



Day 22 : How Things Fly

So You Wanna Fly?

Of course you do! Flying looks amazing and fun. All you need to do is copy birds, bees, butterflies and other flying things, by doing these 4 SIMPLE steps.

How to fly in 4 easy steps:

Step 1) Streamline your body - You need to move forward fast in order to fly. As you move forward air pushes against you, that's called **Drag**. Make it so that you have less drag by streamlining your body, that helps air slide past you and creates less drag. Simply reshape your body into the shape of a dart, or an arrow. Easy!

Step 2) Make Thrust - OK, so you've minimized drag, good job. Now you also need to move forward really fast, that's called **Thrust**. So while you are in the streamline shape, run fast... really, really fast!

Step 3) Get Really Light - You're doing great, but you are too heavy! You need to overcome **Gravity** that's pulling you down. Try making your bones hollow like a bird so that they weigh less. Or maybe shrink yourself down to the size of a bee!

Step 4) Flap Your Wings - Ok, last step - flap your wings! Your wings create an upward force called **Lift**. The shape is important. So simply reshape your arms into wings and fly! Oh, and you need big flapping muscles in your chest to power your wings. No problem! Just grow your chest muscles out another 6 feet and you should be ready to go!



Make Your Own Flying Toys

OK, so maybe flying is tougher than I thought. How about instead you make your own things that fly!

Kite

Kites are awesome flying toys and you can make them with things in your house. **Fun Fact:** There's also a type of bird called a kite.

Here are three of our favorite simple kite designs that you can make.

[Design #1](#) | [Design #2](#) | [Design #3](#)



Paper Airplanes

Paper Airplanes are another really easy flying toy and there are many designs to choose from. Grab some paper and head over to [this great website](#) for step by step guides on how to make your own paper airplanes. Our favorites ones to do with kids are the **Basic Dart** and the **Stable**.

Challenge for the day: Make some airplanes and see which ones stay in the air the longest. Which ones go the furthest?

You can also make [giant bubbles](#) and [bottle rockets](#). These are a little more complicated, but our summer campers love them and they are well worth the effort.

Share your Findings or Creations with us on [Facebook](#) and [Instagram](#)

Tomorrow's Theme: Earth Day Celebration
Time to explore! Head in the Clouds Chris