

E&S Resource Page WEEK 1 Introduction to Exploration

DAY 1

Activity 1. Winnie the Pooh's "expedition." <https://youtu.be/MN3Hc5AW1HI>

Activity 6. Ginger Cookie Recipe [Easy Chewy Ginger Cookies Recipe | Allrecipes](#) or [Big Soft Ginger Cookies Recipe | Allrecipes](#) Both are great!

DAY 3

Activity 9. Here are links to tutorials on rowing exercises using resistant bands:

- https://youtu.be/57sd_Stmd5k
- <https://youtu.be/TVcUJbeotl0>
- <https://youtu.be/-SBEZrQ71Fo>

EXPLORE MORE

Activity 1. Websites about the Phoenicians:

- Phoenicians around Africa (5 min) <https://youtu.be/0tyUMssb60A>
- <https://www.nationalgeographic.org/article/first-rulers-mediterranean/>
- Phoenician Ships: <https://exploration.marinersmuseum.org/watercraft/phoenician-ships/>
- Archaeological Site of Carthage
http://whc.unesco.org/?cid=31&l=en&id_site=37&gallery=1&index=1&maxrows=12

DAY 4

Activity 4, MOON, b: Oreo Moon Phase Cookies

Earth picture

