



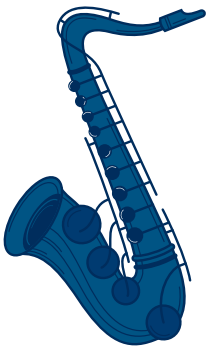
Ochsner
Children's

Jazz Fest Tent at HOME



Ochsner

Education Outreach



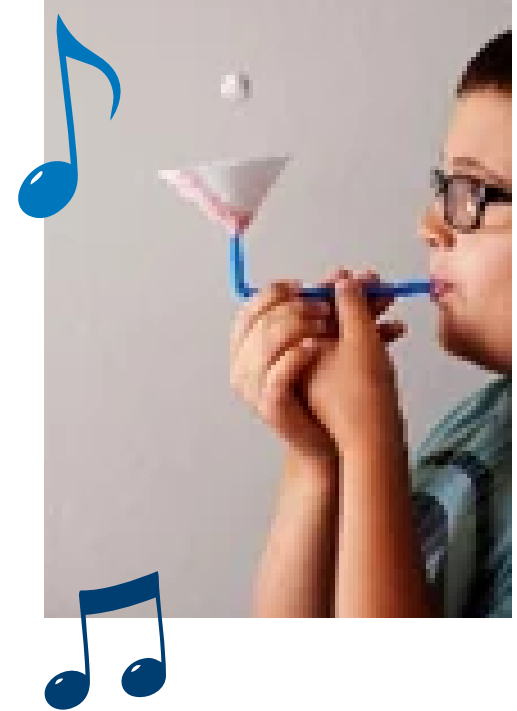
Hold That Note

AT-HOME EDITION



Supplies:

- 1 Bendy Straw
- Tape
- Paper funnel
- One lightweight object:
 - Cotton ball (best option)
 - Small piece of tissue
 - Feather
 - Very light paper ball



Build Steps:

1. Bend your straw slightly
2. Attach the straw to a funnel or rolled paper using tape or clay.
3. Hold the straw vertically.
4. Place your cotton ball (or other object) above the opening.
5. Gently blow air through the straw to lift the object.

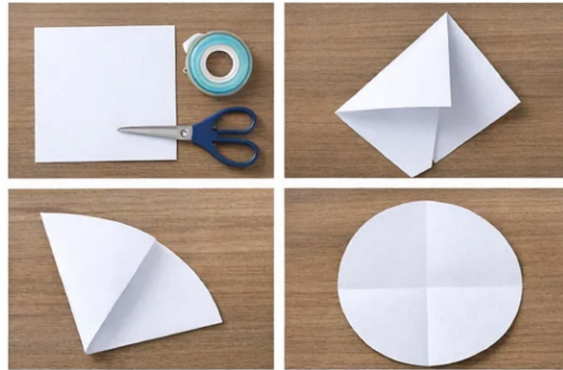


Make a Paper Funnel

SIMPLE STEPS

Step 1: Make a Paper Circle

1. Get paper, scissors, and tape.
2. Cut the paper into a square.
3. Fold in half diagonally.
4. Fold in half again.
5. Cut the rounded edge.
6. Unfold to a circle.



Step 2: Turn the Circle Into a Cone

1. Cut out one-quarter.
2. Overlap the edges.
3. Tape into a cone.



Step 3: Make the Hole

1. Flatten the cone.
2. Cut a small upside-down "V".
3. Open the cone.
4. Make the hole bigger if needed.



Your paper funnel is ready to use!











Hold That Note

CHALLENGE



Instructions:

1. Set a timer (phone, watch, or online timer).
2. Start the timer when you begin blowing.
3. Keep the object floating as long as possible using one steady breath.
4. Stop the timer when the object falls.

Time	Music-Themed Breathing Category
3-5 seconds	 The Warm-Up Beat – Just getting the rhythm
6-10 seconds	 Wind Section – Strong, steady airflow
11-15 seconds	 Blowharmonics – Air control in harmony
16-20 seconds	 Airy Styles – Smooth and stylish
21-25 seconds	 Breathoncé – Slaying the breath game
26+ seconds	 Air Supply Crew – Unlimited air pros

Reflection Questions:

- What helped you keep the object up longer?
- How is this similar to singing or playing a wind instrument?
- What would you change to improve your time?



Eat the Rainbow CHALLENGE



Choosing a variety of foods from each food group is important for our health! Make a game out of healthy eating by “eating the rainbow” using the chart below! Every day, aim to eat at least five servings of the foods below. Take your crayons and fill in the corresponding space with the color of fruit or vegetable you ate!

	1	2	3	4	5
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

RED: Tomato, radishes, strawberries, rhubarb, cherries, red grapes, raspberries, watermelon

ORANGE/YELLOW: Carrots, lemons, sweet potato, pumpkin, pineapples, mangoes, corn, oranges, squash, peaches, nectarines, apricots, grapefruit

GREEN: Spinach, asparagus, avocados, broccoli, peas, green apples, green grapes, limes, kiwi, green beans, lettuce, cabbage, celery, cucumber

BLUE/PURPLE: Beets, red cabbage, blackberries, blueberries, purple grapes, plums

BROWN/WHITE: Cauliflower, brown pears, mushrooms, white peaches, garlic, bananas, potatoes, dates, onions, ginger, parsnips, turnips





At-Home Hydration CHALLENGE

Can't make it out to the festival? You can still join the fun! The At-Home Hydration Challenge helps families build healthy hydration habits right from home—whether you're relaxing, running errands, or spending time together.

Participants can complete hydration tasks throughout the day at their own pace.

How it Works (At Home)

1. Choose hydration challenges from the list below
2. Complete challenges together or individually
3. Scan the QR code or visit the Hydration Challenge check in link to share your progress
4. Celebrate building healthy habits as a family!

Jazz Fest Hydration Challenge

Scan to [check in](#) and fill out the form





At-Home Hydration CHALLENGE

1. Take 5 sips of water before screen time
2. Eat a fruit or vegetable that contains a lot of water
3. Every time you pass the kitchen, take a sip of water
4. Track how many cups of water you drink in one day
5. Drink water before and after a meal
6. Drink water after physical activity, such as walking, playing outside, or exercising
7. Stretch for 30 seconds, then hydrate
8. Family Water Break: Everyone drinks water together
9. Decorate your water bottle or cup



