Bright Beginnings Center

Family Academy

Where families learn and thrive together

Hands-On STEM at Home!

Fun, easy activities using everyday household items to build big minds.

The Sink or Float Challenge

What to do:

- Fill a plastic tub or kitchen sink with water.
- Gather 5 to 6 small, safe items around the house (an apple, a plastic spoon, a metal key, a sponge, a crayon).
- Before dropping each item in, ask your child: "Do you think this will sink to the bottom or float on top?"

The Science: Explores density, buoyancy, and prediction. Ask your child why they think an item floated or sank!

Rainbow Ice Melting

What to do:

- Freeze a few small plastic toys inside ice cubes or a small plastic container filled with water.
- Place the ice block in a baking dish and give your child a cup of warm water, salt, and a small spoon or eyedropper to help "rescue" the frozen items.

The Science & Chemistry: Introduces temperature, state changes (solid to liquid), and how salt lowers the freezing point of water.

Living Room Ramp Builders

What to do:

- Grab a piece of cardboard, a baking sheet, or a firm book to lean against a couch cushion or chair.
- Collect items that roll (a toy car, a tennis ball, an orange) and items that slide (a wooden block, a shoe, an eraser).
- Test how fast different items go down the ramp!

The Engineering & Physics: Teaches gravity, slope, friction, and motion. Try changing the height of the ramp to see what happens to the speed!