

Whats Your Sign? Constellation Activity



Age Group: K-8
Child/Adult Ratio: 6 to 1
Take Away Artifact: No
Approximate Time: 30 - 40 mins
Divisions Covered: All

Materials:
stick pretzels, small marshmallows,
constellation cards

Simple Science: Many years ago people did not have entertainment when the sun went down. They looked to the stars and saw shapes and made up stories based on what they saw. Because there were no official calendars for some ancient people they used the stars. It was said that when a baby was born and mother looked into the sky and said my baby was born under the “constellation” and when that constellation reappeared that baby had aged one year.

Skills Required for Completion of Task:

Motor skills

- Bilateral upper extremity coordination
- Ability to manipulate small objects
- Hand-eye coordination
- Ability to grip objects
- Ability to stabilize objects/task

Process/Cognitive skills

- Ability to attend to task for greater than 5 minutes
- Follow multi-step directions
- Ability to sequence steps
- Ability to understand safety precaution
- Ability to organize or keep materials organized for task
- Ability to adjust to different workspace requirements

Social skills

- Ability to communicate and share equipment with peers/staff appropriately

K-8 Standards:

2K-8 Standards: 1.ESS1: Earth’s Place in the Universe 1) Use observations or models of the sun, moon, and stars to describe patterns that can be predicted.

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This activity would be appropriate completed by the following disciplines:

Occupational therapy, LCSW, Family Services

Instructions:

1. Identify your constellation based on your birthday
2. Present and Discuss the symbol of your constellation and what it means.
3. Using marshmallows and pretzels, build your constellation.
4. Eat it!

Make sure to check for allergies before the activity!