

Textured Alp

As they said in the book, an alp is a grazing pasture in the mountains we call the Alps. This is the area the cows are taken during the summer to enjoy delicious grass. That means there are trees and bushes, flowers and rivers, mountains in the background and chalets, etc. And cows, lots of cows. Take a look at some of the pictures around you to get an idea of what an alp looks like.

But, this isn't any type of picture. This is a textured picture, so take a green card stock and create what you think would be the perfect alp to take your cows to in the summer. Here's the catch! There are no scissors, just glue. You'll have to just tear pieces to create the things you want. You can also layer your shapes on top or next to each other. If you have gone on your hike already, you can add any of the leaves or flowers you found. (If you haven't, you can always come back and add to it later.) Have fun creating!!

What's it like to be a glacier?!

Glaciers are frozen rivers. Even though they're frozen, they're always moving too. Take a large or small piece of ice from the cooler and push it slowly through the ground. What happens to the ice? What happens to the ground? If you used a large piece, put it back in the cooler. If you used a small piece of ice, just toss it under the little grapefruit tree.

Snowball fight!

Find a friend or two or three...and have a snowball fight! Try to avoid people's faces and put all the snowballs back in the basket when you're done.

Hiking Stick

Everyone needs a good hiking stick! Pick a stick. Don't pick a stick that's taller than your shoulders or shorter than your thighs. Once you've chosen a stick, create and decorate a handle!

Flag

Make your own Swiss flag!

Carving

The boys saw a lot of toys and items that were carved from wood. Woodcarving requires a lot of practice and some very sharp tools. You're going to get a chance to do something similar. But, since we aren't yet trained in the use of these tools, we'll stick with soap. Now, it is still a skill not many of us have, so you may end up with chunks of soap if you're not very careful of what you're doing...there's no going back once you start shaving off soap. Here are some tips when it comes to carving:

- draw a basic shape on one side of your soap with the golf tee
- use the edge of the knife or craft stick and slowly begin shaving pieces of soap away from the shape you drew
- always remember to cut away from your body
- as you get closer to the shape you want, you can begin to use the pointed part of the golf tee to add details

Choose ONE bar of soap. And have at it! Put your carved soap into a bag and feel free to take your shavings with you.

Hike

Now that your hiking stick is ready, it's time to head out on your own mountain hike. Grab a piece of Toblerone and have fun.

Keep an eye out for trail markers (pictures) and keep an eye out for interesting plants to put in your knapsack (except fruit — if you see any fruit on the trees, don't pick it, please!) You'll see the end of the trail when you see the red and white balloons on the gate!

(Sign on the trail)

Once you've headed up the mountain stairs, stay on the rocky mountain path until you reach the other side!

(Sign on the trail)

Mountainous area coming up, stay on the rocks — and remember, if you're going to fall, fall toward the dirt, not off the cliff onto the alpine cactus. (Just so you know, cactus doesn't really grow in the Alps.)

William Tell

Try your hand at shooting an arrow at an apple. Put some chalk all over the front of the arrow and try to hit an apple.

Cowbell (Future Windchime)

It's your chance to be like a cow or a goat in Switzerland! Make yourself a cowbell/goat bell. Put it on when you're done. When you get home, you can put it on your door or outside your window as a little chime.

Decorate a stick. Choose two bells. Attach them to the stick — you can tie them with fishing string or use pipe cleaners if you don't know yet how to tie things. Then choose a yellow or green string to create the hanger. Tie one end of the string to one side of the stick and the other to the other side. You'll want to make sure you've got enough string to be able to put it over your head!

Language

Look at the example map. Grab a blank map, choose four colors and color your own in. You could also try some Swiss German — the most fun word to try out:

Chuchichaschtli (kookeykeshlee — but make the k's sound like you've got something in your throat.)

Common Phrases

Hello — Gruezi (grootzee)

Good-bye - Tschuss (chooossss)

Football

Soccer is a huge sport in Switzerland. They call it football. It's your chance to try it out yourself. Follow the path and dribble the soccer ball through the little obstacle course until you return to this spot. Dribbling the soccer ball means kicking it a little in front of you, not hard though, you don't want to let the ball get too far from you — that makes it too easy for someone to get the ball from you.

The path is marked with balloons — so head to the tree, go around it and dribble towards the umbrella, go around it toward the horseshoe, dribble back around that and head straight back to the tree!

Goat Milk

Try a little bit of goat's milk to refresh yourself during the hike! And, of course, a little chocolate too! Glückliche Reise! (Happy Journey!)

Make a Mountain

You can make yourself one, two or three mountain peaks to have your own very own mountains in your room! Choose 1-3 pictures you like. Hold one corner of the paper and roll the rest of the picture. You should end up with a cone shape. Use a piece of tape or two to tape your cone together. Cut off the bottom of the cone so that your mountain can stand by itself. Take a piece of the paper you cut off, and create a snow "hood" for your mountain. Do the same thing you did with the picture, creating a small cone an.

Draw on the Mountains

There are tons of mountains in Switzerland. The Swiss Alps, as they are called, are full of peaks and valleys. Choose something that would exist in the mountains and draw something on the wall with the chalk. Some ideas: St. Bernards, castles, trees, glaciers, rivers, flowers, goats, cows, skiers, hikers, chalets, the Overall Boys!

Make a Snowman Decoration!

Choose a sock. Pour one cup of rice into the sock — Please pour over the tray. Pour any rice you accidentally spill back into the bowl. Flatten the rice a bit so it is round and flat on the bottom -- a good base for a snowman. Use a rubber band and wrap it around the sock to lock in the rice.

Pour 1/2 cup of rice into the sock. Flatten it to make it a bit rounder. Use a rubber band and wrap it around the sock to lock in the rice. Fold the top of the sock over the rubber band to create a hat.

Add a ribbon around the neck. Draw eyes, nose and a mouth! If you want to find small sticks for arms, look around and then just stick them in.

Bears

In the city of Bern, there are bears! Create your own pit for the bears. If you're little enough (5 and under), you can even pretend to be a bear in your own hamper pit. Don't forget to feed the bears a carrot — or you can pretend to be a bear and eat one yourself!

Restaurant

Swiss food is delicious! Grab a plate, try a little sample of everything — you never know if you'll like something unless you try it! One piece of each item only and one cup of the Raspberry Lemonade. You can have as much as water as you want!

Swiss table!!

Here are some real cow bells. Try them out!

This is a Swiss Army knife — be careful you don't hurt yourself with it.

The accordion is used a lot in Swiss music. Try it out yourself.

Breakfast by the Roses

This is Ovomaltine. A barley chocolate drink that the Swiss love! It has no sugar, so it's not going to taste like chocolate drinks here in the United States.

Take a cup. Add one heaping spoonful of Ovomaltine, and add your choice of beverage to it. Mix with a plastic knife.

Take a piece of sweet bread and butter— no honey needed! Go ahead and enjoy your food on the blankets! Then head toward the back of the house to meet a real Swiss person and do some more activities!

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Make your breakfast! Birchemuesli (for one or two)

(Please put these directions in your knapsack)

Birchemuesli is a delicious cereal that Swiss people enjoy for breakfast. You can eat it dry, with some milk or soaked. Soaking it is generally the way most people love to eat it. So, I've given you directions for soaking, but you can choose to eat it however you'd like.

Directions for the table: Put a 1/2 cup oats into your bag. Add any of the other items you'd like to eat (only a spoonful of each, please)

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