



High Valley Community Center offers a safe environment where our youth develop and strengthen positive values and behaviors through responsive programming, community service learning, and meaningful opportunities that inspire them to reach their full potential.

Hello from your HVCC friends!

We are excited to be thinking of innovative and fun ways to stay in touch with you during this difficult and crazy time. We have started with creating activity kits that include a folder of information and a bag of supplies. We are also adding lots of great information to our website. We do understand not everyone loves living in an “online” world, but it is the best tool we have at this point. If you do not have internet access, let us know and we’ll see if we can help you out.

We will be using the website, the folder, and your activity bag to spend as much time with you as we can during the coming weeks.

Website You will find dozens of great resources at www.theHVCC.org – there are links to websites that have great learning activities, printable versions of all of the activities we have prepared, news updates, and a calendar that we will be populating information on the real-time instruction and opportunities that we will be providing virtually.

Folder In your brightly colored folder you will find hours of awesome activities, paper supplies needed for the activities we’ve provided (and hope to do with you via a virtual gathering place), age-appropriate chore charts so the adults don’t go crazy, and a cheat sheet for staying in touch.

Activity Bag The HVCC activity bag includes the supplies for many of the activities. You will find markers, crayons, colored pencils, a pen, a pencil, a sharpener, a glue stick, pipe cleaners, felt, pom poms, a stamp, and a couple of activity-supply bags.

If we can support you in any way, let us know and we will do our best. In the meantime, watch for the online calendar, sign up for the news updates, check the website and facebook, and let’s have some fun continuing to be the best we can be!

“See” you soon!

www.theHVCC.org
595 Grand Avenue ~ Del Norte, CO 81132
719.657.2172

activities

Beautiful Community

Your cups, soil, and flower seeds are all included in the activity bag.

Students ReBuild

Your notecard is actually pastel (sorry for the mistake on the first printing) – use the other supplies to decorate your card and send us your final product!

Virtual Field Trips

Watch the website and facebook for the completed calendar of when we'll be (virtually) wandering Del Norte, heading to the Lincoln Children's Museum and more!

Candy Art

You'll find all of the supplies (Except water) to have a fun with skittles!

Rubber Egg

This project requires item we hope you'll have around the house! Don't leave it hiding under you bed!!

Special Delivery

Use your preprinted letter paper and your brightly colored envelope – a great way to spread cheer throughout the community.

Walking on Water

The little brown bag has your eyedropper, pennies, and a tiny (and adorable) vial of dishsoap. There is a cup included too!

Lights on Afterschool

Use your art supplies and shiny white paper for this activity. It's a great time to reflect on how valuable afterschool programming is! Do your best work and deliver it back to HVCC – let's win some money to have a little afterschool fun with!!

Feelings Lotto

Use your items and make a fun game!

What's with the stamp?

A fun way to remind us to wash our hands often!

Totally Iron

Your magnet is hidden in your cereal bag! Don't accidentally eat it! Use your other items to complete the activity!



Make our community more beautiful!

1. Take out both of your coffee cups.
2. Poke a few small holes in the bottom of ONE cup.
3. Put it inside of the second cup.
4. Go outside and find a handful of small rocks or pebbles; place them in the bottom of the cup.
5. Gently and neatly place your baggie full of soil on top of the rocks.
6. Very carefully take the seeds and press them down inside the soil about 1/4 inch.
7. Regularly water it with a small amount of water. Be careful not to drown your seeds!
8. When we get to see you at HVCC again, we will ask you to bring you growing flowers and we will plant them around town so that everyone knows that the world is still beautiful!



students r-build

www.studentsrebuild.org

1. Find more info online at theHVCC.org
2. Find your pastel 5x8 notecard and some fun writing and decorating supplies.
3. Send in a creatively presented recipe

Share an artfully illustrated version of a recipe—an actual recipe or a more imaginative, conceptual one—that reflects culture, community and connection. You can submit your art by taking a picture and sending it to us at HVCC.

3. Put food on the table for children around the world.

For every recipe you send us, the Bezos Family Foundation will donate \$3 (\$6 if you send by March 30!) to support programs providing hunger relief and prevention, nutrition education and the development of long-term, community based agricultural solutions.



Let's Visit Del Norte

HAVE YOU EVER WONDERED WHAT DEL NORTE MIGHT LOOK LIKE FROM AN AIRPLANE...OR EVEN FROM SPACE?

WHAT YOU WILL NEED:

- COMPUTER/IPAD/SMARTPHONE/TABLET
- INTERNET CONNECTION
- PENCIL
- ADULT FOR HELP (IF NEEDED)

ITINERARY

- LET'S TAKE A TRIP...AROUND DEL NORTE.
- DO YOU KNOW WHAT THE POPULATION OF DEL NORTE IS? THAT MEANS HOW MANY PEOPLE LIVE IN DEL NORTE

POPULATION: _____

(HINT: YOU MIGHT HAVE TO USE GOOGLE)

- VISIT THE FOLLOWING WEBPAGE:

[HTTPS://WWW.GOOGLE.COM/EARTH/](https://www.google.com/earth/)

CLICK ON "LAUNCH EARTH"

IN THE SEARCH MENU TYPE IN "DEL NORTE"

- NOW YOU SHOULD SEE DEL NORTE FROM UP IN THE SKY!

(GET HELP FROM AN ADULT IF YOU NEED)



LET'S EXPLORE!!!

- CAN YOU FIND YOUR HOUSE?
 - CAN YOU FIND HVCC?
 - WHAT IS SOMETHING ELSE THAT YOU FOUND THAT YOU DIDN'T KNOW WAS THERE?
-

- CAN YOU FIND YOUR SCHOOL?
- IF I WANT A VIEW FROM THE STREET, CAN YOU HELP ME GET THERE?

(HINT: LOOK FOR THE ICON THAT LOOKS LIKE A PERSON)

- WHAT HAPPENS WHEN YOU CLICK ON LOOKOUT MOUNTAIN?
- NOW ZOOM ALL THE WAY OUT TO LOOK AT DEL NORTE FROM SPACE. COOL!



ARE YOU AN EXPLORER? CHOOSE ANOTHER PLACE AROUND THE WORLD TO EXPLORE. IT COULD BE A NATIONAL PARK, A BIG CITY, ...MAYBE YOU WANT TO VISIT THE BEACH OR THE OCEAN. JUST TYPE IT IN THE SEARCH BAR AND CHECK IT OUT!

Lincoln Children's Museum

We are going to explore today. We can go any place in the world. Where would you like to go?

What You Will Need:

- Computer/iPad/ Smartphone/Tablet
- Internet connection
- Pencil
- Adult for help (if needed)



Itinerary

- Today we are going to visit the Lincoln Children's Museum in Lincoln Nebraska.
- I forgot to write down the address, do you think you can find it on the internet for me? (You could use Google to search for it)

Address: _____

- What are some things you might find in a children's museum? Tell someone at home.
- Visit the following webpage:

<https://www.lincolnchildrensmuseum.org/visit/360-degree-virtual-tour.html>

(it might help if you ask someone to type the address in for you)



LET'S EXPLORE!!!

- Find your way through the museum by using the arrows on the screen. You can go right, left, straight or backwards.
 - What is something that catches your eye? _____
 - Did you find the theater? What is the name of the theater?
-

- Enjoy your time in the museum. If there are some other things that you find that are really neat, write them down here.

1. _____
2. _____
3. _____

Ready for More? Virtual field trips and map that you can explore are all over the internet. Try sites like Google Earth, 360cities.net, Google Maps, wego.here.com. See if you can change your view from a map view to satellite view. Visit the beach, go to the Grand Canyon, a water park, or anywhere you would like. Have fun!!!

Candy Art!

Why do candies stain your hands when you hold them?

What You Will Need:

- Pack of skittles
- 2 shallow plates
- Hot water
- Cold water
- Milk
- Sprite



The Steps (Procedure):

1. Arrange the candies in a ring around the plate. You can vary the ordering of the colors and create whatever design you'd like!
2. Carefully heat the water with the help of an adult.
3. Pour the hot water so that it lines the bottom of the plate completely but does not cover the candies.
4. Repeat the experiment using cold water, then milk, then soda.



What did you see (Observations)?

- How long did it take for the colors to flow from the candy using hot water?
- How about the cold water and milk compared to the soda?

Notice anything else that was interesting?

Use these lines to jot it down!

How and Why:

Water dissolves the sugar coating on the candy and carries the colors with it. Candies can stain our hands because our sweat is mostly water and dissolves the sugar. The hot water works better than cold water because



solubility- the way a substance dissolves- normally increases as the temperature of the liquid increases. Milk does not release the colors as well because the fats in the milk block the water from dissolving the colors.

Ready for More? Vary the color ordering of the candies to create different art creations! Try the experiment with different candies.

Rubber Egg?!

Can food have a chemical reaction?

What You Will Need:

- 1 egg
- A clear cup
- White vinegar



The Steps (Procedure):

1. Carefully place an egg into the cup or bowl.

**Write down your observations of the egg.
How does the shell feel?**

2. Pour enough white vinegar into the cup to completely cover the egg.
3. Wait 24 hours before observing.



What did you see (Observations)?

- How did the shell feel?
- Did you notice that would suggest that a chemical reaction occurred?

What else did you think was cool about this experiment?



How and Why:

Food definitely has a chemical reaction! Good cooks know a lot of chemistry even though they don't work in a chemistry lab. In this experiment, you “cooked” your egg in the acid. Acids are well known to change the shape of proteins, often turning them from gooey materials into solids.

Ready for More? Carefully rinse and wipe any material off the egg. Discard the old vinegar and place the egg in the fresh vinegar. How does the egg change in the next 2 to 3 days?



Think about something that someone has done for you to brighten your day and just make the world a better place. Today you are going to do that for a random person. Doesn't that feel great?!

What You Will Need:

- A pencil or pen
- Crayons, markers, or colored pencils
- A piece of paper
- An envelope

The 411

- Write or draw anything you'd like, but keep it positive and happy.
- Don't give out personal information.
- Decorate your letter and especially the envelope that you will deliver your writing in (include on the envelope to "TAKE ME HOME").
- Find a random place in the community that you can leave your writing for someone to take home.
- Have FUN!!!



Ideas to write and/or draw about:

- Funny things my parents say
- Let me tell you about my imaginary friend
- My favorite band or singer, and one of his or her greatest hits I like to play on my headphones.
- The best fairy tale, or a variation child speech topic can be a cartoon character.
- My favorite season of the year is...
- The funniest April Fool's Day joke.
- 5 of my favorite words
- My favorite thing about summer
- What my favorite pizza toppings are
- A day in the life as a fly
- What my dog is thinking
- What would it be like if dinosaurs roamed the Earth?
- My dream mythical creature for a pet would be...
- If I could talk to animals...
- What do cows think about
- Or anything else you would like

Ready for More? If you would like to do more than one and spread cheer to many people, please do that. You don't know how easily you could change someone's bad day to a good day!

Walking on Water!

Have you ever wondered how bugs walk across the surface of a pond or stream?

What You Will Need:

- Eyedropper
- Clear plastic cup(s)
- Pennies
- Paper towels
- Dish soap



The Steps (Procedure):

1. Place a penny on top of a paper towel on a flat surface.
2. Using an eyedropper, determine how many drops of water you are able to place on the "heads" side of the penny before the water overflows onto the paper towel.
3. Repeat several times (at least 3 times), and mathematically calculate the average number of water drops before the overflow.
4. Now take your penny and rub the surface with some dish soap.
5. Repeat steps 2 to 3, and compare your average water drop count.



What did you see (Observations)?

- Did you notice anything right before the water overflowed? Tell someone about it.
- What happened to the number of drops after you put soap onto the penny? Why do you think that happened?
- Use the lines below to jot down anything else you thought was really neat.

How and Why:

Chemists refer to water as “sticky” because water molecules attract each other. The stickiness is caused because the hydrogen atoms of a water molecule carry a little bit of a positive charge while the oxygen atom of the water molecule carries a little bit of a negative charge. SO, just like a magnet, opposite charges attract each other. The positive ends of a water molecule are attracted to the negative charge of the next-door water molecule, causing them to slightly “stick” to each other! Scientists call that attraction surface tension.

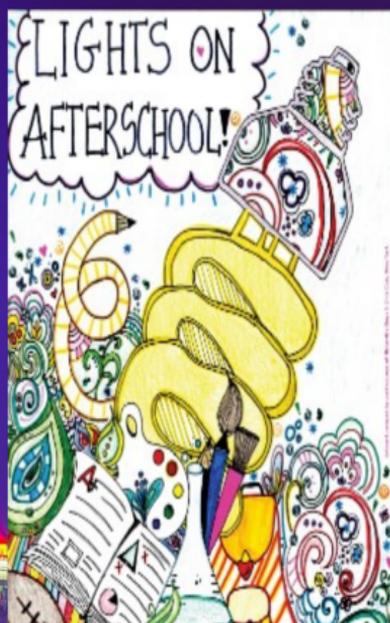
Ready for More? Flip the penny over and repeat the experiment on the “tails” side. Is there a difference in the number of water drops on the tails side than you saw on the heads side?

Lights on Afterschool Posters!

Join us as we enter the lights on afterschool poster contest!

What is Lights on Afterschool?

Lights on afterschool is part of a non-profit organization that supports afterschool programs. By creating a poster you're showing your appreciation towards HVCC!

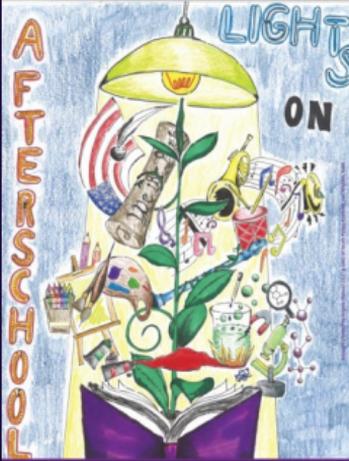


How do I start?

Create a creative poster that you think represents HVCC. Include images that represent your favorite spark games, homemade meals, and favorite activities!



What you need to know...



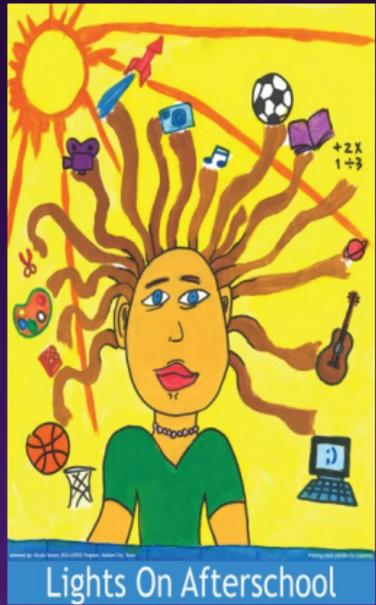
- poster paper must be 11"×14"
- "Lights on Afterschool" must be included on the poster with

"afterschool" as one word

What happens if your poster wins?

- \$500 will be donated to the winner's after-school program.

Winning poster will be printed on more than 50,000 posters and displayed at more than 8,000 afterschool events.



What to do when I'm done?

When you're finished you can drop off your poster at HVCC anytime between **March 30th-April 23rd** so we can submit it into the contest!

What's with the stamp?

1. Take your hands to the sink and scrub 'em up with soap and water.
2. Make sure they're super-duper dry.
3. Take the lid off and stamp the top of one hand.
4. Let it dry at least 15 minutes before washing.
5. If you get through today and the stamp is still there, you need wash those manos more often!!



Stay up-to-date with HVCC

1. www.theHVCC.org
 - News updates
 - Links to websites and apps
 - Virtual opportunities
 - Printable activities
2. [Facebook.com/highvalleycommunitycenter](https://www.facebook.com/highvalleycommunitycenter)
3. [Twitter.com/theHVCC](https://twitter.com/theHVCC)
4. [Instagram.com/theHVCC](https://www.instagram.com/theHVCC)
5. www.DelNorteChamber.org
6. 719-657-2172
7. hvcc@theHVCC.org

