

A Hero's Journey

Science | Invisible Ink

In most stories, the hero must leave or find secret messages to complete their mission. Use the attached invisible ink recipes to create your own secret messages.



Write | The Chase

*A man sprints down the sidewalk, looking over his shoulder.
Half a block away, someone is chasing and gaining on him.*

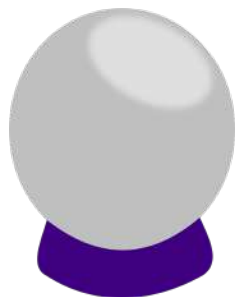
Create a piece of art or a story that illustrates this idea.

Points to think about:

- Why is the man running? Does he run well? Is he out of shape, or does he look like he could pull away?
- Does he get away?
- Is he a bad guy? What has he done?
- Is he a good guy and running from evil?
- Who is chasing him? What does that person look like? Is this person good or bad?

Just for Fun | Psychic Ability Test

Is one of your friends or family psychic? You can do this activity in person or virtually!



How To Play:

Attached are eight different problems to solve. If the sheets are already double sided, there should be words on one side and a picture on the other. If they are not double sided, use cereal boxes or construction paper as backings. Glue or staple the words on one side and the corresponding picture on the other side. You can try this out on family members and have them try it out on you. Hold up a page with the words facing the opposite person and have them tell you what picture is on the back from the list of words. See how many you can get right! Remember, this isn't science- it's only for fun.

Wellness | The Hero in Me

What you need:

- Scissors
- cup or bowl

Use the attached sheet of "hero" words for this activity. Cut out the words, fold them and put them in a bowl or cup. Pull out a word. Think about a situation in which you have been or could be a hero to others using that word as a descriptor.

Invisible Ink Recipes

Recipe #1: Lemon Juice

What you need:

- lemon juice
- paper (try different types of paper, e.g., copy paper, index cards, construction paper)
- small bowl
- cotton swab or Q-tip
- alternate item: salt
- alternate item: wax crayon

What you do:

1. Put a little lemon juice in a small bowl.
2. Dip your cotton swab or Q-tip in the “ink” and write your message (do not use too much liquid!). Allow ink to dry completely.
3. To reveal the message, simply heat the paper by holding it up to a light bulb. Hold it close, but do not touch it to the bulb; we don’t want a fire! The acidic parts of the paper (lemon juice) should turn brown. You can also iron the paper and reveal the message, which should appear brown.

Alternate instructions: While ink is still wet, shake salt on the message. Brush off salt only after the message is fully dry. To reveal the message, rub a wax crayon over the paper.

Recipe #2: Milk

What you need:

- milk
- small bowl
- cotton swab or Q-tip
- paper (try different types of paper, e.g., copy paper, index cards, construction paper)

What you do:

1. Put some milk in a small bowl.
2. Dip your cotton swab or Q-tip in the “ink” and write your message, being careful not to use too much liquid. Allow it to dry completely.
3. To reveal the message, simply heat the paper by holding it up to a light bulb (or iron it). The message should appear a faint brown.

Words for the “Hero in Me” Activity

Brave

Courageous

Helpful

Kind

Noble

Friendly

Psychic Test #1

Broom

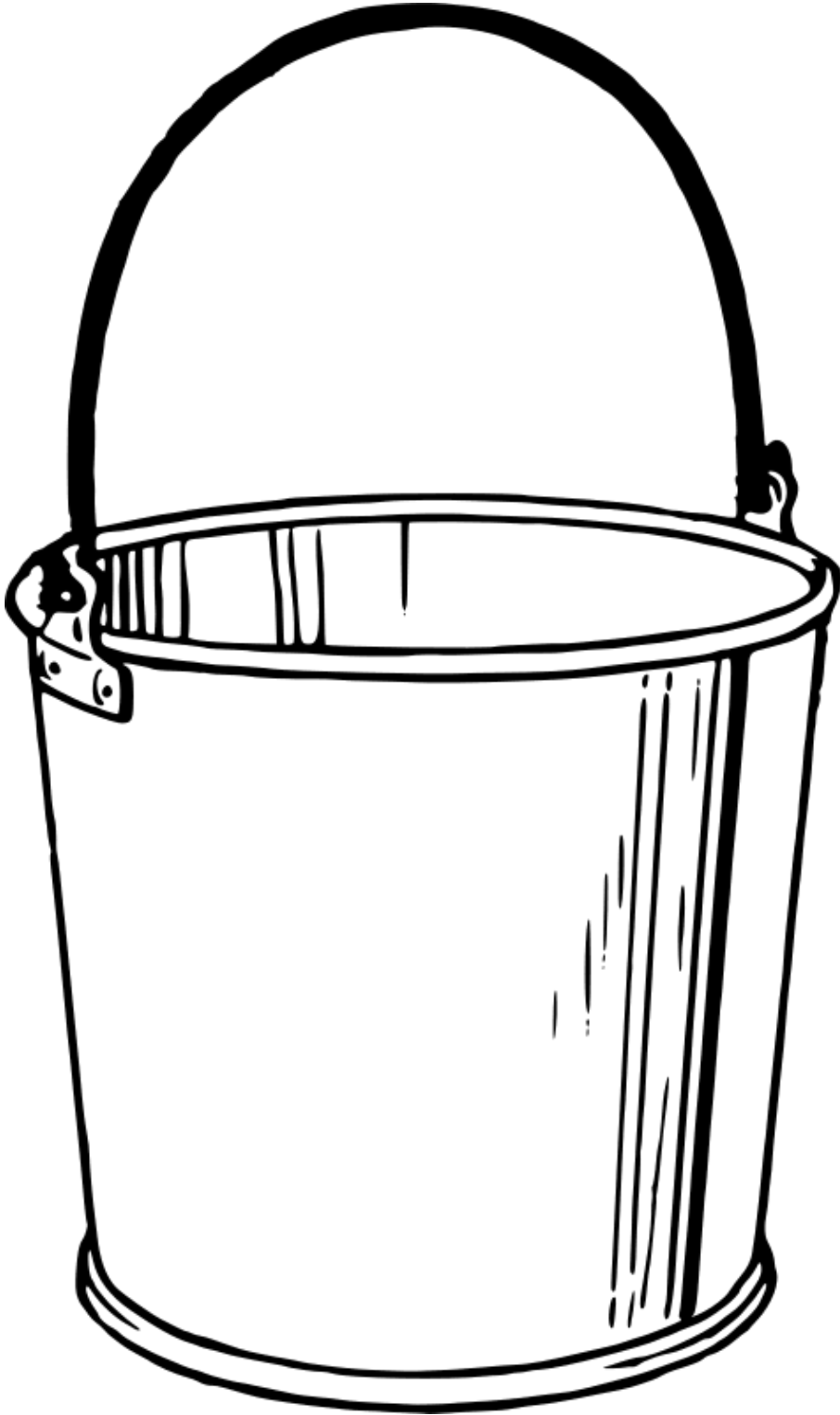
Mop

Bucket

Vacuum

Duster

Psychic Test #1



Psychic Test #2

baseball

basketball

football

soccer ball

volleyball

Psychic Test #2



Psychic Test #3

Strawberry

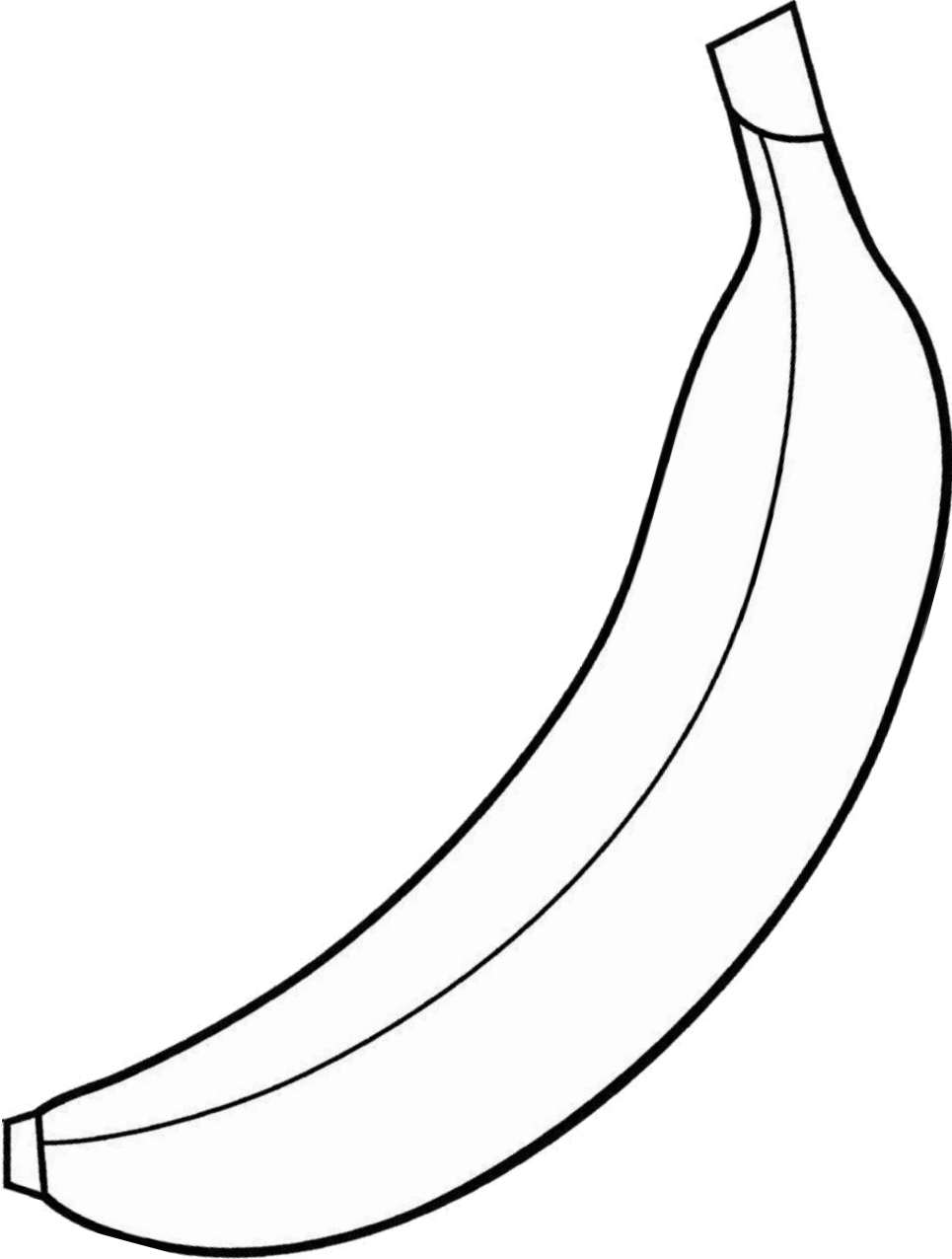
Banana

Apple

Grape

Orange

Psychic Test #3



Psychic Test #4

Cow

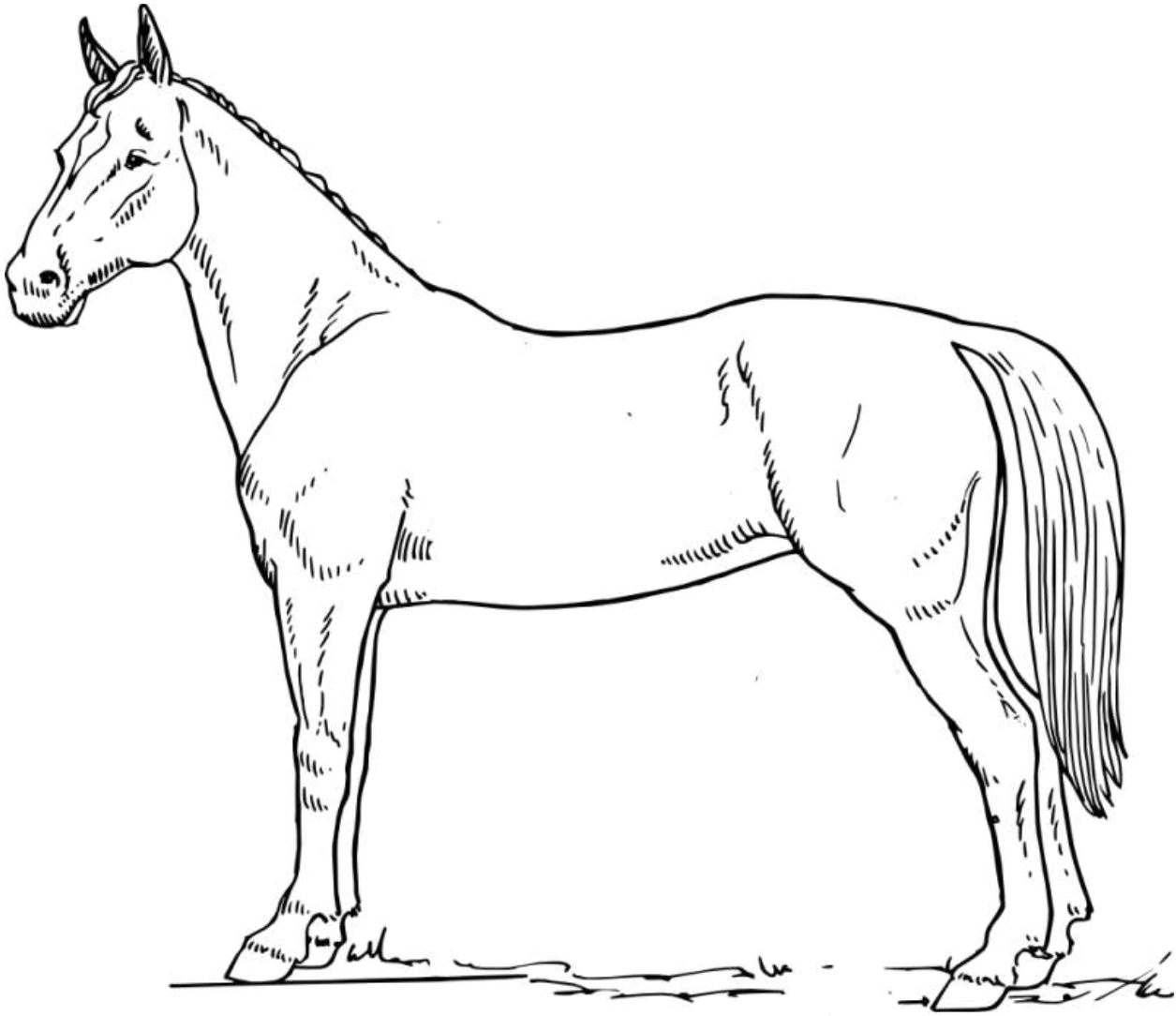
Goat

Horse

Pig

Chicken

Psychic Test #4



Psychic Test #5

White House

Statue of Liberty

Lincoln Memorial

Washington

Monument

Supreme Court

Psychic Test #5



Psychic Test #6

Shark

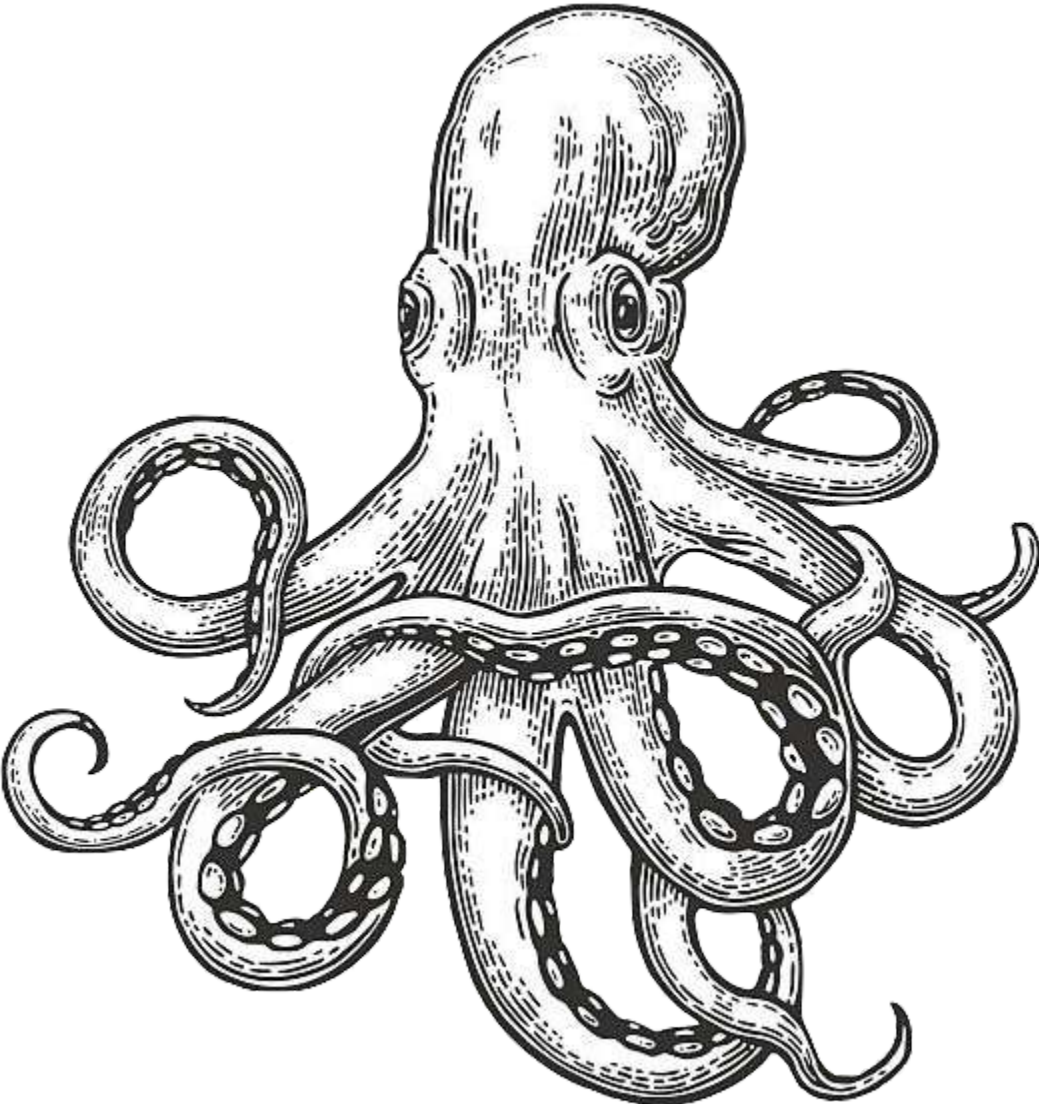
Lobster

Fish

Octopus

Jellyfish

Psychic Test #6



Psychic Test #7

Airplane

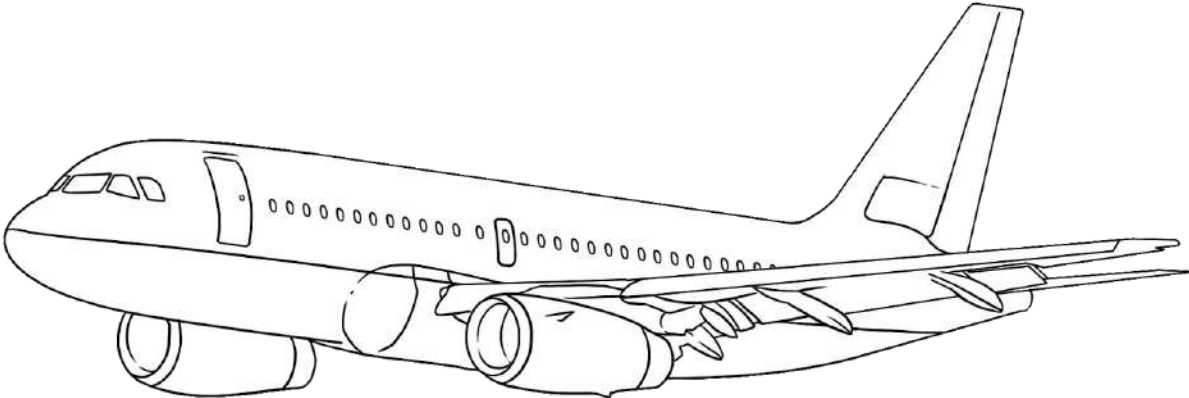
Train

Car

Boat

Bus

Psychic Test #7



Psychic Test #8

Piano

Saxophone

Drums

Guitar

Flute

Psychic Test #8

