



FLINT CHILDREN'S MUSEUM

1602 W. University Avenue  
Flint, MI 48504  
810-767-5437  
www.flintchildrensmuseum.org

# Press Release

Contact: MARGO LEE STREBIG  
Phone: (810) 767-5437

FOR IMMEDIATE RELEASE  
AUGUST 3, 2010

## GET MOVING AT THE FLINT CHILDREN'S MUSEUM WITH FITNESS FUN THIS AUGUST

**FLINT, MI**— “Heartbeats” is the theme this August at the Flint Children’s Museum. Our goal is to get you moving and to teach fun ways to live a healthier lifestyle. Families can enjoy a fitness circuit, nutrition activities and more.

### Special programs & activities:

#### **FITNESS FUN**

**Every Open Day in August 9 am – 5 pm**

Get physical at the museum by completing our Fitness Fun Circuit around the museum. Pick up a pedometer and check list then complete all the fitness stations to earn a prize!

#### **BUBBLE-OLGY**

**August 3 & 19 11 am – 3 pm**

Bubble-ology--the science of bubbles! Become a bubble-ologist by experimenting with blowing bubbles of different shapes and sizes! \*Weather permitting\*

#### **LEAF RUBBINGS**

**August 3 & 13 11 am – 3 pm**

Discover textures in nature today by creating crayons rubbing with leaves! \*Weather permitting\*

#### **SIMPLE SUN HATS**

**August 3, 13, 17 & 25 10 am – 12 pm & 2 pm – 4 pm**

It's always important to think about sun safety when exercising outdoors. Make a unique paper plate visor to wear while you play outside!

#### **MUSIC TIME**

**August 4, 18 & 25 1:15 pm – 2:45 pm**

**August 11 10:15 am – 2:45 pm**

Ms. Karen will be at the museum for a special music and craft time today! Stop in to sing songs and make crafts!

#### **ROLLING ICE CREAM**

**August 4 11:30 am – 12:30 pm**

Sproutside Staff will help children make ice cream by rolling coffee cans! \*Weather permitting\*

### **SENSORY SNOOP**

**August 4 & 17**            **11 am – 3 pm**

Identify things around the garden using your five senses--sight, touch, taste, hearing, smell! \*Weather permitting\*

### **SPROUTSIDE SNACK BAR**

**August 4, 11, 18 & 25**            **12 pm – 2 pm**

Taste what has been growing in our garden with the help of Our Nature Educator! \*Weather permitting\*

### **TOT TIME**

**August 5, 12 & 19**            **10:45 am – 12:15 pm**

**August 26**            **9:45 am – 1:15 pm**

Bring your toddler to the museum today to enjoy an interactive singing circle time with our Music Educator, Ms. Karen.

### **INTO THE DEEP CRAFT**

**August 5, 12, 20, 24 & 31**            **10 am – 12 pm & 2 pm – 4 pm**

**August 7, 14 & 21**            **2 pm – 4 pm**

Make an ocean themed craft in our Discovery Zone "Into the Deep".

### **FOSSIL FIND**

**August 5 & 19**            **11 am – 3 pm**

Dig through our sand pit in search of dinosaur bones! Carefully brush them off and try to piece them together!

### **SPROUTSIDE SAFARI**

**August 5, 20 & 24**            **11 am – 3 pm**

Follow a checklist to identify certain items in our Sproutsides area. \*Weather permitting\*

### **SIDEWALK CHALK**

**August 6**            **1 pm – 3 pm**

Make your own sidewalk chalk in Sproutsides!

### **TALES FROM UNDER THE SEA**

**August 6, 13, 20 & 27**            **11 am – 11:30 am**

Young actors from the Flint Home School Theater Troupe entertain visitors with stories from Under the Sea to celebrate our Discovery Zone exhibit "Into the Deep." Performance time is around 30 minutes.

### **RIBBON DANCERS**

**August 6, 10 & 19**            **10 am – 12 pm & 2 pm – 4 pm**

Create a simple ribbon dancer then move, move, move to make it dance through the air!

### **MESSY ART**

**August 6 & 14**            **1 pm – 3 pm**

Use paint to decorate half of a butterfly then fold over the paper and SQUISH! Open it up to reveal a beautiful butterfly!

### **ERUPTION DAY**

**August 7 & 20**            **12 pm – 3 pm**

Watch out! Things are erupting all over Sproutsides! Come to the museum for a fun day of messy science: Mentos and diet pop experiment, volcanoes and pop art! \*Weather permitting\*

### **IN THE GARDEN WITH G'MA & G'PA**

**August 7**            **12 pm – 3 pm**

Grandma and Grandpa Nichols will be in the Sproutsides Garden today and they need your help! Today they will be making rain gauges and garden totes from recycled goods.

**WIGGLE WORMS****August 10 1 pm – 3 pm**

Get up close and personal with real live worms! Learn how these slimy creatures are helpful to our environment and make a worm bed to take home!

**FLING & FLY****August 10 & 18 1 pm – 3 pm**

Use homemade catapults to fling objects and use your foot power on stomp rockets to see how high they fly! \*Weather permitting\*

**BUG HUNT****August 10 & 25 11 am – 3 pm**

Use a magnifying glass to search for bugs in Sproutsides. What different kinds of bugs can you find? \*Weather permitting\*

**DOLLAR DAY****August 11 9 am – 5 pm**

Enjoy over 40 hands-on activities and special programs for only \$1/person admission. Families only, no groups please.

**EMPOWER ME****August 11 & 26 11 am – 3 pm**

We are welcoming back our favorite health advocate family--the Millers! Join them for fitness activities in our Sproutsides area! Complete challenges for prizes and sign up for the American Heart Association's empowerME2B initiative!

**KEEPING FOOD SAFE****August 11 10 am – 4 pm**

Nutritionists from MSU Extension will be at the museum to teach children about keeping food safe with hands-on activities.

**MOVE IT! MOVE IT!****August 11, 26, 28 & 31 11 am – 3 pm**

Get outside today and move your body! Hula Hoop, jump rope, play ball, run the fitness circuit and take a walk through the gardens. \*Weather permitting\*

**BUGS!****August 11 & 26 11 am – 3:30 pm**

Darren Bagley of the MSU Extension will fascinate museum visitors with critters from the Flint River and local ponds. Children will be allowed to interact with the insects, worms and crustaceans, learning how they move, eat and grow!

**SPROUTSIDE SING-ALONG****August 12 & 27 11:30 am – 1 pm**

Enjoy a sunny sing-along with Sam, our Sproutsides attendant, while he strums his guitar.

**PARACHUTE PLAY****August 12 11 am – 3 pm**

Sproutsides staff will be encouraging cooperative play today with parachute games and activities. Come on out and play! \*Weather permitting\*

**BUDDING BASKET****August 12 12 pm – 3 pm**

Make a paper hanging basket to hold cut flowers. You could give your basket to someone special as a gift!

**BEEES!****August 14 11 am – 3 pm**

David Anthony from Anthony Bee Farms will bring an observation hive for visitors to view the bees working in the hive. The hive is covered for safety.

**ROCK PAINTING**

**August 17 11 am – 3 pm**

Help our Sproutsides Staff decorate stones to make the crust for our pizza garden!

**SEA SHELL PRINTS**

**August 18 & 27 10 am – 12 pm & 2 pm – 4 pm**

Using play dough, children can explore the different shapes and textures of sea shells.

**SPROUTSIDE CIRCUS**

**August 21 11 am – 3 pm**

Come join us under our Sproutsides "Big Top" for circus themed activities!

**DOLLAR DAY**

**August 26 9 am – 5 pm**

Enjoy over 40 hands-on activities and special programs for only \$1/person admission. Families only, no groups please. Sponsored by HealthPlus of Michigan

**MAKING THE MOST OF YOUR MENU**

**August 26 10 am – 4 pm**

Nutritionists from MSU Extension will be at the museum to teach children about food nutrition with hands-on activities.

**CRIM SPIRIT SQUAD**

**August 28 7 am – 10 am**

Watch the Crim from the Flint Children's Museum! The museum is the perfect spot along mile number 3 to cheer on your family members and friends. Continental breakfast is included. Cost: \$5 (includes museum admission) Reservations required. Please call 810-767-5437 to sign up.

**INTO THE DEEP PIRATE PARTY**

**August 28 12 pm – 3 pm**

Arrrgh you ready for a good time? Come to the museum to enjoy pirate themed crafts and activities!

The *Heartbeats* theme this August is generously sponsored by HealthPlus of Michigan.

The Flint Children's Museum is open Tuesday through Friday 9 a.m. to 5 p.m. and Saturday 10 a.m. to 5 p.m. Located on the campus of Kettering University at 1602 W. University Ave. Admission is \$4/person for ages 1 and up. For more information, call 810-767-5437 or visit [www.flintchildrensmuseum.org](http://www.flintchildrensmuseum.org).

###