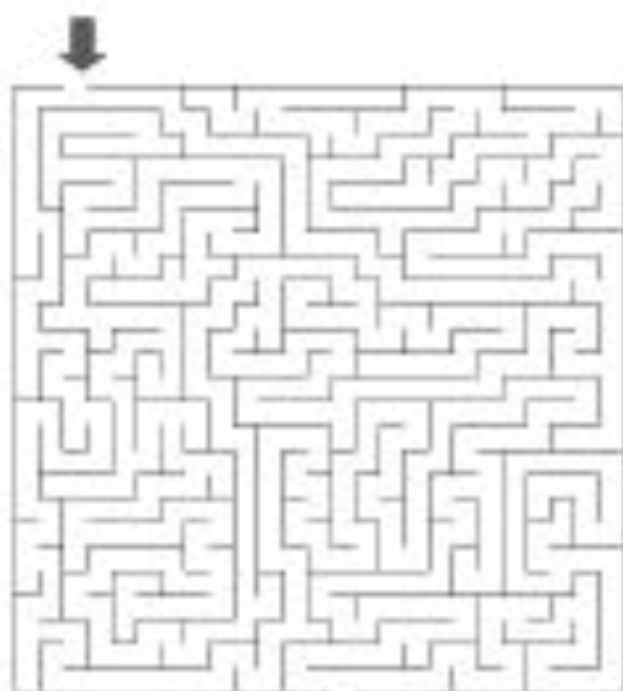
**Down:** 1. Paralympics 3. Greece 5. court 6. marathon 7. gold medal  
8. cheer on 10. waterpolo 13. basketball 15. gymnastics 17. record  
18. boxing 20. penalty 23. tie 25. Swimming

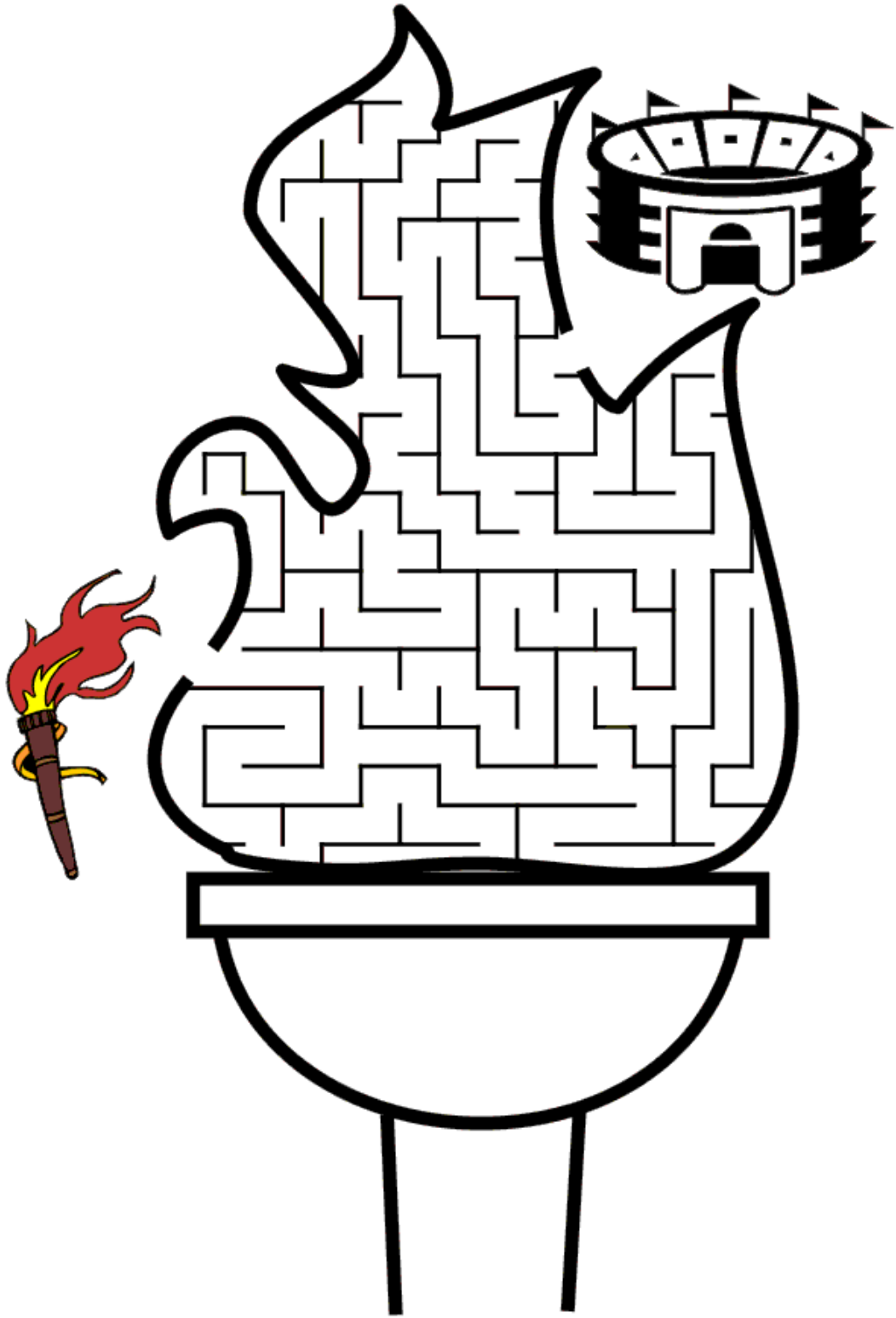
# Olympic Torch Maze

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Can you guide the torch bearer through the maze to the Olympic Stadium?







## Cooking Activities & Tips:

### Olympic Cookies

#### Sugar Cookies:

- 3 cups all-purpose flour
- ½ teaspoon baking powder
- ½ teaspoon baking soda
- ¼ teaspoon salt
- 1 cup unsalted butter, softened
- 1 cup sugar
- 1 egg, beaten
- 1 tablespoon milk
- 1 teaspoon vanilla extract

#### Buttercream Frosting:

- 3 cups powdered sugar
- 1/2 cup butter, softened
- 3 tablespoons milk
- 1 teaspoon vanilla or almond extract



#### Instructions

Mix flour, baking powder, and salt together and set aside. Place butter and sugar in large bowl of electric stand mixer and beat until light in color. Add egg, milk, and vanilla and beat to combine. Put mixer on low speed, gradually add flour, and beat until mixture pulls away from the side of the bowl. Roll to 1/4 inch thickness between two sheets of parchment or wax paper. After rolling, chill the dough in the fridge for at least 30 minutes.

Once the dough is chilled and hard to the touch, cut out circle shapes and place them on a parchment-lined baking sheet about 1 inch apart. Bake at 375 degrees F for 7-9 minutes, rotating cookie sheet halfway through baking time. Do not over bake. Let sit on baking sheet for 2 minutes after removal from oven and then move to complete cooling on wire rack. Store in airtight container for up to 1 week.

#### For Frosting and Assembly:

Mix the powdered sugar, butter and milk together until smooth. Add the extract and mix for another minute or two. (The longer you mix the whiter and fluffier it gets.)

Once cookies have cooled, frost each with the buttercream. Spread evenly then place on the M&M's to represent the Olympic rings. On top: blue, brown and red. On bottom: yellow and green. Enjoy!

## **Chef Tips to Reduce Food Waste**

Always bring a list to the grocery store and stick to it and avoid any impulse purchases. Remember to check your pantry and fridge before going shopping. You might already have what you need!

Make sure your fridge is working properly. Check that the seals are clean and sealed tight. The temperature should be between 33 and 40 degrees Fahrenheit.

Never throw food away. Over ripe fruits such as bananas and apples can be used in smoothies, pies, breads and tasty treats. Wilting vegetables are great for soup and stocks such as carrots, celery, onions and parsley. Stale bread can be chopped and bake into croutons or sliced and transformed into delicious French toast.

Save your leftovers and use them as ingredients in your next meal. Cooked vegetables can be the base for a crock pot meal or soup; the Easter ham from can be added to mac n' cheese or ground taco meat to chili and so forth.

Adjust recipes so you only make what you think you'll actually eat and have on hand. Rotate your cupboards and fridge after shopping. First in, First out.; Bring older items to the front and put new food toward the back so you have less risk of finding something moldy down the road. Keep portion sizes small and encourage people to get refills within reason if they're still hungry. That way you'll have less leftover on plates that might end up in the garbage or send leftovers home with guests or share with neighbors.

Freeze extra items. If you only have a large amount of bread, shredded cheese or meats. It's ok once in a while to keep it in the freezer and thaw as needed.

Set up a compost bin for unavoidable waste such as fruit, vegetable peelings and coffee grounds. Store cereal, bread, fresh nuts, etc. in airtight containers, preferably glass, to keep them fresher longer. As previously mentioned, share leftovers with other people instead of throwing it away. You might even make a new friend!

Find out if a local farmer collects food waste to turn into compost or pig food. Look beyond the sell-by date. These dates are often to tell retailers when they should stop displaying the item on shelves not when they're unsafe to eat. Use your senses before throwing something away. If it looks, smells, and tastes normal then it should be safe.

## **Gardening/Hydration Activity:**

This cabbage experiment is a gardening/hydration activity to show us how plants get water into their leaves. With this activity, an individual will be able to visually see how the water in the cup is taken up the stem and sent to all parts of the leaf. This experiment also helps spark a conversation about the importance of having access to clean water so that the foods we eat will be safe and healthy for us.

To do this cabbage experiment, you will need the following materials:

- Three large leaves from a green cabbage or romaine lettuce will work too
- Three glasses
- Water
- Liquid watercolor paints (food dyes would also work well)

Stick one leaf into each of three glasses filled with colored water. I recommend red, purple, and blue. (Could use the three primary colors, however yellow doesn't produce the darkest color in the leaf.) Keep the leaves in the glasses for the next four to seven days



This is a great activity to help individuals see visually that leaves take water up their stems and distribute that water to all parts of the leaf.

This activity really gets us thinking about the phrase “You are what you eat.” If our food is irrigated with low quality water (such as waste water or water with toxins in it), all of that junk will end up in the food we eat. And we probably wouldn't even realize it. This is just another reminder about the importance of clean water and protecting our water sources.