

# KIDS CORNER



## HISTORICAL FIGURE AMANDA GORMAN

Amanda Gorman is the youngest person to ever recite a poem at a US Presidential Inauguration! She uses her poetry as a tool to promote unity, hope, and change for this world. One day she hopes to run for president!

## THIS OR THAT CHOOSE WHICH YOU THINK IS HEALTHIER!



VS.



Sour Cream

Greek Yogurt

Greek yogurt is a healthier alternative to sour cream. It is low in fat and high in protein! Use it for toppings, dips, and dressings.

## JOKING AROUND

### Question

Why did the teddy bear say no to dessert?

### Answer

Because he was stuffed!

## DID YOU KNOW?

A dime has 118 ridges around the edge!



# MAKE YOUR OWN LAVA LAMP!

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## What you will need

- Vegetable Oil
- Water
- Food Coloring (Primary colors or neon)
- Original alka-seltzer tablets

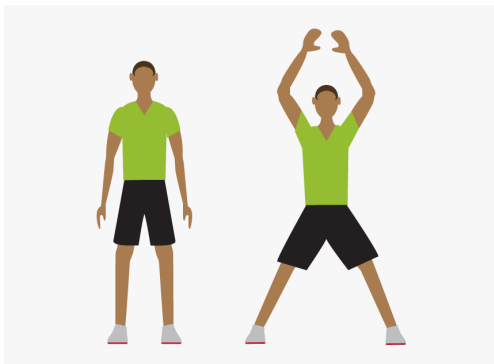


## Directions

- Color 1/2 cup of water with food coloring
- Take alka-seltzer tablets and break them into 2-3 pieces and place them in a small cup or container
- Fill a glass about 3/4 full with vegetable oil. Then pour in the colored water until the liquid in the cup is about 1-2 inches from the top. (Be careful not to overflow your cup)
- Place alka-seltzer tablets into your cup

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## MONTHLY GOAL



Do 25 jumping jacks every day for the month of April!