




recipe page



Serves 4

LESS-STRESS SMOOTHIE



 **NEED**

½ C orange juice



1 C orange sherbet



2 bananas, peeled and sliced



15-oz can sliced peaches, drained



½ t vanilla extract

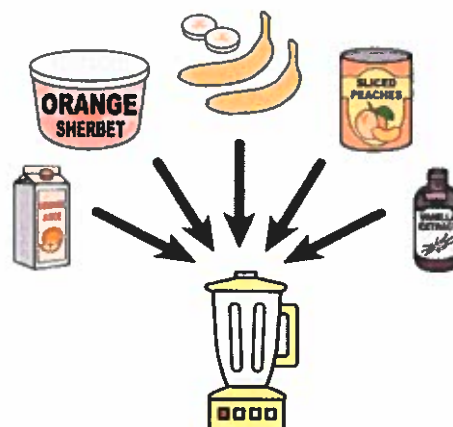


blender



NOTE: Always consider student food allergies when preparing recipes.

1. Put juice, sherbet, bananas, peaches and vanilla extract into blender.



2. Blend until smooth.



3. Drink.



Recipe Ingredients

Name: _____

Check for recipe ingredients before cooking! Place symbols in the have column if the ingredients are in your kitchen. If you need to buy ingredients, place the symbols in the need column.

Recipe Name: Less-Stress Smoothie

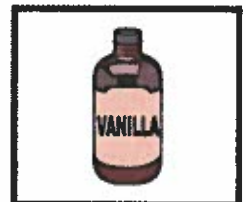
½ C orange juice

1 C orange sherbet

2 bananas, peeled and sliced

15-oz can sliced peaches, drained

½ t vanilla extract



have:



need:



Recipe Review

Share your opinions about the recipe. Fill in the blanks. Circle your answers.

Recipe: _____

Reviewed by: _____

What was in it?



orange
juice



orange
sherbet



pear,
sliced



vanilla
extract



How did it taste?



yummy



OK



yucky



How was it to
make?



easy



OK



hard



Do you think it
was healthy?



yes



OK



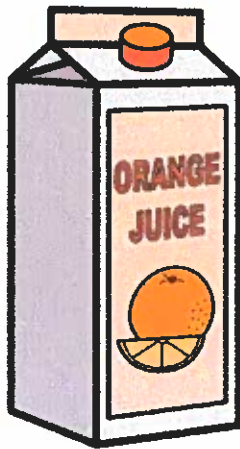
no



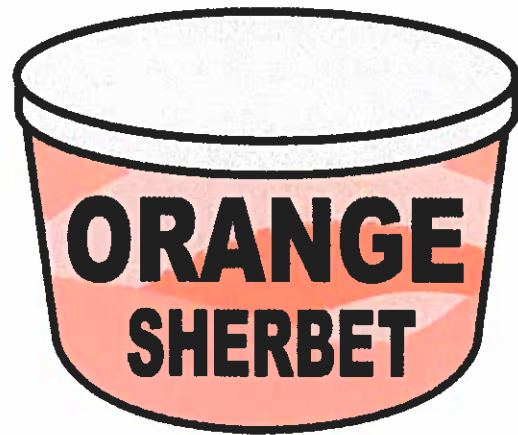
Cooking Vocabulary Words

Read, practice and post these words on classroom or kitchen word walls.

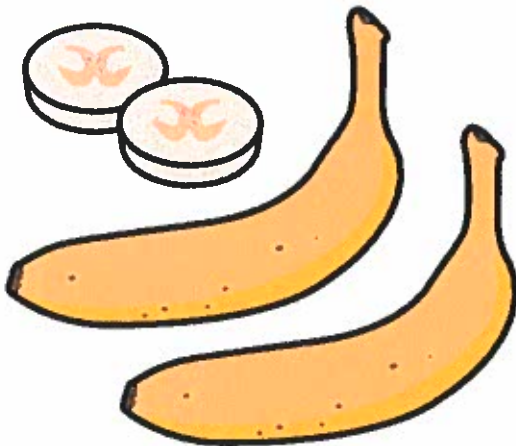
orange juice



orange sherbet



bananas



peaches



Cooking Vocabulary Words

Read, practice and post these words on classroom or kitchen word walls.

vanilla extract



blender



Less-Stress
Smoothie





Activity

science page



Stress
Awareness
Month

HOMEMADE BATH BOMBS



Introduction



April is Stress Awareness Month in the U.S. Everyone feels stress sometimes, and people can do activities to feel less stress. Some people enjoy taking a warm bath to feel less stress. Some people use bath bombs in their baths. Bath bombs include essential oils that can release calming smells, such as lavender, rose, chamomile or jasmine. In this activity, your students can make homemade bath bombs and learn the chemistry behind them.

To make the bath bombs, you need both baking soda and cream of tartar. When they are in powder form, baking soda and cream of tartar do not react. When you mix the two powders with water, they do react. When you are making the bath bomb and spray the mixture with water, you should see a small reaction in which the powder fizzes a little. In a bath of warm water, the reaction should be much bigger. The reaction is between baking soda and cream of tartar. Baking soda is a base and cream of tartar is an acid. Bases and acids react to each other. When these two powders are mixed with water, they create something new. They create bubbles filled with a gas called carbon dioxide.

When making the bath bombs, students should use just enough food coloring to get a light, pastel color while still leaving the mixture powdery. If students are very sensitive to food coloring, they can omit this step. They should use 2-3 drops of an essential oil to scent their bath bombs. You may want to provide zip-top bags for each student to use to take several bath bombs home, but before the do, you will want to test the bath bombs in your classroom so you can answer the final questions. You can do this by dropping one bath bomb into a bowl of warm water and observing the reaction.

WARNING

This science activity uses essential oils. Many teachers already use essential oils in their classrooms. However, if you currently do not use these oils, here is some information for you. Essential oils should always be kept out of reach of students. While the oils have many positive effects, direct contact can be irritating to the skin, so students should not touch the oils or the bottles directly. Be aware of students who are extra sensitive to smells as essential oils can be a respiratory irritant. Also, you should make sure that students do not drink the oils, as they can be toxic.



What We Know:

- April is Stress Awareness Month.
- Everyone feels stress sometimes.
- People can do activities to feel less stress.
- Taking a warm bath can help people feel less stress.
- Smelling calming smells can help people feel less stress too.



What We Can Do:

- We can use chemistry to make homemade bath bombs!



Need:

2 C baking soda



1 C cream of tartar



2 T olive oil



food coloring



large bowl



spoon



essential oils



spray bottle
filled with water



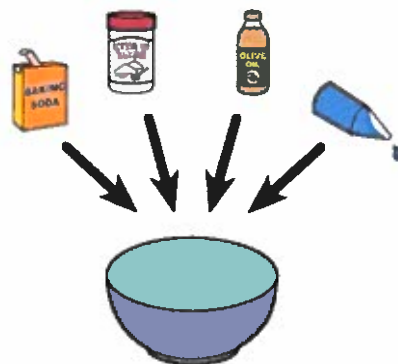
silicone ice cube
trays



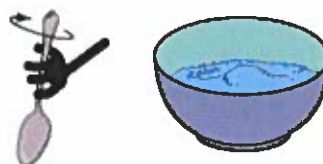


Activity Steps

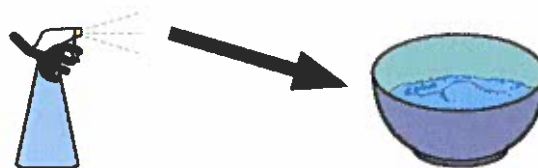
1. Put baking soda, cream of tartar, olive oil and food coloring into bowl.



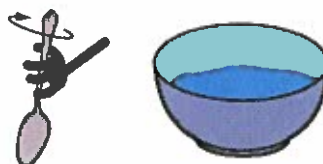
2. Stir with spoon. Mixture should be powdery.



3. Spray 2-3 squirts of water onto mixture.



4. Stir mixture.



5. Repeat steps 3 and 4 until mixture is moldable.





Activity Steps

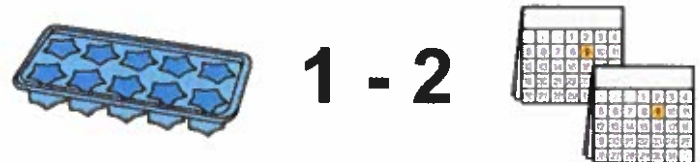
6. Put 2-3 drops of essential oil into mixture. Stir.



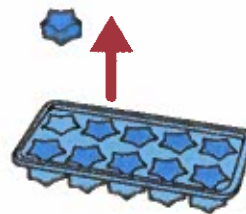
7. Press mixture firmly into silicone ice cube trays to form bath bombs.



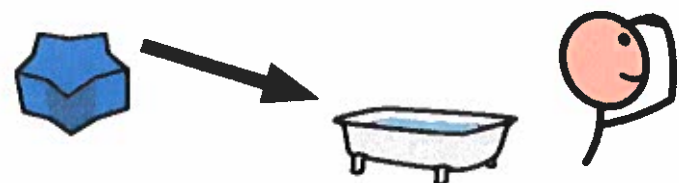
8. Let bath bombs sit in ice cube trays 1-2 days.



9. Remove bath bombs gently.



10. To use, put bath bomb into bath water. Watch reaction.





What I Learned

1. What was part of the bath bomb?



flour



baking soda



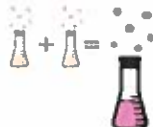
sand



2. What did the bath bomb do in the bath water?



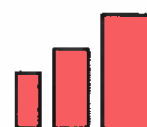
react



freeze



grow



3. What did the bath bomb react to?



dirt



grass



water



Questions for Class Discussion

- Why do you think people like bath bombs?
- What would you like a bath bomb to smell like? Why?
- Describe what the reaction looked like.

Read, practice and post these words on classroom or craft area word walls.

baking soda



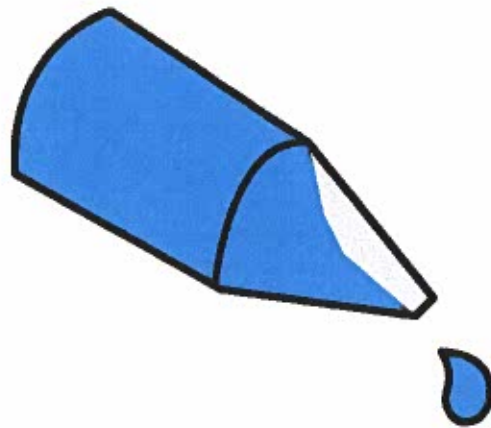
cream of tartar



olive oil

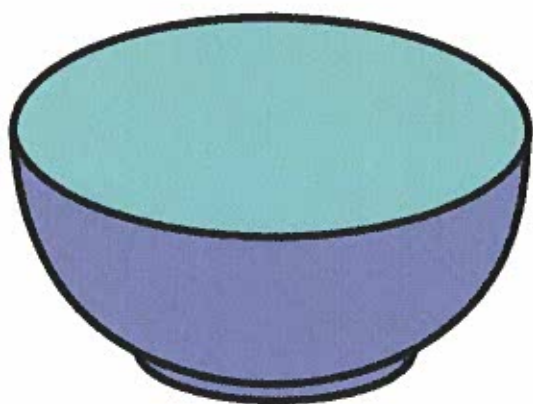


food coloring



Read, practice and post these words on classroom or craft area word walls.

bowl



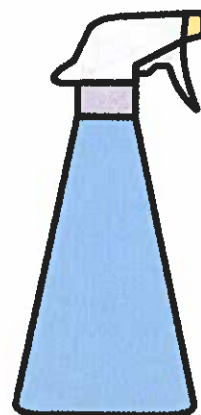
spoon



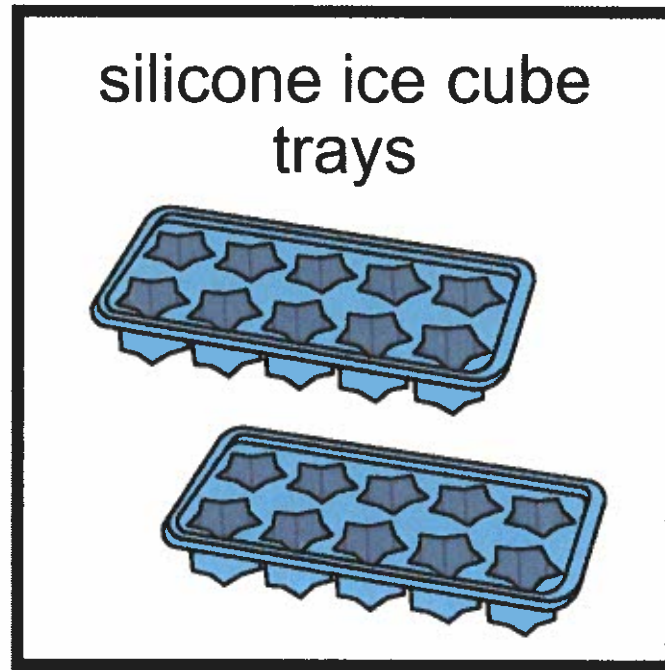
essential oils



spray bottle filled
with water



Read, practice and post these words on classroom or craft area word walls.

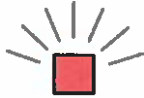




WATER BEAD STRESS BALL



Introduction



This week's newspaper is about National Stress Awareness Month. Everyone feels stress sometimes. Some activities can help people feel less stress, like exercising and getting better sleep. For some people, squeezing squishy balls called stress balls can help them feel less stress. For this craft, students can make stress balls.

This craft requires water beads. Water beads are very small polymer crystals. When soaked in water, the crystals absorb the water and grow to about the size of marbles. Water beads are also called water pearls, water gems, water crystals, jelly balls and gel beads. You can find water beads at most super stores, craft stores and dollar stores. They are often in the floral area, as some people put the hydrated beads into vases and pots for flowers and other plants. When you purchase water beads, they are usually completely dry. You will put the beads in a container and add water, then wait 4-6 hours for the beads to absorb the water. The hydrated water beads may look like candy. Although they are non-toxic, water beads are not meant to be ingested, so you should warn students against eating them. If you are concerned about your students eating the water beads, you can learn how to make "edible" water beads from tapioca pearls here:

<https://www.growingajeweledrose.com/2014/02/edible-water-beads.html>

Be sure the opening of the funnel you use is big enough for the hydrated water beads to pass through.





Depending on how hard the students squeeze their stress balls, some of the water beads inside the balls may break apart after several days. This may change the look of the stress balls, but it can still be an effective stress-relieving tool.

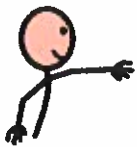
WARNING

This craft uses balloons, which can be an allergy hazard as well as a choking hazard. Please use caution. Monitor your students during the craft so they do not ingest the water beads. Ingestion may cause discomfort.



What We Know:

- Everyone feels stress sometimes. 
- Some activities can help people feel less stress. 
- Some people squeeze squishy balls called stress balls. 
- Squeezing stress balls may help people feel less stress. 



What We Can Do:

- We can make stress balls! 



Need for Each:

$\frac{1}{2}$ t water beads



1 C water



medium bowl



colander



funnel



empty water bottle
without lid



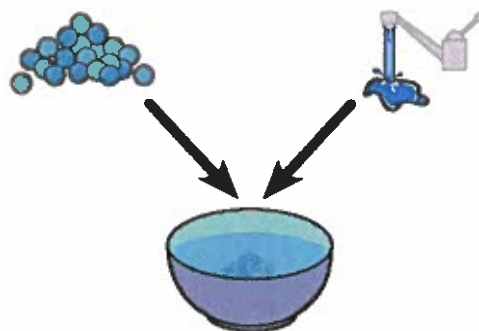
clear balloon





Activity Steps

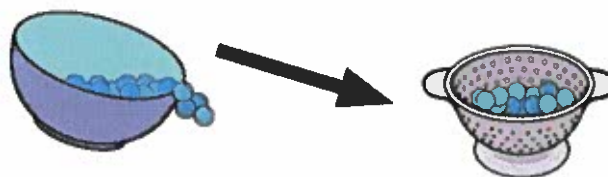
1. Put water beads and water into bowl.



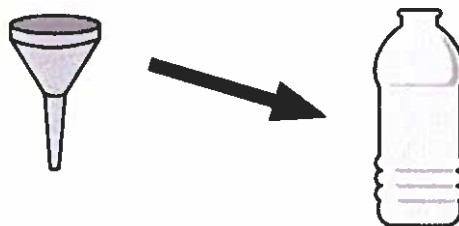
2. Wait 4-6 hours.



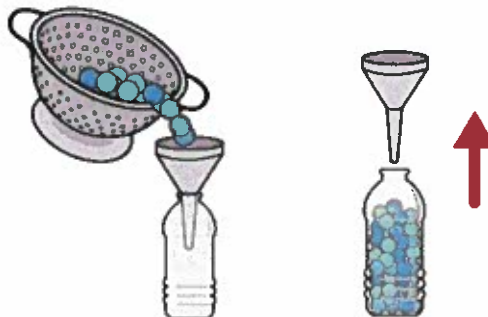
3. Pour water beads into colander to drain.



4. Put funnel into bottle.



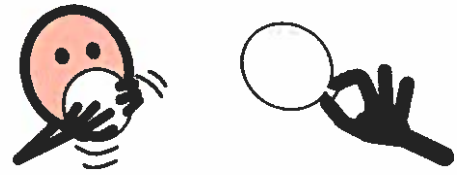
5. Pour beads through funnel.
Remove funnel.



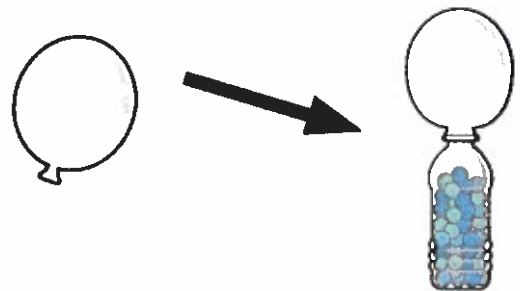


Activity Steps

6. Blow up balloon halfway.
Pinch opening closed.



7. Put balloon opening onto bottle opening.



8. Turn bottle upside-down.
Squeeze bottle to move beads into balloon.



9. Remove balloon from bottle.
Tie balloon opening to make stress ball.

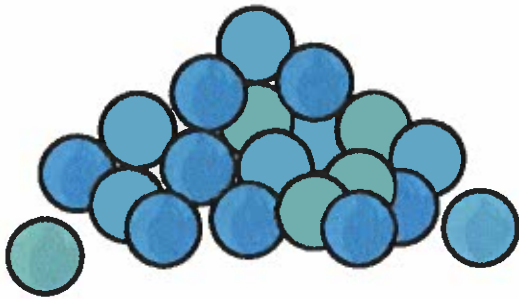


10. Gently squeeze stress ball
when feeling stress.

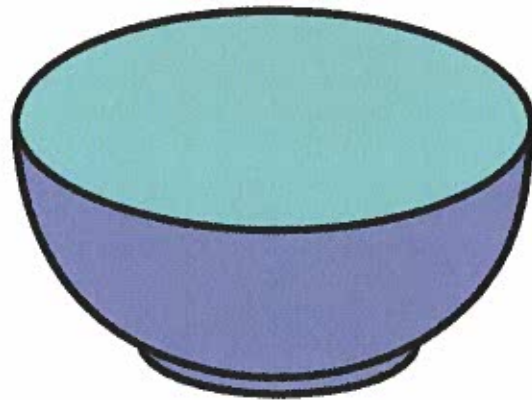


Read, practice and post these words on classroom or craft area word walls.

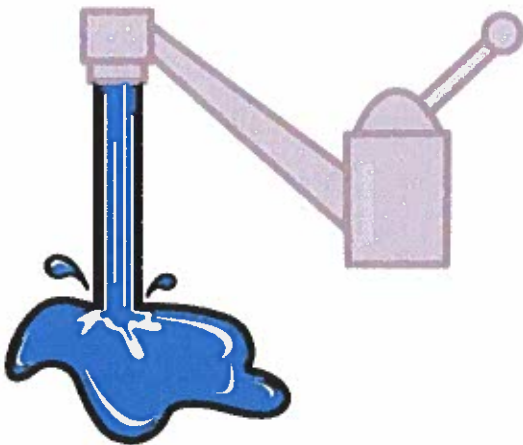
water beads



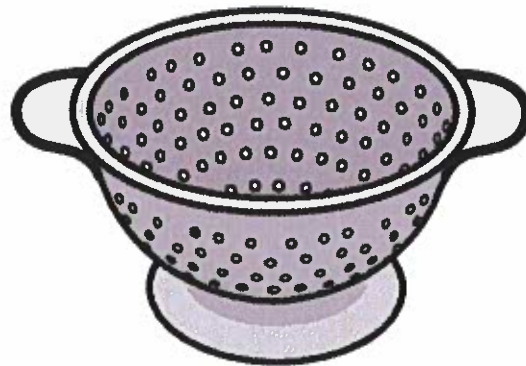
bowl



water

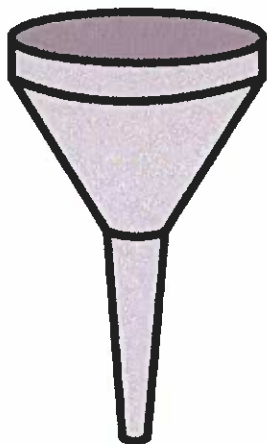


colander



Read, practice and post these words on classroom or craft area word walls.

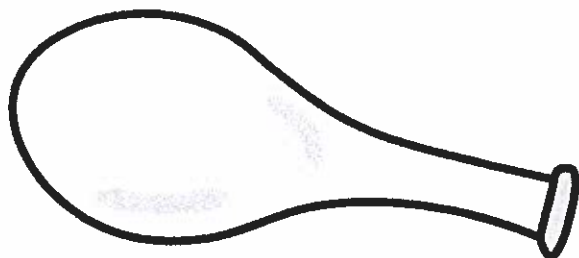
funnel



empty water bottle
without lid



clear balloon



Water Bead
Stress Ball

