

Activity: Zentangles are a calming activity

Supplies: circle template(anything you can trace to make a circle), pencils, sharpies, paper with overlapping circles of any sizes. Once that's done, begin to fill your overlapping circles with any kind of design you can think up - curves, zigzags, swirls, lines. Fill in some with color, some not. This is an activity that can take hours if you take your time - spread the work out over many days!

Zentangles

<u>Camouflage</u>	Activity: The object of this game is to get from the starting point to the ending point of
Supplies: something to make a marking (chalk, tape or an object)	your space without being seen.
Number of Players: 2+	Mark the start and end point with a piece of tape or an identifiable object. The space does
	not have to be clear, it is important to have objects in the way like furniture in order to hide. One person starts as the "looker" at the ending mark and the rest of the individuals
	are at the starting point.
	The game starts when the looker's back is to the players. When their back is turned they say "3, 2, 1, Camouflage!", when camoflauge is yelled the looker turns around and looks to see if they can see any of the players. While the Looker is counting down (from 10 to 1) the players must try to reach the ending point without being seen. When camoflauge is

	yelled the players must hide behind an object. If a player is seen by the looker, they must go back to the starting point. If the looker doesn't see anybody they turn around again with their back to the players and repeats the saying. The first person to reach the ending point wins!
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<u>Virtual Labs</u>	Activity: Explore science with virtual labs!
Website: https://phet.colorado.edu/en/simulations/cate gory/chemistry	
https://www.pbs.org/wgbh/nova/labs/	