

## Science Over the Summer.

Hi friends,

Science is all around us all the time. Over the summer, I would like you to do something that you enjoy that actively involves science. Here are some ideas:

- **Start a garden** - what types of plants do you want to plant? How often do they need to be watered? How much sunlight do they need, and how will that affect where you start a garden?
- **Track the phases of the moon** - in a journal, sketch the phases of the moon over the course of a month. Take note as to how much of the moon you can see, what time of day it is, and if you can point out any constellations it might be near.
- **Try a new recipe** - whether it be cooking or baking, find a recipe that you would like to try with a family member or friend. What ingredients do you need? How much of each ingredient? Do you have to make adjustments to the recipe?
- **Exercise** - do some physical activity that increases your heart rate - whether it be running, swimming, basketball, etc., engage your skeletal and muscular systems in improving your heart health and increasing your dopamine levels.
- **Make ice cream in a bag** - energy transfer is the root of why you can make ice cream in a bag. Find how to make your own recipe [here](#)