

The background of the title section is a close-up, slightly blurred image of the American flag, showing the stars and stripes in a dynamic, waving pattern. The colors are vibrant, with the blue field of stars and the red and white stripes being prominent.

# **FOURTH OF JULY Activity Book**

*from my family to yours*

This is a collection of the activities we do with our kids to celebrate our nation's most important day. We do things like sing national songs together (mostly out of tune), read the constitution piecemeal to see who can remember the most words, color national flags, learn the anatomy of our national animal, test each other's knowledge by taking quizzes, mapping out the country and its states and capitols, get totally lost in mazes, discover the secrets of the great seal, go on themed treasure hunts, and most importantly, cook together to make a fantastic meal for everyone to share.

Even if you live in another country, you can still use this document as inspiration for writing your own to honor the country and its hardworking people. Feel free to adjust this to use for your family as you see fit, and many happy fireworks to you!

# Constitution

We the People of the United States, in Order to form a more perfect Union, establish Justice, insure domestic Tranquility, provide for the common defence, promote the general Welfare, and secure the Blessings of Liberty to ourselves and our Posterity, do ordain and establish this Constitution for the United States of America...

Full version is found here: [http://www.archives.gov/exhibits/charters/constitution\\_transcript.html](http://www.archives.gov/exhibits/charters/constitution_transcript.html)



# The Declaration of Independence

When in the Course of human events, it becomes necessary for one people to dissolve the political bands which have connected them with another, and to assume among the powers of the earth, the separate and equal station to which the Laws of Nature and of Nature's God entitle them, a decent respect to the opinions of mankind requires that they should declare the causes which impel them to the separation.

We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness.--That to secure these rights, Governments are instituted among Men, deriving their just powers from the consent of the governed...

Full version is found here: [http://www.archives.gov/exhibits/charters/declaration\\_transcript.html](http://www.archives.gov/exhibits/charters/declaration_transcript.html)

# America the Beautiful

*Words by Katharine Lee Bates,  
Melody by Samuel Ward*

O beautiful for spacious skies,  
For amber waves of grain,  
For purple mountain majesties  
Above the fruited plain!  
America! America!  
God shed his grace on thee  
And crown thy good with brotherhood  
From sea to shining sea!

O beautiful for pilgrim feet  
Whose stern impassioned stress  
A thoroughfare of freedom beat  
Across the wilderness!  
America! America!  
God mend thine every flaw,  
Confirm thy soul in self-control,  
Thy liberty in law!

O beautiful for heroes proved  
In liberating strife.  
Who more than self their country loved  
And mercy more than life!  
America! America!  
May God thy gold refine  
Till all success be nobleness  
And every gain divine!

O beautiful for patriot dream  
That sees beyond the years  
Thine alabaster cities gleam  
Undimmed by human tears!  
America! America!  
God shed his grace on thee  
And crown thy good with brotherhood  
From sea to shining sea!

O beautiful for halcyon skies,  
For amber waves of grain,  
For purple mountain majesties  
Above the enameled plain!  
America! America!  
God shed his grace on thee  
Till souls wax fair as earth and air  
And music-hearted sea!



O beautiful for pilgrims feet,  
Whose stem impassioned stress  
A thoroughfare for freedom beat  
Across the wilderness!  
America! America!  
God shed his grace on thee  
Till paths be wrought through  
wilds of thought  
By pilgrim foot and knee!

O beautiful for glory-tale  
Of liberating strife  
When once and twice,  
for man's avail  
Men lavished precious life!  
America! America!  
God shed his grace on thee  
Till selfish gain no longer stain  
The banner of the free!

O beautiful for patriot dream  
That sees beyond the years  
Thine alabaster cities gleam  
Undimmed by human tears!  
America! America!  
God shed his grace on thee  
Till nobler men keep once again  
Thy whiter jubilee!



# My Country 'Tis of Thee

By Samuel Francis Smith, 1831

My country, 'tis of thee,  
Sweet land of liberty,  
Of thee I sing;  
Land where my fathers died,  
Land of the pilgrims' pride,  
From ev'ry mountainside  
Let freedom ring!

My native country, thee,  
Land of the noble free,  
Thy name I love;  
I love thy rocks and rills,  
Thy woods and templed hills;  
My heart with rapture thrills,  
Like that above.

Let music swell the breeze,  
And ring from all the trees  
Sweet freedom's song;  
Let mortal tongues awake;  
Let all that breathe partake;  
Let rocks their silence break,  
The sound prolong.

Our fathers' God to Thee,  
Author of liberty,  
To Thee we sing.  
Long may our land be bright,  
With freedom's holy light,  
Protect us by Thy might,  
Great God our King.



# Star Spangled Banner

by Francis Scott Key, 1814

Oh, say can you see by the dawn's early light  
What so proudly we hailed at the twilight's last gleaming?  
Whose broad stripes and bright stars thru the perilous fight,  
O'er the ramparts we watched were so gallantly streaming?  
And the rocket's red glare, the bombs bursting in air,  
Gave proof through the night that our flag was still there.  
Oh, say does that star-spangled banner yet wave  
O'er the land of the free and the home of the brave?

On the shore, dimly seen through the mists of the deep,  
Where the foe's haughty host in dread silence reposes,  
What is that which the breeze, o'er the towering steep,  
As it fitfully blows, half conceals, half discloses?  
Now it catches the gleam of the morning's first beam,  
In full glory reflected now shines in the stream:  
'Tis the star-spangled banner! Oh long may it wave  
O'er the land of the free and the home of the brave!

And where is that band who so vauntingly swore  
That the havoc of war and the battle's confusion,  
A home and a country should leave us no more!  
Their blood has washed out their foul footsteps' pollution.  
No refuge could save the hireling and slave  
From the terror of flight, or the gloom of the grave:  
And the star-spangled banner in triumph doth wave  
O'er the land of the free and the home of the brave!

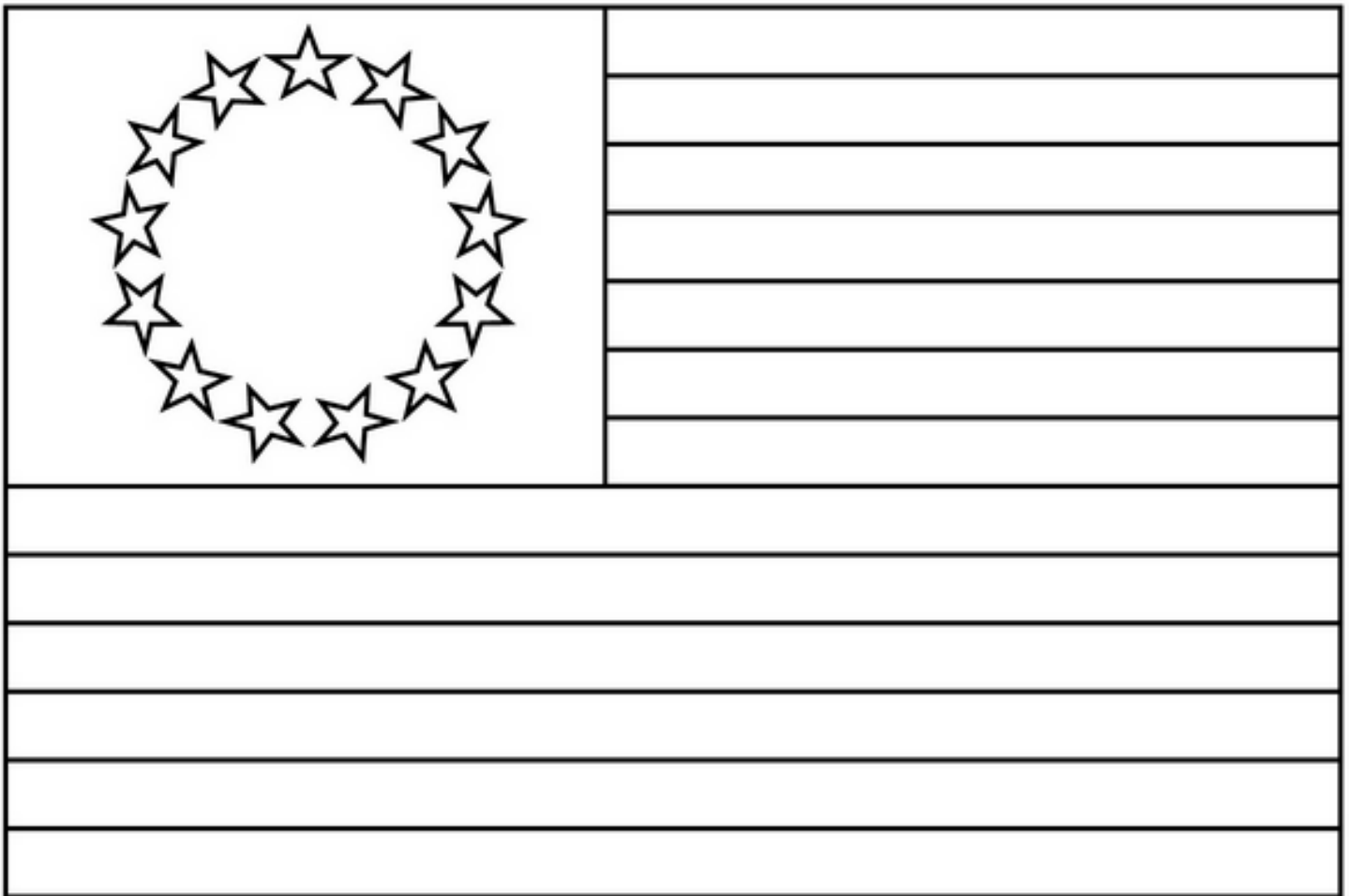
Oh! thus be it ever, when freemen shall stand  
Between their loved home and the war's desolation!  
Blest with victory and peace, may the heav'n rescued land  
Praise the Power that hath made and preserved us a nation.  
Then conquer we must, when our cause it is just,  
And this be our motto: "In God is our trust."  
And the star-spangled banner in triumph shall wave  
O'er the land of the free and the home of the brave!

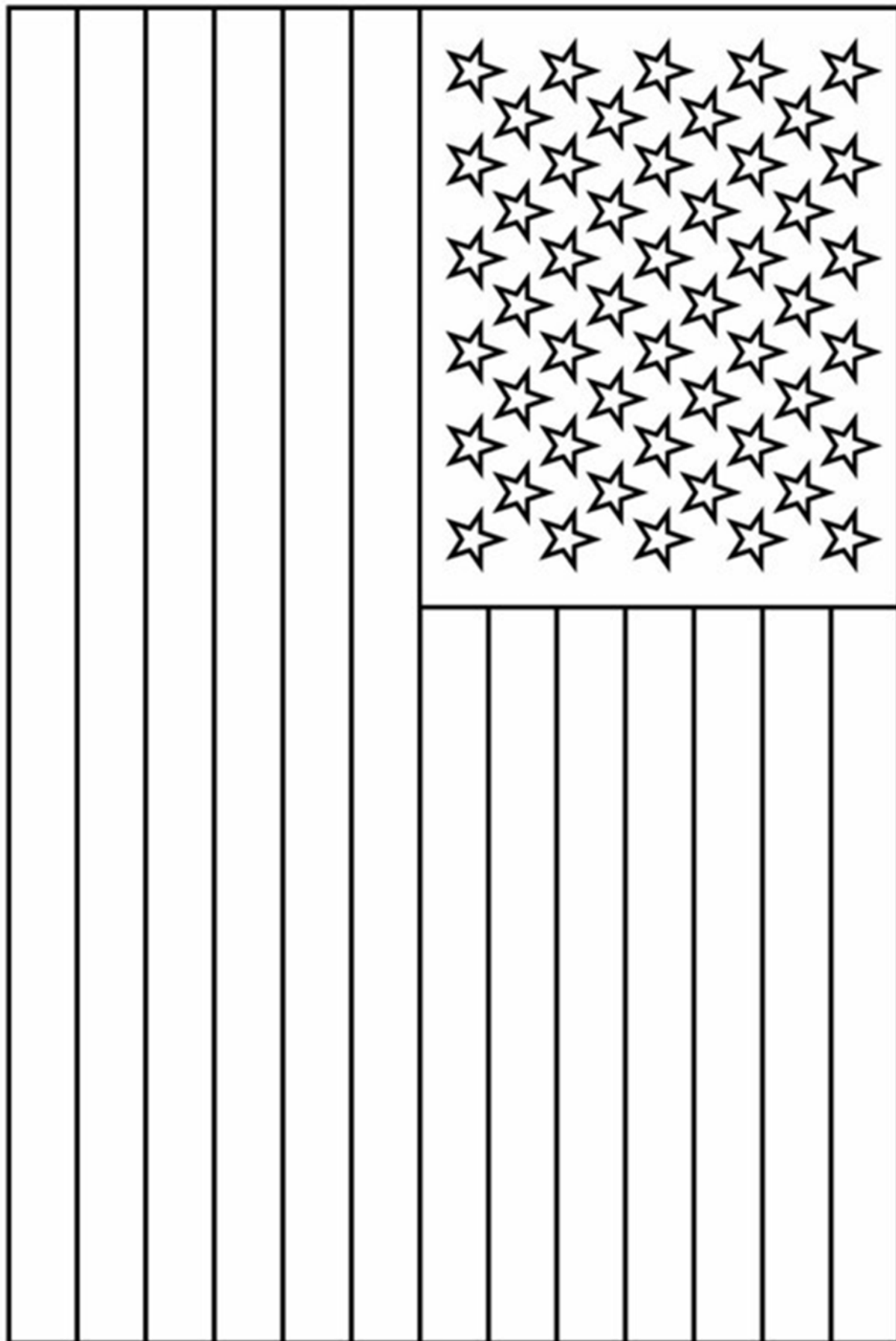


# Color the American Flags!

This flag was designed during the American Revolution first flag is the original flag of the 13 colonies. The background for the white stars is blue, and the stripes alternate between red and white, starting and ending with red.

The stars represent the original 13 colonies which were originally British Colonies on the Atlantic coast of North America founded between 1607 – 1733, which joined together to declare independence in 1776. The 13 colonies are: Connecticut, Delaware, Georgia, Maryland, Massachusetts, New Hampshire, New Jersey, New York, North Carolina, Pennsylvania, Rhode Island, South Carolina, and Virginia.





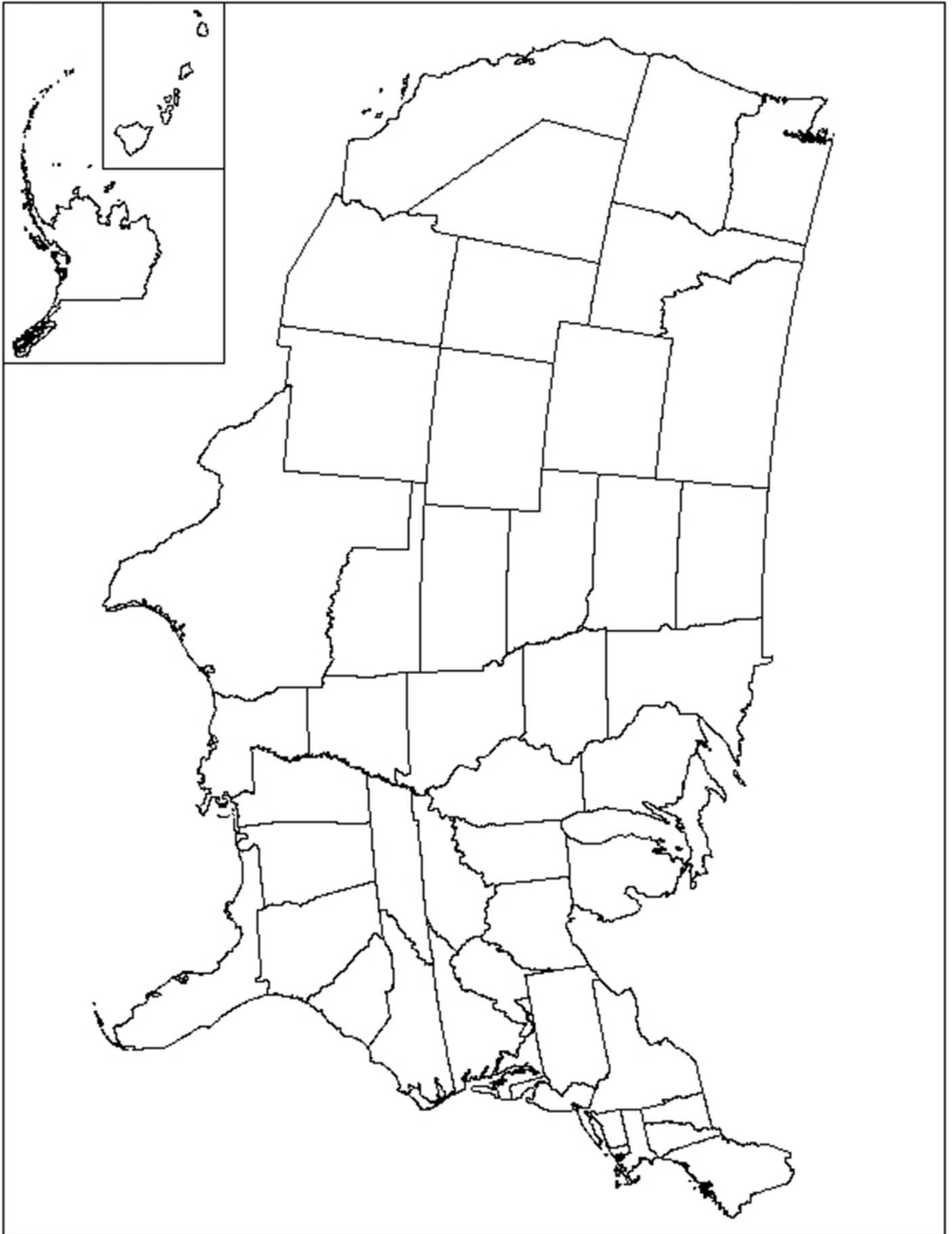
# Fourth of July Day Quiz

1. What year was the Declaration of Independence signed?
2. How many people signed the Declaration of Independence on July Fourth?
3. What do the 13 stripes on the American flag represent?
4. Who wrote the Declaration of Independence?
5. What day did most actually sign the Declaration of Independence?
6. Who was the first president of the United States?
7. What country did America declare independence from and right in the Revolutionary war?
8. Who wrote the Star Spangled Banner?
9. What are America's national colors?
10. For what battle was the Star Spangled Banner written?
11. Which three of the first five presidents died on the Fourth of July?
12. Which president was born on the Fourth of July?
13. What other countries celebrate the Fourth of July?
14. When did the Fourth of July become a legal federal holiday?
15. What is America's form of government?
16. What is America's national anthem?
17. What is America's national bird?
18. Where did the Mayflower land?



# Fourth of July Day Quiz (Answers)

1. What year was the Declaration of Independence signed? (1776)
2. How many people signed the Declaration of Independence on July Fourth? (Two)
3. What do the 13 stripes on the American flag represent? (The 13 colonies)
4. Who wrote the Declaration of Independence? (Thomas Jefferson)
5. What day did most actually sign the Declaration of Independence? (Aug. 2, 1776)
6. Who was the first president of the United States? (George Washington)
7. What country did America declare independence from and right in the Revolutionary war? (England)
8. Who wrote the Star Spangled Banner? (Sir Francis Thomas Key)
9. What are America's national colors? (Red, white, and blue)
10. For what battle was the Star Spangled Banner written? (War of 1812)
11. Which three of the first five presidents died on the Fourth of July? (John Adams, Thomas Jefferson and James Monroe.)
12. Which president was born on the Fourth of July? (Calvin Coolidge, the 30th president, in 1872.)
13. What other countries celebrate the Fourth of July? (Denmark, England, Norway, Portugal and Sweden.)
14. When did the Fourth of July become a legal federal holiday? (1938)
15. What is America's form of government? (A republic)
16. What is America's national anthem? (Star Spangled Banner)
17. What is America's national bird? (The bald eagle, the only eagle unique to North America.)
18. Where did the Mayflower land? (Plymouth, MA) Is there something written on the back of the Declaration of Independence? (Yes. There is a message written upside down at the bottom of the signed document: "Original Declaration of Independence dated 4th July 1776.")



# Map of the United States

Using the map of the United States, find the state where you live and label it. Now label as many states as you can, using the state's two-letter abbreviation using the information below. Also label the Atlantic and Pacific Oceans, the Gulf of Mexico, and the Great Lakes. Which states do you also know the capitals of?

Alaska	AK	Louisiana	LA	Ohio	OH
Alabama	AL	Massachusetts	MA	Oklahoma	OK
Arkansas	AR	Maryland	MD	Oregon	OR
Arizona	AZ	Maine	ME	Pennsylvania	PA
California	CA	Michigan	MI	Rhode Island	RI
Colorado	CO	Minnesota	MN	South Carolina	SC
Connecticut	CT	Missouri	MO	South Dakota	SD
Delaware	DE	Mississippi	MS	Tennessee	TN
Florida	FL	Montana	MT	Texas	TX
Georgia	GA	North Carolina	NC	Utah	UT
Hawaii	HI	North Dakota	ND	Virginia	VA
Iowa	IA	Nebraska	NE	Vermont	VT
Idaho	ID	New Hampshire	NH	Washington	WA
Illinois	IL	New Jersey	NJ	Wisconsin	WI
Indiana	IN	New Mexico	NM	West Virginia	WV
Kansas	KS	Nevada	NV	Wyoming	WY
Kentucky	KY	New York	NY		

# 4th of JULY



## Word Search



L	E	S	T	E	Q	S	I	X	G	F	C	I	I	L
M	D	F	U	N	E	W	A	G	A	E	J	X	N	C
W	F	L	N	P	A	V	R	O	L	M	B	U	D	O
K	B	P	I	C	N	I	C	E	F	O	R	R	E	Y
J	P	R	V	B	P	K	B	J	D	D	B	Y	P	M
R	T	K	K	E	F	R	X	G	P	E	M	P	E	J
S	U	R	A	S	A	T	B	Q	A	E	F	O	N	X
X	L	H	T	T	M	S	A	B	A	R	W	B	D	U
H	T	A	I	T	I	Z	K	C	S	F	Q	T	E	H
Y	R	O	B	P	L	Y	R	F	I	U	O	X	N	F
S	N	G	I	B	Y	Q	P	S	S	R	M	O	C	P
V	Y	I	A	J	J	R	M	X	F	X	E	M	E	W
R	F	L	S	K	R	O	W	E	R	I	F	M	E	F
F	A	I	U	P	E	F	E	T	I	H	W	X	A	R
T	C	L	I	J	L	G	I	T	B	E	P	E	G	K

AMERICA  
BLUE  
CELEBRATION  
FAMILY  
FIREWORKS  
FLAG  
FREEDOM  
FUN

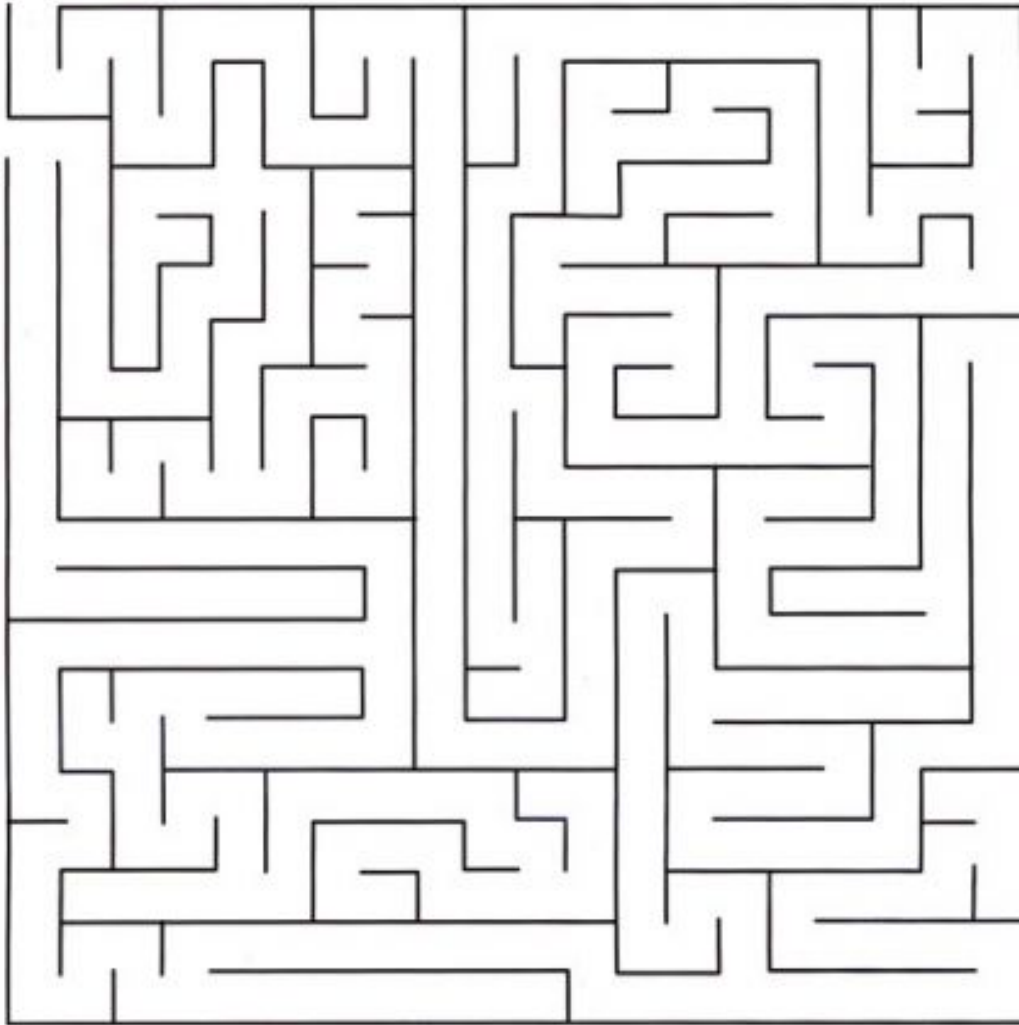
INDEPENDENCE  
JULY  
PICNIC  
RED  
STARS  
STRIPES  
SUMMER  
WHITE

# 4th of July MAZE



Start

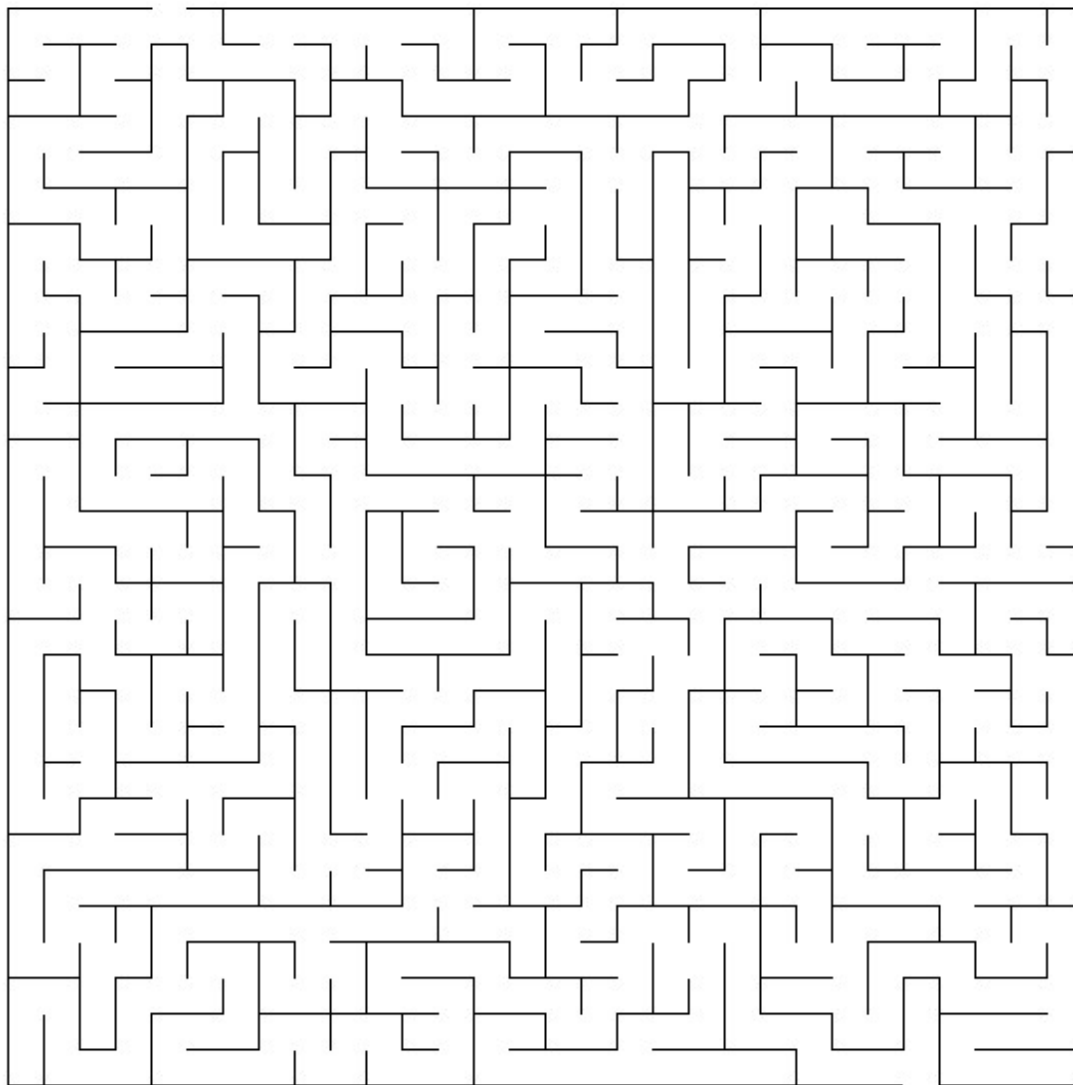
Finish



Can you help Andy get his STAR back ?

ZiggityZoom.com





© Copyright FreeKidsCrafts.com

# How Many Words Can You Find?

## FIREWORKS


## INDEPENDENCE


## CONSTITUTION


# Bald Eagle

*Haliaeetus leucocephalus*

yellow eyes

white head

large, yellow  
beak

large bird with  
a wingspan of up  
to 6.5 feet wide

large, brown  
body and wings

sharp beak and claws  
(talons) for tearing meat

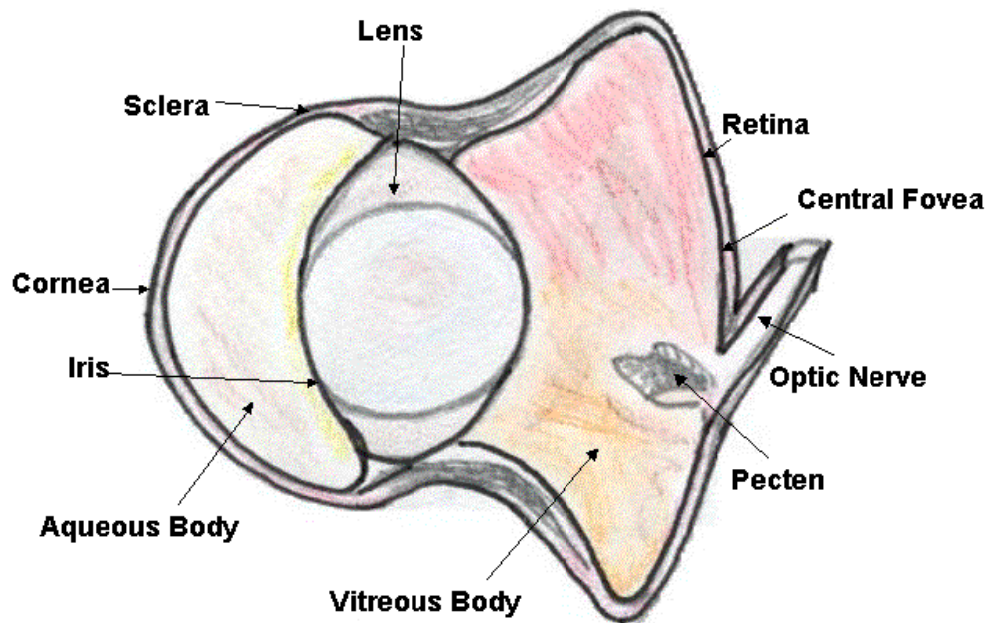
yellow feet

white tail

[www.exploringnature.org](http://www.exploringnature.org)

©Sheri Amsel

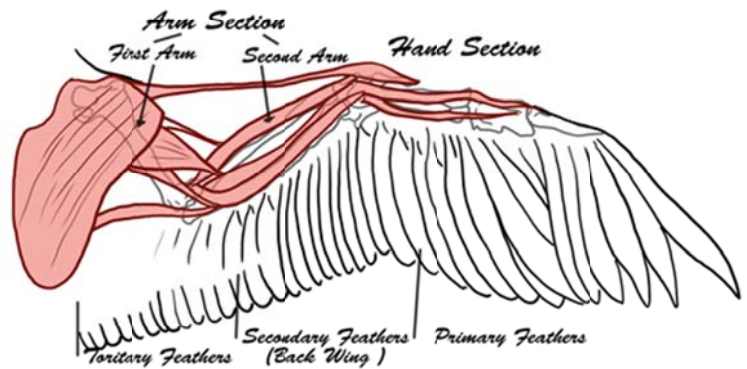
# Eagle Eye



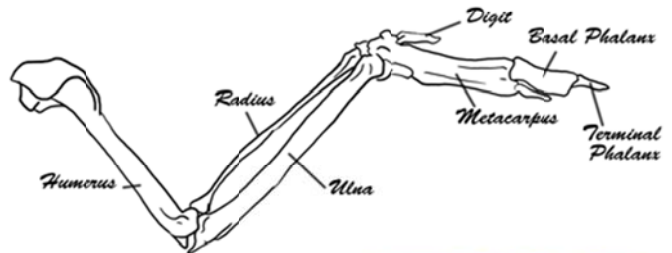
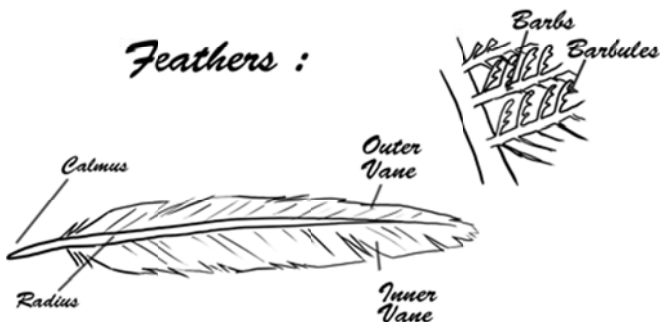
## Eagle Wing :



- |                           |                     |
|---------------------------|---------------------|
| Scapulars Feather         | Secondaries Feather |
| Marginal Coverts Feather  | Primaries Feather   |
| Tertiaries Feather        | Alulas Feather      |
| Secondary Coverts Feather |                     |



## Feathers :



DragoArt.com

# The Great Seal of the United States of America

The great seal has an eagle and the Latin words "E Pluribus Unum" which mean "Many in One," which really means "one nation made up of many states". This seal was adopted on June 20, 1782. The spread eagle signifies strength. The thirteen stars above his head, and the thirteen stripes on the shield represent the thirteen original states. The olive branch held in the right talon shows that America seeks peace. The bundle of arrows in the left talon shows that we are prepared for defense.

This seal is used in stamping agreements or treaties made by the United States with other nations, and also for other important papers. It's also found on the back of the one dollar bill.





# Favorite Family Recipes for a Fourth of July BBQ

**Vegetable Crudité Plate with Hummus** Thin slices of crisp cucumber, red bell pepper, baby carrots, tiny cherry tomatoes, and cool jicama served with your favorite hummus flavor, or make your own.

## Fresh Hummus

- 1 can chickpeas (rinsed and drained)
- 1 clove garlic
- 4 tablespoons lemon juice
- $\frac{1}{4}$  cup tahini
- $\frac{1}{4}$  cup water
- 1 tablespoon olive oil.



Whirl above ingredients in a blender, and top with minced fresh parsley leaves and paprika.

**Grilled Chicken** I like to make two kinds of chicken: Rosemary-Garlic and Barbeque. Marinate the chicken for at least four hours. For Barbeque recipe, I use a bottled sauce and leave the chicken in all day, and use the leftover sauce as a baste while cooking.

## Rosemary-Garlic Chicken

- 6 cloves garlic, minced
- 2 tablespoons dried rosemary
- $\frac{3}{4}$  cup lemon juice (about 4 lemons)
- 1 tablespoon olive oil
- 4 chicken breasts (bone-in with skin, or deboned and skinless)

Combine everything into a bag and seal, placing in the fridge for at least 4 hours. Cook on the barbeque grill over medium low heat, flipping over halfway through. Chicken is done when the center registers 165 degrees Fahrenheit on an instant thermometer, about 15 minutes per side.



**Steamed Corn** While you can soak the corn in a sink full of water for an hour before grilling it, I've found that it takes up too much room on the grill when I cook for a crowd, and that diners eat corn more readily if it's already pre-shucked for them. But instead of boiling it, I put the shucked corn in a large pot with an inch of water and steam the whole thing as soon as I flip the chicken so it all comes out ready at the same time. Serve with spray butter, or flavor butter by whirling it in a blender with lime zest and chili powder.

**Lemonade** Here's a neat way to flavor your lemonade with the fruit you have on hand.

- ½ cup sugar
- 1 ½ cups fruit, like blueberries, raspberries, or diced peaches
- ¾ cup freshly squeezed lemon juice

Take a half cup of the fruit and place it in the freezer to freeze (these will be your ice cubes so it doesn't dilute the lemonade). To make the syrup, combine the sugar with one cup of water in a small saucepan on the stove and heat until the sugar is dissolved, stirring constantly. Stir in fruit and bring to a boil for 3 minutes. Strain through a fine-mesh sieve or cheesecloth and let it cool. (This is your flavored syrup.)

To serve, whisk together the syrup, 4 cups of water, and lemon juice. Add a little frozen fruit to each glass as you serve it. For a twist, you can add sparkling water instead of water when making the lemonade.

**Iced Mint Tea** This one is so simple! All you do is fill a pitcher with water, add two mint tea bags, and refrigerate until needed. Let it steep in the fridge for at least 2 hours. (I prefer "Pregnancy Tea", which is a combination of raspberry leaf and mint, but any mint tea you find works great also.)



**Spa Water** If you've already made the vegetable platter, then swipe a few cucumbers and plop them into a pitcher of water along with a few mint leaves and a quartered lemon for a refreshing alternative to plain old water.

**Strawberry Salad** Use baby spinach or garden spring mix. Add sliced fresh strawberries, a small amount of thinly sliced shallot, and caramelized walnuts. (Heat a skillet, add the nuts and shake the pan as they toast. When they are toasted, turn off heat and drizzle maple syrup and toss to combine as you remove it from the heat.)

#### Raspberry Dressing:

- 1 tbl really good balsamic vinegar
- 3 tbl raspberry vinegar
- 2 tbl raspberry jam
- ¼ cup water
- 1 tbl olive oil

**Roasted Potatoes** Use Yukon Gold, red potatoes, or yams (or all three!) with this recipe. Drizzle olive oil lightly on the bottom of shallow baking dish, then add the diced potatoes (don't peel them). Drizzle a little olive oil over the top, and sprinkle with salt and oregano. Bake at 400 degrees for 30-40 minutes, stirring every 10-15 minutes so the potatoes bake evenly.

**Garlic Bread** Slice a loaf of sourdough or French bread in half lengthwise, and butter the cut sides. Mince fresh garlic and scatter on top of the butter. Sprinkle a little fresh Parmesan and oregano on top, and toast in a toaster or on the grill open-faced.

**Watermelon** Need I say more?" Slice it up and don't forget to spit seeds at your kids.

**Chocolate-Covered Strawberries** Using a microwave, melt chocolate chips in a heat-proof bowl until just melted. Stir with a spoon and set aside. Wash and dry strawberries. Line a place with parchment paper. Dip the strawberries into the chocolate (and cover with sprinkles if desired).

# Fourth of July Treasure Hunt

Cut out the cards, and hide them in the appropriate places. Make the mazes and word search pages from this document the prize with a note that says "Take One!". I tell the kids they can have their first clue as soon as the table is cleared. Make sure to place a few crayons and pencils at the table so they are in easy reach when kids return with their prizes. After kids finish the hunt, put the clues in order to read the first paragraph of the Constitution.

1. We the People of the UNITED STATES

2. in Order to form a more perfect UNION  
(replace the "U" with an "O")

3. establish JUST ICE

4. insure domestic TRANQUILITY  
(- "Tran" - "ity" + "t")

5. provide for the common DE FENCE

6. promote the general WELFARE  
(- "W" - "are" + "sh")

7. and secure the Blessings of Liberty to ourselves and our  
POSTERITY (- "erity" + "age")

8. do ordain and establish this CONSTITUTION for the United States  
of America. (- "Con" - "tution" + "ck")

How to hide the clues:

1. Give the first clue to the kids.
2. Hide the second clue with a map of the United States (you may have to hang one up for the occasion!)
3. Hide the third clue where you keep the onions
4. Hide the fourth clue with the ice cubes
5. Hide the fifth clue in a quilt
6. Hide the sixth clue on a fence
7. Hide the seventh clue on a shelf
8. Hide the eighth clue with the postage stamps
9. Hide the mazes and word search puzzles on a large stick in the backyard