

SUMMER AT YOUR LIBRARY

READ. LEARN. CREATE. *At Home*

ADULTS

ACTIVITY BOOK

SDCL.READSQUARED.COM



WELCOME TO SAN DIEGO COUNTY LIBRARY SUMMER LEARNING 2020

Read, Learn, Create at Home

As you've probably noticed our Summer Learning program looks a little different this year, just like the rest of the world. Our goal this year is to keep you in touch with our beautiful county and all it has to offer from the safety of your home. In this book, we've brought together fun activities, interesting challenges, and valuable resources from places and organizations all over San Diego County. Experience San Diego in a whole new way through these pages. We hope you are inspired, connected, and delighted by what our great county has to offer and remember the library is always here!

SDCL.READSQUARED.COM

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SUMMER LEARNING 2020

COVID-19 Resources for Schools



For sites offering meals during school closures visit: SDCOE.net

For resources about serving meals during the COVID-19 school closures visit: LunchAssist.org

For distance learning resources visit: COVID-19.SDCOE.net



For local up-to-date information visit: CORONAVIRUS-SD.COM



For up-to-date information from the Centers for Disease Control visit: CDC.GOV



2-1-1 San Diego: Call 2-1-1 for questions about COVID-19. For information about community resources visit: 211SANDIEGO.ORG



Eligibility Information: Call the Access Customer Service Center at **1-866-262-9881** or visit SANDIEGOCOUNTY.GOV/HHSA for more information.



For food distribution locations and CalFresh information visit the following sites:

- SANDIEGOFOODBANK.ORG
- FEEDINGSANDIEGO.ORG
- GETCALFRESH.ORG
- SANDIEGOHUNGERCOALITION.ORG



Mental Health Resources: For mental health resources for families and caregivers visit CORONAVIRUS-SD.COM



San Diego Access & Crisis Line: For a mental health crisis call **(888) 724-7240** or visit UP2SD.ORG

Diaper Bank Program: For diaper distribution information visit SANDIEGOFOODBANK.ORG



Domestic Violence: For the National Domestic Violence Hotline call **1-800-799-7233** or visit THEHOTLINE.ORG

San Diego Worker Assistance Initiative: Workers who need support visit UWSD.ORG/COVID19



LiveWell@Home: Adults

LiveWell@Home is an online resource to help residents find tips and activities to stay healthy in both mind and body while at home. Find physical fitness, mindfulness, and social connection activities and a virtual events calendar. Learn more: LiveWellSD.org/LiveWellatHome

Physical Fitness

Let's jump right in to one of our @Home fitness activities with the American College of Sports Medicine's 7-Minute Workout. The 7-Minute Workout is a timed set of twelve exercises that combines aerobic and resistance training into one efficient training program that can be done anywhere.

Complete each exercise for 30 seconds with a 10 second rest in between.



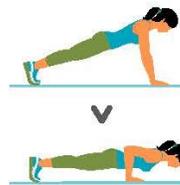
1 Jumping jacks

Stand with feet together and hands by your side. In one motion, jump your feet out to the side and raise your arms above your head. Reverse to the starting position. Repeat.



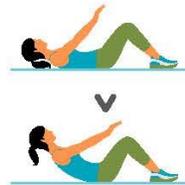
2 Wall sit

Stand with your back against a wall. Slide your back down the wall until your hips and knees bend at a 90 degree angle. Keep your feet flat with head, shoulders, back against the wall. Hold.



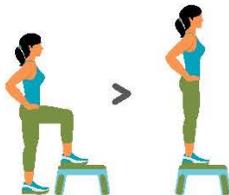
3 Push-up

Position hands slightly wider than shoulders. Extend legs back, keeping your body in a straight line. Bend your elbows and lower yourself until elbows are at 90 degree angle. Push back up through hands to starting position. Repeat.



4 Abdominal crunch

Lie on back with knees bent, feet flat on floor. Hold arms out in front of you, chin tilted slightly towards chest. Curl up and forward so head, neck and shoulders lift off floor. Hold then lower slowly back down. Repeat.



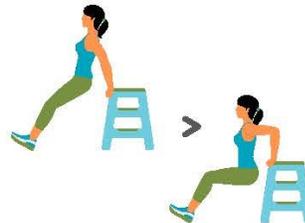
5 Step-up on to chair

Position chair/stool in front of you. Stand with feet hip width apart, hands on hips. Step onto seat with one foot, then bring the other foot up next to it. Step back with leading foot then bring other foot down next to it. Repeat, alternating leading foot.



6 Squat

Stand tall, feet hip width apart. Lower your body by pushing your hips back and bending your knees while raising your arms in front of you for balance. Reverse to the starting position. Repeat.



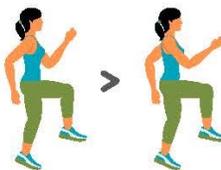
7 Triceps dip on chair

Sit in a chair holding onto front edge with both hands. Slide your bottom off the seat and hold yourself up with arms straight. Lower your body by bending your elbows to 90 degree angle. Then slowly straighten your arms. Repeat.



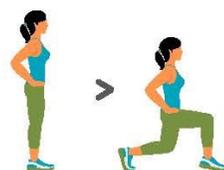
8 Plank

Position hands slightly wider than shoulders. Extend legs back, keeping your body in a straight line with your head in line with your back. Hold the position.



9 High knees running in place

Stand with feet hip width apart and hands by your side. Jump from one foot to the other while lifting your knees to hip height, arms following with the motion. Repeat.



10 Lunge

Stand with hands on hips, shoulders back. Step forward with one leg and lower body until front knee is bent to 90 degrees. Push yourself back up and repeat with other leg.



11 Push-up and rotation

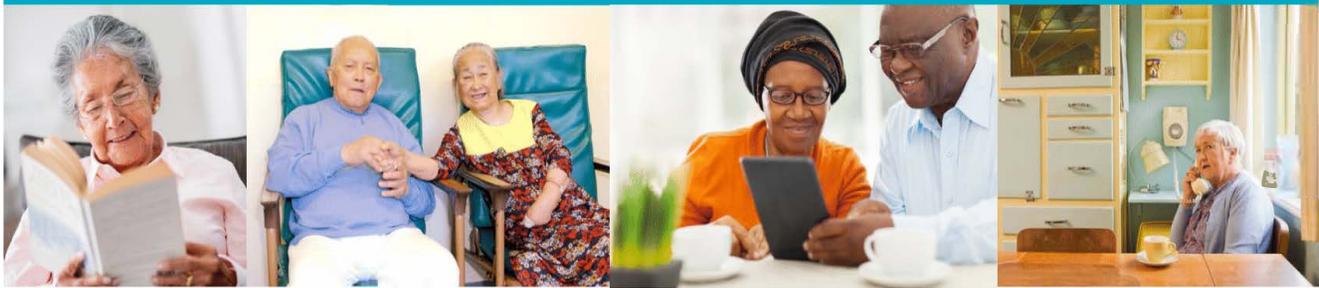
Begin in push-up position. Slowly lower your body until elbows are bent at 90 degrees. Push-up and rotate your upper body and extend your arm upwards. Return to starting position and repeat on other side.



12 Side plank

Lie on one side with your legs stacked on top of one another. Prop your body up on your elbow while keeping it in a straight line. Hold the position. Switch sides and hold again.

Learn about coronavirus, testing and recovery: Coronavirus-SD.com



WAYS TO ENGAGE!

Great Ideas for San Diego County Older Adults to
Get Involved while staying Home

COVID-19 EDITION



LIVE WELL
SAN DIEGO
LIVEWELLSD.ORG

Recreational Opportunities at Home:

San Diego County Libraries: Visit www.sdcl.org for the most up to date information

San Diego City Libraries: Visit <https://www.sandiego.gov/public-library/> for the most up to date information.

AIS Health Promotion Programs: The County of San Diego continues to offer online videos of the Feeling Fit Club during the COVID-19 response. In-person classes are currently canceled. Visit www.HealthierLivingSD.org to link to the online videos and keep fit from home. Feeling Fit Club episodes are also aired on public access television. Visit the website for the current television schedule. Additionally, if a resident would like a stretch band to exercise with, e-mail HealthierLiving.HHSA@sdcounty.ca.gov or call 858-495-5500.

San Diego Oasis: San Diego Oasis is shifting many Oasis classes online. Review the catalog for classes that were previously held at locations far from your home, and now will be conveniently located at your own desk (laptop, computer) or from your armchair (tablet or smart phone): <https://san-diego.oasisnet.org/>. East County: (619) 881-6262 / North County: (760) 796-6020

Selfhelp VSC (Virtual Senior Center): Where Seniors Connect, Learn & Play Online. VSC is a community where you can securely talk with other seniors, make friends, and learn new skills – like how to use Skype and email: <http://vscm.selfhelp.net/>. To volunteer, go to: <http://vscm.selfhelp.net/volunteering>

Live Broadcasting from the San Diego Zoo: Twelve live camera feeds from the San Diego Zoo show animals like tigers, penguins, and elephants: <https://zoo.sandiegozoo.org/live-cams>

This document is brought to you by the Age Well San Diego Social Participation Theme Team [Rev. 3/25/2020]

UCSD TV: This online resource offers a library of lectures on scientific topics including healthy aging. Go to the “Watch” tab and click videos and podcasts to choose a topic:

<https://ucsd.tv>

The Metropolitan Opera: Every day while the Met is closed, a different encore presentation from the company’s Live in HD series will be made available for free streaming on the Met website, with each performance available for a period of 20 hours, from 7:30 pm EDT until 3:30 pm the following day: <https://www.metopera.org>

In-Home Volunteering:

VolunteerMatch: Search for volunteer opportunities based on your interests. For volunteer options that can be done at home, select “Virtual”: www.VolunteerMatch.org

RARE Bear Program (Rare Science): Sewing volunteers help make one of a kind bears for special one of a kind kids: <https://www.rarescience.org/rare-bear-program/>
How to get started: <https://www.rarescience.org/getting-started/>

Covia Well Connected: Well Connected is a community made up of participants, staff, facilitators, presenters, and volunteers who care about each other and who value being connected. Choose a topic of interest and join a conversation. All groups are accessible by phone at no cost: <https://covia.org/services/well-connected/>
English: 877-797-7299/Español: 877-400-5867

Call friends and neighbors: Call friends and neighbors who live alone and would appreciate the opportunity to chat. If you have a loved one in a facility, be sure to call frequently.

Daily/Regular Check-Ins for Homebound:

You Are Not Alone: Weekly volunteer visits have been suspended, but daily phone calls to check in are still available. Call your local law enforcement agency, or 858-495-5039.

ElderHelp – RUOK?: This program will continue to provide Friendly Visits via telephone to seniors who are matched with a volunteer. Call (619) 284-9281 or contact CMcClellan@elderhelpofsandiego.org for more information.

Always in Touch: Sponsored by Always Best Care. Daily check-ins and weekly socialization calls: www.always-in-touch.com. Contact info@abc-seniors.com or 855-710-2255 for more information.

Mental Health Services:

The Friendship Line: Institute on Aging's 24-hour toll-free Friendship Line is the only accredited crisis line in the country for people aged 60 years and older, and adults living with disabilities. <https://www.ioaging.org/services/all-inclusive-health-care/friendship-line>. Call 800-971-0016 for the Friendship Line.

NAMI (National Alliance on Mental Illness): You can connect with a trained crisis counselor to receive free crisis support 24/7 by texting NAMI to 741-741.

San Diego Access and Crisis Line: Experienced counselors are available 24/7 to provide you with a referral to meet your needs and determine eligibility. Call (888) 724-7240 for the Access and Crisis Line.

Meals for Pick-up and Home Delivery:

Aging & Independence Services contracts with community partners to provide meals at various locations throughout the County. Nutrition sites have temporarily closed all congregate indoor dining. Instead, nutrition sites now offer meal pick-up and many offer home delivery. For more information and to find your nearest meal site, visit <https://211sandiego.org/> or dial 2-1-1. The AIS Call Center also has information on food resources. Call AIS at 800-339-4661 or visit <https://www.aging.sandiegocounty.gov> and click on "Community Resources for Older Adults During COVID-19."

Caregiver Resources:

Southern Caregiver Resource Center: Free services such as respite care, education & training, support groups for caregivers and more: <https://www.caregivercenter.org/> Call 858-268-4432.

Transportation:

FACT (Facilitating Access to Coordinated Transportation): FACT is operating as normal and is updating its page with COVID19 related changes as often as possible. Call 888-924-3228 or visit [Factsd.org](https://factsd.org) for more information.

MTS (Metropolitan Transit System): MTS is continuing service, but there are some changes to schedules. Call 619-233-3004 or visit sdmts.com for more information.

*This list is a sampling of the many ways to get involved in San Diego County during COVID19 .
For more ideas, call 2-1-1 or visit 211.org*



**OUTDOOR
OUTREACH**

10

PRINCIPLES OF GETTING OUTSIDE RESPONSIBLY during the COVID-19 outbreak

During the COVID-19 outbreak we must do everything we can to protect one another, especially those most vulnerable to the virus. Outdoor Outreach encourages our community to get outside responsibly. Bottom line, we must all know and follow the official public health guidelines and do our part to stop the spread. Visit [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus) for more information.

- 1 DOUBLE-CHECK YOURSELF.** If you have any current symptoms, don't go into public spaces unless you have to.
- 2 KNOW THE RULES.** Check local public health guidelines to ensure that the area you are going to is open to the public and appropriate for the activity you want to do.
- 3 LIMIT YOUR IMPACT.** Choose less frequented parks and trails. Bring everything you need with you and pack out all your trash.
- 4 EXPECT CLOSURES.** Prepare for restroom and parking lot closures and a lack of running water. Not all trails and beaches will be open for activities.
- 5 STAY LOCAL.** Don't travel far from home. This is the time to appreciate nearby nature.
- 6 STICK WITH YOUR HOUSEHOLD.** If you don't live together, don't go outside together.
- 7 PRACTICE PHYSICAL DISTANCING.** Avoid crowded areas. Stay 6-feet away from anyone that you don't live with and wear a face covering.
- 8 KNOW YOUR LIMITS.** Stick to activities that limit your chances of injury and need for healthcare services.
- 9 BE KIND.** A smile and wave can mean a lot. Help others enjoy the outdoors responsibly by sharing the 10 Principles of Responsible Outdoor Recreation.
- 10 ENJOY YOUR 'HERE AND NOW' MOMENT.** Breathe deeply and connect to the sounds, smells, colors, and movement of nature. Encourage your friends and family to find their moment.

Follow Outdoor Outreach for updates on getting outside *responsibly* during the COVID-19 outbreak:



@outdooroutreach

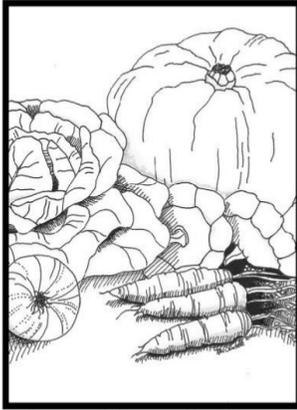


/outdooroutreach



@outdooroutreach

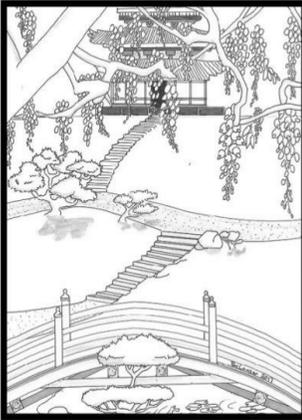
FALL VEGETABLES



Autumn Harvest - Ray Conser

Decrease your carbon footprint. Go local. Enjoy better health! Are these just bumper stickers? Not at all. These are all reasons to grow fruits and vegetables. Many gardeners begin to plant fall vegetables by adding them to existing flower beds. Edible crops can be grown in almost all home gardens. They can be grown in containers, raised beds or in the ground soil. Edible garden requirements include 6+ hours of full sun each day, rich, airy, well-draining soil with lots of organic matter such as compost and mulch, and regular water and fertilizer. While edible gardens take a bit more time, you will harvest the rewards with organic, fresh, tasty crops. Fall vegetables include beets, broccoli, the cabbage family, onions, and spinach. Most cool season vegetables can be set out from September through February. You might even have enough to share with your envious neighbors.

SPECIALTY GARDEN



Serenity - Ray Conser

A Japanese rock garden is a style of xeriscape or dry landscape garden. Often described as an artful arrangement of rocks, water features, small trees, and plants, this type of garden has raked gravel or sand to lend an image of rippling water. You'll often find a bench placed at the edge of such a garden. Sometimes a piece of art has been carefully chosen. These elements and others encourage visitors to sit, relax, and enjoy the peace and serenity of the garden. Xeri is Latin for the word 'dry.' A word about xeriscape.... it does not mean zero-scape. Dry landscape gardens still need care and watering. Like many drought-tolerant gardens, you'll use less water, won't need to fertilize as much, and still provide a wildlife habitat. You can design a specialty garden like this serenity garden seen here.

GROWING ARTICHOKEs



Artichokes - Joyce Gemmell

Artichokes are perennial plants grown for both their edible buds and showy garden flowers. The artichoke is a flower bud; if you let it grow, the center will open up into an array of purple thistles. California grows about 100% of the artichokes consumed in the US; about 80% of these are grown in Castroville, four hundred miles north of San Diego where they grow almost year-round in the cool, foggy coastal zone. Check the artichoke for freshness. You know it's ready to eat when it feels heavy in your hand and squeaks when you squeeze it. Cook the artichoke in boiling water until tender, about 45 minutes, and dip the tender tips in melted butter. Clear the low cup of the thistles and enjoy the "choke." These plants can grow up to 3' to 4' tall and 6' wide so give them plenty of room.

Exploration of Abstraction

Inspiration
Jean Hélion

Grade Level
K-12

Project Time
2+ 1-hour sessions

Author
Alyson Blum

> Objectives

Students will:

- Learn about abstract art
- Create an abstract shape collage in either 2 or 3-D assemblage format, based upon realistically drawn objects
- Explore elements of shape, color, line, and texture and the principles of balance, rhythm, and unity

> Materials

- Objects or images
- Drawing pencils
- Assorted papers
- Cardstock
- Chipboard
- Paint
- Brushes
- Oil pastels
- Scissors
- Glue
- **Optional:** Sumi ink or watercolor, acrylic paint pens, texture tools, wax linen thread and needles, X-acto knives, gold leaf flakes, and charcoal

Example



> Description

The twentieth century was a time of rapid artistic change when preconceived traditional concepts in art were challenged. Many works presented classic subjects in a new way, and shifted the boundaries between representation and abstraction. Abstract art is art that does not attempt to represent an accurate depiction of visual reality but instead uses shapes, colors, forms, and gestural marks to achieve its effect. This project invites students to explore the process of abstraction using an object or issue as the source of inspiration.

> Vocabulary

Abstraction: A style of art that begins in reality, but may be expressed through simplification, stylization, fragmentation, reassembly, and distortion.

Rhythm: A combination of elements repeated, but with variations.

Unity: The result of elements that combine to make a balanced, harmonious, complete whole.

sdmart.org/curriculum

> Warm Up Activity

Explore abstract art images in student pairs. Look closely together and discuss the dominant elements of art and principles of design.

> Essential Questions

What is abstract art? What elements are used in abstract art to provoke ideas, emotions or thoughts? What are some of the methods abstract artists use to portray familiar objects in new ways?

> Adaptation Suggestions

Younger Students: Have groups work together to create a set of shape templates from their drawings of the same object, which can then be shared. Consider multiple small-scale collages to create a mini-series.

Older Students: Abstract art is often seen as carrying a moral dimension. Consider sourcing objects or images that explore a particular issue. Consider collaborative work contrasting two views on an issue or object within a single collage. Offer inclusion of handwritten words as an option within the project.

> Extension Activities

Younger Students: Describe your process in creating this abstract image. How did you succeed in seeing your object in a new way? Describe what you now see.

Older Students: What is the significance of the object or social issue you chose? Describe how you applied simplification, stylization, fragmentation, and/or distortion to revise work into abstraction. What is the unifying element in your work?

> Assessment

Teacher assessment of student work:

- Evidence of simplification, distortion, and/or fragmentation
- Effective use of color, value, and texture
- Effective use of negative space
- Use of principles of rhythm, balance, and contrast
- Effective communication of object or social issue

Step 1



Step 1: Identify subject(s) for the project: object, figure, image related to social issue, etc. Create a 15-minute drawing of the object. Identify and sketch the individual shapes from the drawing to simplify and begin the abstraction process. Consider distorting or even fragmenting these shapes. Use all these shapes as inspiration for the collage.

Step 2



Step 2: Select a limited color palette associated with the object (e.g., black, white, brown, and green). Using paint and pastels, create a series of textured surfaces on paper and cardboard that relate back to the object.

Step 3



Step 3: Using the individual shape sketch as reference, cut painted surfaces into shape pieces until you have enough shapes to represent the object at least a few times.

Step 4: Begin the composition, arranging the shapes in such a way that your object is recognizable, but not a clear reproduction. Consider overlapping shapes and the use of negative space.

Step 4



Step 5: Glue shapes into place. (For 3-D, splice and notch). Add final touches and any additional materials to create a unified image.

Step 5



Notes

Mindfulness Wordsearch

Find words and phrases related to little things we can do to be more mindful each day.

S J O N G O E S Z S C O S M R L J B J E
T F L Q C T T U N U S E G X T Y T E S L
S C H G A X H H D X T E O Y F V E Y O B
B V E E I N Y X X I I C R V H C C O J A
V F R L Y G E H N I M O G P N I W U J V
G C K J F H O T G N I N A E M D N I F E
K R Z G T E E Z A D K K I B I O G V A I
B I A X B N R Z R Z T L L V A K C P E H
S J D T T P T R H F I Z E O A R B E J C
N P A I I H M Y T S F T H I O P G E D A
F W O C W T G G E T A C T I V E K H K W
R N Y J S Y U R R F A E Y Y F J I T D K
S H H I G L W D L G H I K S I E N A B D
D Y O M U B E S E C K K F F T S D E U E
X I U T Z C U E Q A W N P V N Q N R H Z
S E I D Y P W K P E N G A G E O E B M X
S Q T Y P E Y D A J G S Z O J K S C Z H
L S E O T C E N N O C U Z N Z Y S X T L
G C R W B T V I I N F O N G I P S J F G
Y T F I H W J D I N L C E E B Q M U B S

ACHIEVABLE
BE YOU
BREATHE
CONNECT
CREATE

DECOMPRESS
ENGAGE
FIND MEANING
GET ACTIVE
GRATITUDE
KINDNESS

REFLECT
RESILIENCE
SET INTENTIONS
SLEEP
SUPPORT



San Diego Archaeological Center

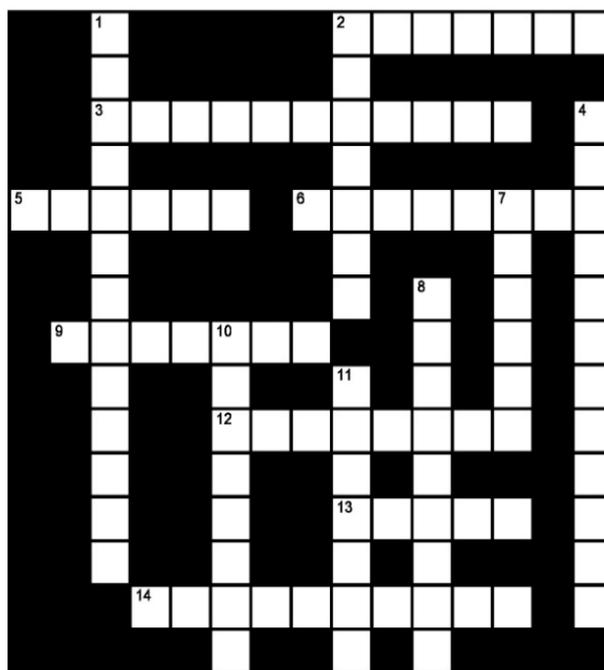
MUSEUM · EDUCATION · RESEARCH

www.sandiegoarchaeology.org

Virtual Crossword

<https://sdac.maps.arcgis.com/apps/Shortlist/index.html?appid=aa1a1f07b94f4334a46f0b4d87612a77>

Visit the site above to explore the **Historic Places of San Diego County**. Each of these clues can be found within the different tabs of the story map. Some clues use information found in the description. Explore the different places located on the map to help you figure out clues below.



Across

- 2 Built in 1925 and still lots of fun: Mission Beach Roller _____ (7)
- 3 Iron-hulled ship in San Diego Maritime Museum (3 words) (11)
- 5 The US Customs House is a historical landmark in the border community of San _____ (6)
- 6 The Santa Fe Railroad brought tourists to this depot for the mineral springs (8)
- 9 Founder of world-renowned La Jolla scientific establishment (7)
- 12 Experimental Indian pueblo of the nineteenth century: Las Flores _____ (8)
- 13 First naval air station on west coast: _____ Island (5)
- 14 Charles Lindbergh flew motorless aircraft at Torrey Pines _____ (10)

Down

- 1 In 1769 Father Serra founded the San Diego _____, his first in California (2 words) (13)
- 2 Murals depicting Mexican-American culture and history can be found at _____ Park (7)
- 4 One of the oldest lighthouses on the US Pacific Coast (3 words) (12)
- 7 The Ford Building in this famous San Diego park looks like a V-8 engine. (6)
- 8 Famous guide on the Southern Immigrant Road (2 words) (9)
- 10 First permanent European settlement on west coast of North America: San Diego _____ (8)
- 11 Adobe house built in 1857 by a noted woman Californio: _____ Ranch (7)



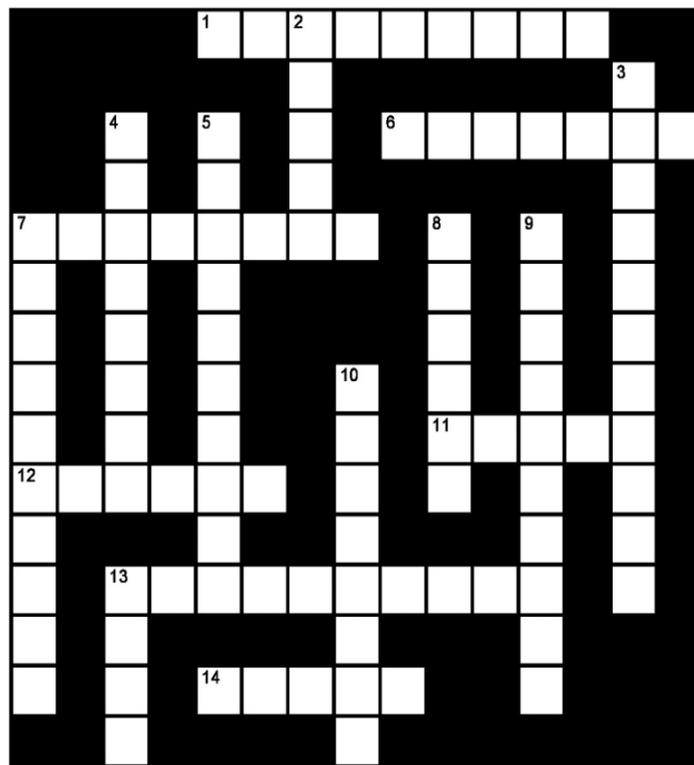
San Diego
Archaeological Center
MUSEUM · EDUCATION · RESEARCH

www.sandiegoarchaeology.org

Virtual Crossword

<https://sdac.maps.arcgis.com/apps/Shortlist/index.html?appid=a713be41968e44d2887c84057880a2ba>

Visit the site above to explore the **Historical and Natural features of the San Dieguito River Valley**. Each of these clues can be found within the different tabs of the story map. Some clues use information found in the description. Explore the different places located on the map to help you figure out clues below.



Across

- 1 Native California plant that loves dry weather. (9)
- 2 Local reptile: Western Banded ____; also a famous insurance spokesman (5)
- 3 Reptilian bench is located at ____ Viewpoint (11)
- 4 Battle of San Pasqual took place here (2 words) (8)
- 5 San Diego Zoo runs this neighbor of the San Diego Archaeological Center (2 words) (10)
- 6 Location of San Diego Archaeological Center and many wineries: San ____ Valley (7)
- 7 ____'s horned lizard can shoot blood from its eyes (10)
- 8 Osprey nest area ____ Fairground (2 words) (6)
- 9 Toxic invasive plant in San Diego area (2 words) (10)
- 10 Trail of ceremonial rock art: Piedras ____ (8)
- 11 Red ____ woodpecker (5)
- 12 Local peak with a variety of microclimates: ____ Mountain (6)
- 13 Thousands of years of San Diego history can be found here (abbr.) (4)
- 14 Old Escondido farmstead (2 words) (10)
- 14 Local tribe that left legacy of tools and ceramics over thousands of years (5)

Down

- 1 Native California plant that loves dry weather. (9)
- 2 Local reptile: Western Banded ____; also a famous insurance spokesman (5)
- 3 Reptilian bench is located at ____ Viewpoint (11)

Whaley & Crosthwaite Word Search

If you were to time travel back to 1869 and visit the Whaley & Crosthwaite General Store, you would meet Thomas Whaley, a New Yorker described as a quiet, deliberate man, and his partner Philip Crosthwaite, an Irish immigrant known as a jovial, entertaining man. They'd likely be stocking shelves and assisting customers. **What type of products would you find for sale, and what type of equipment would Mr. Whaley and Mr. Crosthwaite use in their store?**

O P L A P H I H Q Z H J C N A I E S X T D A B
O S R A R S S C K I C W P E A C H E S L H M O
E X C E L S I O R Q E A A Z F R G Z V B A W C
U F S A L E R A T U S Y L S O A P C E O T H I
L B L E N S G D D T S I M I O Y C M O U C I G
U I Y O G L U E U E H W P P C U E A E F G S A
C V N C U G E P J T O K S A C O B E N B F K R
I I M K R R S D E O E D V O Z T Y R I D O E S
F E P E W A X T G R S N S U G A R N O R Y Y E
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C A T S U P R E O H A R D W A R E D R H O D G
B A R L E Y F I S N P I C K L E S C F I B I L
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M A C A R O N I E A E T S C A L E S M L C E E
M A Q P E J M T V S U R S A P A I S Z E O S S

Find and circle each of the words from the list below. Words may appear horizontally, vertically, or diagonally, but forwards only.

Saleratus Tobacco Macaroni Peaches Hardware Excelsior Peaches
Calico Candy Hats Barley Coffee Crates Shoes Cigars Whips Sugar
Lucifers Brooms Whiskey Perfume Bonnet Ribbons Utensils Grinder
Dishes Inkwell Pickles Catsup Shovel Thread Scales Ledger Gloves
Soap Rope Locks Eggs Flour Barrel



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TREE BINGO

Luckily for us, trees are found all around our neighborhoods! Not only are they beautiful to look at, but they also provide clean air, shelter, and food for people and animals. Choose 8 of your favorite characteristics of trees listed below and use them to fill in your blank bingo card. When you find one in your neighborhood, mark it off on your card. The first one to get 3-in-a-row or all 9 on their card wins!



TREE BINGO

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Needle-like Leaves

Needles have a thicker, waxy coating compared to the typical leaf. Needles are also skinnier and have less area exposed to the air. This helps the tree hold water, especially if they live in an area with less rainfall.



Stone Pine, *Pinus pinea*

Peeling Bark

Some trees may shed their bark in order to grow or to keep some pests like insects or fungus from sticking to them.

Locally, we have planted *Melaleuca* or Paperbark Trees that are native to Australia. You can see their bark peeling off like sheets of paper!



Broad-leaved Paperbark, *Melaleuca quinquenervia*

**Seed Pod
or
Cone**

Trees can have many different types of seeds. They may have a pod or cone protecting their seeds so that the seeds are more likely to be dispersed or moved to another area and make it into the ground to grow a new tree.



Pinus sp.

**Tree
with Fruit**

Another way that trees spread their seeds is by having fruit that is edible to different animals. The animals eat the fruit and often leave the seeds to grow a new tree.

The City of Encinitas planted Strawberry Trees (*Arbutus x 'Marina'*) on Arbor Day 2019. They have lovely pink bell-shaped flowers and are known to attract birds. The berries are edible, but have a lot of tiny seeds!



Strawberry Tree, *Arbutus x 'Marina'*

**Tree with
Red
Flowers**

Birds, bees, moths, and butterflies are all attracted to colorful flowers. They visit each flower to feed off of nectar and by doing so, transfer pollen from flower to flower. This is known as pollination. Many trees must have their flowers pollinated in order to grow seeds. Examples in our local neighborhoods may be Coral Trees (*Erythrina* sp.).



Coral Tree, *Erythrina caffra*

**Leaves
with
2 colors**

Southern Magnolia (*Magnolia grandiflora*) trees have leaves that are dark green and waxy on the top side of the leaf and brown and hairy on the bottom side. The hairs are called trichomes and help the tree to hold in water and deter animals from eating them.



Southern Magnolia, *Magnolia grandiflora*

**Flower
larger
than your
hand**

Some trees have small flowers. Others, like the Angel's Trumpet or *Brugmansia*, attract pollinators like moths with their fragrant blooms at night.



Angel's Trumpet, *Brugmansia versicolor* 'Peaches and Cream'

**Leaves
another
color than
green**

Trees with reddish or burgundy leaves like this Redbud have a mixture of different chemicals (that act like food coloring) inside of them to make them red. They still have green chlorophyll that helps them capture and convert the energy of the sun through photosynthesis, but they have so much red anthocyanin it can hide the green.



Redbud, *Cercis canadensis* 'Forest Pansy'



**Compound
Leaves**

Many trees have compound leaves. Instead of having one main leaf, they have many parts that are multiple leaflets. This helps to prevent them from losing water and also if one leaflet is damaged, the rest of the leaf can continue to grow.



Schinus terebinthifolia Brazilian Peppertree

**A perch
for a bird**

Trees provide food and safe places for birds to nest in. They also sometimes give them a place to hide or perch. Can you find any in your trees? What are the birds doing?



**Roots
pushing a
sidewalk**

Roots are a very powerful natural force. The roots from the Ficus Trees (*Ficus microcarpa*) planted in downtown Encinitas over 50 years ago often cause issues with the sidewalks. The trees are very large and their strong roots push up the sidewalks in many places.



Ficus Trees, *Ficus microcarpa*

**Palmate
Leaves**

Palmate leaves (like a fan).

Not all palm leaves are palmate, but you can see why they are called that by looking at the 'palm' of your hand.



Mexican Fan Palm, *Washingtonia robusta*

Observing Plants at Home!

In our home, yard, and neighborhood, there are many plants all around us! We can watch them grow and change before our eyes if we pay attention.

For example, let's see if you can find any differences between these plants:



March 29, 11:00 am



March 30, 11:00 am

Do you observe any changes in the flowers on this Aeonium succulent?



March 29, 11:00 am



March 30, 11:00 am

This Amaryllis bulb just started to sprout!
How much did it grow in 1 day?

Observing Plants at Home!



March 29, 11:00 am



March 30, 11:00 am

With all of the rain, my wild ginger, *Hedychium*, has also started to grow!



Make sure to hold your ruler in the same place each day so you can see how your plant is growing.



Now it's your turn to observe plants around you! Choose 1 or 2 plants at your home to examine.

At the same time each day, record observations for your plant. Use the charts below to help you keep track. You can draw pictures of the plants or write what you see.

Here are some questions you can ask about your observations:

- **What color is it?**
- **How much did it grow?**
- **Did it change in any way?**
- **Are any animals in your yard eating it?**
- **Do you have any predictions about what will happen tomorrow?**



What scientific tools will you use? You can use your eyes, a ruler, graph paper, string, a stick, a camera, or anything you can think of. There are many options! What will you choose?

Remember to share or have your family share your observations by uploading a photo to our social media platforms using #SDBGardenFunAtHome

Observing Plants at Home!

Observations: (Draw or write what you observe each day below.)

Date:

Time:

Date:

Time:



Kitchen Counter Gardening:

The wonder of recycling and growing your kitchen scraps

Did you know that there are many different edibles that you can grow from last night's dinner? Lettuce, bok choy, cabbage, celery, avocados, potatoes, garlic, onions, basil, cilantro, and even pineapple are just some of the things you can continue to grow in your own home. Here are a few examples you can grow in your kitchen.



After Two Weeks

BEET GREENS

Simply cut the top off of a beet root and place in a dish with a small amount of water. Place in a bright, but indirectly lit spot, like a window sill or on your counter. The leaves will start to regrow in a couple of days. You can leave the beet in the dish of water or plant in a pot with soil. If you leave it in water, make sure to change out the water every few days. Note: you will not be able to regrow the beet root. The new plant may flower and produce seeds that you can grow more beets from.

You can trim off the leaves and eat them fresh in a salad or steamed or sautéed like spinach.

CARROT TOP

Just like the beet, cut the top off of your carrots and place them in a dish with a small amount of water. Change out the water every few days. You can eventually put the carrot tops into soil or leave on your countertop. Note: the orange part of the carrot will not grow, just the greens. The carrot tops will eventually flower and produce seeds that you can plant.

The leaves can be trimmed off and eaten raw, although they are a little bitter. They are yummy sautéed, make a great pesto, or provide seasoning when making stock for soup.



After Two Weeks



Kitchen Counter Gardening



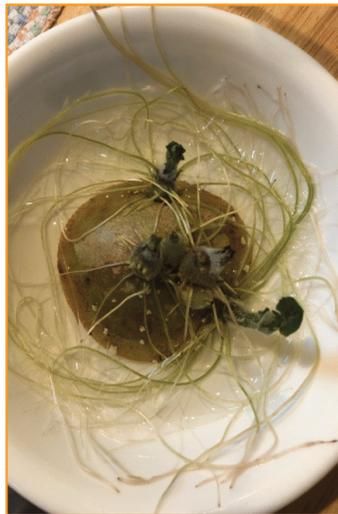
After Three Weeks



After One year

AVOCADO

Simply take the clean seed from your avocado and pierce it with 3 toothpicks. The toothpicks will help hold it in water. Submerge it about half way and watch it sprout. The seed may eventually split. When the plant is 6 inches tall, you can transplant it into soil and place in a sunny spot. Leave about half of the seed exposed above the soil. Avocados are a long-term commitment if you would like more fruit. Plant them in the ground outside in full sun and enjoy!



After 2 weeks

POTATO

To sprout potatoes on your countertop, you can either use an entire potato or a piece like pictured here. Like the avocado, you can puncture the potato with 3 toothpicks to hold it in a bowl of water, partway submerged. It will start to sprout from the eyes. If you want to grow more potatoes, eventually place your potatoes sprout-side up about 2-3 inches deep. It may take up to 4 months for the new potatoes to grow.



Kitchen Counter Gardening

GREEN ONION, GARLIC AND WHITE ONION

After you trim your green onions or chives down to the thicker white part, you can simply place them root-side down in a bowl of water. Watch the green part re grow in a matter of days. This is a great way to always have green onions or chives on hand!

You can place the entire head of garlic in water or a single clove at a time, making sure to cover the roots with water. You can plant the garlic in soil and it will grow more cloves in a few months. Surprisingly, the garlic greens provide a nice garlicky garnish.



The same is true for a large onion. You can either cut a ½ inch of the base off near the root and place it into water, or save the central part like pictured here. If planted in soil, it will produce a new bulb in about a month depending on the type.



After One Week

BOK CHOY

Cut about ½ inch off of the bottom of a stalk of bok choy. Place in a bowl with a small amount of water and change daily. Cut away brown or slimy areas that form. The new leaves will start to grow out of the center of the base. Harvest as you wish to enjoy fresh bok choy leaves!

(This is very similar to what you would do with celery too.)

No pots or room to grow in the ground? No worries! You can get creative with using cardboard boxes, old take-out containers, or layered paper sacks.

Happy recycling and countertop growing!



Neighborhood Garden Scavenger Hunt

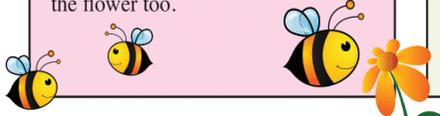
Get outside and see what you can find!

Share what you see by uploading a photo to our social media platforms using #SDBGardenFunAtHome



A BEE ON A FLOWER

What is the bee doing? Does it have yellow or orange powder on its legs? Each time it comes to a flower to get nectar, it collects a little pollen from the flower too.



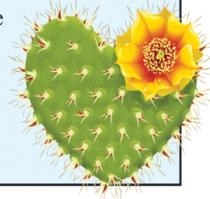
A TREE TALLER THAN YOUR PARENTS

How old do you think the tree is? How could we figure that out? Trees form rings inside their trunks each year that they grow, so we could look inside and see.



A PLANT WITH SPINES (BE CAREFUL)

Why do plants have spines? A lot of plants have spines for protection or keep them from losing water.



A BUTTERFLY

What is the butterfly doing? Does it move fast or slow? Can you see it getting the nectar from flowers?



A SMELLY PLANT

Why do you think the plant is smelly? Sometimes it is to attract or keep away things that might eat it.

A SNAIL OR SLUG

What is it doing? Is it moving slow or fast? Snails and slugs can eat a lot of different things including old leaves on the ground.



A PLANT THAT YOU DON'T KNOW

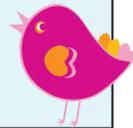
How can you figure out what kind of plant it is? You can look take a picture and send it to info@SDBGarden.org for help identifying the plant!

A LINE OF ANTS

Where are they going? Are they going underground? Ants are important in many ways. One way is when they dig in the soil, they let air and water into the ground, which helps plants grow.

A BIRD SINGING

Can you try and make the sound of the bird? Why do you think it is singing? Bird calls can often let other birds know to come near or to stay away.



AN EARTHWORM

Where did you find the earthworm? What is it doing? Earthworms are super important for the soil. They break down old leaves and give us fertilizer to help plants grow. They also help air and water get into the soil.

A PLANT GROWING IN A CRACK IN THE SIDEWALK

How do you think the plant got there? Seeds can travel from plants through the wind and water. Once it finds the right spot with water and sunlight, the plant will grow.

A YELLOW FLOWER

How do you think the yellow color helps the flower? Different colors of flowers can help attract pollinators. Pollinators are insects or birds that carry pollen from one flower to another. Once that happens, a fruit will form with seeds inside!



A FRUIT TREE

What kind of fruit comes from this tree? What does it taste like?



A SEED OR SEED POD

What plant is the seed from? You can plant it in a cup of soil to see what grows.

A PLANT YOU CAN EAT

What part of the plant can you eat? What does it taste like? Do you think any animals eat this plant too?



San Diego BOTANIC GARDEN SDBGarden.org



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HOW TO APPLY

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1



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2



Prerequisite Course

Enroll in a prerequisite course to determine if you are ready for online learning. You must finish the course within two weeks of your enrollment date.

3



Orientation

Participate in an orientation with library staff to discuss next steps.

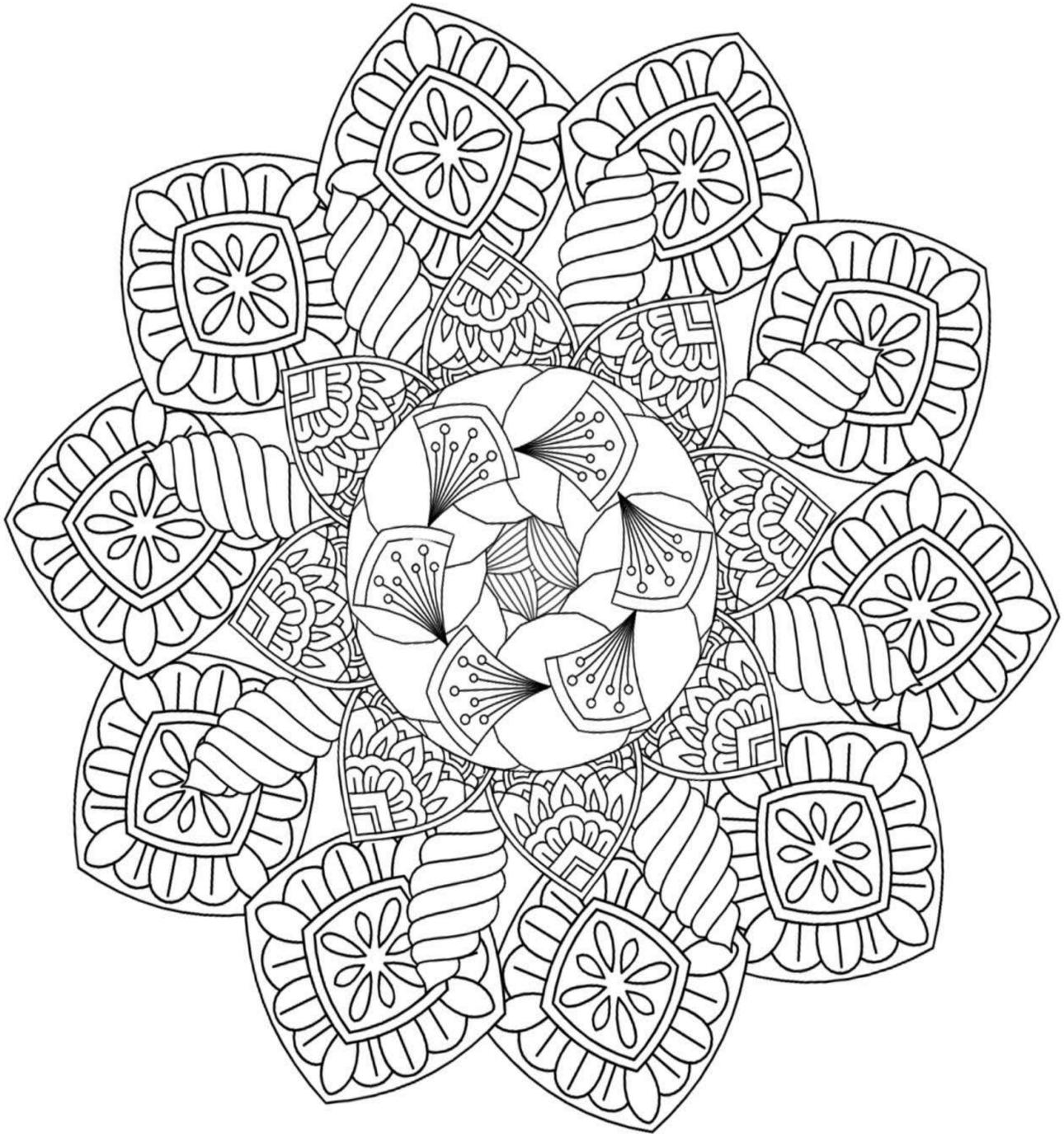
LibraryHighSchool.org

For more information, contact our Enrollment Team:
858-495-5563 • libraryhighschool@sdcountry.ca.gov



LIBRARY
HIGH SCHOOL









PEANUT BUTTER COOKIES

Ingredients



1 cup of sugar

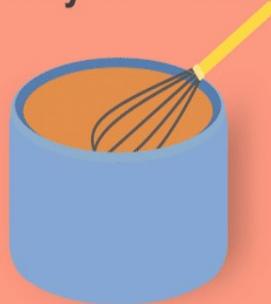


1 cup of peanut butter



1 egg

1. Mix all ingredients until creamy and smooth



2. Roll out the dough and form into small balls; flatten the dough and make criss-cross patterns on the dough using a fork.

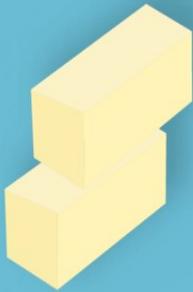


3. Bake at 350°F for ten minutes.



SHORTBREAD COOKIES

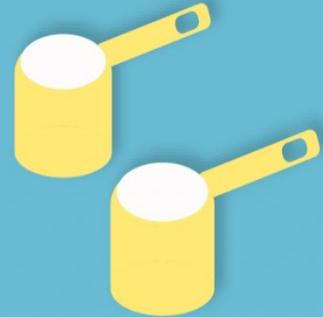
Ingredients:



1 cup of butter (2 sticks)



1/2 cup of powdered sugar

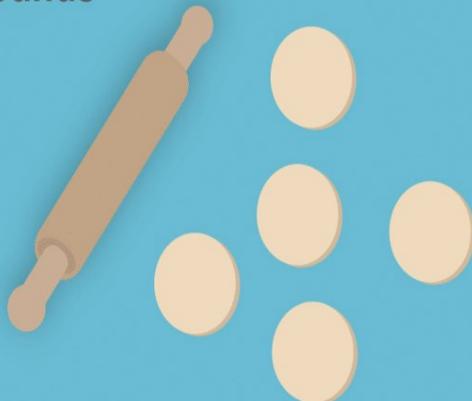


2 cups of flour

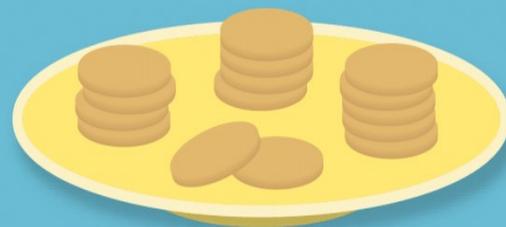
1. Cream together butter and sugar 2. Add flour and mix to a soft dough



3. Roll out the dough with more powdered sugar and cut into rounds



4. Bake at 350°F for 16 - 18 minutes, or until a pale golden brown



Easy Banana Oat Pancakes

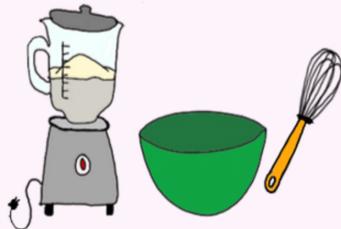
Need



optional

1 tsp of : vanilla extract, baking powder, maple syrup, ground flax seeds

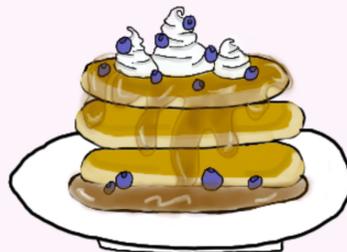
1. Blend everything until smooth.



2. On a pan over medium to medium-high heat, cook dollops (1/4 cup) of batter until both sides are golden brown and pancake is cooked through.



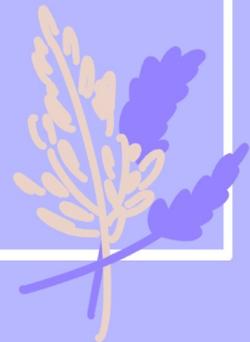
3. Add your favorite toppings, and ENJOY!

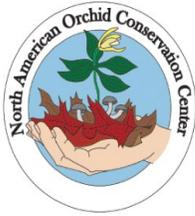


Calming Rice Heating Pack



1. Fill **sock** 75% full with **dry rice** and securely tie shut.
2. Microwave the sock for 1-2 minutes.
3. Add a few drops of **lavendar essential oil**.
4. Apply to sore muscles and relax!





orchid-gami

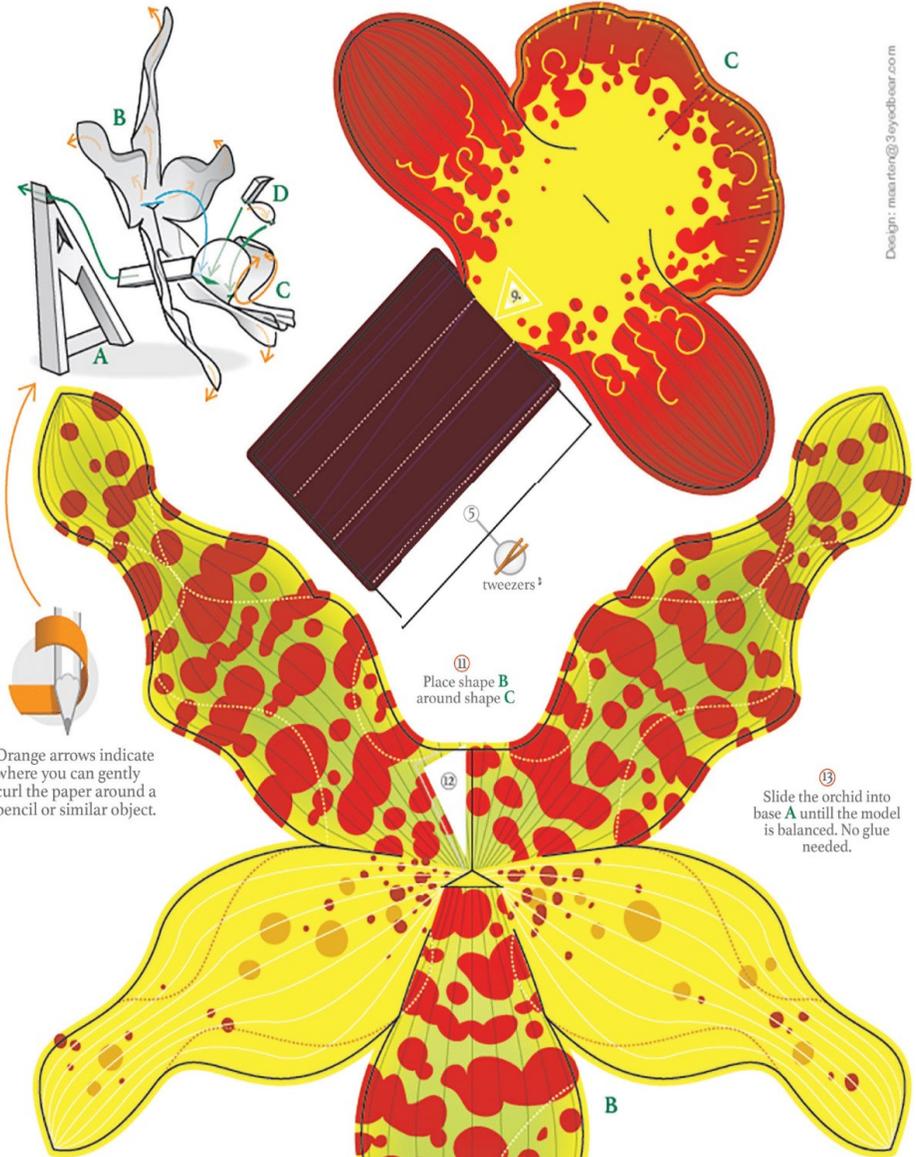
NATIVE TO THE U.S. AND CANADA

Cyrtopodium punctatum
Cigar Orchid



The Cigar Orchid was once common in the swamps of Florida and grows throughout Mexico and as far south as Argentina. Over-collecting in the last century reduced populations of this orchid to a mere handful in south Florida. Today, restoration efforts in Florida's Fakahatchee Strand have increased the number of Cigar Orchids to nearly 1,000 closely monitored plants. This orchid produces large pseudobulbs with leaves lasting only one season. The spotted flower has a ruffled, reddish brown lip with orange markings in the center. A single flower stem can have more than 500 flowers that release a fragrance which attracts numerous bees to the plant, giving this orchid its other common name- the Bee Swarm Orchid. The large fruit is shaped like a pear and takes a full year to mature.

To learn more about the Cigar Orchid, scan the QR code with your phone or visit the species page on *Go Orchids* at goorchids.northamericanorchidcenter.org



Orange arrows indicate where you can gently curl the paper around a pencil or similar object.

Slide the orchid into base A until the model is balanced. No glue needed.

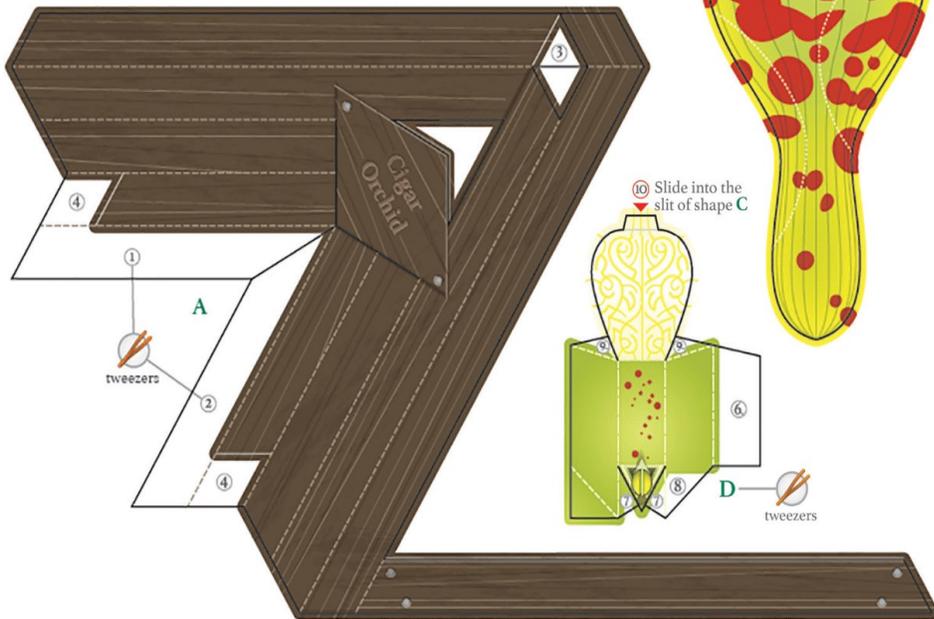
Paper is fragile so be gentle when you push out the shapes. Construct the separate pieces before assembling them together.

Model Difficulty: ★★★★★
 Hill-fold: -----
 Valley-fold:
 Glue Guidance: _____
 Glue Order: ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ...

The goal of the North American Orchid Conservation Center (NAOCC), established by the Smithsonian Institution and the United States Botanic Garden, is to assure the survival of native orchids in the U.S. and Canada. To learn more about NAOCC and what you can do for orchid conservation, visit:



www.northamericanorchidcenter.org



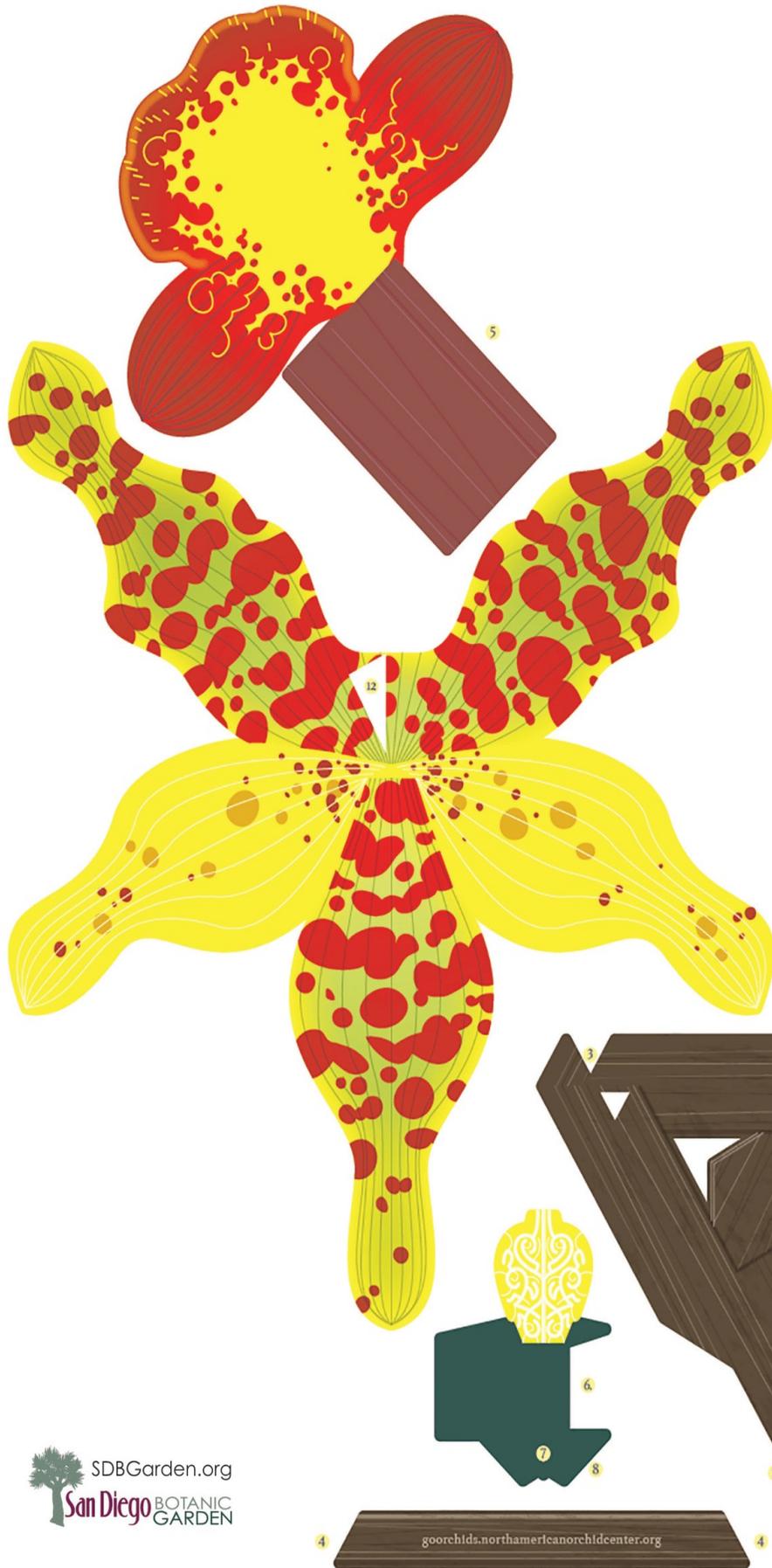
Design: maanrtn@3byrdbeet.com

orchid-gami

NATIVE TO THE U.S. AND CANADA



This is what the paper Cigar Orchid will look like when built.



Birch Aquarium at Scripps

Nature JOURNALING

Scientists use observation skills to learn about nature, and you can be a scientist too by drawing animals in our Kelp Forest or by sketching animals in or around your home!

NATURE JOURNALING TIPS:

- You can journal by drawing, writing notes and observations, creating poems, collecting nature or any other ways you can think of.
- Using the right tools will make your work easier. Grab a pair of binoculars or a magnifying glass to see more details.
- Get yourself comfortable and be patient. Sometimes you need to wait to see the really cool things.
- Make sure to always respect nature. Only pick up nature that has already fallen if you want to keep some things in your journal.
- Journal for as long or short as you want but make sure to do it in a way that makes you happy. Journaling should be fun!
- Share what you're doing with us!

SOME QUESTIONS TO THINK ABOUT WHEN JOURNALING:

- What do you observe?
- What do you wonder?
- Why do you think that?
- What additional questions do you have?



MATERIALS YOU CAN USE

You can use one or all of these materials. It's up to you! You can even create your own materials to use. Remember you don't need to use the same materials every time you journal. It can be fun to try markers one day and pencils another. The most important thing is to have fun and be inspired by nature.

- Notebook or paper
- Pencil
- Pen
- Markers
- Colored Pencils
- Crayons
- Paints
- Colored paper, magazine, or newspaper for a collage



—— Birch Aquarium at Scripps ——

EARTH DAY *Challenge*

50 Challenges in honor of the 50th Annual Earth Day

WHAT DOES THE OCEAN PROVIDE TO OUR EARTH?

- Take two deep breaths - the ocean provided the oxygen in one of those breaths!
- Turn off the thermostat - the ocean is the air-conditioning for the planet.
- Search for Alginate or Carrageenan in your food or medicine cabinet.
Tip: They are common ingredients derived from seaweed!
- Drink 6 glasses of water. Only 2% of water on Earth is freshwater!
- Eat the seafood already in your fridge: 20% of our protein comes from the ocean.

WASTE REDUCTION

- Turn trash into treasure: *Use paper towel rolls, egg cartons, etc. into art or repurpose.*
- Choose reduced packaging for online orders.
- Look up the proper recycling guidelines in your county.
- Sort and wash your recyclables.
- Reuse your plastic bags.
- Declutter your closet and find a new home for unused clothing.
- Look up your local farmer's market.
- Organize your fridge and pantry (*helps prevent food waste*).

WATER CONSERVATION

- Turn off your tap while brushing your teeth/shaving.
- Limit your shower time to 5 minutes! *Set a timer or choose three songs to play.*
- Water your plants in the early morning or late afternoon.
- Don't let the water run while washing dishes.
- Skip meat for the day: *One pound of beef takes 1,799 gallons of water to produce.*

ENERGY CONSERVATION

- Use less electricity between 4 - 9 p.m. (*Don't run your washing machines or dishwasher!*).
- Turn off the TV and read a book or play a game.
- Turn off the light when you leave the room.
- Unplug all unused electronics.
- Calculate your carbon footprint using this calculator.
- Post reminders around the home. *Ex: "remember to turn off the lights!"*



SOCIAL MEDIA

- Take a Birch Aquarium *'Moment of Zen'* from our [YouTube channel](#).
- Learn about the [Giant Pacific Octopus](#).
- Turn on our [Kelp Cam](#) and find the bright orange fish.
- Make a video or post encouraging others to make a difference.
- Post one of our Earth Day Pledges on Instagram [@BirchAquarium](#).
- Explore other [Earth Day live events](#)
- Share Birch Aquarium's Earth Day [webpage](#) with friends and family
- Clear your digital junk! Sort emails, documents, and photos.
- Show us how you're celebrating Earth Day by tagging us [@BirchAquarium!](#)

GO OUTSIDE!

- Take a walk around your neighborhood.
- Watch sunrise or sunset.
- Write down three sounds from nature you hear.
- Press a flower or a leaf.
- Draw an animal you see.
- Create a sidewalk chalk Earth Day message.
- Create a utensil bubble wand

EARTH FRIENDLY FUN AND GAMES

- The floor is lava!
- Write a thank-you note to the Earth
- Complete one of our ocean animal coloring pages.
- Paint a rock - make it Earth themed!
- Create a pots-and-pans drum band.
- Use blankets and pillows to make an indoor campsite.
- Rainbow scavenger hunt: find something in each color of the rainbow.
- Tell a silly ocean joke to a friend or family member.
- Call someone you haven't heard from in a while and wish them a happy Earth Day.
- Write a haiku about the Earth or ocean.

Birch Aquarium at Scripps

Animal ETHOGRAM

WHAT IS AN ETHOGRAM?

Ethograms are a way to study an animal's behavior by recording what they are doing. You can use this ethogram while watching our Giant Kelp Forest or by watching animals in your neighborhood!

MATERIALS:

- Ethogram Sheet
- Pencil
- Stopwatch

INSTRUCTIONS:

- Open up the [Kelp Cam](#) or choose to watch an animal in or near your home.
- Choose one animal that you want to observe for five minutes.
- When you are ready, start the stopwatch and check off which behaviors the animal is doing every 15 seconds, which is a great job for an adult to help with! Do not count behaviors that happen in between the 15 seconds. There can be more than one behavior happening at every 15 second interval.
- At the end, add up the total for each behavior to see what the animal was doing the most.

TYPES OF BEHAVIORS:

- Feeding - The animal is eating, including chewing food
- Active - The animal is moving around but not interacting with others
- Inactive - The animal is not moving around
- Social - The animal is interacting with another animal
- Not Visible - You cannot see the animal
- Other - The animal is doing something else than what is listed

BEFORE YOU GET STARTED, THINK ABOUT THESE QUESTIONS:

- What do you think your animal will do the most of? Why?
- What do you think your animal will do the least of? Why?

AFTER YOU'RE DONE RECORDING, DISCUSS THESE QUESTIONS WITH A GROWN-UP!

- What behavior occurred most often? Is this different from what was predicted?
- What behavior occurred least? Is this different from what was predicted?
- What conclusion can be made about the animal's behavior from your observations?

ETHOGRAM *Chart*

Animal: _____

Time	Feeding	Active	Inactive	Social	Not Visible	Other
0:15						
0:30						
0:45						
1:00						
1:15						
1:30						
1:45						
2:00						
2:15						
2:30						
2:45						
3:00						
3:15						
3:30						
3:45						
4:00						
4:15						
4:30						
4:45						
5:00						
TOTAL						

Notes:





LJPedia @ Home

Greetings!

Whether you are a parent, student, or educator, our LJPedia (get it LJP + encyclopedia!) @ Home has a whole bunch of fun theatre games and exercises that are easily played in person with your family, or virtually with your classmates and friends online. These are the same exercises that we use to build ensemble and acting skills in our classrooms for kids and adults!

We hope you enjoy being creative and we would love to hear about your theatre experiences at home or see you performing! Send any feedback or questions to education@ljp.org.

Sincerely,
 Bridget Cavaiola
 Interim Director of Education and Outreach

Hannah Reinert
 Education and Outreach Coordinator

ABC MEMORY

Objective(s)	<ul style="list-style-type: none"> To remember the order of the objects
Skill Set Used	<ul style="list-style-type: none"> Memory Focus Staying in the moment Listening
Materials Needed	None
Instructions	<ol style="list-style-type: none"> 1. Players start by sitting in a circle. 2. PERSON A starts by saying, "I am going to the store & I am going to buy..." They will then name an object that starts with the letter "A." 3. PERSON B sitting to the right will then repeat what A just said, "I am going to the store & I am going to buy..." Then he/she will say the object that A said, & then add on with their own object that starts with the next letter in the alphabet. 4. This will continue until it comes to someone that cannot remember the order of the objects. That person is then out. 5. This game will continue until no one can remember the order.



CATEGORIES #1

Objective(s)	<ul style="list-style-type: none"> • To maintain the rhythm while keeping the category traveling around the circle as long as possible
Skill Set Used	<ul style="list-style-type: none"> • Focus • Following impulses • Concentration • Thinking on your feet
Materials Needed	None
Instructions	<ol style="list-style-type: none"> 1. All players sit in a circle & begin a 2-beat rhythm (i.e. clap-snap or slap legs-clap). 2. One person says, in rhythm, “I-am-thinking-of-...,” whatever the category is, & then says something that fits the category. On the second beat after the first person, the second person says something that fits the category, & so on. 3. If a player waits more than one beat to say something or repeats a word, they are out. The last player left wins. Example: <ul style="list-style-type: none"> • “I-am-thinking-of-kinds-of-fruits” (clap) “Apple” • (Clap) “Orange” • (Clap) “Strawberries” • (Clap) “Banana” • (Clap) “Watermelon”

DR. KNOW-IT-ALL

Objective(s)	<ul style="list-style-type: none"> • To answer audience questions one word at a time
Skill Set Used	<ul style="list-style-type: none"> • Improvisation • Yes, and... • Creativity • Instinct
Materials Needed	None
Instructions	<ol style="list-style-type: none"> 1. Four players stand onstage & link arms. 2. The facilitator takes questions from the audience regarding anything. 3. The players (together as Dr. Know-It-All) must answer the questions one word at a time, & then bow as a unit after every completed answer.

FORTUNATELY/UNFORTUNATELY

Objective(s)	<ul style="list-style-type: none"> • To go around the circle telling a complete story
Skill Set Used	<ul style="list-style-type: none"> • Storytelling • Yes, and... • Improvisation
Materials Needed	None
Instructions	<ol style="list-style-type: none"> 1. All players sit in a circle. 2. The leader begins telling a story with one sentence. 3. The next person in the circle continues the story, but they must begin their sentence with “Fortunately...” The next sentence by the next player must begin with “Unfortunately...” 4. These two beginnings continue to alternate around the circle until the last person finishes the story with their sentence. 5. Focus on maintaining a story line that makes sense with a beginning, middle, & end, even though they have the first word of their sentence. It is all about yes, and-ing the previous person. – not contradicting them, but finding a way to further develop the story based on what you have already been given.

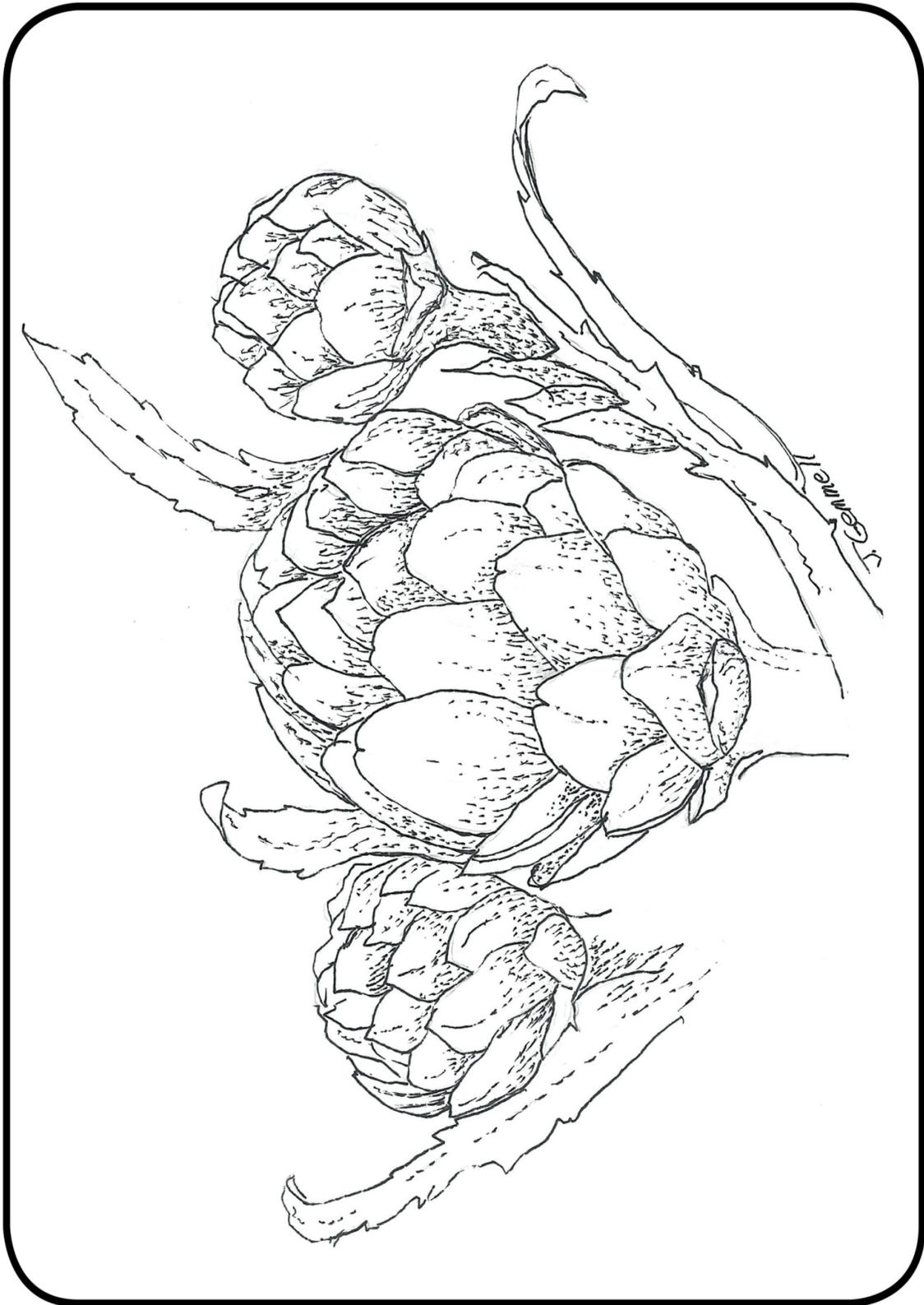


I AM A TREE

Objective(s)	<ul style="list-style-type: none"> To continue the improvisational tableaux fluidly
Skill Set Used	<ul style="list-style-type: none"> Improvisation Specificity Creativity Yes, and... Physicality
Materials Needed	None
Instructions	<ol style="list-style-type: none"> 1 student begins by making a tree onstage & saying, "I am a tree." 3 more students then add to this, one at a time, stating, "I am a _____" (i.e. hammock under the tree → the kid laying in the hammock → the grass under the hammock). Once the tableau is formed, the first person says who will stay up there by saying "The <u>(hammock)</u> remains up." The other 3 students join the audience. The cycle repeats until, eventually the final tableau returns to "I am a tree."

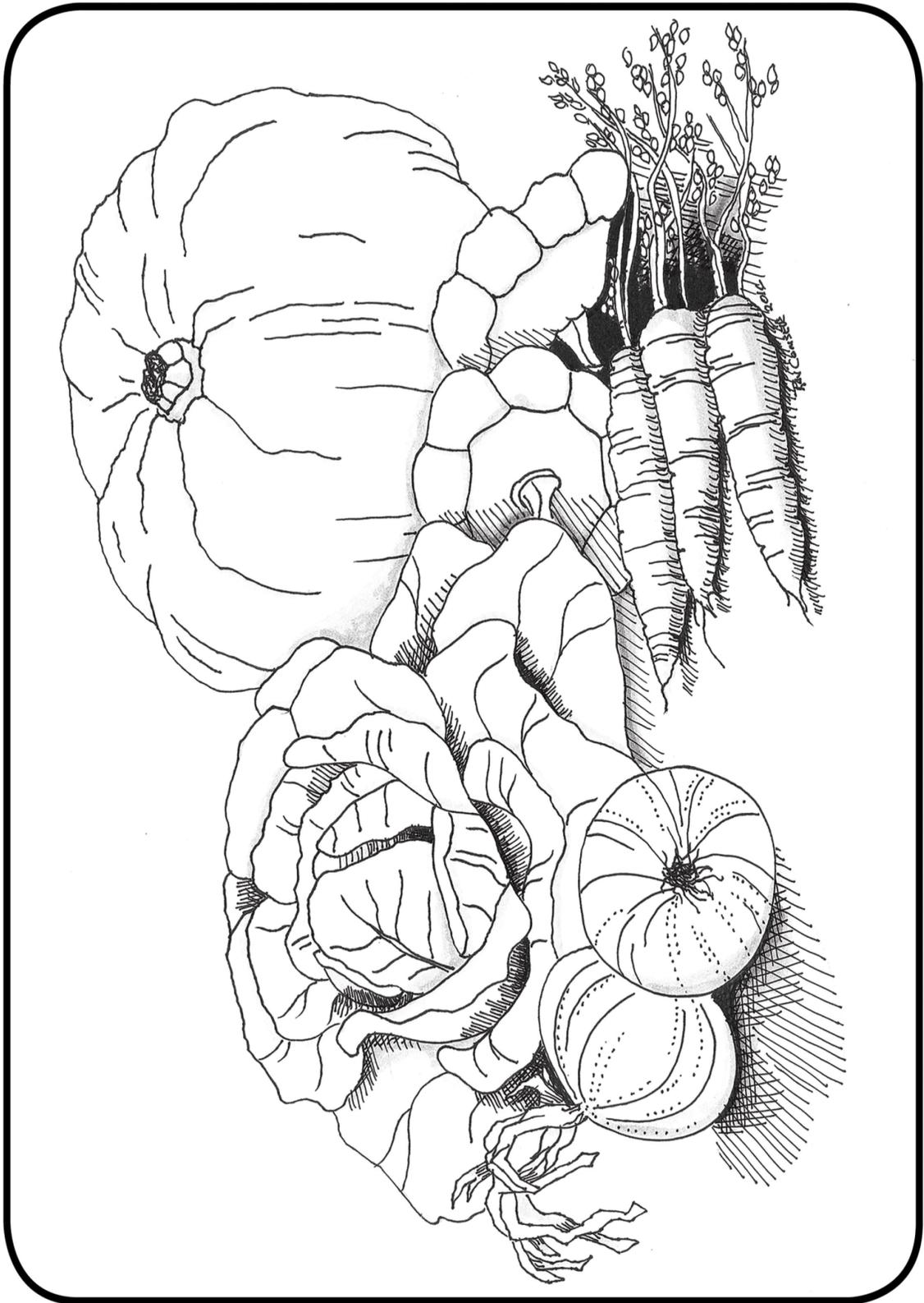
YES, LETS!

Objective(s)	<ul style="list-style-type: none"> To accept & carry out each activity
Skill Set Used	<ul style="list-style-type: none"> Energy warm-up Improvisation
Instructions	<ol style="list-style-type: none"> PERSON A (or the leader) yells out, "Hey! Let's (insert activity)!" It can be anything from "Let's go to the moon" to "Let's walk our dogs!" All the other players then simultaneously say "YES, LET'S!" Then, everybody starts acting out their own version of that activity until another person decides to start a new activity. The game should flow well, each person taking the initiative to keep the ball rolling. Each activity should only be done for about 20-30 seconds.



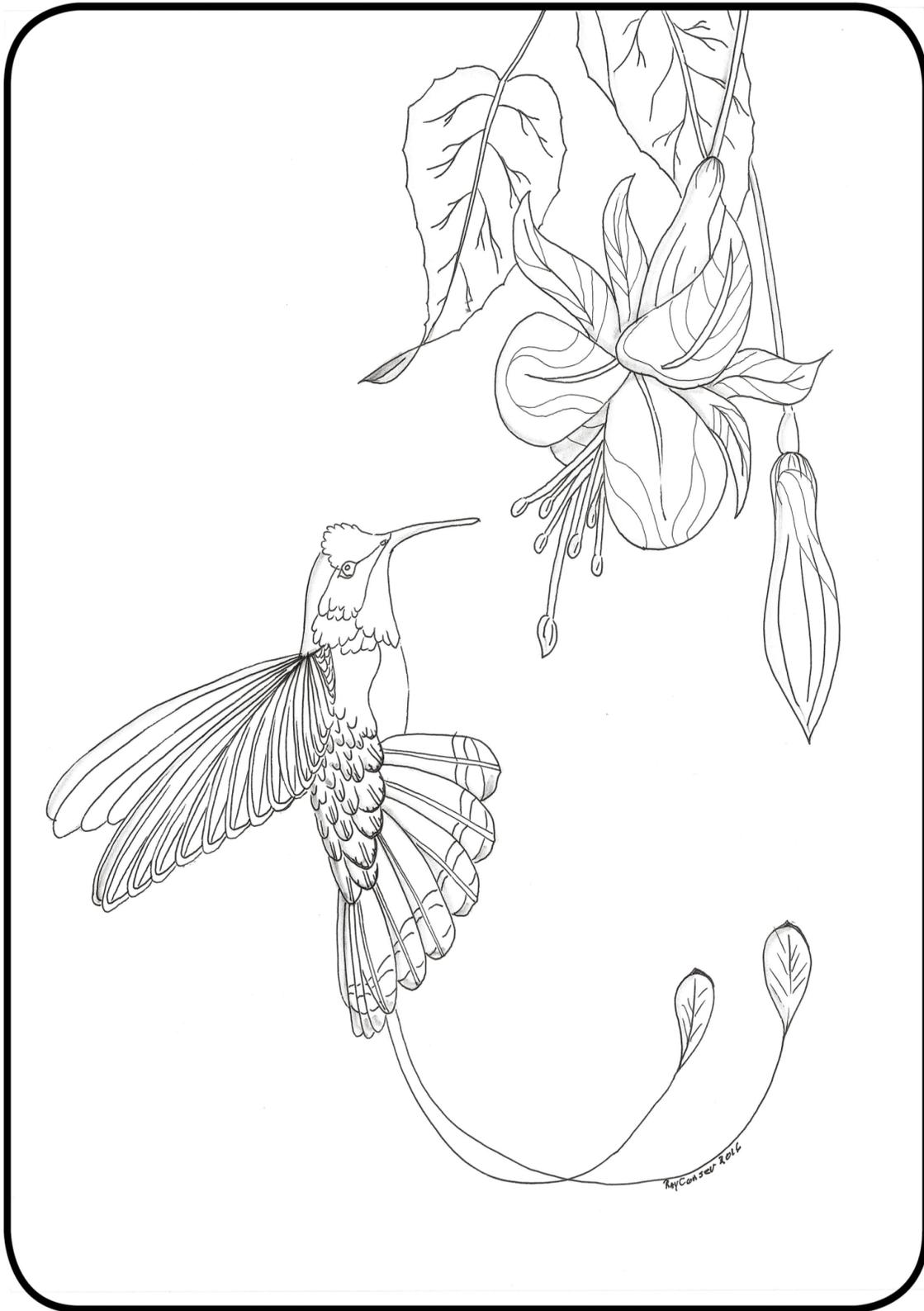
"Artichokes" - by Joyce Gemmell





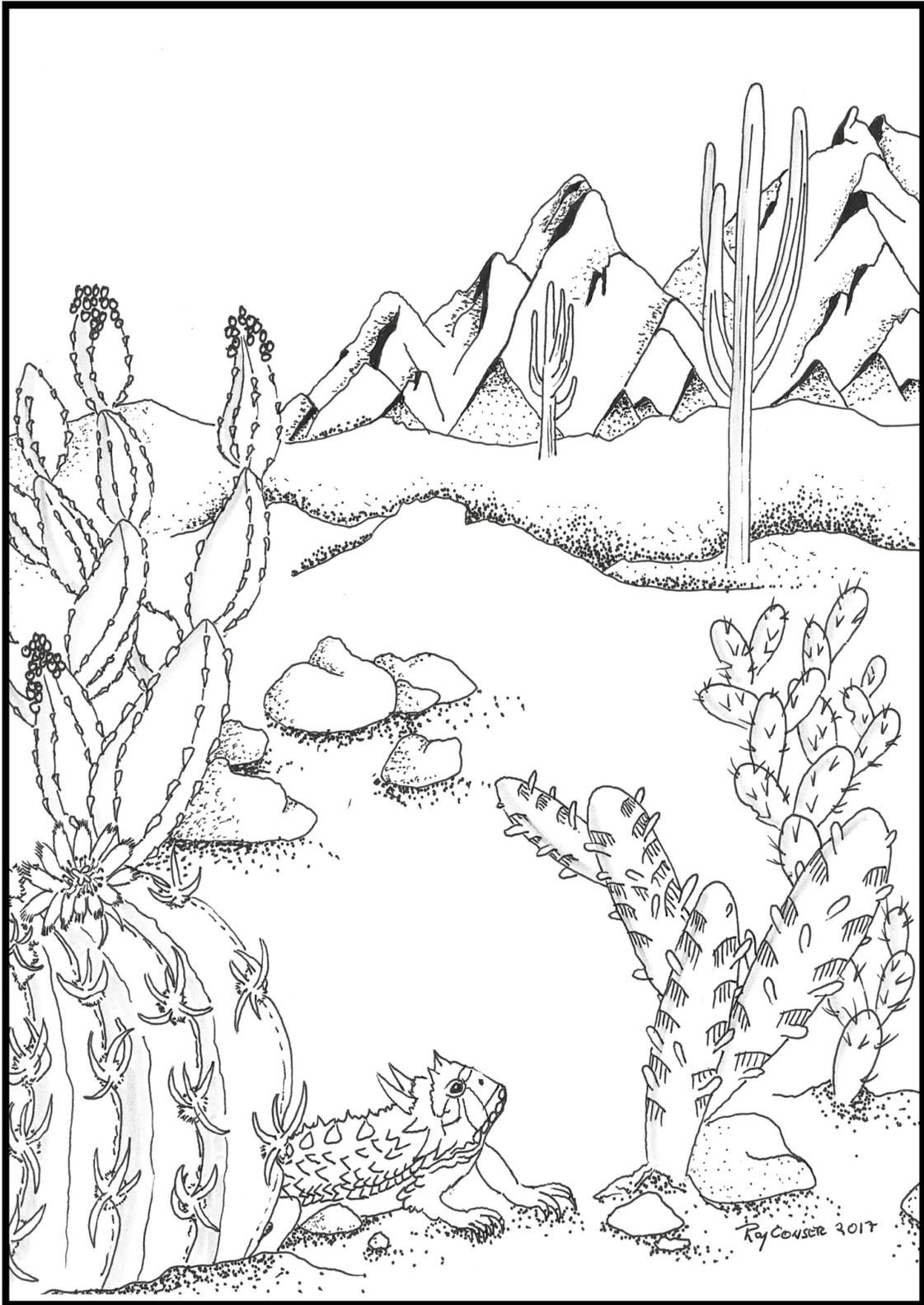
"Autumn Harvest" - by Ray Conser



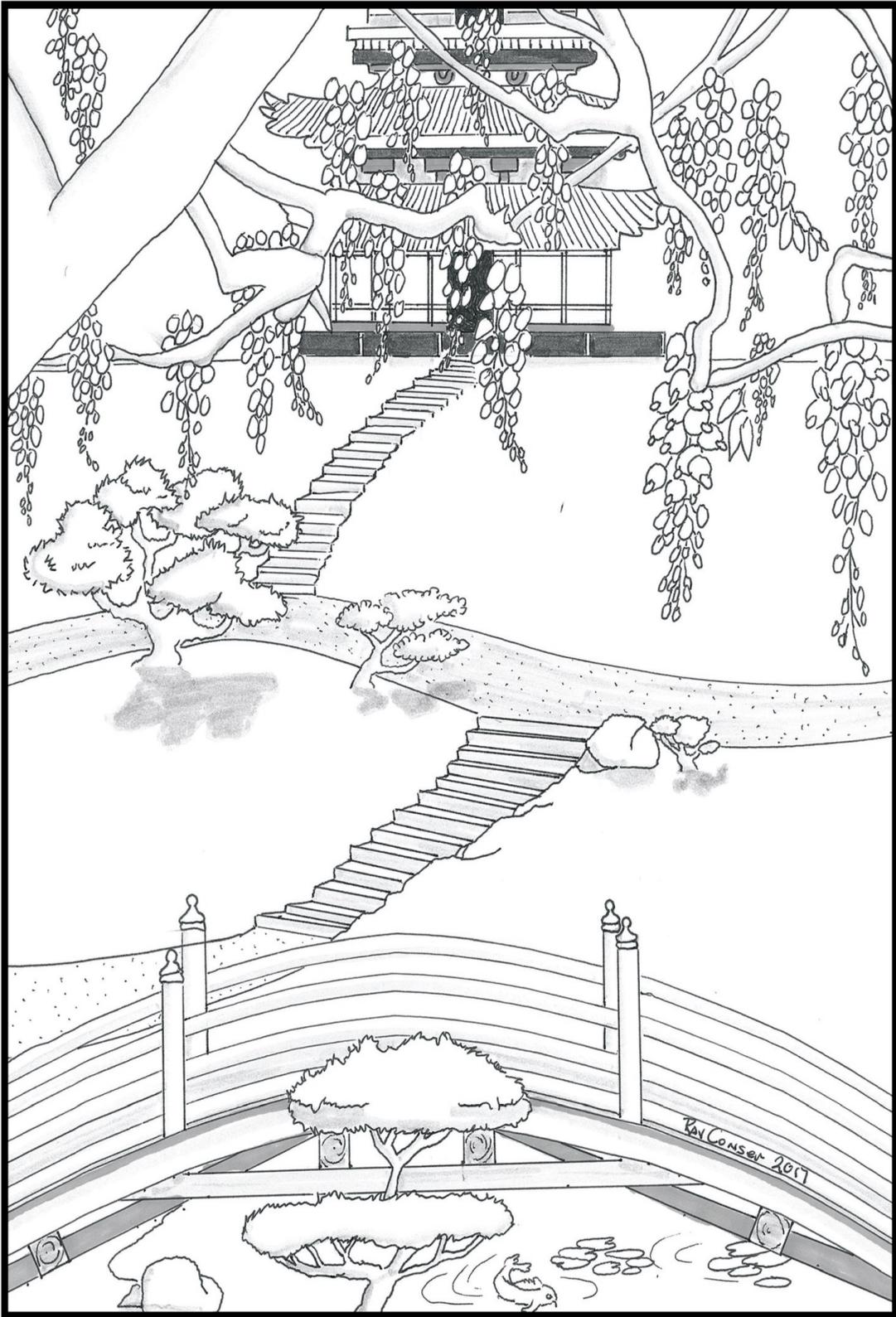


“Booted Racket-tail (*Ocreatus underwoodii*)” - by Ray Conser



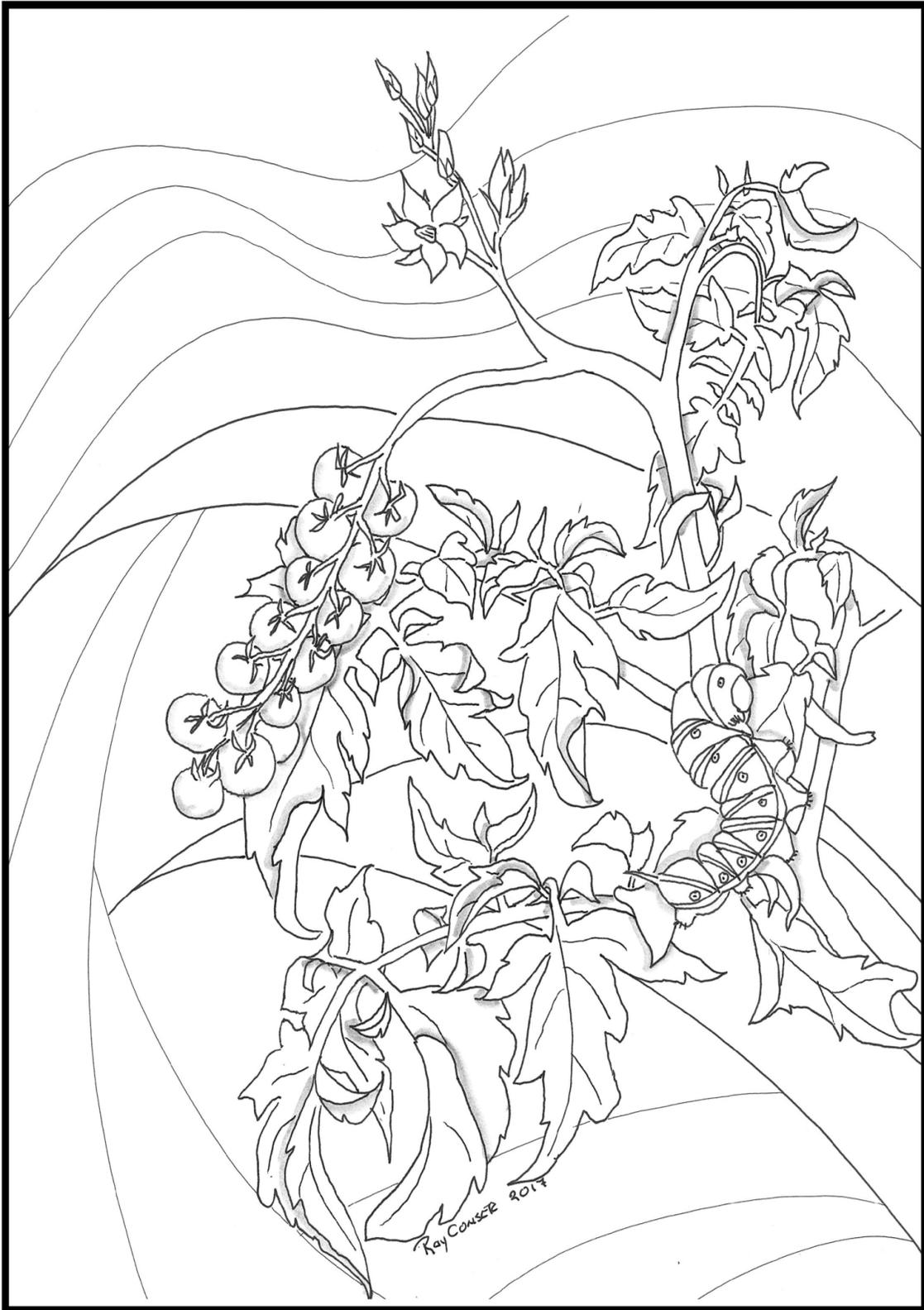


"Garden Visitor" - by Ray Conser



“Serenity” - by Ray Conser





"Tomato Hornworm" - by Ray Conser

Joyce Gemmel

Joyce has been drawing as a hobby for many years and used her skill at the San Diego Natural History Museum where she drew microscopic sea shells with the aid of a microscope for research publications. Vegetable and herb drawings were a part of her employment at a local nurseries newsletter. She is a charter member of the Master Gardener Association of San Diego County (1983).

Ray Conser

Ray has been a Master Gardener since 2014. He is a professional artists living in Jamul who is known for the sensual nature of his work, combining color, texture and symbolism into his art.

Email conser.ray@gmail.com



THANK YOU TO OUR CONTRIBUTORS!





The Census touches every life, every day.

Respond to the 2020 Census to shape the future. When everyone is counted, communities across the country get the funding they need for things like health care, education, emergency services, and more.

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