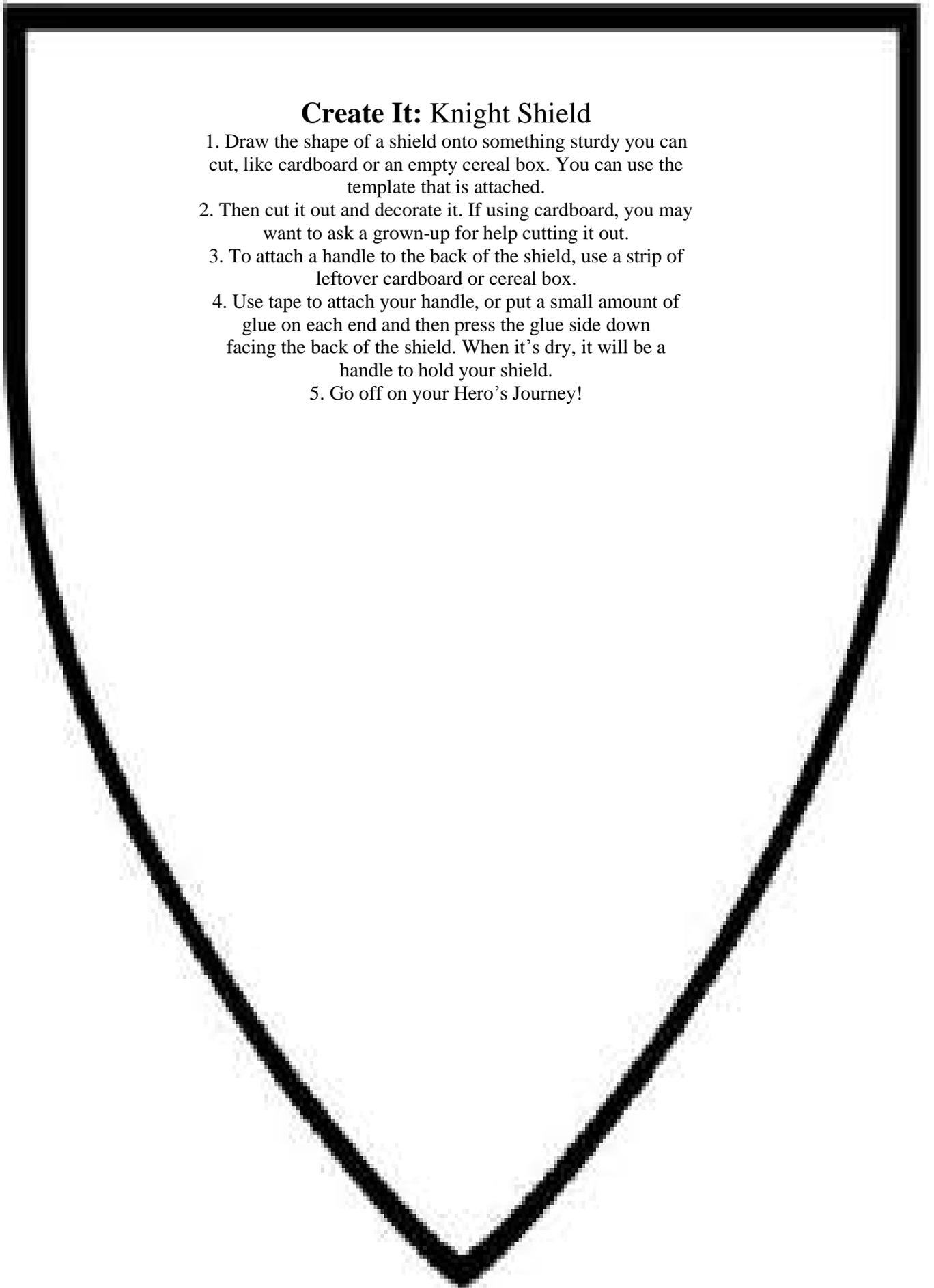


Create It: Knight Shield

1. Draw the shape of a shield onto something sturdy you can cut, like cardboard or an empty cereal box. You can use the template that is attached.
2. Then cut it out and decorate it. If using cardboard, you may want to ask a grown-up for help cutting it out.
3. To attach a handle to the back of the shield, use a strip of leftover cardboard or cereal box.
4. Use tape to attach your handle, or put a small amount of glue on each end and then press the glue side down facing the back of the shield. When it's dry, it will be a handle to hold your shield.
5. Go off on your Hero's Journey!



New Twist on an Old Tale

Art | Book Cover Creation

We really do judge a book by its cover sometimes. Redesign the cover of your favorite book to capture what the story is really about.

Write | Rewrite the Ending

Sometimes we don't always agree with how a story is wrapped up. Choose a fairy tale with an ending that didn't satisfy you. Rewrite the ending to that fairytale

Wellness | Challenges to Change Your Life

What you need:

- paper or notebook
- pencil

Many people have a list of the things they want to do with their lives. Some lists are vague mental ideas, and other lists are specific and enumerated. Brainstorm the general topic of "things you want to accomplish or experience in life."

Journal over the summer about the activities you have completed from your list.

Examples for your list:

- read every day for an hour
 - call an old friend or two . . . or more
 - write a letter to a family member
 - give up TV for a week
 - introduce yourself to a new person each day
- laugh until you cry
 - go to a local art or historical museum
 - memorize a poem and share it with someone
 - visit a relative's grave

Read It: Mythical Creature Jokes

Share some of these jokes and riddles with your family.

What do you call a wizard from outer space?

A flying sorcerer!

What should you say to a two-headed dragon?

Bye-bye!

How does a dragon see at night?

With a knight light.

What do you get when a dragon sneezes?

Out of the way

Cook It | Baked Pears

Ingredients:

- 3 Pears
- 1 teaspoon cinnamon
- 2 teaspoons sugar

How To:

1. Preheat the oven to 400F.
2. Half & core pears
3. Bake in a glass dish at for 35 minutes
4. Sprinkle with cinnamon sugar and serve!

History Bit: This recipe comes from 14th century France, Chiquart's "On Cookery". Baked pears were believed to have medicinal properties and were often given to the ill. (<https://www.justapinch.com/recipes/dessert/fruitdessert/baked-pears-a-medieval-treat.html?r=3>)

Personal Time Capsule

What you need:

- Containers with lids (metal coffee cans with lids, large plastic coffee cans with screw-on lids, plastic containers (Rubbermaid, etc.) with lids, an empty oatmeal container, an empty shoebox, an empty cereal box without the bag.)
- Glue or duct tape
- Markers
- Various personal items (see below)

In this activity, you can capture and preserve current parts of your life for the future. The capsules don't need to be buried, but store them in a safe place until the time comes to open them. Decorate the time capsules (if you want to). Paint the outside, or use permanent markers (it depends on what the container is made of). Tape or glue a piece of paper with the date/year of when the time capsule should be opened. Ten years is recommended so you can see how you have changed growing into adulthood. Fill your time capsule. There is a list of suggested items below.

Sealing your time capsule can be done in a variety of ways, but using duct tape (clear tape won't stay sticky long enough) or gluing the lids closed will work. If the capsule is a Rubbermaid-type box, just snapping the lid closed should be enough. However, it is very tempting to open a time capsule that isn't sealed!

Open in ten years!

Possible items to place in time capsule

- Letter to your future self—describe yourself, your hopes for the future, and any predictions you might have for your life.
- Photos of friends, family, pets, house, school, car—whatever is important to you at this time.
- Newspaper articles showing current events or trends. Both local and world news.
- Letters—ask your parents to write a letter to you, talking about the current day or about what they hope for the future. Friends can also contribute letters. These should be sealed unread and placed in the time capsule.
- Filled journals or paper calendars.
- Price tags of items/store receipts (to see how prices change).
- Items that are important to you—toys or trinkets. Suggestion: Label these items because you might not remember why it was important to your teenage self.
- Movie ticket stubs.
- Lists! **Here are some suggestions:**
 - Favorite songs
 - Favorite outfits
 - Favorite things in your room
 - Favorite friends
 - Favorite foods
 - Favorite books
 - Favorite movies
 - Things you hope to do before you die” (Bucket list)
 - List of what you hated about being a teenager
 - Websites you look at every day

Do not put anything in that will rot or leak (favorite candy bar for example).

Kingdom Capers

Play It | Entertain the Royals

In medieval days, jesters often entertained the royals. Children can make jester hats like the one below, put on a jester then put together a performance of “Jokes from the Jester” for the family.

Royal Jokes:

- Where did the jesters go? *To have their funny bones tickled.*
- Why were the early days of history called the dark ages? *Because there were so many knights!*
- Why did Arthur have a round table? *So no one could corner him.*
- Who invented King Arthur’s round table? *Sir Cumference!*
- What was Camelot? *A place where people parked their camels.*
- What was Camelot famous for? *Its knight life.*
- When a knight in armor was killed in battle, what sign was put on his grave? *Rust in peace.*
- What king invented fractions? *Henry the 1/8.*
- Which king invented the fireplace? *Alfred the Grate.*
- Edward the Black Prince had a son who became king. What was his name? *Old King Coal.*



Write It | Telling Your Family's Story Through a Family Tree

In this writing exercise you will paint family trees and record your family stories!

Questions to ask: Do families have to be biological? What else makes a family?

Write down the names of your immediate family members or caretakers, then paint a fingerprint family tree that will be the cover for your family question workbooks.

Materials and Preparation

Fingerprint Family Trees

You will need:

- 9 x 12" construction paper
- A trunk template
- Non-toxic washable paint (at least three colors)
- Large paint brushes (one for each paint color)
- Large paper plates
- crayons or markers
- paper

Paste or draw tree trunks onto sheets of construction paper (examples attached.) An adult should paint the children's fingertips and guide them in making a fingerprint for each family member. Change colors as desired (each "leaf" color could represent a different generation). You can also use crayons or markers. After the paint dries, add family members' names to the leaves. Fold the trees in half to make workbook covers (the trunk will be the back cover, the leaves the front.)

Ask family questions and write them down. Staple all of the pages together to make the family tree workbook

Make It | Create Your Own Heraldic Crest

There are hundreds, if not thousands of designs for a coat of arms.

Lions, fleur-de-lys, suns, crescents, griffons, stags and geometric designs were all popular.

You can look up examples or create your own!

Heraldic Rules of Tincture

<https://www.heraldica.org/topics/tincturs.htm>

explains rules for creating a coat of arms.

What you need:

- poster board or heavy paper or a cereal box
- construction paper
- glue
- scissors
- crayons, markers
- tape

