



watermelon.org

Watermelon Day

Activities, Decorations & Healthy Treats for Kids



WATERMELON
DAY



Throw a
Fun-filled
Watermelon
Celebration!



Watermelon Day!



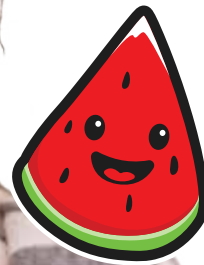
Create

Learn

Snack

& Play

Yay for
Watermelon
Day!



We all know the joy of juicy, **delicious watermelon**.

And yet, there's so much more! From the stripy rind to the first mouthwatering bite, it's the year-round, healthy produce that's perfect for parties!

Welcome to Watermelon Day—where kids create, learn, snack and play!

With watermelon's vibrant colors and incredible taste, creating fun decorations and dishes for a backyard party or birthday celebration is easy. Or, add some activity sheets and crafts to the mix for a "learn and play" event that inspires creativity and encourages healthy eating, while teaching how to create less food waste.

This guide is full of engaging activities to introduce kids to the wonders of watermelon. Keep it simple and choose one idea from each category or go all out and try multiple ideas for a watermelon-packed event.

Wishing you lots of tasty fun!

Your friends at the National Watermelon Promotion Board



For activities,
recipes & décor,
visit
[watermelon.org/
watermelonday](http://watermelon.org/watermelonday)

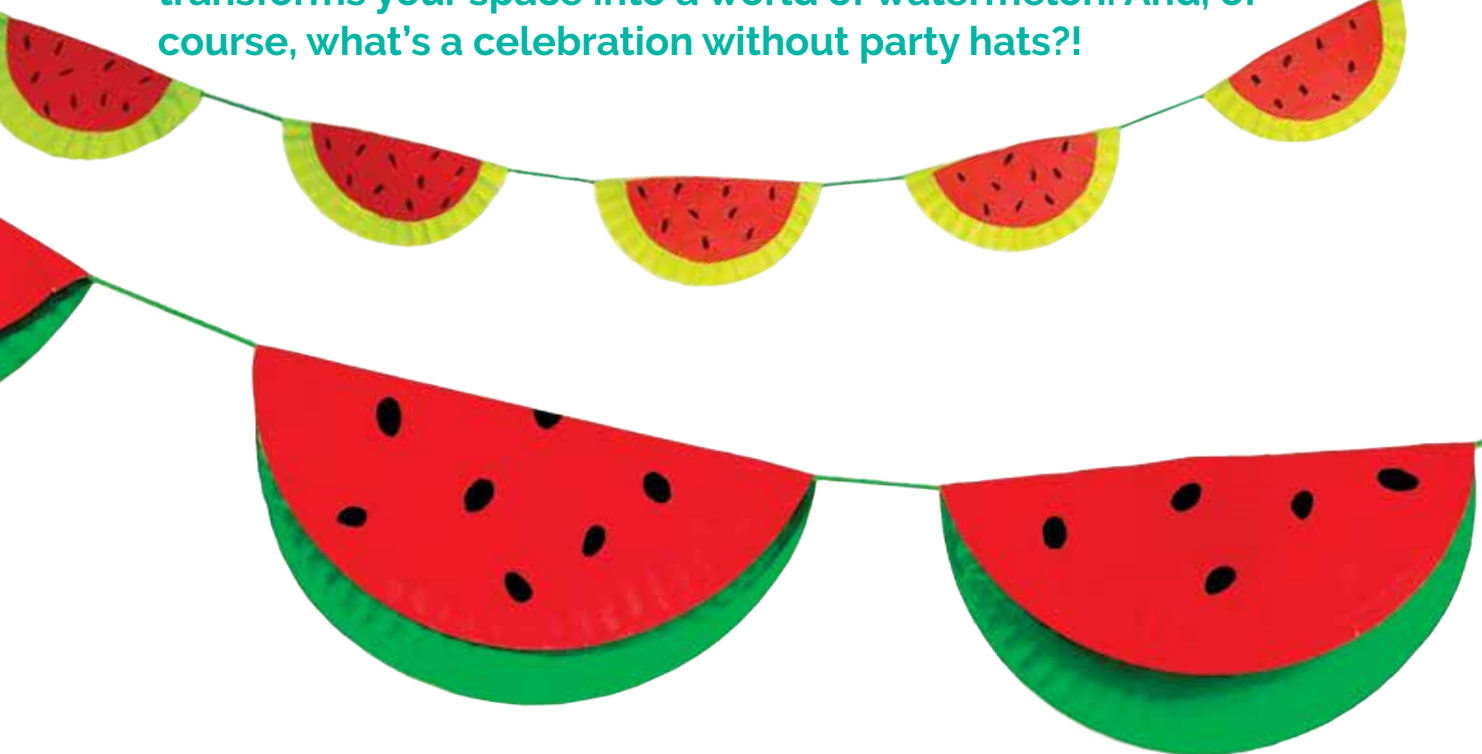
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Décor & Favors

Set the scene for a watermelon party!

A bright backdrop of balloons, bunting and a bulletin board transforms your space into a world of watermelon. And, of course, what's a celebration without party hats?!



Whimsical watermelon bunting

see template ★

It's a cinch to create festive **bunting** from everyday items. Combine cupcake liners and paper for smaller settings. For a larger space, paint paper plates red and black on one side and green on the other. Fold plates over strands of yarn and tape closed on the inside.



Perfectly ripe party hats

see template ★

Ask kids to wear red, pink or green for your special day and then hand out watermelon **party hats**. Construction paper or colored cardstock make great bases to start with. Then simply embellish them, using markers, rickrack and scraps of paper.



Have a ball with water(melon) balloons!

Add pops of color to your day with red, pink and green **balloons**. Draw seeds and stripes on inflated balloons with black and green permanent markers. Then, dip cotton balls into cornstarch and lightly dab the designs to set. Tape them to bulletin boards, tables and walls. Or, for sky-high fun, use helium balloons.



Find templates & directions at watermelon.org/watermelonday



Create a space where watermelon reigns supreme

Show your kids that you are all in with choosing a happy, healthy lifestyle. A few days before your celebration, spend some time talking about your upcoming Watermelon Day while creating a bulletin board together. Then make yourself an easy-to-assemble crown to wear on the big day!

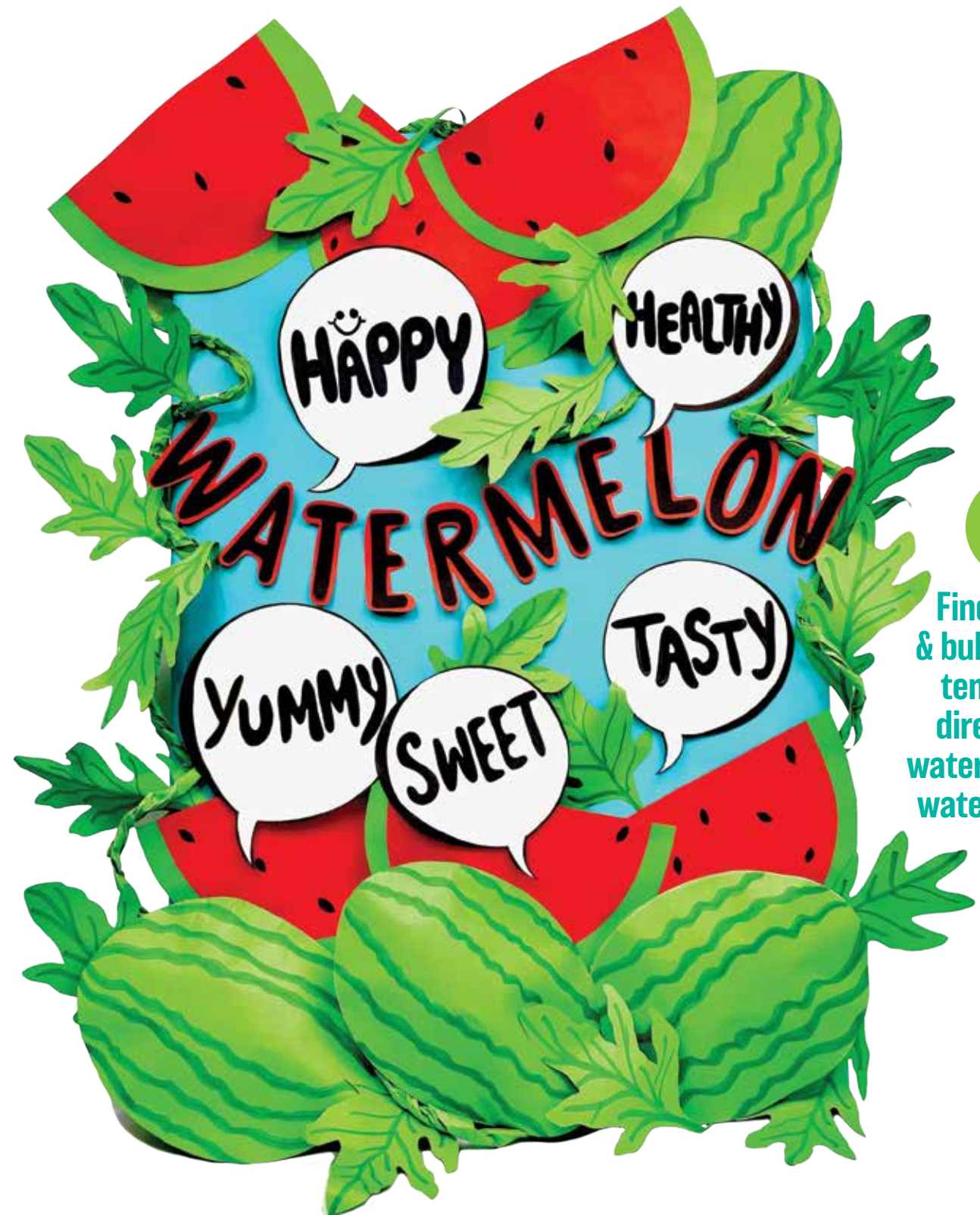
Give yourself the royal treatment see template

Become an instant Watermelon Day king or queen with a choice of two different **crowns**. Print and trace templates onto red and green construction paper or cardstock. Decorate with stripes and seeds details, rickrack, ribbon, beads or glitter.



Bold, bright bulletin board! see template

Cover your **bulletin board** background in bright blue paper and add your watermelon message. Create watermelons and leaves with red and green construction paper and markers. Add dimension by stuffing watermelons with crumpled-up paper and taping them closed before adding them to the board.



 Find crowns & bulletin board templates & directions at watermelon.org/watermelonday

Crafts & Curriculum



see activity



Find activity sheet, coloring page & suncatcher template & directions at watermelon.org/watermelonday

Learning has never been this sweet!

Think language, science, math and art, all with a healthy, delicious spin! Hands-on projects plus activity sheets, a.k.a., craftivities, can help kids better grasp what they are learning.

Keeping your kids' attention spans in mind, decide on how much time you have and then take your pick from different activities and crafts. Here are some creative ideas to try!

Start off learning by serving up watermelon slices or bites. Add even more fun (and avoid sticky fingers) with slices on sticks. It makes cleanup a breeze and kids love it! Pair the slices with a light engaging lesson. Try **1 Slice + 5 Senses!** activity sheet for a tasty science and writing exercise that kids can work on individually or in a group. For budding young artists, hand out coordinating **Watermelon Slice Popsicles** coloring sheets with crayons.

Watermelon Slice Popsicles

Ingredients

Watermelon slices (one per child), cut to triangular wedge shapes, about 1/2"-1" thick

Instructions

Insert popsicle sticks into each rind. For a frozen treat on a warm day, freeze the slices before serving.



see template

Let the sun shine with a fun farm-to-table lesson and simple art project. Pass out **Watermelon's Best Friends** activity sheets. Once kids learn about the sun's role in a watermelon's life, they can create colorful watermelon **suncatchers** with construction paper and tissue paper.

One set of supplies. Three different creations!

If you made the decorative bunting from page 4, you might have some leftover plates—perfect for these little projects! With just a few art supplies, you have instant kid-friendly crafts. Give kids a visual aid by sharing whole and sliced watermelon, pointing out that they come with and without seeds.

Turn this creative time into a complete learning experience by adding activity sheets to the mix. **Drink Your Watermelon** and **Make a Happy, Healthy Plate!** make great choices.

Wacky wedges for the win

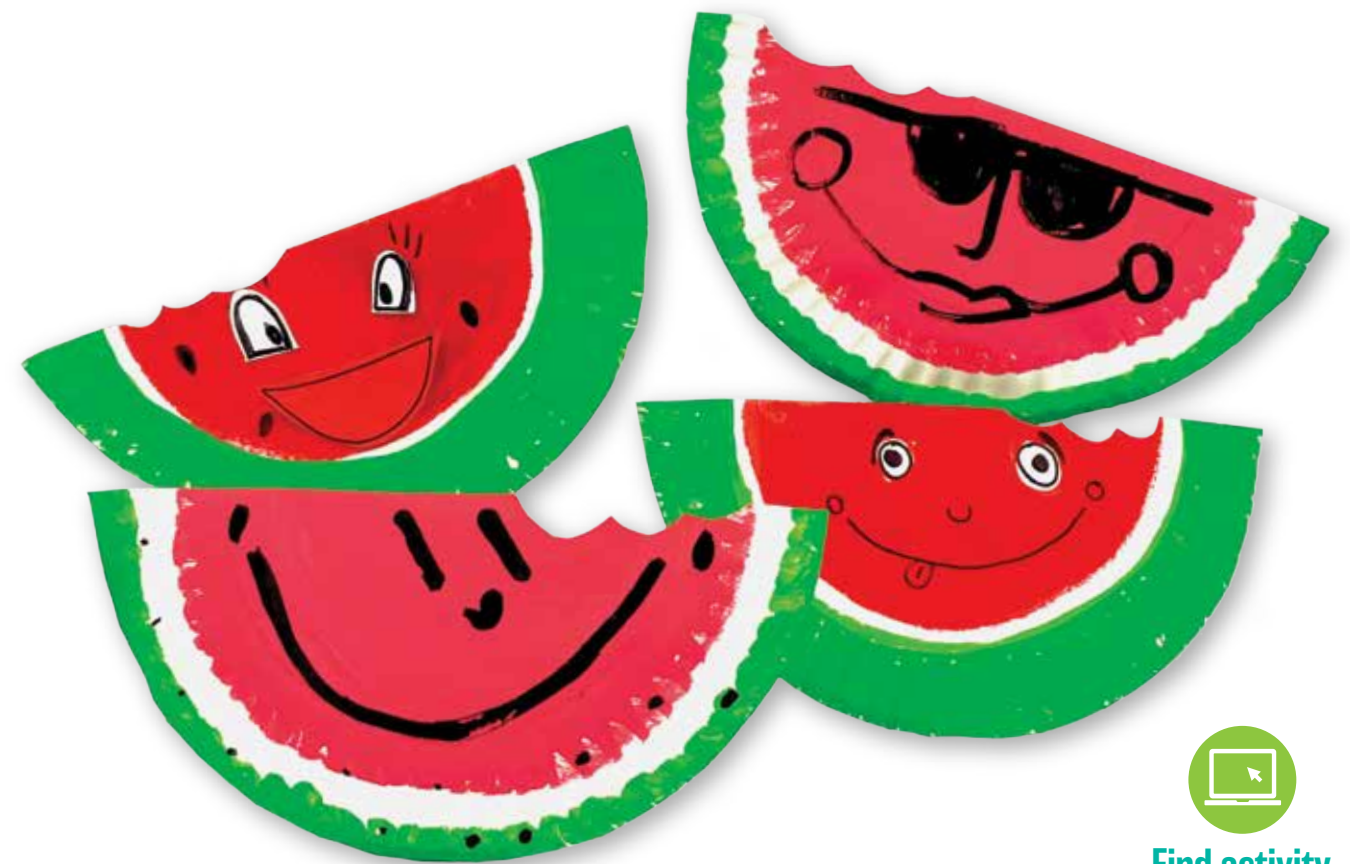
Cut paper plates up into triangular wedges. Kids can bring their pre-cut **wacky wedges** to life with paint and markers and even create an entire family of funny faces!



Serve a watermelon pizza before or after this craft. See page 17 for details.

Plate up a watermelon pizza

Let kids make colorful **watermelon pizza plates** with their mediums of choice. Then, give them safety scissors to cut out slices.



Find activity sheets at watermelon.org/watermelonday

It's all smiles for watermelon

Kids will love adding a different watermelon face to each side of a folded paper plate. **Bonus** – the craft stands on its own! Once the plates are dry, you can add “little bites” to the **smiley slices** with scissors.

Supplies for wacky wedges, watermelon pizza plates and smiley slices

- Package of white paper plates
- Assortment of tempera or non-toxic acrylic paints, crayons, colored pencils and markers in red, pink, green and black
- Cups for paint
- Paint brushes
- Scrap paper
- Googly eyes
- White school glue
- Safety scissors



Write, count & create with flesh, juice & rind!

From slippery creations to counting with seeds, these whimsical watermelon projects keep your kids busy and learning. Your little watermelon experts-in-training will practice their language and math skills while learning how to avoid food waste.

Discover all the juicy details right along with your kids by working on **Eat The Whole Watermelon!** activity sheets. The crafts below make great companion projects for it, continuing the use the whole watermelon theme.

Easy peasy watermelon squeezy

For this watermelon **sensory squish bag**, add $\frac{1}{4}$ cup of clear hair gel and a few drops of red food coloring (for flesh and juice) to a resealable plastic bag. Then, drop in some dry black beans for the seeds.

Seal it securely shut with duct tape before adding a second layer of green painter's tape for the rind. Draw stripes on it with a green permanent marker. Smoosh all the ingredients together until well combined.

Little fingers can squeeze, pinch and doodle! It's a great exercise for writing site words and numbers, counting, and drawing, all while working on their ever-important fine motor skills.



It's a treat to piece together!

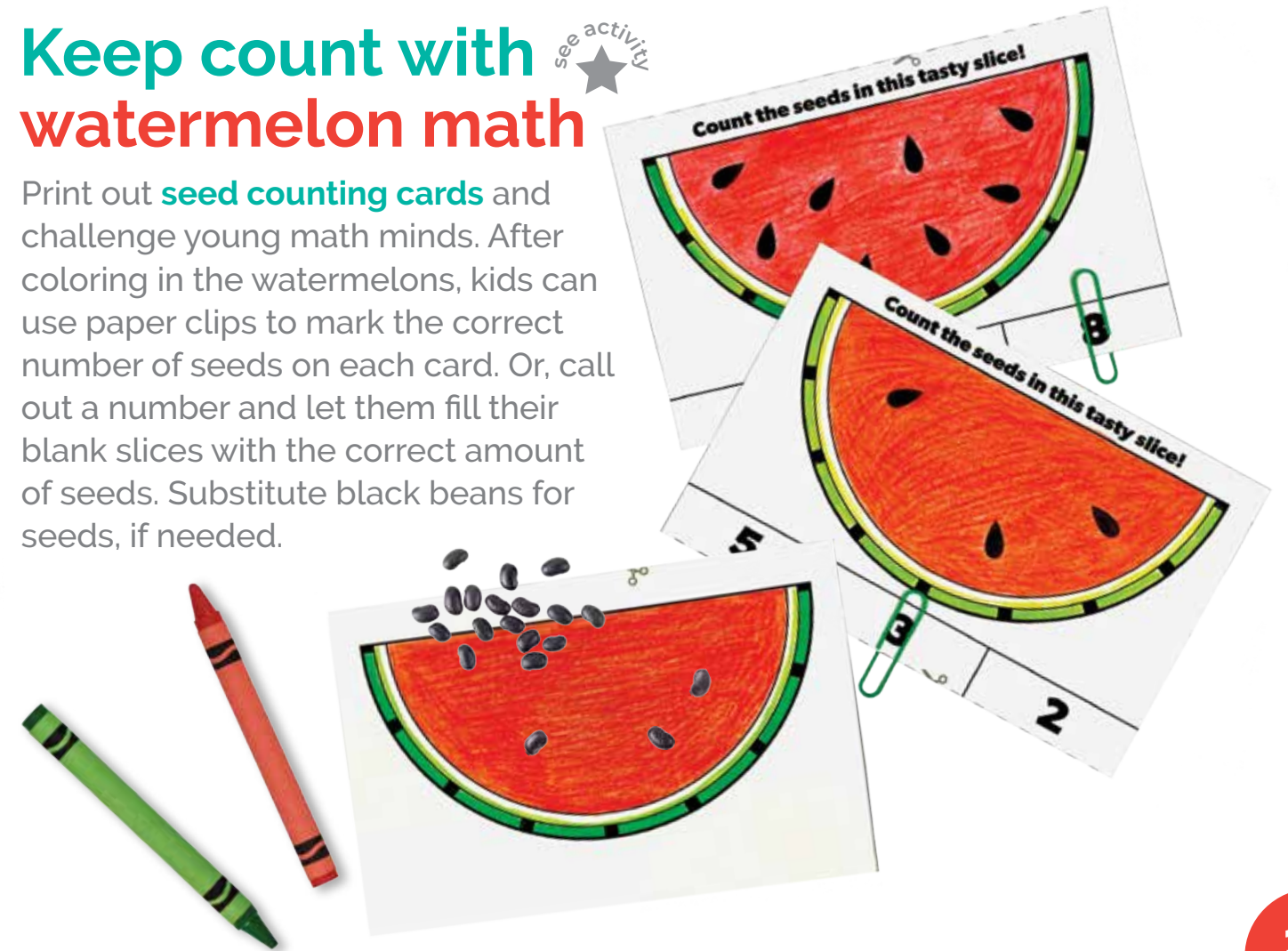
Using the **build a slice** template, you or your kids can trace flesh, juice and rind onto construction paper or cardstock and cut out. As kids assemble their slices with glue, review what they just learned about watermelon's three edible parts.



Find activity sheets & build a slice template & directions at watermelon.org/watermelonday

Keep count with watermelon math

Print out **seed counting cards** and challenge young math minds. After coloring in the watermelons, kids can use paper clips to mark the correct number of seeds on each card. Or, call out a number and let them fill their blank slices with the correct amount of seeds. Substitute black beans for seeds, if needed.



Snacks, Treats & Drinks




For more
kid-friendly
recipes visit
watermelon.org

Get ready to dig in!

You can't host a Watermelon Day without enjoying a juicy bite or two or three! Create a watermelon-inspired menu and watch it disappear in no time.

There are plenty of healthy, crowd-pleasing watermelon recipes that are unexpectedly easy to make. Start by deciding when you would like to take a snack or treat break with your kids and then choose the perfect one. From watermelon cupcakes to an edible centerpiece, kids will marvel at your creations! (See pages 9-10 for craft and curriculum pairings.)

If you're thinking of something that's even simpler (and happens to be incredibly refreshing as well), blend up some watermelon cubes for juice. Add "seeds and rinds" to party cups to keep the juice artfully contained!

Watermelon Juice

36 1-cup servings, depending on watermelon size

Ingredients

1 watermelon, washed and cut into chunks

Instructions

Blend 2-3 cups of watermelon chunks at a time until smooth. Strain into a serving pitcher.

Sassy sippers

Wrap the base of red **party cups** with green painter's tape. Draw stripes on the tape and seeds on the cup with green and black permanent markers. After filling with juice, top off with lids and red straws.



Turn kids' all-time faves into yummy, nutritious bites!

Tasty classics like pizza and cookies become wholesome sweets when watermelon is the star ingredient. Just top with yogurt, fresh fruit and granola. Or, make a big splash with a cool carving full of watermelon cubes for your kids.

A platter of brown sugar, beach toys and shells complete the scene.



Surf Wave

1. Wash 1 oval or round-shaped watermelon under cool water. Pat dry.
2. On a cutting board, place the watermelon on its side and use a kitchen knife to cut off 1/4"-1/2" from the stem end, being careful not to cut too deep into the white part of the rind. This will provide a sturdy base.
3. Using a green, washable dry-erase marker, draw a wave from the top of the watermelon halfway down, similar to a backward C. Repeat on the other side to form a wave.
4. Use a paring knife to carefully cut away the parts of the watermelon that you will not be using. Use a spoon to hollow out the watermelon, reserving the inside watermelon in a bowl. Cut up the saved watermelon and fill your carving with it.



Sweet Watermelon Pizza

Servings vary
Spread Greek yogurt over 1 watermelon round cut (1"-thick), leaving room to hold the rind. Sprinkle watermelon pizza with shredded coconut, mint, berries of choice and slivered almonds.

Watermelon Cupcakes

8 servings
Place 8 cupcake liners in an 8-cup cupcake tin. Cut 3"-thick slices of seedless watermelon. Cut round cupcake-sized pieces out of slices. Put a watermelon cupcake in each liner. Place a dollop of yogurt or frosting and a watermelon ball on each cupcake or decorate with sprinkles.



Frosted Watermelon Cutouts

Servings vary
Use cookie cutters to cut shapes out of a 1/2"-3/4"-thick slice of seedless watermelon or classic cut watermelon wedges. Frost with vanilla or another flavored yogurt and sprinkle with granola.



Fun & Games

Move & play the watermelon way!

Exercise is part of a healthy lifestyle. So, of course, Watermelon Day includes some get-up-and-get-moving activities.

Whether embracing summery feelings during a winter's day inside or heading outside for a dose of fresh, spring air, here are some ideas for making wild watermelon memories with kids, that work both indoors and out!

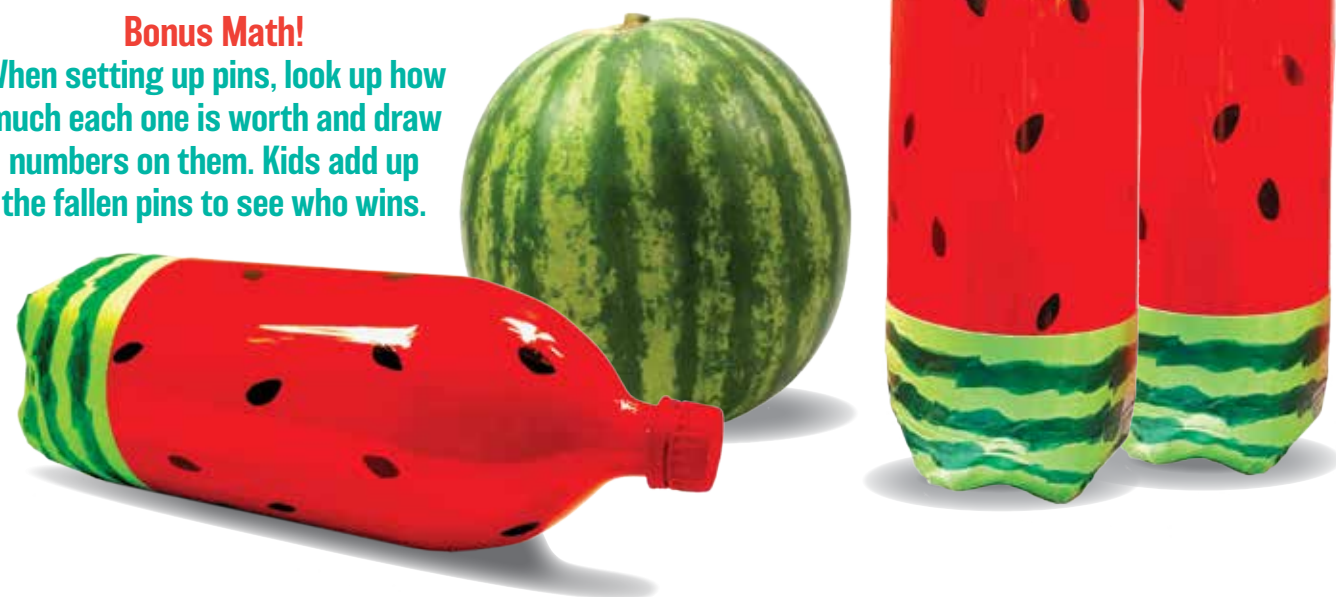
Strike out with seeds & stripes

Make **watermelon bowling** pins with empty, 2-liter plastic bottles. Using a 16-oz. bottle of acrylic paint, squirt a small amount of paint inside a plastic bottle and shake until the interior is coated. Repeat with other bottles. Add a line of hot glue to the caps before replacing. Paint the caps red and wrap the bases with green painter's tape.

Draw stripes on the tape and seeds on the bottles with green and black permanent markers. Set up the pins, and let kids gently roll the watermelon bowling ball. It's great motor skills practice!

Bonus Math!

When setting up pins, look up how much each one is worth and draw numbers on them. Kids add up the fallen pins to see who wins.



Picture perfect with funny photo props see template

Print out **photo props**, cut them out and attach them to foam core or cardboard with a glue stick or spray adhesive. Insert wooden dowels, chopsticks or popsicle sticks into the foam core or tape to the back of it. Kids can ham it up with the props as you snap away, creating Watermelon Day mementos.



Find photo props at watermelon.org/watermelonday

