

## Term 2 Kea Whanau Newsletter 6

Week 4, Monday 4th May



This week's theme is [Science: Kitchen Chemistry](#), here are a range of activities and tips for you. There are so many activities you can do whether you are 'Learning from Home' or school that require very little equipment.

Learning Activity 1: [Kitchen Chemistry](#) Click [here](#) for link.

### lemon juice as invisible ink

Kids can write secret messages and surprise each other with this simple science project. All you need is a few household objects and an eye for mystery. The carbon molecules in lemon juice oxidise and turn brown when heated, making secret messages appear out of thin air.



### home made butter experiment

There's nothing *better* than an experiment that's both easy and edible. Kids will love the instant gratification of this one. Even the very young einsteins should be able to lend a hand.



Learning Activity 2: [Experiment Time!](#)

We have attached some other experiments to this email that you might like to try. You can also



watch these videos to get some more ideas.

Last year "[Science in a van](#)" visited us. You can watch some of their online "live" videos here.

Visit [Science kids](#) to learn about all the different Science fields.

Toyota Kiwi Guardians has lots of activities you can complete at home.

[Become a backyard detective](#) - earn a medal

[Build a lizard Lounge](#) -

### Well being tip:

Thankfulness Jar- Create a thankfulness jar (this doesn't have to be a special jar it could just be an old ice cream container or something you have laying around the house). Give it a label and decorate it. Then start making little notes everyday for a week of something you are thankful for during that day. It could be something wonderful that's happened, gratitude towards a family member or something that just brought a smile to your face. At the end of the week read back through (and share with your family if you like) all of the note things you have been thankful for, you may just make their day! This wellbeing activity can be done by your whole family if they



want to add notes to your jar too.

[Whakataukii](#)

**Hurihia tō aroaro ki te rā tukuna tō ātārangi kia taka ki muri i a koe**

Turn your face toward the sun and the shadows fall behind you.

This whakataukii means to focus on the positive things that are happening around us and the things that are bothering us will fade away. A sense of gratitude/thankfulness can benefit children (and adults) in a variety of ways. It can decrease stress and has other important emotional health benefits. As a whanau we are very grateful for the support of all parents & caregivers in our Pokeno School community in this unprecedented time for education.

Ngaa mihi maioha,

Kea Whanau