

ALASKA

For the Busy Moms

Welcome to Alaska!

Alaska became our 49th state on January 3, 1959. The name Alaska comes from the Aleut word Alyeska which means "The Great Land." Juneau is the capital city of Alaska, but the largest city is Anchorage. Alaska is the largest state in the United States. The state animal is the moose.



The northern lights, also known as aurora borealis, put on a nighttime show in Alaska. The northern lights are a brilliant display of color in the nighttime sky caused by disturbances in the magnetosphere caused by solar wind. The best time to see the northern lights in Alaska is September - April.

Alaska is known as the "Land of the Midnight Sun." In the town of Barrow, the sun rises in May and doesn't set for nearly three months! While this seems exciting, the sun also doesn't rise for nearly two months once it sets on a certain day in November!

Denali National Park and Preserve is located in central Alaska. Denali (also known as Mount McKinley) is the highest mountain in North America at an elevation of 20,310 feet.

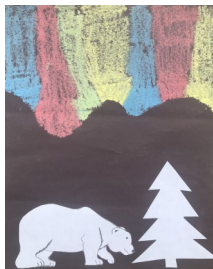
The Kenai Peninsula is located along the southern border of Alaska and is filled with outdoor adventures including fishing, hiking, river rafting, and glacier exploration. It's a great place to spend time in the wilderness!



Fun fact: the state sport is dog mushing! The largest sporting event in Alaska is the Iditarod Trail Sled Dog Race.

Northern Lights Craft

Enjoy bringing the northern lights to life! See page three of this activity packet for details.



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Family Activities

Go outside at night and look at the stars. Although you most likely won't be able to see the northern lights (unless you live really far north), you can talk about the different constellations, find a planet, or make a wish. If you have a telescope, try setting it up for some stargazing. You can also try downloading the free Skyview Lite App which enables you to use your phone to identify stars and constellations!



If you have a creek or lake nearby, get out and go fishing. No water nearby? Practice casting (without a hook for safety) in your driveway. No fishing rod? Get creative and make your own out of a stick with some string or yarn. Tie a magnet to the end of the string and try fishing for some metal objects.



Read: *Alaska's Dog Heroes: True Stories of Remarkable Canines* by Shelley Gill

Check out the website: <https://kids.nationalgeographic.com/explore/states/alaska> for more cool information on Alaska.

Bring Alaska to life by viewing links to several virtual reality 3D videos of Alaska at Forthebusymoms.com!

Alaskan Dinner - Salmon with Blueberry Crisp for Dessert

When you think of eating in Alaska, imagine yourself enjoying...salmon, crab, or anything made with berries. If you enjoy seafood, I'd recommend cooking up your favorite salmon recipe for dinner tonight. If you prefer to experience Alaska by way of dessert focused on wild berries, try making the Blueberry Crisp recipe on page two!



Blueberry Crisp

Ingredients

(Makes 6 servings)

Prep time: 5 minutes

Cook time: 30 minutes

1/2 cup old fashioned oats

1/3 cup almond flour

2 Tablespoons olive oil

1 teaspoon cinnamon

1 teaspoon vanilla extract

1/4 teaspoon ground nutmeg

1/8 teaspoon cloves

4 cups blueberries

Olive oil cooking spray



Instructions

1. Preheat oven to 375 degrees F.
2. In a small bowl, combine all ingredients except blueberries.
3. Spray a cooking dish* with olive oil cooking spray. Add the blueberries to the dish.
4. Spread dry ingredients over blueberries.
5. Bake for 30 minutes.
6. Let cool for several minutes and enjoy!

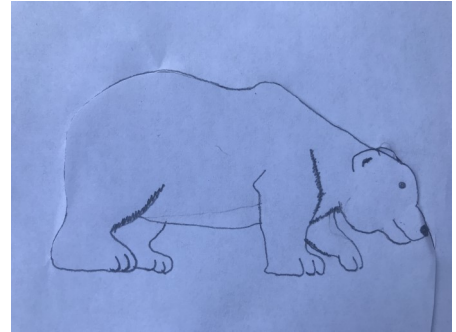
* A square 8x8 inch cooking dish or round pie pan works best

Northern Lights Craft

Step 1: Gather supplies: Construction paper (black and white), glue, a pencil, scissors, and colored chalk.

Step 2: Draw a polar bear and a tree on your white sheet of paper. You can use the polar bear here as a guide or you can check out How to Draw a Polar Bear on YouTube at:

<https://youtu.be/PzkXkjbGKpQ>



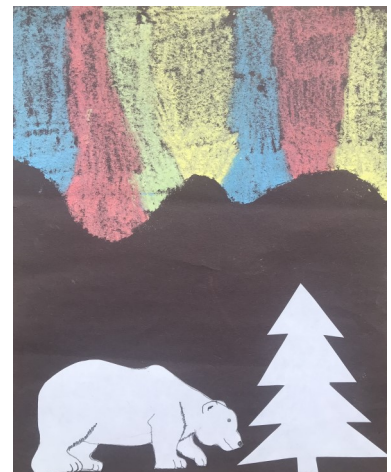
Step 3: Use your scissors to cut out your polar bear and tree. Glue your polar bear and tree on the piece of black construction paper. You can make multiple polar bears and/or trees if you'd like!



Step 4: Use the remaining white construction paper to create a series of hills. Cut out the hills and place them near the top of the black construction paper. Do NOT glue the white hills to the paper. Hold the hills in place as you use your colored chalk to start making the Northern Lights.



Step 5: Remove the white paper hills and extend the chalk colors to the top of the black construction paper. Your Northern Lights scene is complete!



Alaska - Word Search

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

Bear

Salmon

Kenai

Hiking

Anchorage

Denali

Snow

Glacier

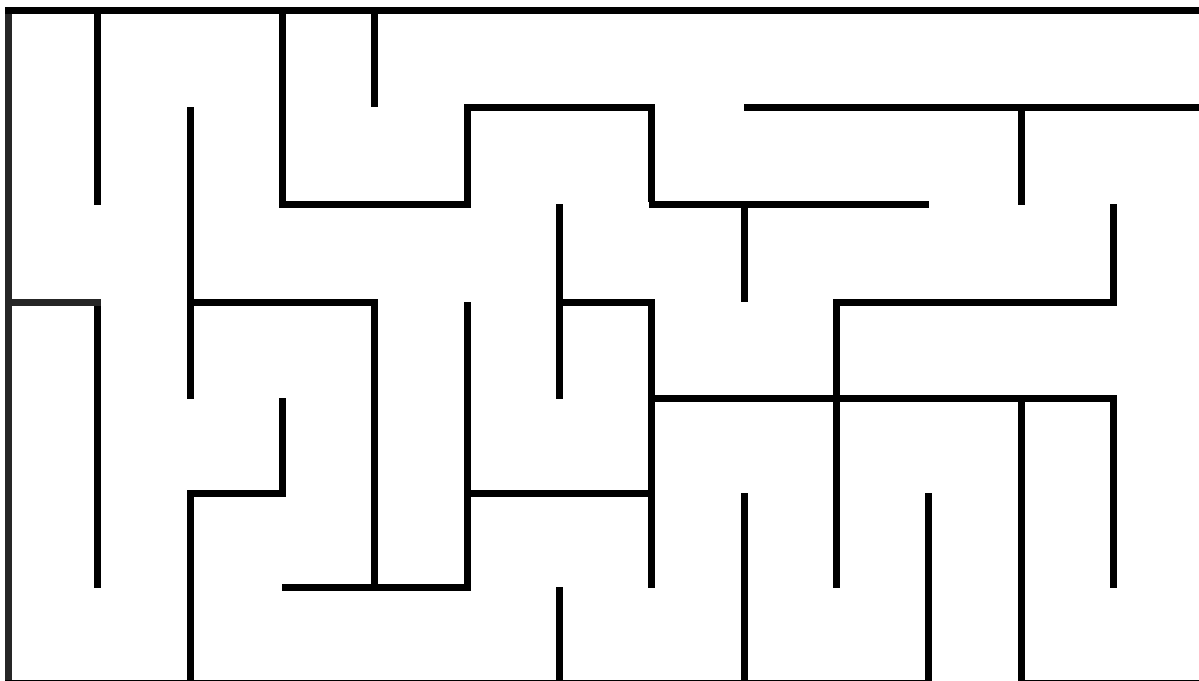
Fishing

Northern

Lights

Moose

Maze



Start

Finish