

May 27, 2020

IMPORTANT ANNOUNCEMENT:

All IFAPA trainings have been put on hold through May
due to the threat of the Coronavirus.

The Best Places for Your Kids to Learn Real-life Skills Online

Why not use quarantine as an opportunity to have your homeschoolers master woodworking or engine repair?

By Emily Matchar

There's a lot of talk about whether schools should be teaching more "real life" skills: cooking, gardening, financial literacy. Well, if your kids are growing weary of online phonics lessons and Zoom math, perhaps you could entice them with one of the following kid-friendly streaming tutorials. By the time this is all over you can have your kids cooking dinner, fly fishing and even changing your car's oil.

Cooking

Tie on those tiny aprons every weekday at 1 p.m. for [cooking tutorials](#) courtesy of food website Delish. Join editorial director Joanna Saltz and her kids on [Instagram Live](#) to learn how to make quarantine-friendly snacks like edible cookie dough (the key is toasting the flour to kill any nasty germs before mixing), apple chips, grilled cheese hot dogs, skillet brownies, and taco mac n' cheese. Videos are saved online for 24 hours.

We've mentioned it before, but three Michelin stars means it's worth mentioning again: Italian chef Massimo Bottura's 3 p.m. Kitchen Quarantine cooking class, [also on Instagram Live](#). The offerings are a bit more grown-up—ragù, gelato, orange marmalade, artichokes—but no less fun, albeit for slightly older kids. Plus, Bottura's upbeat attitude will raise your spirits like focaccia dough.

Fishing...

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10 Nature Activities to Help Get Your Family Through the Coronavirus Pandemic

By Richard Louv

If the coronavirus spreads at the rate that experts believe it will, schools, workplaces and businesses will continue to close. Here's a thread of silver lining. We'll have more time for each other and nature. And, at least so far, nature's always open.

Getting outside — but at a safe distance from other people — can be one way to boost your family's resilience. If you spend too much time indoors, "your vitamin D level goes down," advises [John de Pluma, MD](#), a board-certified internist and proponent of food-based health practices and nature therapy. De Pluma points to [research](#) suggesting an association between visiting forests and improving immune responses. Keep in mind that the research he cites is specific to forests outside of cities. But an increasing body of scientific evidence does associate Vitamin N (for Nature) with reduced stress, better mental and physical health and greater cognitive functioning. Connecting with animals (wild and domestic) may also offset the downside of social distancing.

So, here's a sampling of activities (borrowed from [Vitamin N](#), [Our Wild Calling](#), [Last Child in the Woods](#) and other sources) to help your family make the best of a tough situation. These activities all depend on availability of outdoor spaces, and thinking this through for all of us reminds us of the inequity of park and outdoor space distribution in the United States. Something to take action on after the pandemic lifts.

Pick a "sit spot." Jon Young, one of the world's preeminent nature educators, and coauthor of [Coyote's Guide](#), advises children ...

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64 Easy Science Experiments for Kids to Do at Home

By Rose Gordon Sala

Searching for kid-friendly science experiments to do at home? Whether you're prepping for a fifth-grade science fair or want something fun to do with preschoolers, these cool science experiments for kids are super easy and a lot of fun for kids of all ages. Who knows, mom and dad may end up learning a new thing or two, too.

Besides, children are born scientists. They're always experimenting with something, whether they're throwing a plate of spaghetti on the wall, blowing bubbles in the bathwater, or stacking blocks into an intricate tower only to destroy it in one big swipe. As they get older, you may decide to enroll them in a [FREE online coding class](#) to get a leg up in today's digital world, a [STEM summer camp](#), or work together on their very first (or final) [science fair project](#). But you can actually do some pretty mind-blowing, hands-on science experiments at home using stuff you probably have lying around the house.

TOP SCIENCE KITS FOR KIDS

We're also big fans of science kits that deliver all the materials you need (and instructions!) in one box. Here are a few of our favorites that you might want to stock up on: All of the Thames and Kosmos kits, including the awesome [Robotics Workshop](#), [Crystal Growing kit](#), and the [Electricity and Magnetism kit](#). The [Elenco Snap Circuits kit](#) can get young engineers going, as can a number of the [Lego Robotics](#) or [Lego Gadget kits](#). Build a [Solar Rover with 3M's science kit](#), and the youngest scientists might start with [Playz Explosive Kitchen Lab](#) or National Geographic's science kits, including the [Build Your Own Volcano](#).

Cooler Science Experiments for Kids at Home

Kids can make their own sweet treat with this science experiment: rock candy in a glass.
Photo courtesy of Wikivisuals

1. Learn about the crystallization process by [growing rock candy in a glass](#).
2. Make a [lava lamp](#) by pouring vegetable oil into water and then adding an alka-seltzer tablet to make the blob of oil move.
3. Borax plus glue equals [homemade slime](#).
4. Blow bubbles outside when temperatures dip to the single digits and [watch them freeze](#).
5. Use lemon juice to [make invisible ink](#) that can only be seen when held up to a heat source.
6. Use food coloring and water to make a [walking rainbow](#) and explore how combining primary colors makes secondary colors.

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