

Requirements for Disco Diva [Complete 3 to earn the patch]

1. Some of the most popular shows of the 70's are sometimes broadcasted on extended cable channels or have been turned into movies. Learn more about one of these shows main characters and their role on a show OR watch one of these shows or movies, act it out, sing the theme song, dress up, or create a skit about one of the shows. Examples are: *ISIS, Josie and the Pussycats, Charlie's Angels, The Brady Bunch, Fantasy Island, Sesame Street, and Pink Panther.*
2. Check out the hairstyles and cosmetics of the 70's. Goodbye to curlers, hello to the curling iron and blow dryers. Make-up styles include roll on lip gloss, Charlie perfume, blue and green eye shadow. Hairstyles ranged from long feathered "Farrah Fawcett" hair to the short "Dorothy Hamill" look. Learn about hairstyles from that era of time, curl your hair with the curling iron, paint your nails a shiny color, or try some cold cream.
3. There was general music in the 70's and there was the disco craze. Listen to some music or dance to the beat. Some examples include: *The Jackson Five, The Osmonds, Diana Ross, The Carpenters, ABBA, Blondie, Elton John, and The Bee Gee's.*
4. Remember those harvest gold and avocado colored household appliances? Let's step into a common room of the 70's. Some examples are wood paneling, paintings on black velvet, waterbeds, rain lamps, plastic accessories in bright colors, shag rugs, afghans, and swing sets in the back yard. Design a room from the 70's or explore examples of houses and rooms from that time period.
5. Food products of the 70's were moving into the prepackaged and frozen food era. Commercials had rhyming jingles and slogans. Such as, My bologna has a first name...., or try a McDonald's Happy Meal, Hamburger Helper, Wonka Oompas, Fun Dip, Reese Cup, Manwich, Count Chocula and Cookie Crisp cereal, Peanut Butter, and Green Giant vegetables are just of a few of the well known products available in the 70's. Find 3 food items that still available today. Choose one and design what the label may have looked like in the 70's or have a taste testing of different snacks or foods of the 70's.
6. Popular games and toys of the 70's included Baby Alive (she eats and drinks), Slinky, mood ring, Atari video games, growing hair dolls (Chrissy), Simon, The Game of Life, Connect Four, Weebles, Hot Wheels and Big Wheels, Magic 8 ball, 8-track tapes and portable tape players Some of the popular toys of the 70's are still in existence today. Choose two toys and explain how you think they looked like in the 70's OR play with a game or toy that was similar to one in the 70's OR create a similar game.
7. Things have changed since the 70's. Do you remember the typewriter, the first digital alarm clock, Polaroid cameras, Holly Hobbie, harvest gold colored Tupperware, and the Sears mail order Christmas catalog? You can still find some items today that originated in the 70's, but it is not the same as it was then. Find out how technology has changed since the 70's. Choose an item from the 70's and explain how it has changed.
8. Accessorizes became all the rage of the 70's. Large rimmed sunglasses, floppy hats, scarves, head wraps, platform shoes, leather chokers, macramé belts, pantyhose, suede shoes, and purses are some of the items that created the fashion trend of that time. Make a piece of jewelry, scarf, and decorate a floppy hat, a suede purse or any other fun craft from the 70's.

9. What were the fashion trends of the 70's? Some of these styles included: crocheted vests, hip hugger bell-bottoms, halter tops, bodysuits, turtleneck sweaters, gauchos, jumpsuits, angel sleeve blouses, and corduroy pants. Try on an outfit from the 70's, design your own outfit from the 70's, OR create a collage of pictures that may depict the fashion of the 70's.
10. The disco fever began in the 70's and the mirror balls, dancing, and light up floors was where the action was. Polyester shirts, flowing dresses and skirts were complimented by sparkly platform shoes on the dance floor. Do the Hustle, Bump or learn some other disco moves OR create your own dance to some disco tunes OR watch Saturday Night Fever.
11. On July 4, 1976, The United States of America celebrated their 200th birthday! The spirit of '76 was depicted on products, signs and shirts all across America. Attend a patriotic event, show your American pride, create a community service project assisting someone in America OR research what some of these festive products looked like in 1976.
12. Psychedelic! Learn some solid words from the 70's or some C.B. Radio Language and find out what it means. Try to use it in a sentence. Examples include: See ya on the flipside, Slide, Boss!, bread, and 10-4 and out.
13. Put everything that you learned together in a cool journal or book. Place all the information such as clothes, slang, TV shows, in book format, display it on a poster or create a time capsule box. Add self drawn pictures, clippings from magazines, clip art or website addresses to create a cool project. (Book format and clip art are located in the kit)

Resources:

Collaborative Content LLC, *TV Reference Guide* [online] <http://www.tvtome.com> July 2004.

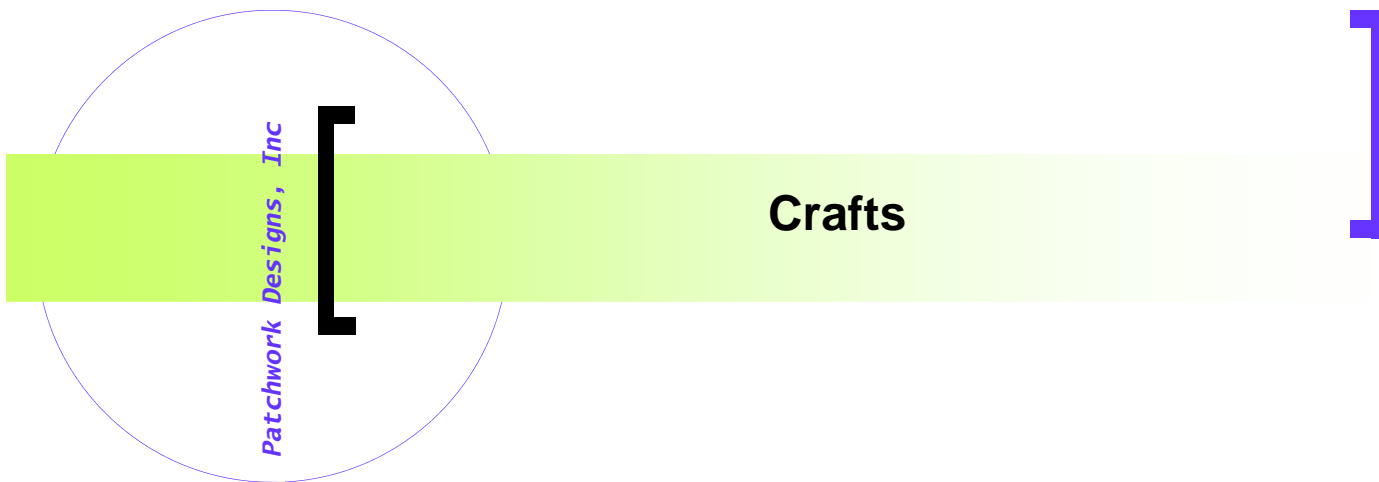
Disco Dance Steps [online] <http://www.disco-disco.com/disco/steps.htm> October, 2004

Fads/Fashions of the 70s [online] <http://www.inthe70s.com/generated/clothes.shtml> December, 2004

George, September 1998, *70's Happy Candies Sampler* [online] <http://www.groovycandies.com> October, 2004.

Lisa, Jan 2000, *The 1970's* [online] <http://www.angelfire.com/retro2/lisa/70s.html> July, 2004.

Terms of the 70s, Slang of the Seventies [online] <http://www.inthe70s.com/generated/terms.shtml> October, 2004



Crafts

Quilling

God's Eye

Patriotic Hat

DISCO DIVA Backdrop

Sand Art

Quilling-This craft is a form of paper curling that can be turned into a fabulous work of art. The method can be used to create a picture or embellish an existing one.

Colored paper strips, 1/8" (these can be purchased at local craft stores or you can cut it)
 White glue that dries clear
 Dark colored cardstock or poster board 8"x11" size
 Pencils and toothpicks

It is easier if you purchase the pre cut paper strips at the local craft store rather than cut them in 1/8" with a paper cutter. Begin embellishing a favorite picture (or poem), by gluing it to a piece of cardstock in the center. If you do not have a picture or poem, you may decorate the entire area with the curled strips.

Experiment with rolling the paper strips around toothpicks or pencils and pinching them to make a variety of coil shapes. Swirls are the best choice. Hold the shapes together with a dab of glue. Combine several shapes and glue them to the cardboard.

God's Eye- This craft was popular in the 70's and created typically with tie dyed yarn.

Multi colored yarn (see examples of colors below)
 Popsicle sticks (2 per participant)
 Scissors
 Glue



Cross the 2 sticks in the middle as shown and glue them together. Wrap the yarn around the center and cross over. Tie one end of the yarn at the center of the crossed sticks, so they remain secure. Build up the yarn in the center until it is completely secured and covered. This creates the eye.

Continue wrapping around the sticks from corner to corner until the sticks are almost completely covered. Glue the end of the yarn to the back of the design tucking the end under some of the weaving. You can also tie a long piece of yarn to the top stick to hang it.

Patriotic Hat- celebrate our country's 200th birthday with a patriotic hat.

Red white and blue construction paper (star template enclosed)
 scissors, tape , glue
 dinner size paper plate (cheap thin ones)

Pre-cut the construction paper for younger participants or outline the items and they can cut it themselves. You can use 11X 14 or 2 pieces of 8 1/2 X 11 paper. The white construction paper should be the base of the hat. Approximate dimensions are 18 inches long by 6 inches tall. Red 1 inch strips should be used to stripe the hat. The bottom portion of the hat should be blue with white stars glued on it. A template for the stars is included.

Cut out the inside circle of the paper plate. Check and make sure the opening fits on top of the participants head. Glue the red 1 inch strips around the white construction paper about 6 inches long. Glue them about 2 inches apart all around the white paper. Cut a blue strip about 18" X 2" inches wide. Glue the precut white stars on the blue band. Glue the blue band at the bottom of the white construction paper. If you would like to add wording such as 1776 or 200th birthday, do so now. Take the white construction paper and roll it into a cylinder, small enough that it fits inside the precut paper plate circle. Tape the inside of the decorated cylinder to the paper plate. Wear your hat!

DISCO DIVA Backdrop- This cool backdrop is fun for pictures or for a decoration.

Butcher paper (white or a variety of colors)

Tape

Scissors

Construction paper and glue, paint and brushes, sponges and paint or metallic contact paper

STEP ONE: Cut the paper length needed to create your backdrop. Repeat these measurements so that you have two pieces. Tape them together. Note you may purchase butcher paper or bulletin board paper in a variety of colors, such as black or navy blue. It is available at craft stores or teacher supply stores.

STEP TWO: (A) This is the construction paper process. Use the star template and trace it on several different colors of construction paper or you can purchase precut stars. Make sure you use vibrant or metallic colors for a disco feel. Space the different sized patterns to make it look like a design. Glue the stars on the backdrop.

STEP TWO: (B) Next is the paint and brush process. Use the star template or a star stencil and trace it on the backdrop. Paint the stars with vibrant acrylic paints. For extra you can outline the star with mark.

STEP TWO: (C) Then there is the sponges and paint process. Use the star template and trace it on a sponge or buy a star stamp. Cut the sponge into the star shapes. Dip the sponge in acrylic or metallic paints and stamp the design all over the backdrop. You can also use metallic contact paper. Trace your design on the back side, cut your designs out, and place it on the backdrop.

Sand Art

Cardstock with a pattern drawn on it (use circles and shapes to create a picture)

Glue bottles for outlining the image

Cups (disposable) for a container for the colored sand

Homemade colored sand or repurchased bags of colored sand

Colored sand can also be purchased at local craft stores or at the following sites:

www.moonglowcandles.com/sand.htm (available in 24 glittery colors)

www.dickblick.com/zz610/06/products.asp?param=0&ig_id=2456

(available in large and small bags)

How to make homemade colored sand

Items needed:

Plain sand

Powdered tempera paint (or another option is dry unsweetened kool aid)

Baggies or cups (you may need a glass bowl depending on the amount needed)

NOTE: Do not place the sand and tempera paint in a plastic or ceramic bowl to mix. It will stain the bowl.

Use a cup, baggie, or a bowl depending on which color you wish to make. Place the desired amount of sand in the container. Spoon in a tablespoon of tempera paint and mix thoroughly until blended. Continue to mix sand with dry tempera paints until sand reaches the desired color. Store it in a resal-able container.

Create a DISCO DIVA book using a file folder. FUN FOR ALL AGES !!

Step One: Prepare Copy all the templates and booklet pages for each participant. Have them color where needed and cut along the outside lines. Folding instructions are included on each page. ***They should complete only one booklet at a time.***

Step Two: Gather your supplies Participants will need glue sticks or tape to mount the templates or booklets to the file folder. A stapler will be needed to staple the Disco Diva flip book together. Younger participants may need assistance.

Step Three: Create the front cover Fold the file folder in to form a book. Younger participants will need assistance. (shown below) Using template # 1, they can place these items on the front cover or back of the book. They may also wish to color the background, add words or other symbols.



Step Four: **Completing the inside** Distribute the booklet patterns for the inside of the book. Make sure they color all areas prior to cutting them out. ***They should complete only one booklet at a time.*** The other booklets can be placed inside the folder for safe keeping until the first booklet is complete or have each booklet at a different station to complete. This keeps the pages from getting lost or mixed up. See the below picture for placement.

Recipes

Spirit of '76 Cereal
*with Red, white and Blue oat pieces and Star marshmallows!

Dy-no-mite Cola

TV Shows

My Dynamite Room!

Disco Diva flip-

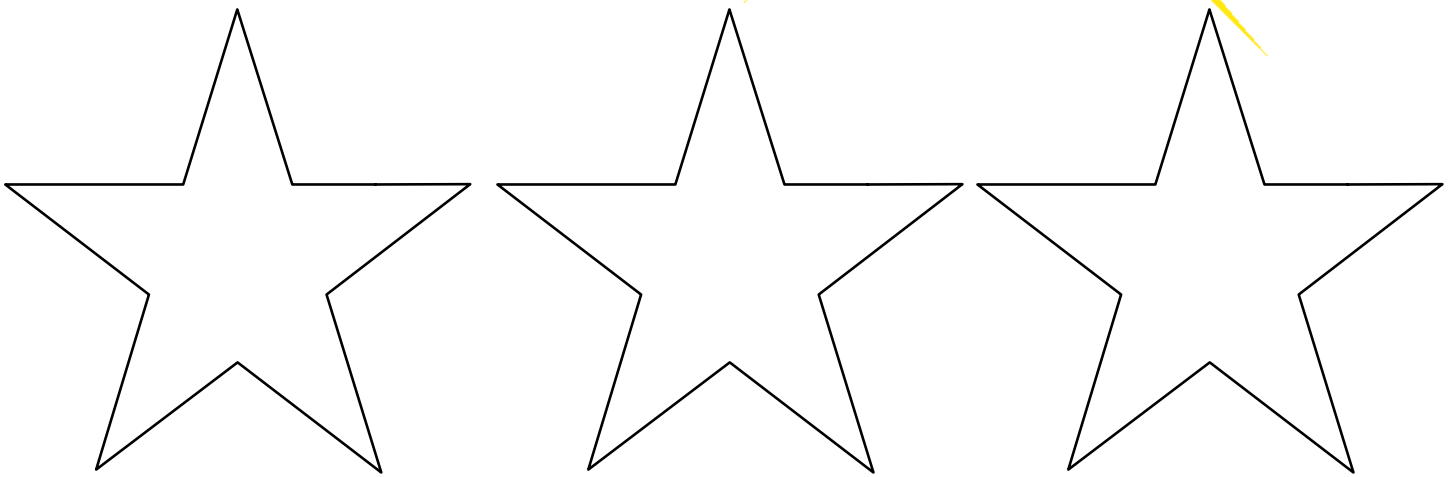
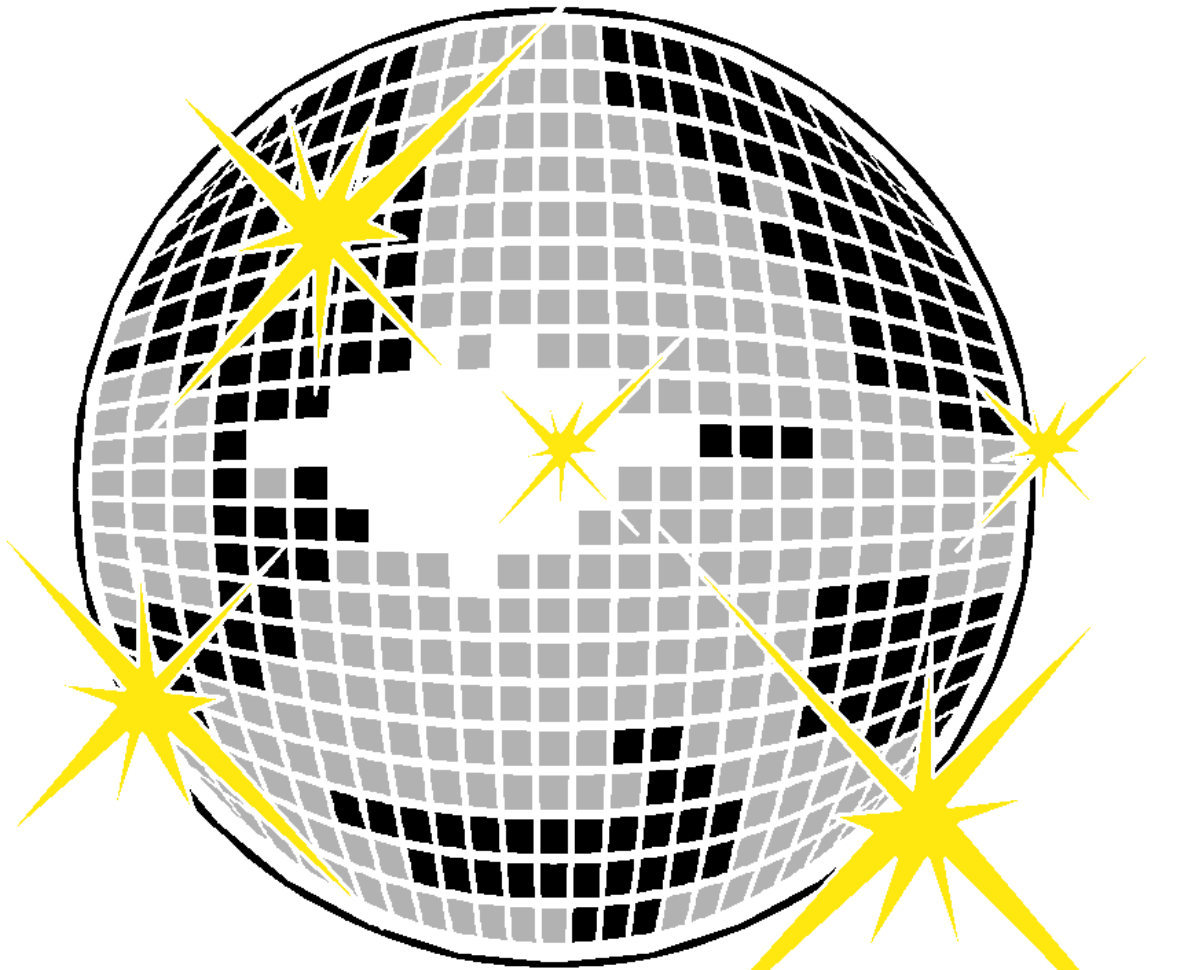
Dy-no-mite! Mellow out
Let's Book! BOSS!
See ya on the flipside.

70's Slang
Technology NOW and THEN
Accessories
Shoes
Clothes from early 70's
CLOTHES FROM LATE 70'S
fashionstyles

Happy 200th Birthday America

Information about the 200th birthday of America.

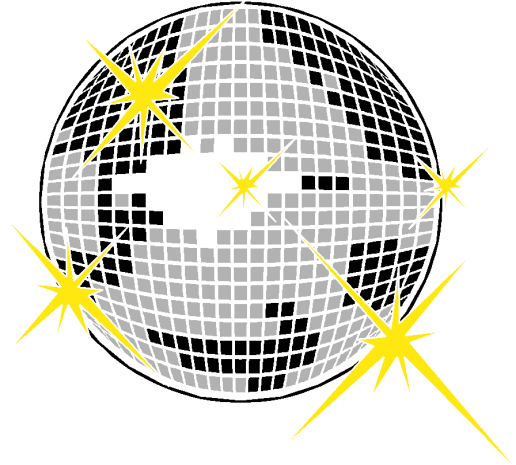
Decorate your own dynamite



Designs to place on your folder . There are several items to choose from!



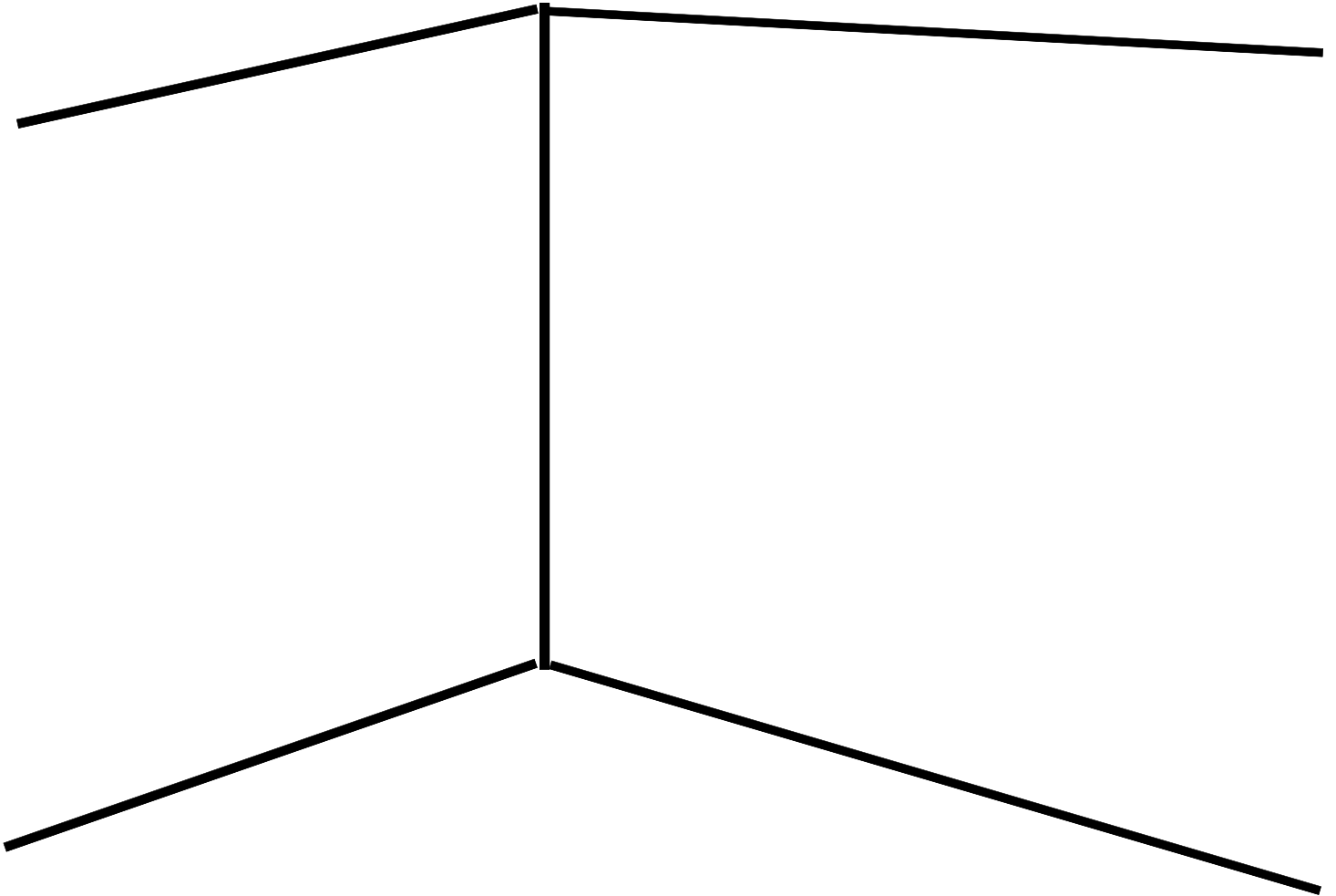
Designs or wording
to place on your
folder.



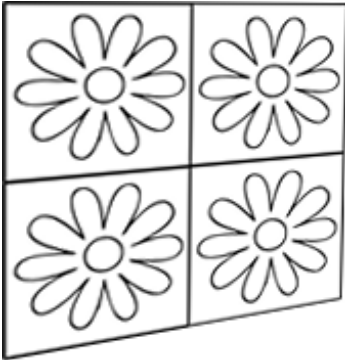
DYNAMITE!

★ DISCO DIVA ★

My Dynamite Room!



Color all the items prior to cutting them out. Cut the items out and glue them inside your Dynamite room. (Located on the next page) They do not have to cut the items on the lines. **You can cut around the items and glue them in the area.** After they have glued down the items then they can color the walls and floor. Older participants may wish to draw patterns on the wall or add texture to the floor to make it look like shag carpet. Remember the style is harvest gold, avocado green furniture, and pop art paintings.

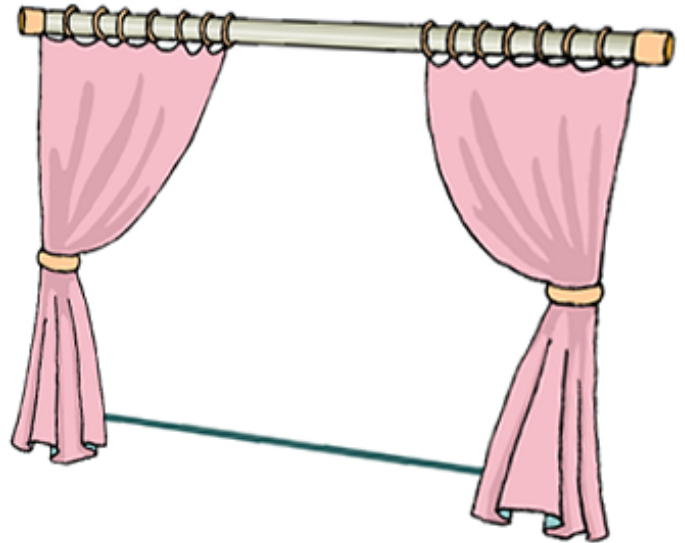


Pop art painting

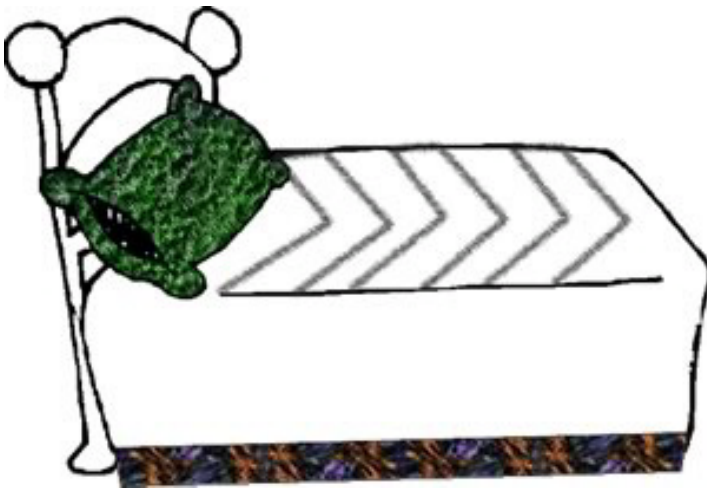
Patchwork quilts, furry pillow, princess phones, and digital alarm clocks were popular too!



dresser



Draw flowers on curtains and an outside view in your window.



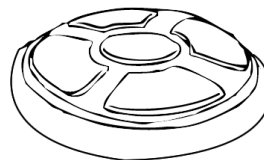
Furry pillow, fringed bottom bedspread with vibrant designs on the top.



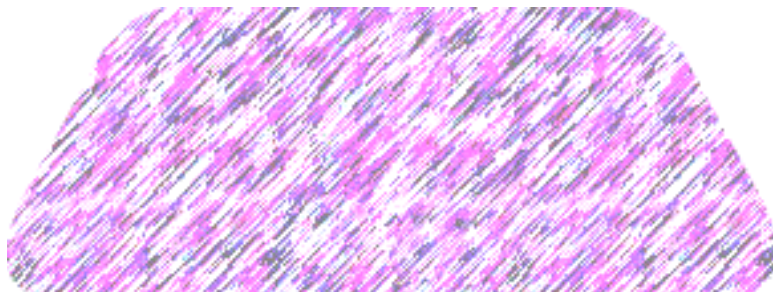
lava Lamp



Velvet chair, color me green, gold or blue.



“Simon says” game, color the squares red, yellow, green and blue.



Shag rug

Draw other items in your room such as games etc. Color the walls and floors once you have glued your items down.


Cut along the outside of the rectangles only. Starting with the bottom page they are to be stacked on top of each other. Each layer gets shorter and shorter as it progresses to the top. After all the pages are layered upon each other, make sure they are straight and staple them together to form a book. The last page will not be numbered because it is on top. Place glue on the back of book. Place it on the left side of the folder. **Covers Requirement #1, #3, and #6**

BOOKLET # 1


Page 1, the bottom page

Early 1970's


Fancy up-do's with spiral tendrils



Long & straight with scarves and head wraps




Shag haircuts




roll on lip gloss
blue and green eye shadow

Late 70's


Short wedged "Dorothy Hamill" look



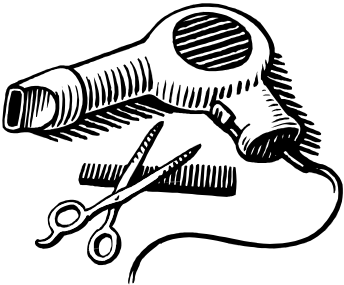
Long feathered "Farrah Fawcett" look.



Natural Afro's



curling irons
blow dryers

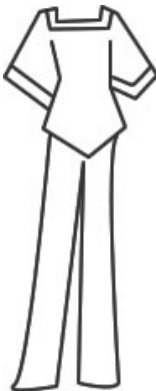


Hairstyles


Page 2

Introducing iron-on and transfer t-shirts, baseball shirts, gauchos, painters paints and jumpsuits to name a few.


Bell bottom pants with smock tops, sometimes worn over turtlenecks.



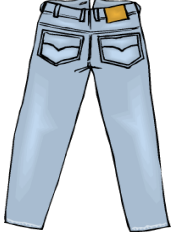
Gauchos are worn in schools with t-shirts.



Disco dress with a full skirt or handkerchief bottom.



overalls and designer jeans



Also popular:
 cowl-neck sweaters
 peasant blouses
 tunic tops
 smock tops
 blazers & vests
 baseball shirts
 pants suits
 jumpsuits

Clothes From the Late 70's

Page 3

Maxi Dress- floor length dresses with a ruffled collar.



Hotpants worn with a bodysuit. Sometimes worn with a long coat and knee high boots.

Also popular:
mini skirts
floor length
maxi skirts
halter tops
plaid pants
hip huggers
fringed vests



Crocheted vest, sometimes worn with turtlenecks and bell bottom pants.

Clothing From the Early 70's

Page 4

The shoes of this era reflected the experimentation with height, suede and styles that you could slip on. Such as leather clogs, wooden sandals, and chunky heels on boots and dress shoes.



Suede boots with a smaller heel.



Some sandals had wooden soles that were contoured for better arch support



Chunky platform heels with a buckle

Shoes

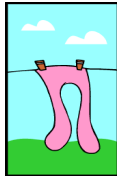
Page 5

Tube socks, glitter socks, and toe socks, that fit like a glove for your feet.



Also popular:
mood ring
chain belt
macrame purse and belts
clip on suspenders
leather and beaded chokers
leather purse with fringes

Pantyhose were first introduced.



Big sunglasses, hoop earrings, and scarves were the hit of the town.



Floppy hats decorated or plain.

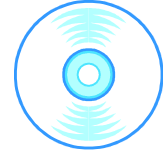


Accessories

Page 6



8-track tapes were used to listen to your favorite tunes on a stereo.



Cd's are used today.



Typewriters were used to type up papers for school.



Today, we use computers.

In the 70's the battery operated, Mr. Microphone was introduced and everyone was singing to their songs.



Today, we have karaoke machines.

Technology Then and Now

Let's book !	Leave quick; run.
I hear that !	I accept what you say.
Later.	See ya later.
Dy-no-mite!	Great !
Yo, mellow out!	Chill out or calm down.
Far Out, man!	Excellent, cool, WOW!
That's boss !	Cool, neat or nice.
Do you have any bread?	Do you have any money?
Slide me some skin.	Give me "5"
See ya on the flipside.	See ya later.
Outta sight !	Very cool !

70's Slang

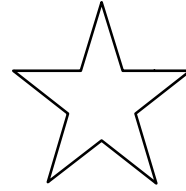
B
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1

Dy-no-mite!



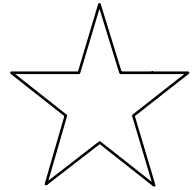
Mellow out



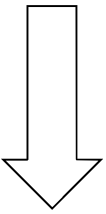
Let's Book!



BOSS!



See ya on the flipside.



Food products of the 70's were moving into the prepackaged and frozen food era. Chocolate peanut butter cups and sandwiches were a common item to enjoy.

Chocolate Covered Peanut Butter Balls

2 cups of peanut butter
2 sticks of soft butter
2 tsp vanilla
1 1/2 lb of powdered sugar
16 oz. of chocolate melts

Combine peanut butter, sugar, butter and vanilla. Blend by hand until smooth. Begin by rolling mixture in balls and place on waxed paper. Once the balls are made, melt chocolate in a microwave safe pan. Stick a toothpick in the top of the ball and dip into chocolate melt place back on wax paper. Place in refrigerator to cool. Eat when cool, about 15 minutes.

"Hey you got chocolate in my peanut butter." "Two great tastes that taste great together." Advertisement for Reese Peanut Butter cup.

In the 70's, Olympic skier Suzy Chaffee advertised *Chap stick* for lips. Make your own lip gloss using the below recipe.

1 tablespoon of petroleum jelly
1/4 teaspoon of loose powder eye shadow for color
Sprinkle of loose body glitter to add shine
Toothpick or plastic spoon to stir the mixture.
Container or ziploc bag to place the lip gloss in.

Using a plastic spoon, place the petroleum jelly in the container or mini ziploc bag. Place the loose eye shadow in the container. Different colored eye shadow makes the tint of the gloss change. Stir the items together in the container with a coffee stirrer or strong toothpick. If you are using a bag keep the items together in a small corner of the bag while you massage the dry items in the jelly. **EXPERIMENT!** Add the petroleum jelly, powder and glitter until it gets the color you desire.

DISCO Glitter Glow

Aloe vera gel (enough to place in container)
loose body glitter (A little glitter goes a long way)
Plastic or Styrofoam bowl used for mixing
Plastic spoon
Container to place the glitter glow in

Place the aloe vera in the bowl. Add a pinch of glitter, stir. Continue this process until the body gel is glittery enough for your personality. Give yourself a glow by placing it on arms, legs etc. Do not place near eyes.

Vanilla Milkshake- McDonald's © , Dairy Queen © were the local hang out for ice cream treats in the 70's

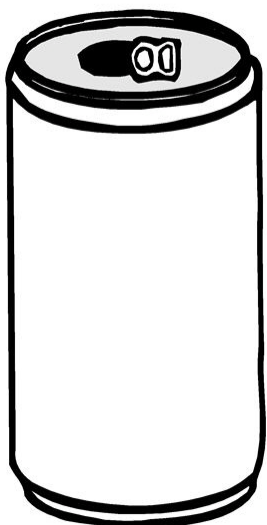
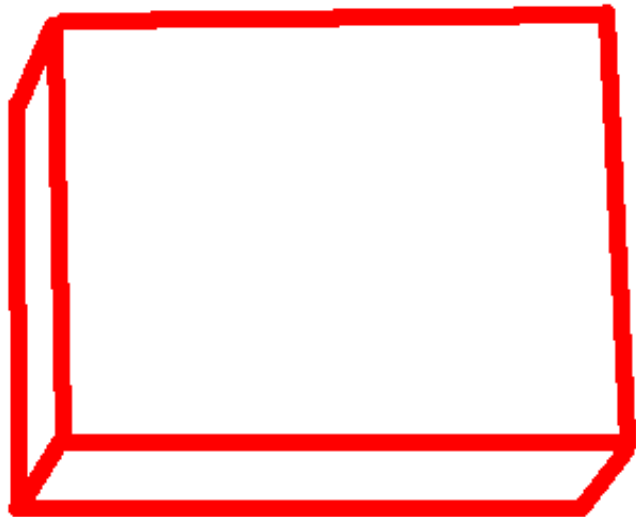
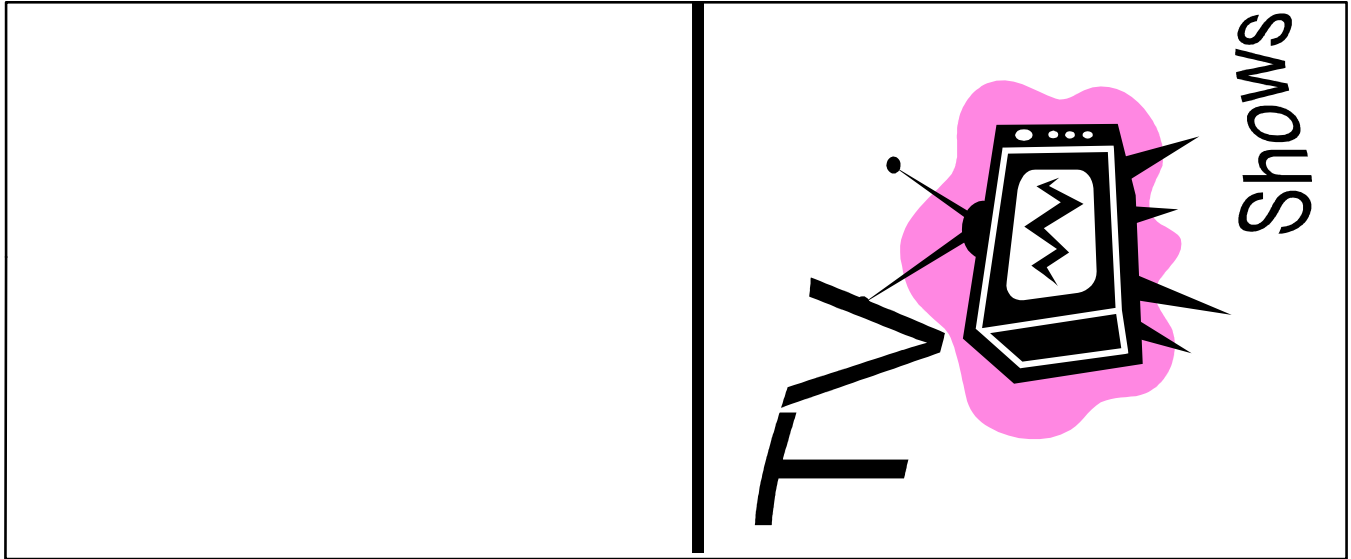
3 cups of vanilla ice cream (use chocolate if desired)
3 cups of milk
3/4 teaspoon vanilla extract
Blender/straws

Combine ice cream, milk and vanilla in a blender. Blend until smooth, about a minute. Makes about 6 servings, according to the cup size.

Make your own pizza- Pizza Hut © was a hangout place offering a variety of pizza sizes and toppings.

Purchase premade crusts (can or packaged) or Italian bread sliced
pizza sauce or tomato sauce
Toppings (you make the choice)
olives, mushrooms (in the jar or can), onions, mozzarella cheese, parmesan cheese, basil etc

Place the dough on the pizza pan. Spread out evenly. Start with sauce add desired toppings.
Slice Italian bread in half (horizontal) place sauce on bread add toppings.



Blank containers to design with food from the 70's. Place the finished on the front of the recipes booklet #2

The Brady Bunch was a sitcom about the Brady family Mike and Carol and their three boys and girls, and a maid named Alice. The shows' revolved mainly around the six kids growing up and going through childhood adolescents.

Josie and the Pussycats, Melody and Valerie, were the main characters of a cartoon that followed the adventures of an all-girl rock band. They traveled the world playing gigs and solving mysteries.



Sesame Street has puppet characters such as the Cookie Monster and Big Bird. It is an educational show and teaches children letters and numbers.



Charlies Angels was a series was based on three female detectives, Kelly, Sabrina, and Jill, who worked for the Charles Townsend Detective Agency. Charlie, who was their anonymous boss, gave them assignments via a speaker phone.


Each week on **Fantasy Island** guests came to get their wish/fantasy fulfilled. Mr. Roarke, the host, would grant them their wishes, but there was always a twist or a moral to learn in the end. His sidekick "Tattoo" helped keep everything in order.



A young science teacher Andrea Thomas found this lost amulet while on an archaeological dig. Later discovering the amulet could transform her into **ISIS**. As Isis, she could "soar as the falcon soars, run with the speed of gazelles, and command all the elements of sky and earth."



	Happy 200th Birthday America!	



On July 4, 1976, America celebrated it's 200th birthday!

Everyone was getting into the "spirit of 76" . There was commemorative products, advertisements, stamps, and money. Everywhere you went you could see buildings , fire hydrants, cars, and merchandise with the red, white and blue colors. The quarters were dated 1776-1976 to commemorate this event.

The day came and the celebration of the Bicentennial of America was one to remember. There were parades, fireworks, picnics, historical re-enactments, and television broadcasts.

Cut this page out and glue it inside booklet # 4 cover. Make sure it is glued in the correct direction, so when you open the book you can read the words.