

## **How to make a bouncy super ball...**

1. Dissolve 1/2 tsp. borax in 2 tbsp. warm water. If you want a colored ball, add a few drops of food coloring.
2. Add 1/2 tsp. of the borax mixture and 1 tbsp. cornstarch to 1 tbsp. glue in the other bowl. Set the timer for 15 seconds. Do not mix until the timer goes off.
3. Stir the mixture until combined and then start rolling the mixture in your hands until it becomes solid and forms a ball.
4. Bounce and enjoy. Store the ball in a sealed container when not using it.

## **Balloon in a Bottle...**

1. Put your balloon into the top of your bottle and stretch the neck over the bottle opening. Try to blow the balloon up while it is still in the bottle. Does it work? Nope, the balloon will barely budge.
2. Use a thumbtack or scissors to puncture or cut a hole in the bottom of the plastic bottle. You can also use a nail to make the hole larger; so there it is *at least* 1/4 inch hole. Now place the balloon in the top of the bottle and stretch the neck over the bottle opening. Try again...

**The Science:** In order for a balloon to blow up, you must force air inside it. However, when you try to blow the balloon up inside an “empty” bottle, you can’t because the bottle is actually already filled with air! Our lungs don’t exert enough pressure to force the air out of the bottle. Once you poke a hole in the bottle, some of the air can escape as you blow more air into the balloon!

## **Floating Ping Pong**

1. Cut the bottom 2/3 off of a water bottle leaving the top 1/3 and the cap.
2. Create a hole in the lid of the water bottle with a drill or large nail & hammer (be very careful when creating the hole or prepare lids beforehand. (Dasani water bottles with the green caps work best since you can puncture the cap rather than splitting it)
3. Put the cap back on the bottle.
4. Place a bendable straw<sup>(the shorter of the 2 sides of the straw before the corner)</sup> through the hole in the cap.
5. Place a ping pong ball inside the upside down bottle and blow.

## List of LJC Trainings:

- **"Wild About Words & Party with Puzzles" ( New Session)**

Wicked word puzzles and Chinese brain twisters is what this session is all about... twist your brains, figure out some frame works, love yourself some logic? Then this one is right for you... Once homework is finished provide some brain building puzzles & twisters to occupy young minds. These low cost brilliance builders are a blast! Come see for yourself how buff your brain can be... this new session is a must see!



- **"Making Homework Less Work" \*(Presented at NAA Orlando)**

Ready to Learn how to make Homework less work??? Get set to scare away humdrum homework with these awesome activities that look less like work... all while secretly building brainpower! Dump those DULL Ditto Sheets... attend this rowdy, learn through play session that utilizes the competitive spirit, multiple intelligences & out of the box thinking to help you make homework happen!

- **"Adventures in Vintage" - Games & Activities**

What was old is new again! Vintage is all the rage & so it can be in your program too. Take these fun, inexpensive, hands on, socially interactive activities & utilize them at a moments notice. Put on your game face be ready to Play, laugh and learn Vintage Marble, Dice, String, Card and Foldable games. This session is a must see. (Presented at BOOST 5/10)

- **"Going Out with a Bang"**

Ever take the time to ask yourself "What was great? What have I learned" Or "What I could do different next year"... This session focuses on end of the program year... Systems Checks, creating and discussing Leadership Teams, proactive program marketing, Goal Setting & more

- **"The Whole Banana" aka "After School 101"** (Great for new staff and pre-service programs how to create a well balanced program)

- **"Games Games Games" aka Brain Games**

Get your game face on and come ready to play! This session is all about playing table games; dice, cards, & legos "oh my". This session is guaranteed to bring the "gamer" out in you...

- **"How to Win Over Parents and Influence Students"** (Inexpensive student/parent motivators, creative ways to encourage parents to donate & creative thank you materials for the making)

- **"Do the Right Thing" aka "Practical Ethics"** (Practical Ethics & Discussion of Positive Program Choices)

- **"Synergy Systems & Sizzle" - Teambuilding Games**

Put on your "Game Face" friends... Come ready to PLAY! This session will focus on leadership abilities. Nurture your "team spirit" Celebrate your successes, Practice creating systems that work & evaluating your progress... all while making sure we make it fun!!! This session is a must see for groups, individuals or teams looking to "sport" some successes & sizzle in your systems.

- **"Ages & Stages"** (Child Development Stages for the typically developing school age child)

- **"Parents Are People Too"** This session is all about Effective Communication, Communication Styles Successes & Strategies with your program's parents. Lots of fun role playing & reinforcement techniques NLP (Neuro- Linguistic Programming) Rapport Techniques & much much more!

- **"Out of the Box"** Incorporates innovative, active learning ideas that support literacy, language arts & writing concepts for your after school program. (BOOST)

- **"Inventions & Artists"** Come create! Inventions and Artists is an experience for anyone interested in doing art. Leave your art expectations at the door but come ready to create, invent, and explore and more!

- **"After School Art Appreciation"** Utilize classic art, art history and artistes to expand the academics in your academic component...

- **"The Total Toolbox"** UH OH got a sub, Staff out sick? Come today to create your program's "Toolbox" a toolbox full of transition activities, attention grabbers and sure fire winners... all utilized at a moments notice.

- **"Get em & Keep em"** - Staff Retention and Motivation:

Bet you can be a better boss? Learn how to communicate, relate & motivate staff. Brush up on your listening techniques as well as adopt the T.ogether E.everyone A.chieves M.ore "Methodology" of Supervising. Let's lessen staff turnover and infuse new life into your staff members with these creative and fun ideas about staff recognition! (Presented at \* National Afterschool Association Conference 04/10, 04/11)

- **"Fortune Tellers, Foldables & Origami Oh My"** Flex those fingers...Come Experience Academics, Art & Organizational thinking all in one session... this creative workshop will allow you to explore innovative and inexpensive ways to present academic information, store ideas and create your own origami projects for fun, artistic & academic content.

- **"Behavior Breakthroughs"** Discuss the do's of behavior guidance techniques, participate in fun interactive role playing, create change or explore your ideas about curriculum planning & program environment... make your energy expenditure more effective!

