

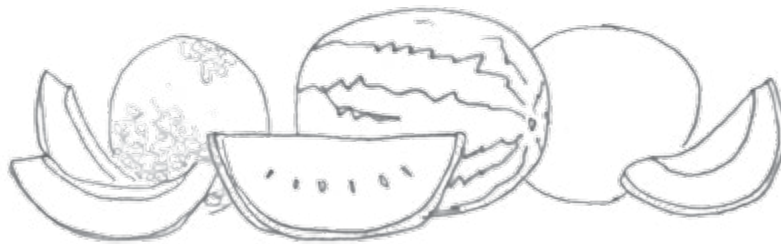
Shape Your Future

Summer Adventures Science

Get bizzy makin' this fizzy, delicious

Proton Potion

INGREDIENTS



MAKES
As many as you want!

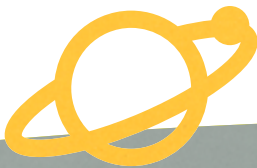
Melons
(Use watermelon, honeydew or cantaloupe.
Just a slice of each will do!)

Water (tap water
OR plain
sparkling water)

INSTRUCTIONS

Get your lab ready! Clear the counters and get out a cutting board.

1. Slice open the melons, then scoop out little teaspoon-size balls. (Use a rounded measuring spoon to form them, or your hands if you need to!)
2. Set the melon balls on a cookie sheet lined with foil.
3. Freeze for 1 hour, drop into some water and enjoy!

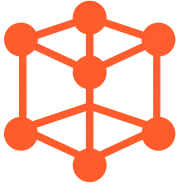


DON'T FORGET TO GET 60!

Want to get physical activity down to a science? Explore a museum, or experiment and make up your own activity! Just be sure to move for 60 minutes every day!

Experiment with more healthy summer adventures at

Summer Adventures Science



Ready to experiment with your imagination? Make up your own physical activity! It can be an outdoor game, an indoor game, a twist on an existing game... the possibilities are endless!

GAME NAME: _____

INSTRUCTIONS:

1. _____
2. _____
3. _____
4. _____
5. _____

NUMBER OF PLAYERS: _____

EQUIPMENT NEEDED: _____

OTHER NOTES: _____

Give your game a name, then list the instructions on how to play, how many players you need and any equipment you'll need to play. Then... give it a test run! Just be sure to be active for 60 minutes while playing.

Experiment with more healthy activities at

