

With its flags, fireworks, and parades, the Fourth of July can be one of the most festive times of the year. This year in particular is a special celebration, because it marks 250 years since the United States became a country.

In these activities, you'll explore America by listening to music, making some festive food, crafting paper fireworks, and more. Get ready to learn and celebrate!

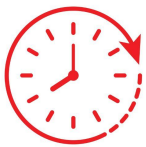


This packet includes...

- "Independence Day" Reading Activity
- "The American Flag" Reading Activity
- "Design an American-Inspired Flag" Activity
- "State Research Discovery" Activity
- "Firework Craft" Creative Activity
- "Frozen Yogurt Bark" Cooking Activity
- "Songs of America" Activity
- "Stars, Stripes, and Signs" Activity

Explore More

Spark more Fourth of July fun and reflection with these extensions!



A real time capsule will be sealed on the U.S.'s 250th Independence Day and opened in 2276. If you were in charge, what would you put inside to represent America today? Make a list or drawing of your ideas.



Independence Day is a great time to show appreciation for the places and people that make your community special. Pick a favorite spot or someone you're thankful for, then do something to celebrate them!



Video

Want to learn more? Get a sneak peek at the "Independence Day" lesson from our upcoming Holidays course! Click or scan the QR codes to open the video and materials. The full course will be available soon on Miacademy!



Lesson
Materials



How Did Independence Day Begin?



Long before the United States existed, **Native Americans lived across this land** in hundreds of different nations, each with their own languages and ways of life.



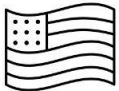
Over time, **people came from many places around the world:** Europe, Africa, Asia, and more. Some came by choice, looking for new opportunities. Others had no choice because slave traders brought them as enslaved people.



In the 1600s and 1700s, **Great Britain sent many people to start colonies,** or towns, on the eastern coast of North America. The colonists were ruled by the British government, which was far away across the ocean. Over time, some **colonists decided they wanted to rule themselves** instead.



On July 4th, 1776, colonial leaders signed the Declaration of Independence, which was an official announcement that they were breaking away from Britain to start a new country: the United States of America.



Now, the U.S.A. celebrates that anniversary every year as Independence Day.

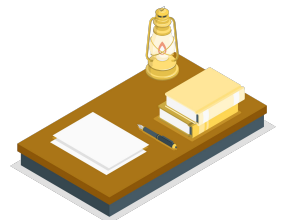
Fun Facts About the Fourth



People love to celebrate with backyard barbecues! In fact, **Americans eat over a million hot dogs every year on July Fourth,** and it's not just about the dogs: favorite side dishes include potato salad, corn on the cob, and watermelon.

The Declaration of Independence was written on a laptop!

Computers didn't exist in 1776, but Thomas Jefferson, one of the key authors, wrote the document on a writing desk that sits on the lap. That's what was called a "laptop" back then!



Independence Day was almost July 2nd! That's the day that the founders of the country voted to become an independent nation, two days before the Declaration of Independence was published. In fact, John Adams, one of the founders, thought July 2nd would be the best day to celebrate.



Directions: Read about the American flag below. Then, plan and design your own flag on the following pages!

History of the American Flag

★ The first American flag had 13 stars and 13 stripes, which stood for each of the original states, or colonies, as they were called.



★ As new states joined the country over time, new stars were added to the flag. Now, there are 50 stars, one for every state. The 13 stripes are still there to honor the original 13 colonies.

★ The three colors of the flag each have a special meaning:

Blue stands for justice, which means making sure everyone is treated right.



Red stands for bravery.

White stands for honesty.

How To Fly the Flag

The American flag is very special, so people must follow certain rules if they want to fly it!



- The flag should never touch the ground.
- The stars should always be in the top left corner.
- The flag should be taken down at sunset or have a light on it throughout the night.
- On rainy days, the flag should be taken inside so it does not get damaged.
- When the flag gets too worn out to fly, it should be taken down. Then, it should be carefully burned or dropped off at a special flag collection site.



Directions: You’ve just learned how the American flag shows what America stands for through colors and symbols. Now, follow the steps below to design a flag that shows what America means to you!

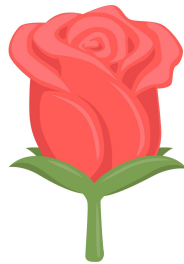
Step 1: Circle three words that you would like your flag to stand for. You can also add your own on the lines below.

freedom	bravery	hope	_____
kindness	fairness	happiness	_____

Step 2: Write the words you chose in Step 1 on the lines below. Then, color in each crayon with a color to match each word. These will be the colors you will use on your flag!



Step 3: These are some important American symbols. Pick one to draw on your flag. If there is a different symbol that reminds you of America, you can add that too!



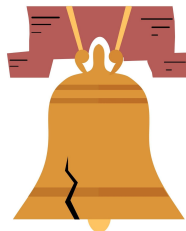
Rose
The national flower



The Statue of Liberty's torch



Bald eagle
The national bird



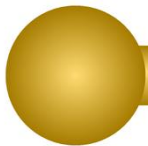
The Liberty Bell



Star

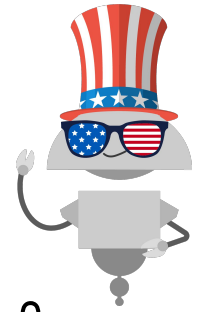


Directions: Design your flag below! Use all three colors and the symbol(s) you chose. Feel free to add patterns, shapes, or other creative details to make your flag special.

A large, empty rectangular box with a black border, intended for the student to draw their American-inspired flag design.



Directions: Pick one state in the United States that you want to learn more about. It can be where you live or any state that interests you! Ask a trusted grown-up to help you search online or visit your local library to find your answers.



Step 1: Write the name of the state you chose on the line below.

The state I chose is...

_____ 0

Step 2: Draw and color the state flag in the box below.

State Flag

Step 3: Record the capital city of the state in the box below.

State Capital



Did You Know?

The capital city is not always the largest city in the state.

Step 4: Every state has a short phrase, or **motto**, that tells the world what that state believes in or stands for. Record the state motto in the box below.

State Motto



Step 5: Every state has **symbols** that represent what makes it unique and special! Use your research to fill in the name of each state symbol on the line inside the box. Then, draw and color the symbol in the same box below the line.

State Bird

State Flower

State Tree

State Animal

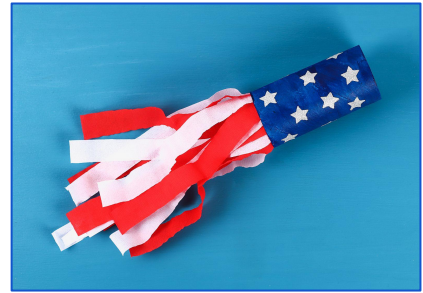
Step 6: Record a fun fact you learned about this state in the box below!

Fun Fact



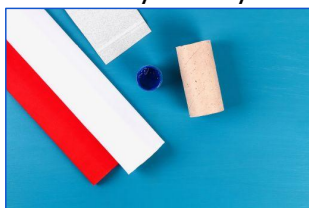
What You Will Need:

- Toilet paper roll
- Paint and paintbrush
- Tissue paper in various colors, such as red, white, and blue
- Scissors
- Glue
- Decorations such as stickers, glitter, sequins, gems, or buttons
- Markers or crayons



Directions:

1. Paint the outside of your toilet paper roll any color you like and let it dry completely.
2. While you wait, cut your tissue paper into long strips about as long as your hand. Try to cut about five to eight strips in each color!
3. Once your roll is dry, decorate the outside of the roll however you like! You can draw on it, add stickers, glitter, sequins, buttons, or anything that makes it sparkle and shine.
4. Choose one end of your toilet paper roll and place glue around the inside edge of that end only.
5. Press your tissue paper strips into the glue one at a time, working your way around the inside of the roll. Add more glue as you go if you need it!
6. Your firework is complete! Display it proudly and celebrate America's 250th birthday in style!





This is a tasty, simple treat that you can make to share with others at backyard barbecues or gatherings. **Make sure to ask an adult for help with this activity!**



Frozen Yogurt Bark

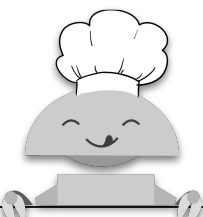
This sweet treat has some red, white, and blue patriotic flair.

Ingredients

- 2 cups of vanilla Greek yogurt
- ½ cup of sliced strawberries
- ⅓ cup of blueberries
- ⅓ cup of raspberries
- ¼ cup of granola
- Baking sheet
- Parchment or wax paper

Directions:

1. Take a rimmed baking sheet and line it with parchment paper or wax paper. The paper should stick out an inch or two over the sides.
2. Spread the yogurt in a thin, even layer in the baking sheet. You can add more or less yogurt depending on the size of your baking sheet. Try to make the yogurt layer about ¼ of an inch thick.
3. Sprinkle the fruit and granola evenly over the yogurt and gently press it in with the back of a spoon.
4. Place the baking sheet into the freezer for about three hours, or until it's frozen solid.
5. Lift the parchment paper out of the pan. Ask an adult to cut the frozen yogurt bark into pieces, then enjoy!



For extra fun, try making an American flag design!



Directions: Americans have long used songs to celebrate their country and its history. Read the fun facts below, then scan the QR code to listen to “You’re a Grand Old Flag” while you follow along with the lyrics!



Fun Facts About “You’re a Grand Old Flag” by George M. Cohan

- ★ George M. Cohan met a Civil War soldier who had fought at Gettysburg. The soldier held up his old, tattered flag and called it “a grand old rag” — and that phrase inspired the whole song!
- ★ So many people were upset about the word “rag” that Cohan changed it to “flag”!
- ★ The song was written for a Broadway musical called George Washington, Jr. and became the very first Broadway song ever to sell over one million copies of sheet music!



“You’re a Grand Old Flag” Chorus

You’re a grand old flag,
You’re a high-flying flag,
And forever in peace may you wave.
You’re the emblem of the land I love,
The home of the free and the brave.
Ev’ry heart beats true
‘Neath the Red, White, and Blue,
Where there’s never a boast or brag.
But should auld acquaintance be forgot,
Keep your eye on the grand old flag!



Directions: Now that you've listened to the music and read the lyrics on your own, answer the questions below!

How does this song make you feel about the American flag? Circle as many as you want:

Happy

Proud

Excited

Peaceful

Brave

Pick three words from the lyrics that gave you that feeling and write them below.

Directions: Now, it's your turn! Use the template below to write your own verse about the flag. You can use the word bank to help you or come up with words on your own!

Use These Words To Brainstorm!

waving brave free heart
kind bright bold proud

Your Verse

You're a grand old flag,

You're a _____ flag,

And forever may you _____.

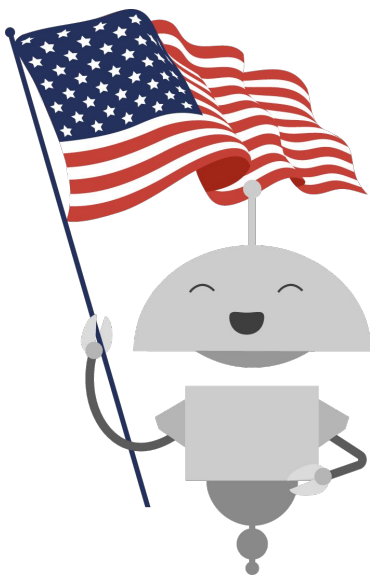
You're the symbol of _____,

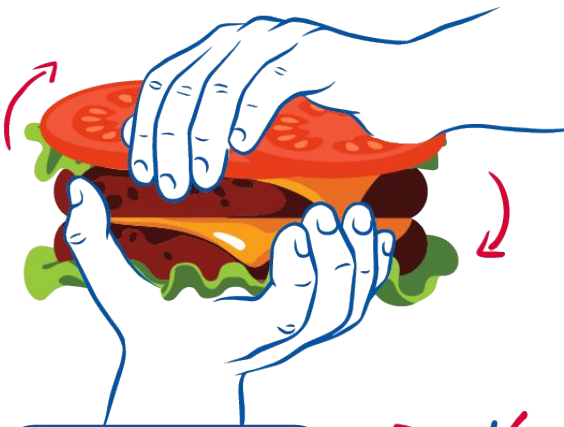
The land of _____ and _____.

Every _____ beats true,

Beneath the Red, White, and Blue.

Keep your eye on the grand old flag!

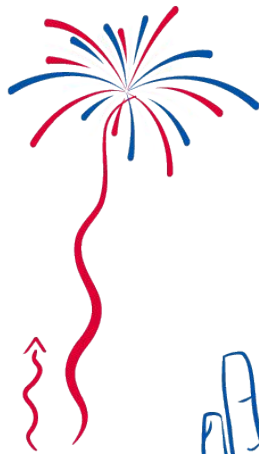




Hamburger



Flag



Fireworks



Baseball



Family