



Quick Ideas for Slowing Down

Wow! Sunny days can get pretty hot! Speedy's friend, Husky, needs a place to cool down. What can Speedy and Husky make using things from the recycling bin? Read on!

Make a Mini-Cave

Materials:

1 small cardboard box, 1-2 large paper bags, markers, thick tape (packaging tape works well), 1 adult (to use knife), knife, and a pair of scissors

1. Have your adult cut out a hole in the box for the cave. Tape it closed.

2. Cut open the paper bag long ways so that it's in one piece. Crumple bag and shape it around the box with any wording on the inside. Cut a hole in the bag to match the box. Tape the bag down.

3. Add forest decorations.



Enjoy some cave-arific stories & videos:

[The Cave by Rob Hodgson](#)

[How Caves are Formed -from The Free School](#)

[The River and Wilder Show Explores a cave!](#)

