Summer at Your Library

Read. Learn. Create.

Teens / Tweens

Activity Book

SDCL.org/Summer
County Emergency Rent & Utility Assistance

Have you been financially impacted by COVID-19?

Are you behind on rent and/or utility payments?

Grant dollars available for eligible renters.

Application period has been extended until funding no longer available.

Serving the entire San Diego region except for the cities of San Diego and Chula Vista. Visit SDHCD.org to apply.

San Diego and Chula Vista residents: visit ERAPSanDiego.org
Welcome to San Diego County Library Summer Learning 2021

Read, Learn, Create at Home

You've probably noticed that our Summer Learning program looks a little different this year, just like the rest of the world. Our goal this year is to keep you in touch with our beautiful county and all it has to offer through these activity pages. In this book, we've brought together fun activities, interesting challenges, and valuable resources from places and organizations all over San Diego County to experience San Diego in a whole new way.

Here's to creating your own summer story with SDCL!

SDCL.ORG/SUMMER
I’VE GOTA RUN!
You signed up for the Live Well San Diego Virtual 5K and your dog just ran away with your shoe! Even though it is not an in-person race, thousands of people across the county will be running or walking with you to support a healthy, safe and thriving community.
Follow the shoelace to find your shoe before the race begins!

GET ACTIVE!
Did you know that kids need **60 minutes** of physical activity every day?

OBSTACLE COURSE
Set up a few different obstacle stations that get you crawling, jumping and moving. Set a goal and a prize and have fun!

SCAVENGER HUNT
Take a quick nature walk around the block and find the following items:

- Pine Cone  
- Butterfly  
- White Rock  
- Cricket  
- Pink Flower  
- Spider Web  
- Roly Poly  
- Black Dog

WORD SEARCH!
Find words across, up & down, backwards and diagonal.

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H D L E V H T K G E R E G A
W L I F C E F I T N E S S O
R A V A E O L L S A H S I Y
C U E S T G M O E I D E L I
Y T W I R E L M L Y I Y K T
H R E L A I A E U I O A L A
T I L G I D L T R N N C M C
L Y L A N N E E R U I A F N
A R S U I A E R E E F T S Y
E R U N N S C S K S I G Y A
H A N V G E A G H N R T K E A
A N Y M T A R A I C K L A W
H D E U G N I V I R H I T E
A C H A L L E N G E E E E S
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- LIVE WELL  
- SAN DIEGO  
- HEALTHY  
- SAFE  
- THRIVING  
- RUN  
- WALK

- VIRTUAL  
- RACE  
- KILOMETERS  
- TRAINING  
- CHALLENGE  
- COMMUNITY  
- FITNESS

Learn about the Live Well San Diego Virtual 5K & Fitness Challenge at LiveWellSD5K.com

Find healthy meals and discounted internet service:
Covid-19.sdcoe.net/Parent-Resources

Learn about coronavirus, testing and recovery:
Coronavirus-SD.com
Many foods we eat need bee pollination to grow. Sadly, bee populations have been shrinking. Did you know the Japanese Friendship Garden is a safe home for bees?
Green buildings use less energy and water and help improve our environment. Balboa Park has green buildings including the San Diego Museum of Man.
Talk, Read, Sing

Your child should hear 30,000 words every day starting at birth

From the day we are born, we begin learning. As your children's brain develops, the simple acts of talking, reading and singing with them will give them the tools they need to thrive and become successful as they grow and begin to read and write.

TALK
Talking is a brain building activity. Each time you talk with a baby and have a high-quality interaction, new connections are made in the baby’s brain. Have conversations by narrating the actions you take throughout the day and use a variety of facial expressions. Also, respond verbally to gestures or noises such as cooing, pointing or clapping.

READ
The most important language stimulation you can provide babies and toddlers is reading to them. Children can be read to no matter how young they are, whether it be through reading books to them or simply reading words you see out in the real world.

SING
The act of rhyming, singing, and talking, starting at birth, profoundly influences literacy and language development, which are the foundations for all other learning. Use known nursery rhymes or make up songs with silly meanings to help build up memory and stimulate motor skills. Warning – singing may turn into dance parties!

First 5 San Diego promotes the health and well-being of young children during their most critical years of development, from the prenatal stage through five years of age. Our goal is to help ensure that every child in San Diego County enters school ready to succeed.

First5SANDIEGO.ORG | 1-888-5FIRST5
we are born learning, let’s begin
Kitchen Counter Gardening:  
The wonder of recycling and growing your kitchen scraps

Did you know that there are many different edibles that you can grow from last night’s dinner? Lettuce, bok choy, cabbage, celery, avocados, potatoes, garlic, onions, basil, cilantro, and even pineapple are just some of the things you can continue to grow in your own home. Here are a few examples you can grow in your kitchen.

**BEET GREENS**

Simply cut the top off of a beet root and place in a dish with a small amount of water. Place in a bright, but indirectly lit spot, like a window sill or on your counter. The leaves will start to regrow in a couple of days. You can leave the beet in the dish of water or plant in a pot with soil. If you leave it in water, make sure to change out the water every few days. Note: you will not be able to regrow the beet root. The new plant may flower and produce seeds that you can grow more beets from.

You can trim off the leaves and eat them fresh in a salad or steamed or sautéed like spinach.

**CARROT TOP**

Just like the beet, cut the top off of your carrots and place them in a dish with a small amount of water. Change out the water every few days. You can eventually put the carrot tops into soil or leave on your countertop. Note: the orange part of the carrot will not grow, just the greens. The carrot tops will eventually flower and produce seeds that you can plant.

The leaves can be trimmed off and eaten raw, although they are a little bitter. They are yummy sautéed, make a great pesto, or provide seasoning when making stock for soup.
AVOCADO

Simply take the clean seed from your avocado and pierce it with 3 toothpicks. The toothpicks will help hold it in water. Submerge it about half way and watch it sprout. The seed may eventually split. When the plant is 6 inches tall, you can transplant it into soil and place in a sunny spot. Leave about half of the seed exposed above the soil. Avocados are a long-term commitment if you would like more fruit. Plant them in the ground outside in full sun and enjoy!

POTATO

To sprout potatoes on your countertop, you can either use an entire potato or a piece like pictured here. Like the avocado, you can puncture the potato with 3 toothpicks to hold it in a bowl of water, partly submerged. It will start to sprout from the eyes. If you want to grow more potatoes, eventually place your potatoes sprout-side up about 2-3 inches deep. It may take up to 4 months for the new potatoes to grow.
GREEN ONION, GARLIC AND WHITE ONION

After you trim your green onions or chives down to the thicker white part, you can simply place them root-side down in a bowl of water. Watch the green part re-grow in a matter of days. This is a great way to always have green onions or chives on hand!

You can place the entire head of garlic in water or a single clove at a time, making sure to cover the roots with water. You can plant the garlic in soil and it will grow more cloves in a few months. Surprisingly, the garlic greens provide a nice garlicky garnish.

The same is true for a large onion. You can either cut a ¼ inch of the base off near the root and place it into water, or save the central part like pictured here. If planted in soil, it will produce a new bulb in about a month depending on the type.

BOK CHOY

Cut about ¼ inch off of the bottom of a stalk of bok choy. Place in a bowl with a small amount of water and change daily. Cut away brown or slimy areas that form. The new leaves will start to grow out of the center of the base. Harvest as you wish to enjoy fresh bok choy leaves!

(This is very similar to what you would do with celery too.)

No pots or room to grow in the ground? No worries! You can get creative with using cardboard boxes, old take-out containers, or layered paper sacks.

Happy recycling and countertop growing!
Do you use a fitness tracker watch or app? Tools like these are great for keeping track of daily steps and activities. They can also tell us how many calories we’re burning, compared to how many we’re taking in.

Think of food as an energy source. When you eat, your body gets the nutrients it needs to help you do the things you love – like biking, dancing or playing sports. Food also gives you energy to do things you may not enjoy as much – like doing the dishes or cleaning your room.

But the important thing to point out is that when you are active, you are using up the energy your body just ingested. The more you move, the more calories you burn and the faster your metabolism will be.

In addition to consuming and burning energy, we can create it. For example, eating healthy greens and drinking lots of water does more than help us move; it allows our internal organs to operate efficiently.

**Did you know?** On average, 1 kilogram of body weight at rest generates 3 watts of energy from the work our organs perform to keep us alive.

**Did you know?** With every 500 steps you take, you generate enough energy to charge a smartphone!
MAKE SOLAR SWEET TEA

Yield: 1 serving  
Time: 45 minutes to 1 hour

You need:
• 16 oz mason jar or glass  
• Drinking water  
• Tea bag (of your choice)  
• Honey (to taste)  
• Thermometer

Directions:
1. Fill ¾ of your mason jar/glass with water.  
2. Place the tea bag and thermometer in the water.  
3. Place your mason jar/glass in an area where it is completely exposed to the sun.  
4. Check your tea’s temperature every 15 minutes. When the water temperature no longer rises, the tea is ready! Stir, sweeten and serve!

Note: The initial water temp and type of tea may affect brewing time.

Tried it? Share your photos of your drink by emailing them to: Recclub.DPR@sdcounty.ca.gov
DISCOVERING YOUR NATURAL HIGH

ACTIVITY

Description
A natural high is any activity you love to do that makes you feel good and does not involve drugs or alcohol. You don’t have to be an Olympic champion or a professional musician to engage in an activity meaningfully. Finding your natural high can be as simple as thinking about what you enjoy and making an effort to spend some time doing it. This activity is designed to get you thinking about what you already enjoy or would like to try. Even if it doesn’t become your true passion, the exploration will allow you the opportunity to learn more about yourself, hopefully while having a good time.

Suggested Steps
1. Think about activities you enjoy, you’re good at, or you’re interested in trying.

2. What do you consider your natural high? If you don’t have one, what might be one you’d like to try?

3. If you already have a natural high (and if you don’t, skip to the next question), respond to the following:
   3a. How often are you engaging in your natural high?
   3b. What is a way you can get more involved?
   3c. What is a way you can take it to the next level (with regard to achievement, commitment, and/or sharing it)?
   3d. What will you do (action) to get more involved and when (date and time)?

4. If you don’t yet have a natural high, respond to the following:
   4a. List three activities you enjoy.
   4b. List three activities you would like to try for the first time.
   4c. Of the activities you listed in 4a and 4b, what is one that you can commit more time and energy toward?
   4d. Decide on a day and time to take your first step toward commitment. What is that day and time and what is your action item to get more involved?
LANDING YOUR TRICK

ACTIVITY

Description
This activity is designed to help you think through a long-term goal and how to achieve it. We can sometimes get overwhelmed, and if we learn to break down a goal into steps, it makes the achievement more manageable.

The point of this activity is to help you think through processes and develop patience and determination, as opposed to finishing and achieving. Sometimes we are successful in our goals, and sometimes we are not. We need to understand that both outcomes are possible. In fact, if you move through the process and decide you do not want to continue, you have learned in that experience what is worth your time and what commitment truly looks like.

Suggested Steps
1. Talk or think about what it means to you to land a trick?
Think about a time when you’ve landed a trick. It doesn’t have to be a literal trick or even a new trick that no one has done. It’s more about the beauty of owning, doing, or building something in some way.

2. Consider your tricks.
   - What have you created that you’re proud of?
   - What was involved in creating it?
   - Why are you proud of it?
   - Is there anything you would do or have done differently if you were to create the same thing/experience again?

3. What’s the trick?
If you had no limits of money, time, or expertise, what trick would you like to land? What do you want to create? Is it landing a skateboarding trick, making your mark on a sports team with a three-pointer, performing a new song on the piano, recording a song, making a movie, writing an essay, or even a book? What steps (big and small) would it take to land that trick? List (or narrate) the steps required to land your trick. Be realistic even if you don’t think you could do each step just now.

4. Plan the land.
There are limitations of money, time, and expertise. What is one thing you can do, starting now, that will help you get to landing your trick? Is it taking a class, performing academically, or trying a new activity? Is it asking questions of someone or reading up on information? What is a realistic goal you can set to help you move one step closer to your trick?
SHORTBREAD COOKIES

Ingredients:

1 cup of butter (2 sticks)  1/2 cup of powdered sugar  2 cups of flour

1. Cream together butter and sugar
2. Add flour and mix to a soft dough

3. Roll out the dough with more powdered sugar and cut into rounds
4. Bake at 350°F for 16 - 18 minutes, or until a pale golden brown
## Summer Learning

### Complete Activities

Mark off any combination of activities as you complete them.

<table>
<thead>
<tr>
<th>Activity</th>
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<tbody>
<tr>
<td>Read one book or one hour</td>
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<td>Write a poem</td>
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<td>Read one book or one hour</td>
<td>Complete a scavenger hunt</td>
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<td>Visit a park</td>
<td>Read one book or one hour</td>
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<td>Read one book or one hour</td>
<td>Write a book review</td>
<td>Read one book or one hour</td>
<td>Listen to an audiobook</td>
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<td>Read one book or one hour</td>
<td>Follow a recipe and make a snack</td>
<td>Create your own activity</td>
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<td>Create a comic</td>
<td>Read one book or one hour</td>
<td>Learn about your family tree</td>
<td>Read one book or one hour</td>
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<td>Read one book or one hour</td>
<td>Draw a Picture</td>
<td>Read one book or one hour</td>
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<td>Practice a new language (ask us how)</td>
<td>Read one book or one hour</td>
<td>Commit a random act of kindness</td>
<td>Read one book or one hour</td>
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<td>Read one book or one hour</td>
<td>Share a book recommendation</td>
<td>Read one book or one hour</td>
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<tr>
<td>Check out an e-book or audiobook</td>
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<tr>
<td>Read one book or one hour</td>
<td>Learn about an animal</td>
<td>Read one book or one hour</td>
<td>Use a library database from the eLibrary <a href="http://www.sdccl.org">www.sdccl.org</a></td>
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COMPOSTING BASICS

There are four basic ingredients are required for composting: GREENS, BROWNS, WATER, & AIR. Mixing the proper amounts of these ingredients together will provide the composting organisms (see Compost Critters) with enough nitrogen, carbon, moisture and oxygen to break down the materials efficiently.

GREENS + BROWNS

GREENS are fresh organic materials that serve as sources of nitrogen. Greens are the primary energy source of the active microorganisms, and are useful as a supplementary source of moisture in the pile.

BROWNS are dried or dead organic materials that serve as sources of carbon. Browns are useful for retaining moisture, creating small air pockets, and supporting a more diverse community of decomposers in the pile.

WHAT GOES IN THE COMPOST PILE?

50% GREENS
Fresh yard trimmings, fresh grass clippings, fresh or moldy fruit and vegetable scraps, coffee grinds, tea leaves, breads, certain types of manure*

50% BROWNS
Woody materials, dead or dried yard debris, chopped branches and twigs, bark, straw, sawdust, coffee filters, tea bags, shredded paper and paper products

*For more information on composting with manure, visit solanacenter.org/ciy

WHAT STAYS OUT OF THE COMPOST PILE?

- Meat, fish, poultry & bones
- Eggs & dairy products
- Charcoal or firelog ashes
- Treated wood products
WATER helps ensure efficient processing of organics. Ideally, the pile is kept as moist as a wrung out sponge. Too little moisture will inhibit decomposition, but too much water can produce smelly, anaerobic conditions.

AIR is essential for a sweet, earthy-smelling compost pile. Turning your compost pile regularly will help to inhibit the growth of odor-causing anaerobic bacteria, and will result in faster decomposition.

COMPOST CRITTERS
A handful of compost contains more decomposer organisms than there are people on the planet. These amazing little creatures are responsible for making the whole composting process happen.

MICROORGANISMS (like bacteria and fungi) do the majority of decomposition work. Although too small to see, they are on everything you throw into the compost pile.

MACROORGANISMS (like insects, worms, and grubs) are large enough to see. They usually enter the compost pile from the surrounding landscape in the later stages of decomposition.

Dog, cat & human feces  Oils, grease & lard  Fresh weeds with mature seeds
Glossy/coated paper  Inorganic materials  (unless building a hot compost pile)
Wormy Words

Composting is nature’s way of recycling anything that was once alive back into healthy soil. The words below are related to vermicomposting—composting with worms! To learn more about how YOU can compost in your house or apartment, visit solanacenter.org

Name: ____________________________

Do The Rot Thing!

Find the following words in the puzzle. Words are hidden → ↓ and ↓ .

AERATION CASTINGS MILLIPEDE
AEROBIC COMPOST NITROGEN
ANAEROBIC DECOMPOSITION SOIL
BACTERIA FOOD SCRAPSES SUSTAINABLE
BIODERGADABLE FOOD WEB WATER
CARBON HERBIVORE MANURE
Secret Code

A secret code is printed in symbols on the next page. *Decipher the secret code with the help of the code key below.* Good Luck!

**CODE KEY**

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Should you keep artifacts? **NO!**

Artifacts can be found in many places in San Diego, in canyons, mountains and even the city. If you keep an artifact you find, an important piece of San Diego’s history will be lost forever. Archaeologists need to know exactly where an artifact was found to understand everything about it. They can’t use an artifact that came out of your pocket.

If you find an artifact, look at it, enjoy it, but **don’t move** or **disturb** it. Leave it exactly where you found it. You can take a picture of it too, and then you’ll have it to look at later. If you find paintings or etchings on rocks, **never touch them** or add paint to them. **Never disturb Native American places or historic spots.** Tell a park ranger or another official about the artifact.

San Diego Archaeological Center  www.sandiegoarchaeology.org
Mindfulness Wordsearch

Find words and phrases related to little things we can do to be more mindful each day.

ACHIEVABLE
BE YOU
BREATHE
CONNECT
CREATE

DECOMPRESS
ENGAGE
FIND MEANING
GET ACTIVE
GRATITUDE
KINDNESS

REFLECT
RESILIENCE
SET INTENTIONS
SLEEP
SUPPORT
1. Fill **sock** 75% full with **dry rice** and securely tie shut.
2. Microwave the **sock** for 1-2 minutes.
3. Add a few drops of **lavender essential oil**.
4. Apply to sore muscles and relax!
San Diego County Library Free Resources

**eCard**
Apply online for an eCard to access SDCL's digital eLibrary resources.

**Libby**
Check out eBooks and audiobooks, including a collection for kids and teens. More than 3000 magazine titles also available on a broad range of topics. *(Available in Spanish)*

**Books and DVDs**
Visit sdcl.org or call your local branch to request books and DVDs, then go to your library when they are ready for pickup. *(Available in Spanish)*

**Linked In Learning**
Learn business, tech, and creative skills taught by expert instructors.

**Mango Language Learning**
Learn a new language for free! More than 60 foreign language courses and 16 English as a Second Language (ESL) courses are available. *(Available in Spanish)*

**SIRS Discoverer**
Research school assignments and papers for grades 3-9.

**BookFlix**
An exciting online literacy resource that pairs interactive, fictional video storybooks with related nonfiction eBooks. *(Available in Spanish)*

LIVE WELL SAN DIEGO

[Website Link]

The library is always here!
The Cigar Orchid was once common in the swamps of Florida and grows throughout Mexico and as far south as Argentina. Overcollecting in the last century reduced populations of this orchid to a mere handful in south Florida. Today, restoration efforts in Florida’s Fakahatchee Strand have increased the number of Cigar Orchids to nearly 1,000 closely monitored plants. This orchid produces large pseudobulbs with leaves lasting only one season. The spotted flower has a ruffled, reddish-brown lip with orange markings in the center. A single flower stem can have more than 100 flowers that release a fragrance which attracts numerous bees to the plant, giving this orchid its other common name: the Bee Swarm Orchid. The large fruit is shaped like an ear and takes a full year to mature.

To learn more about the Cigar Orchid, scan the QR code with your phone or visit the species page on Go Orchids at goorchids.northamericanorchidcenter.org
Egyptian Hieroglyphics

This is a very simplified hieroglyphic alphabet just for fun.

Try to write your name in the cartouche on the right.

- Eagle
- Foot
- Basket
- Hand
- Reeds
- A as in Water
- B as in Boat
- C/K as in Basket
- D as in Dog
- E as in Money
- Viper
- Jar
- Flax
- Reed
- Cobra
- F as in Foot
- G as in Gone
- H as in House
- I as in Pin
- J as in Adjust
- Basket
- Lion
- Owl
- Water
- Lasso
- K as in Basket
- L as in Lion
- M as in Man
- N as in Not
- O/U as in Zoo
- Door
- Slope
- Mouth
- Cloth
- Loaf
- P as in Pet
- Q as in Queen
- R as in Right
- S as in Glass
- T as in Top
- Chick
- Viper
- Chick
- Reeds
- Door Bolt
- U/W as in Glue
- V as in Viper
- W as in Win
- Y/E as in Money
- Z as in Zebra

San Diego Archaeological Center  www.sandiegoarchaeology.org
EARN YOUR HIGH SCHOOL DIPLOMA FOR FREE

Library High School offers adults the opportunity to earn an accredited high school diploma and career certificate online.

HOW TO APPLY
Applying is easy and you can start the process online.

1 - Self-Assessment
Complete an online self-assessment at LibraryHighSchool.org

2 - Prerequisite Course
Enroll in a prerequisite course to determine if you are ready for online learning. You must finish the course within two weeks of your enrollment date.

3 - Orientation
Participate in an orientation with library staff to discuss next steps.

LibraryHighSchool.org

For more information, contact our Enrollment Team:
858-495-5563 • libraryhighschool@sdcounty.ca.gov
Worm Bin Crossword Puzzle

Instructions: Use the clues to fill in the words above. Words can go across or down. Letters are shared when the words intersect.

ACROSS
1. a container used to store things
2. a substance plants and animals eat
5. a small, long, soft and squishy animal used in vermicomposting
6. a place that protects animals from the weather

DOWN
1. breaking down waste products
3. it surrounds us and plants and animals breathe it in
4. food and plant material decayed into a soil-like substance
5. plants and animals need this liquid

Program sponsored by
COUNTY OF SAN DIEGO
RECYCLING
IT'S IN OUR NATURE
Word Search

Instructions: Find the word in the puzzle. Words can go in any direction. Words can share letters as they cross over each other.

anatomy
bedding
bin
operations

coffee grounds
coir
eggshells
food

moisture
paper
water
worm

Program sponsored by
COUNTY OF SAN DIEGO
RECYCLING ITS IN NATURE
Lion Fish

Lion Fish have long graceful fins with venomous spines that they use to protect themselves from predators.
**BASIC SLIME**

**SUPPLIES**
- White or Clear School Glue
- Saline Solution
- Baking Soda
- Water
- Food Coloring (optional)
- Glitter (optional)

**STEPS**
In bowl:
- Add 1/2 Cup glue
- Mix in 1/2 Cup water
- Add food coloring
- Stir in 1/2 tsp baking soda
- Add 1 TBL Saline Solution
- Add glitter

**FLUFFY SLIME**

**SUPPLIES**
- White School Glue
- Saline Solution
- Baking Soda
- Shaving Cream
- Food Coloring (optional)

**STEPS**
In bowl:
- Add 3/4 Cup shaving cream
- Mix in 1/2 Cup glue
- Add food coloring
- Stir in 1/2 tsp baking soda
- Add 1 TBL Saline Solution
- Stir completely k
- Knead with hands

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The key to making slime slimy is what slime experts call the activator. Many different things can act as an activator. A favorite activator is Saline Solution used for rinsing and storing contact lenses.

Note: Your saline solution must contain sodium borate and boric acid—read the ingredient list!
Visit the library online this summer for ebooks and more!

sdcl.org

Vaccinations are easy, free and safe.

Get more information and find a site near you.
Coronavirus-sd.com