




Activities for Children and Young People (5-16 years)

There are some that can be done without adult supervision and some that you might like to do as a family.

Topic	Idea	Link
Education 	Elephant Toothpaste: Create a giant foaming reaction and use science to wow your friends with this classic activity. With just a few ingredients you can make something that looks like foamy toothpaste being squeezed from a tube—but so big that it looks almost fit for an elephant!	https://www.scientificamerican.com/article/make-elephant-toothpaste/
Fun 	Indoor Picnic	Grab a sheet, whatever food you have, and enjoy a living room picnic (without the ants). You can even play that memory game at the same time: “I’m going to a picnic and I’m bringing...” Each person takes turns remembering (in order) what everyone is bringing and then adds one thing each turn.
Connections 	Letter from a senior member to a junior member, an adult to a young relation, for encouragement and support	