

# IKUS Activity Packet

## Week of May 29-June 5

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 Myles [maten@ikuslife.org](mailto:maten@ikuslife.org). We look forward to hearing from you!

Questions:

1. What did you do over the long holiday weekend? Any traditions?
2. What is your favorite meal?
3. If you could have one wish granted, what would it be?
4. Would you rather water ski, tube, or wake board?
5. Would you rather kayak or paddle board?

Name \_\_\_\_\_

### Memorial Day Word Scramble

Look at each Memorial Day picture and unscramble the letters and write the word on the line provided.

 geela _____	 glaf _____
 tars _____	 tej _____
 oliders _____	 maercia _____

# Memorial Day Word Scramble

Instructions: Unscramble the letters to find the Memorial Day words from the list below.

l w o r d	— — — — —
s l u e a t	— — — — —
s m e a l d	— — — — —
r h e s e o	— — — — —
o i l h d y a	— — — — —
e s l i v	— — — — —
e t y e r m e c	— — — — —
e c i r i s a c f	— — — — —
b r e e m r e m	— — — — —
r o s s e d l i	— — — — —

### Word List

cemetery	remember
heroes	sacrifice
holiday	salute
lives	soldiers
medals	world





# Memorial Day

Last Monday in May



AMERICAN  
ANTHEM  
CEMETERY  
CEREMONY  
COMMEMORATE  
DECORATION  
FALLEN  
FLAGS  
FLOWERS

FREEDOM  
GRAVE  
HALF MAST  
HEROES  
HOLIDAY  
HONOR  
MAY  
MEMORIAL  
OBSERVANCE

PATRIOTIC  
REMEMBRANCE  
SACRIFICE  
SALUTE  
SERVICE  
SOLDIERS  
TAPS  
VETERANS  
WAR



# Memorial Day Word Search



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



Find these words.



freedom  
Americans  
remember

soldier  
veteran  
flag

flowers  
heroes  
honor



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**Instructions:** Connect the dots to make this Memorial Day picture.

# Memorial Day



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U.S.A. Flag Maze

How many stars on the U.S. Flag? \_\_\_\_\_

What do they represent? \_\_\_\_\_

How many stripes on the U.S. Flag? \_\_\_\_\_

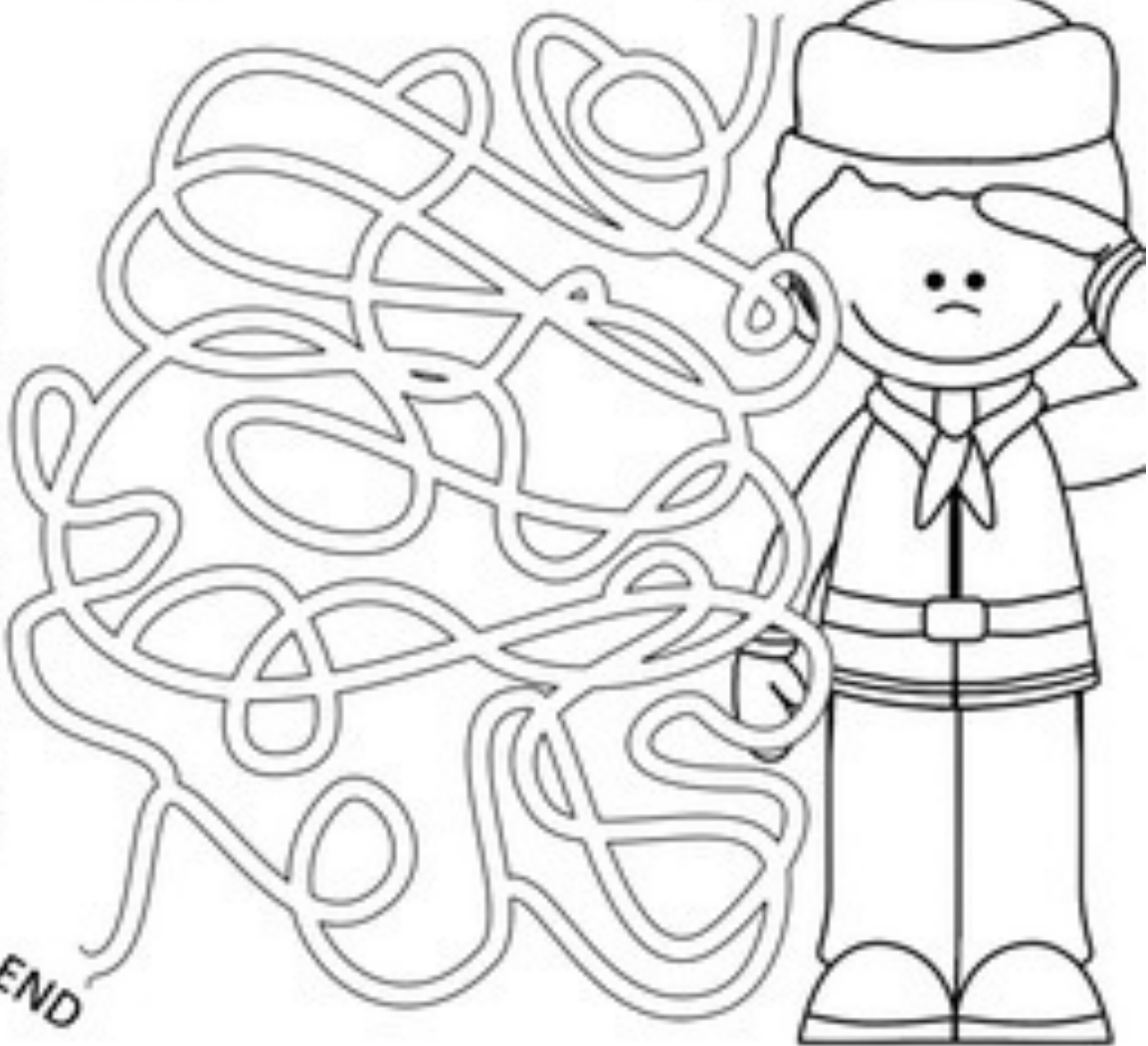
What do they represent? \_\_\_\_\_

www.BestMaze.com



# MEMORIAL DAY MAZE

Start



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Crafts:



POPSICLE  
STICK  
STARS

The Crazy Craft Lady



*Simple*  
**Paper Plate Flag**



[www.craftcornerdiy.com](http://www.craftcornerdiy.com)



## Science projects Activity Jar

Make a rubber Egg

Requires: Cup, Egg, Vinegar

Directions: Best if done outside, wash your hands afterwards. Put your egg in your cup, then fill with vinegar until the egg is covered. Leave in the vinegar for about 48hrs. And watch as the shell disappears! You will be able to hold it and gently bounce it on a surface, but be careful because it can break!

Make a moving stick figure

Requires: Glass plate or bowl, dry erase marker, water

Directions: Draw a picture on the inside of the glass. Pour water slowly into the bowl to lift up the figure. You can then swirl the water around to make your character dance!

Make colorful flowers

Requires: 3 White carnations or Daisies, 3 different colors of food coloring , 2 clear plastic cups, water, scissors

Directions: Fill each cup halfway with water, Add 3 drops of food coloring to each cup, with each cup as a different color. Cut the end of your flower's stem, then add to the cups. Watch over 1 day as your flowers change color!

## Cantaloupe Popsicles

Sometimes you just need a little sweet on a summers day...Not only are these tasty chillers rich in vitamins A and C, but they're also a solid source of potassium (the great recovery nutrient), and super easy to make. Plus, they're gluten free, vegetarian, and gives ice cream a run for its money in flavor.

### Ingredients:

- 1 cantaloupe
- 1/2 cup Greek yogurt
- 2 tablespoons honey

### Directions:

- Slice the cantaloupe in half, remove the seeds and scoop out the meat and place in a blender.
- Add remaining ingredients to blender and blend.
- Pour puree into Popsicle molds and freeze or an ice-cube tray with toothpicks.



### Equipment:

- Blender
- Chef's knife
- Cutting Board
- Popsicle mold or ice-cube tray
- Scoop or Spoon
- Freezer
- Toothpicks (optional)

### Chef's Tips:

- Substitute cantaloupe with honey dew, pineapple, mangoes or your favorite fruit would work!
- Buy pre-cut fruit or berries to speed up the process and reduce the mess

## Watermelon Arugula Salad

This salad is colorful, refreshing, and packed with nutrients. The arugula offers a peppery taste, is high in potassium, magnesium, iron, and vitamins A and C. Blueberries bring in a sweet and slightly tart accent and have antioxidant and anti-inflammatory properties, and watermelon provides a source of lycopene (which can help boost immunity).”

### Ingredients:

- 1 small watermelon cut up into bite-sized pieces
- 1 cup arugula (packed down)
- Fresh spearmint leaves to taste
- ½ cup blueberries
- 1 tbsp lemon juice
- 1-2 tbsp extra virgin olive oil
- Feta cheese (optional)



### Directions:

- Combine watermelon, arugula, mint leaves, and blueberries in a large bowl.
- Drizzle with olive oil and lemon juice and mix well.

### Equipment:

- Chef's Knife
- Cutting board
- Medium sized bowl
- Spoon

### Chef's Tips:

- Buy pre-cut melon to reduce the mess
- Two cups of watermelon provide about 8% of the daily recommended value of potassium, an electrolyte that helps to maintain the body's water balance and prevent muscle cramps. Chase it with a banana for even more potassium.

## Simple Grilled Salmon — Icelandic Style

Very rich in omega-3 fatty acids, it's an excellent source of high quality protein that provides all of the essential amino acids. It has a lot of vitamins and minerals such as, A, B and D vitamins, magnesium, potassium and more.

### Ingredients:

- 2 lb Atlantic Salmon, boneless
- 1 tbsp finely chopped ginger
- 2 tbsp chopped fresh coriander
- 2 tbsp freshly squeeze lemon juice
- 2 tsp lime zest
- Salt and black pepper



### Directions:

- Put the fish skin-side down on a piece of aluminum foil (for the grill) or baking tray (for the oven).
- Mix all ingredients together and gently rub the blend onto the fish.
- Season with salt and pepper.
- Cook in the oven (at 350°F for 20 minutes) or the BBQ (at 400°F, for 15 minutes)
- Drizzle in Lemon Pepper Sauce (below) when ready to serve.

### Lemon Pepper Sauce:

- 9 oz greek yogurt
- 2tbsp Maple Syrup
- Lemon zest from ½ lemon
- 2 tbsp freshly squeezed lemon juice
- 1 tsp lemon pepper
- ½ tsp salt
- Mix together and serve chilled.

### Equipment:

- Grill or Oven
- Tin foil or baking pan
- Tongs
- Whisk
- Small bowl