



**LOOKING FOR FUN  
THINGS TO DO WHILE  
STAYING HOME?**

CHECK OUT THESE ACTIVITIES  
FOR THE WHOLE FAMILY TO ENJOY.



**LOOKING FOR  
AT HOME WORKOUTS?**

WE'VE GOT YOU COVERED.

# AT HOME EXERCISE



## Wall Sit

Stand with your back to a wall. Place your back right up against the wall and ensure your feet are pointed straight out in front of you about hip width apart. Slide down the wall until your knees are bent at roughly a 90 degree angle. Maintain this position for 20-60 seconds. Repeat 5 times.



## Wall Push-Up

Stand facing a wall. Place your hands on the wall a little bit wider than your shoulders and at about shoulder height. Take one step back with both feet so your body is slightly angled towards the wall. Bend at the elbows to lower your body closer until your nose is almost grazing the wall. Then push away from the wall, straightening your elbows. Repeat 10 times.



## Knee To Elbow

Sit in a chair with both knees bent and feet flat on the floor. Bring both arms up so your hands are resting at the back of your head and elbows are bent. Slowly raise up one knee while at the same time twisting to lower your opposite elbow to touch that knee. Your elbow and knee should meet at roughly the midline of the body. Repeat 12 times on each side.



## Bridge

Lie down flat on your back. Bend your knees up towards your bottom with your arms lying by your sides. Fingertips will just brush against your heels. Ensure your feet are hip width apart, then slowly raise your hips up into the air until they are fully extended, keeping your knees bent and feet on the floor. Hold this position for 5-10 seconds and slowly lower your hips back to the floor. Repeat 5 times.



## Air Squats

Standing with your feet hip width apart and the weight in your heels, bend at the hip and knee to lower your pelvis down and back, as if you were going to sit in a chair. Make sure your upper body stays upright and your knees track over top of your heels. Lower yourself until your thighs are parallel with the floor, then push through the heels to straighten your legs and stand upright. Repeat 5 times.



## Push-Up

Get into a plank position on the floor with your feet together and your arms straight, with your palms placed on the floor under the shoulders and a little bit wider than shoulder width. Keeping your lower body engaged, bend at the elbow and lower your body towards the ground until your nose is almost grazing the floor. Then press up using the arms to return to starting position. If this is too difficult, start from the knees. Repeat 10 times.



## Superman's

Lie on your stomach with your arms held straight out in front of you. Now, at the same time, raise both arms and both legs up off the floor. Ensure your knees and lower thighs lift up off the floor. With a slow and controlled motion, return your arms and legs to the floor. Repeat 5 times.



## Bicycle Crunch

Lying on the floor on your back, bend both knees up to 90 degrees. Place the hands gently behind the head with your elbows bent. Engage the abdominal muscles and twist one elbow down and towards the midline while you bring the opposite knee up to meet the elbow. Straighten out the opposite leg as you do this, keeping it hovering above the ground. Return to starting position and then switch sides. Repeat 12 times on each side.

# Pyramid Circuit



**Air Squat**

## Round 1

Complete 30 repetitions of each exercise with a 20 second break in between. After all 4 exercises are complete, do 30 Jumping Jacks.



**Push-Up**

## Round 2

Complete 20 repetitions of each exercise with a 20 second break in between. After all 4 exercises are complete, do 20 Jumping Jacks.



**Superman's**

## Round 3

Complete 10 repetitions of each exercise with a 20 second break in between. After all 4 exercises are complete, do 10 Jumping Jacks.

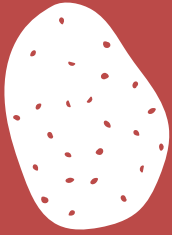


**Bicycle Crunch**

## BONUS ROUNDS

If you want an extra challenge, complete the circuit again starting with 10 repetitions and working your way back up to 30 repetitions.

# DID YOU KNOW?



Sweet potatoes are an excellent source of carotenoid anti-oxidant.



2 cups of broccoli contains as much calcium as a glass of milk.



Cucumbers are 96% water.



Peeling an apple will remove 50% of its total fiber and around 30% of its vitamin C.



Egg yolks contain Choline which improves our memory and brain function.



Soluble fiber slows down the absorption of fats and sugars, helping to regulate blood sugar levels. It also excess removes cholesterol from the bloodstream. It can be found in grains, beans and oats.



Fish and flax seeds are high in Omega 3's which reduce inflammation, support joint health, increase muscle recovery making them an excellent choice to support your workout program.



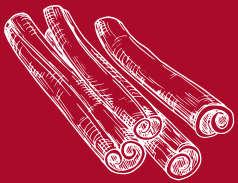
# DID YOU KNOW?



One avocado contains three times as much potassium as a banana.



Lemon contains your daily dose of vitamin C, it cleanses the liver, boosts your immunity and aids in weight loss.



Adding cinnamon to your food can help increase insulin sensitivity and reduce blood sugar levels.



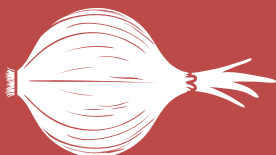
The skin of a kiwi is edible and loaded with fiber as well as vitamin C.



Quinoa is an excellent source of magnesium, a mineral needed for strong bones, as well as healthy nerve and muscle function.



Green tea has been shown to boost the metabolic rate and increase fat burning.



Onions have antiviral and antibacterial properties making them a great choice if you feel like you're getting sick.

# DID YOU KNOW?



Raspberries, apple, pears and cherries are actually part of the rose family.



There is actually no Chocolate in white chocolate.



Pistachios are actually fruits.



25% of your daily carbohydrate intake goes strictly to fueling your brain.



Parsley is a digestive aid that also works to freshen your breath.



Garlic contains properties that reduce blood pressure.



There is 1440 minutes in a day and you only need 60 of them to exercise.



# How can you make **HEALTHY HABITS STICK?**

**Start small** - break down your fitness goals into smaller, more achievable changes (e.g. instead of trying to start out by running for 30 minutes on the treadmill, start with 10 and make it your goal to add 5 minutes to your workout each time).

**Set clear intentions** – research shows one is much more likely to follow through on something if it is planned beforehand when and where that behaviour is going to take place. (e.g. plan your week and schedule time for exercise into your calendar ahead of time).

**Celebrate small wins** – celebrating progress is crucial for motivation. Congratulate yourself each time you complete a hard workout!

**Surround yourself with supporters** – we tend to feel the same way and adopt the same goals as the people we spend the most time with, so key to ensure you have the right people in your corner.

Source: Edblad, Patrick (2019) How to Make Good Habits Stick: 7 Secrets from Research [www.liveboldandbloom.com/12/habits/how-to-make-good-habits-stick](http://www.liveboldandbloom.com/12/habits/how-to-make-good-habits-stick)

# AT HOME EXERCISE

Full Body Workout | No Equipment Needed



**20 Minute HIIT Style – Perform each exercise for 20 seconds of work with 10 seconds rest. Perform 8 rounds of work for each exercise before moving on to the next one.**

## **Jump Squats**

From a standing position with your feet slightly wider than hip width, squat down by bending at the knee and hip like you were going to sit back into a chair. Squat down until your thighs are parallel with the floor, keeping your knees tracking over your ankles. As you rise up out of the squat, drive your legs and jump into the air, straightening the legs. Come right into another squat as you land.

## **Push-Ups**

Start lying on your stomach with your hands under your shoulders, palms facing down. Using either your toes or your knees as the pivot point, press up into a plank position with your arms straight, keeping your whole body in a straight line, core engaged. Bend at the elbows and slowly lower yourself back towards the floor as low as you can go, then press back up, straightening out the arms again.

## Elevated Glute Bridge

Lie on your back with your knees bent up at 90 degrees and your heels resting on the seat of a chair. Straighten out your arms and firmly place them on the floor, palms facing down. Lift your hips into full extension, keeping your arms and shoulder blades on the floor. Slowly lower back down until your hips touch the ground.

## V-Ups

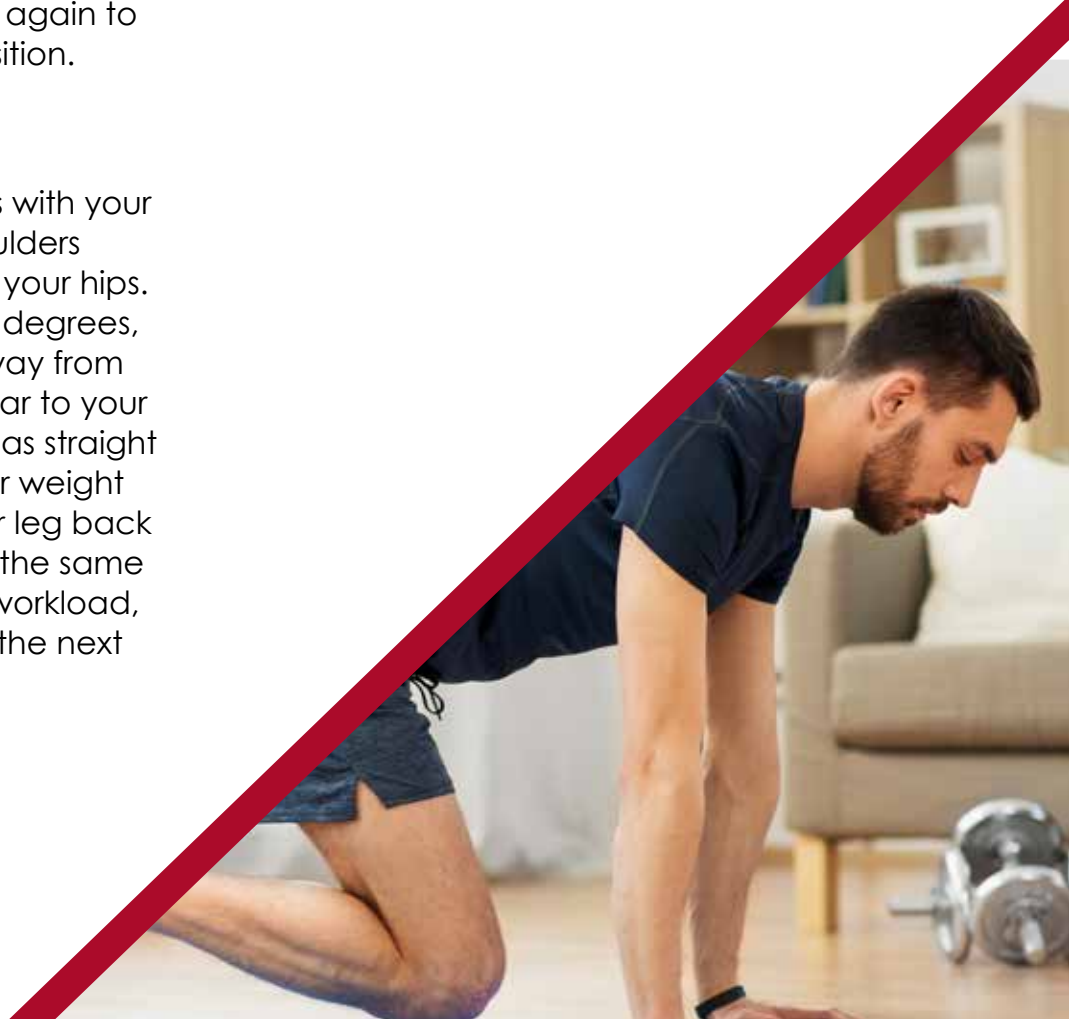
Sit on the floor with your knees bent and feet flat on the floor. Brace yourself by extending your arms behind you and placing your palms on the floor, finger tips pointing away from the body. Lift your feet and lean back on your sit bones slightly so your thighs and torso are forming a 'V' shape. Slowly straighten the legs, lowering them to a hover without touching the ground while your upper body leans further back. Keeping your back straight, bend the knees again to come back to the starting position.

## Fire Hydrants

Start on your hands and knees with your hands directly under your shoulders and your knees directly under your hips. Keeping your knee bent at 90 degrees, raise your right leg out and away from the body until it is perpendicular to your left leg. Try to keep your back as straight as possible and don't shift your weight on to your left side. Lower your leg back to meet the other. Repeat on the same side for the whole 20 second workload, then switch to the left side for the next workload.

## Other exercises that can be done with no equipment...

- Ab Crunch
- Burpees
- Hamstring Curl with slides
- High Knees
- Hip Thrust
- Jumping Jacks
- Lunges – forward, backward, side, curtsey
- Mountain Climbers
- One Leg Bridge
- One-Leg Squats into Chair
- Plank
- Plank Jack with slides
- Sit Ups
- Speed Skaters
- Split Squats



# AT HOME EXERCISE

Full Body Workout | Looped Resistance Band



**20 Minute HIIT Style – Perform each exercise for 20 seconds of work with 10 seconds rest. Perform 8 rounds of work for each exercise before moving on to the next one.**

## **Banded Good Mornings**

Start standing with the resistance band looped under your feet. Bend forward at the hip, keeping the back straight, until your torso is bent forward at almost a 90-degree angle. Loop the band over your head so it rests on the back of the shoulders. Keeping the back straight with the knees slightly bent, extend the hip to stand straight up, squeezing your glutes as you stand. Then bend forward again at the hip to return to starting position.

## **Banded Upright Row**

Start standing with the resistance band looped under your feet. Grasp the top of the looped band with both hands with arms straight and palms facing towards you. Space your hands relatively close together, with about 3 inches of space between them. Bend at the elbow to pull the band up to collarbone height, then straighten the elbows to lower back to the starting position.



## **Banded Bicep Curl**

Stand and loop the band under your feet. Grasp the resistance band in each hand with your palms facing each other, thumbs towards the ceiling. Begin with your arms straight and bend at the elbow to curl your hands towards your torso until your arm is fully flexed and the hands are up near the shoulders. Slowly, with tension, lower your arms back to the starting position.

## **Banded Side Shuffles**

Loop the band around itself so it is half its length. Slide the looped band under your feet and bring it up to rest on your lower thigh above the knee. Bend the knees slightly and get into a half-squat position, sending the hips back. Step your feet in one direction, keeping your knees far enough apart that there is tension on the band. Count 12 shuffles in one direction, then step your feet the other way and count 12 shuffles back in the other direction.

## **Banded Rear Delt Fly**

Start standing and bend forward at the hip, keeping the back straight so your torso is bent forward at almost a 90-degree angle. Grasp the band in both hands with your palms facing you, thumbs pointing towards each other. Ensure there is a good amount of slack in the band between your hands. Start with your hands together directly under the centre of your torso and then pull the hands away from each other, keeping the elbows straight. Try to straighten your arms out to a 'T' shape, then slowly return your arms to the starting position.

## **Other exercises that can be done with resistance bands...**

- **Banded Face Pulls**
- **Banded Squats**
- **Bent Over Banded Row**
- **Split Squats**



# AT HOME EXERCISE

Full Body Workout | With Dumbbells



**25 Minute HIIT Style – Perform each exercise for 20 seconds of work with 10 seconds rest. Perform 8 rounds of work for each exercise before moving on to the next one. You can substitute dumbbells for things around the house – laundry detergent, bag of dog food, etc.**

## **Goblet Squats**

Take the heaviest dumbbell that you have and hold it with both hands. Keep it close to your body at about chest height. Ensure your feet are slightly more than hip width apart. Holding the dumbbell, squat down by moving your hips down and back and bending your knees. Ensure your knees track over your ankles and don't collapse inwards. Squat down until your thighs are parallel with the ground, then drive back up to standing by pushing through your heels.

## **Bent Over Alternating Dumbbell Row**

Hold two medium weight dumbbells, one in each hand. Standing with your feet hip width apart, bend forward at the hip, keeping your back straight, until your torso is nearly perpendicular with the floor. Start with your arms straight, palms facing each other. One at a time, bend at the elbow and row the dumbbell upwards toward your body, stopping when the weight is almost touching your side. Slowly return to the starting position and then repeat on the other side.

## Staggered Stance Deadlift

Stand with your feet close together, then step one foot back about half a foot. Place a heavier dumbbell on the ground just in front of your front foot. Bend forward at the hip, keeping your back straight. Pick up the dumbbell with both hands, then engage the glutes in your front leg to bring your torso up until you are back to standing. To help target your working leg, you can raise your back heel or to challenge yourself even more, you can lift your back leg as you bend forward and pick up the weight.

## Shoulder Burnouts

**(Lateral Raise, Front Raise, Overhead Press)**

Hold a lighter dumbbell in each hand while standing. Start with your hands by your sides, palms facing inwards. At the same time, raise both hands out to the side, keeping a slight bend in the elbow, until your arms are shoulder height. Lower your arms back to your sides. Next, flip your palms to face behind you and then lift your arms straight out in front of you until they are shoulder height. Lower the arms back to your sides. Next, bend your elbows to bring your hands up to shoulder height. Now your palms are facing in front of you. Straighten your elbows to press the weights straight up overhead, then return to the starting position and drop your arms back to your sides. Repeat all 3 exercises in sequence.

## Skull Crushers

Lie down on your back and hold a lighter dumbbell in each hand. Start with your arms straight up overhead with your palms facing each other. Slowly bend at the elbow, bringing the dumbbells closer to your body, until your elbows are bent 90 degrees. Then push the dumbbells away from your body, straightening your arms back to the starting position.

## Plank Dumbbell Pass

Take one lighter dumbbell and lie down on your stomach. Place your hands directly underneath your shoulders and place the dumbbell just to the outside of one hand. Come up into a plank position on your hands, with legs together and core engaged. With the hand furthest from the dumbbell, reach behind your opposite hand to grab the dumbbell and place it on the other side of your body, then return your hand back to the floor just inside of where you placed the dumbbell. Then with the other hand, reach behind your planted hand and grab the dumbbell to place it back where it started. Repeat, passing the dumbbell back and forth while maintaining correct plank position with core engaged.

## Other exercises that can be done with dumbbells...

- **Arnold Press**
- **Around the Worlds**
- **Bicep Curl**
- **Clean and Press**
- **Dumbbell Glute Kickback**
- **Front Raise**
- **Half Get Up**
- **Lateral Leg Raise**
- **Lateral Raise**
- **Overhead Press**
- **Pectoral Fly**
- **Sumo Squats**
- **Tricep Kickbacks**
- **Upright Row**





# AT HOME STRETCHING



## **Cat/Cow**

Start on all fours with your hands directly under your shoulders and knees directly under your hips. In one motion, round the upper spine while pulling the head down and tucking the chin towards you. Then look up and tilt the chin back which will flex the spine in the opposite direction. Repeat 8-10 times in a slow controlled motion.

## **Nose to Shoulder**

Seated or standing, turn your head to one side as if you were going to look over your shoulder. Then tilt the head downwards to bring your chin closer to your collarbone. Hold for 10 seconds, then return to a neutral head position and repeat on the other side.

## **Upper Back Stretch**

Seated or standing, reach both arms straight out in front of you. Clasp your hands together then flip your palms so they are facing away from you. Push the arms and hands away from the body while you round your upper back and slightly tilt the chin down. Hold for 30 seconds and repeat 3-5 times.

## **Lower Back Stretch**

Lie on the floor on your back. Bring both knees into your chest and wrap your arms around your knees. You can rock slightly from side to side to massage the lower back. Hold for 15-20 seconds and repeat 3-5 time

## Figure 4 Stretch

Lying on the floor, bend both knees so your feet sit flat on the floor. Take one leg and place it so the area just above the ankle rests just above the knee of the other leg. Reach one arm through the gap you've created between the legs and reach the other one outside the planted leg to grasp hands around the back of the planted leg, then gently pull towards you, raising your planted foot off the ground. Hold for about 30 seconds, then switch sides and repeat on each side 3-5 times.

## Hip Flexor Stretch

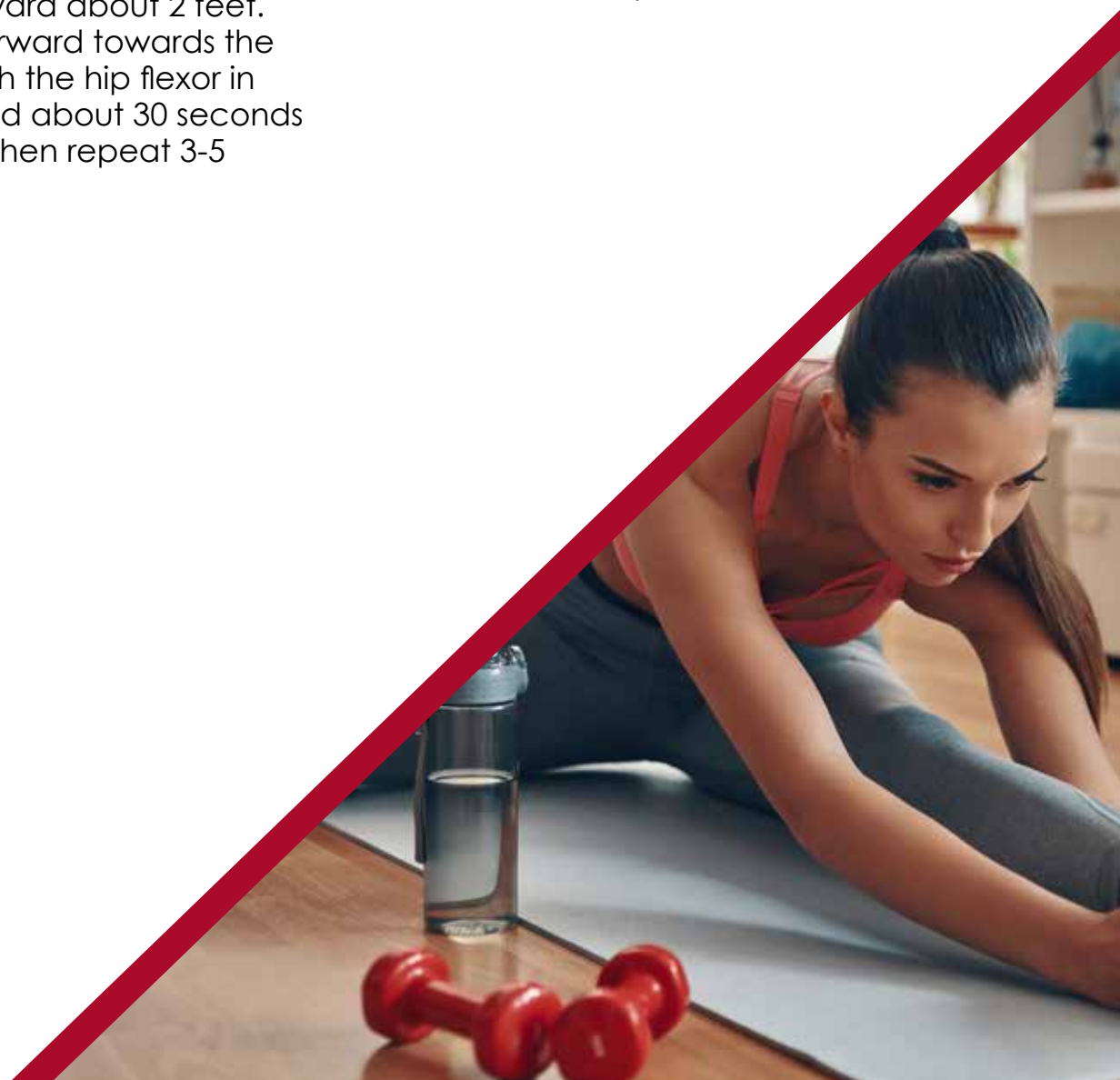
Kneel on the floor with your hips extended so your body is in a straight line. Bend one knee upwards and step that foot forward about 2 feet. Lean your torso forward towards the front foot to stretch the hip flexor in your back leg. Hold about 30 seconds and switch sides, then repeat 3-5 times.

## Standing Oblique Stretch

Start standing and reach both arms straight up overhead. Lean over towards one side, flexing the torso slightly. Then drop the arm on the side you are leaning towards and let it hang down the side of the body while you continue reaching towards that side with the other outstretched arm. Hold about 30 seconds, then switch sides and repeat 3-5 times.

## Seated Hamstring & Back Stretch

Start sitting with your legs together and straight out in front of you. Slowly fold forward over your thighs, reaching for the toes and letting the back round. Hold for about 30 seconds and repeat 3-5 times.







**SENIOR WELLNESS**

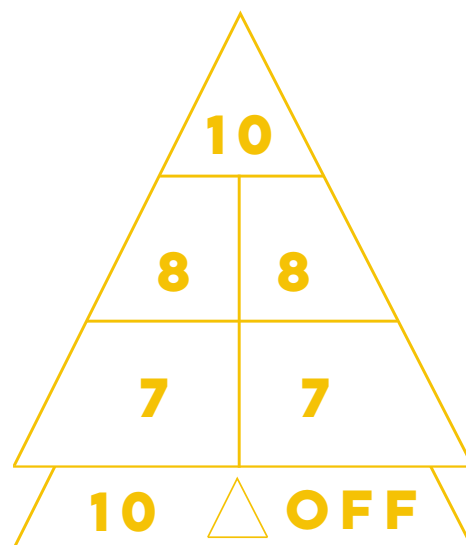


# INDOOR SHUFFLE BOARD

**Supplies:** painters tape/masking tape, lids from jars/containers, broom/Swiffer, hard floor (not carpet)

**How to:**

1. Tape the shuffle board onto the floor leaving at least 5 feet between where you will start and the board itself.
2. Place a line for your start.
3. Lay out your lids with the solid side down on the floor. 2-3 lids/player
4. Each player stands and pushes a lid with the broom towards the board.
5. Take turns pushing each lid onto the board at the end of the round (after each player pushes all their lids).
6. Players may knock other players lids out of the board.
7. Award points based on where they land at the end of the round.
  - a. 10 OFF zone = minus 10 points
  - b. 10, 8 or 7 points
8. First player to 45 points wins!



# AT HOME EXERCISE

Seniors | Building Upper Body Strength



**Adding resistance with light weights or elastic bands helps develop muscle mass and upper body strength.**

## **Overhead Press**

Sit (or stand) with feet flat on the floor and hold weights at shoulder height with palms facing forward, then lift the weights above your head.

## **Side Arm Raises**

Hold weights at your sides, palms inward, and raise your arms out to the sides.

## **Front Arm Raises**

hold weights at your sides, palms down, and raise arms to shoulder height.

Aim for two sets of at least 10 reps for each of these three exercises.



# AT HOME EXERCISE

Seniors | Building Lower Body Strength



**Not only do leg raises help strengthen the thigh, hip, buttocks, and lower back muscles, this type of exercise benefits balance as well.**

## **Side Leg Raise**

For side leg raises, stand behind a chair and hold on for better balance. Lift one leg out to the side, keeping it completely aligned from heel to hip, while maintaining a straight back and a slight bend in the supporting leg, then slowly lower the leg.

## **Back Leg Raise**

For back leg raises, use the same chair for balance and slowly lift one leg behind you (without leaning forward), hold for a moment, and lower the leg. Do not bend the lifted leg or point the toes, and keep the standing leg slightly bent.

For each exercise, complete two sets of at least 10 reps for each leg, alternating legs between sets.

# AT HOME EXERCISE

Seniors | Full Body



**Perform any of the following activities to help you stay fit.**

## **Wall Sit**

Stand with your back to a wall. Place your back right up against the wall and ensure your feet are pointed straight out in front of you about hip width apart. Slide down the wall until your knees are bent at roughly a 90 degree angle. Maintain this position for 20-60 seconds. Repeat 5 times.

## **Wall Push-Up**

Stand facing a wall. Place your hands on the wall a little bit wider than your shoulders and at about shoulder height. Take one step back with both feet so your body is slightly angled towards the wall. Bend at the elbows to lower your body closer to the wall, until your nose can almost touch the wall, then push away from the wall, straightening your elbows. Repeat 10 times.

## **Knee To Elbow**

Sit in a chair with both knees bent and feet flat on the floor. Bring both arms up so your hands are resting at the back of your head and elbows are bent. Slowly raise up one knee while at the same time twisting to lower your opposite elbow to touch that knee. Your elbow and knee should meet at roughly the midline of the body. Repeat on the other side, alternating sides for a total of 12.

## **Bridge**

Lie down flat on your back. Bend your knees up towards your bottom, so that with your arms lying by your sides your fingertips will just brush against your heels. Ensure your feet are hip width apart, then slowly raise your hips up into the air until they are fully extended, keeping your knees bent and feet on the floor. Hold this position for 5-10 seconds and slowly lower your hips back to the floor. Repeat 5 times.





**LOOKING FOR THINGS  
TO DO WITH THE KIDS?**



# EDIBLE PLAY DOUGH EXTRAVAGANZA

## EDIBLE PLAY DOUGH

**Ingredients:** 2  $\frac{3}{4}$  c icing sugar, 1 c whipped vanilla frosting, food colouring

**How to:** Mix together and kneed till combined. Add food colouring to dough.

**Note:** If you cannot find whipped frosting, use only 2  $\frac{1}{2}$ c of icing sugar.

## EDIBLE MARSHMALLOW PLAY DOUGH

**Ingredients:** 6 large marshmallows,  $\frac{1}{4}$  c corn starch, 2 tsp coconut oil, food colouring

**How to:** In microwave safe bowl melt marshmallows, corn starch and coconut oil for 30 seconds. Add food colouring and mix. When it starts to harden, kneed by hand till combined.

**Note:** If sticky add corn starch, if your hands get sticky add coconut oil to hands.

## EDIBLE CHOCOLATE PLAY DOUGH

**Ingredients:** 1  $\frac{1}{2}$  c icing sugar,  $\frac{1}{2}$  c whipped chocolate frosting

**How to:** Mix together and kneed till combined.

**Note:** It will seem crumbly until you kneed it.



# EASY PEASY CRAFTS

## PUFFY PAINT

**Supplies:** Equal amounts of shaving cream and white glue, food colouring, paper

**How to:** Mix shaving cream and white glue together gently. Add food colouring to mixture.

**Note:** Let dry before testing the puffy texture of paint, cover paint surface in newspaper first for easy clean up.

## MAGIC COFFEE FILTER CREATIONS

**Supplies:** Coffee filters, washable markers, spray bottle/ eye dropper, water, cookie sheet

**How to:** Lay out the coffee filter on the cookie sheet. Colour coffee filter. Spray/drop water onto the coffee filter and watch the magic. Coffee filters should be moist but not in a puddle. Let dry over night or dry in oven at 150F for 30 min. Watch carefully.

**Note:** You could add googly eyes, add arms legs, cut like a snowflake, make butterflies with clothespins as bodies. Bend a pipe cleaner for legs, arms and body and use the coffee filter as a dress.

## SNOW PAINTING

**Supplies:** Water, food colouring, spray bottle

**How to:** Mix food colouring with cool water and pour into spray bottle. Go out and decorate the snow.

**Note:** Do not spray on anything but snow.





# INDOOR FAMILY FUN

## BALLOON VOLLEYBALL

**Supplies:** Balloons, 2 chairs and a broom

**How to:** Assemble a net using a broom on 2 chairs use the balloon as a ball to volley back and forth.

**Note:** Only use your head or feet instead of your hands.

## STAIR BEAN BAGS

**Supplies:** Stairs, bean bag or stuffed animal, items to mark stairs (e.g. socks, coloured cups, toys)

**How to:** Challenge someone to toss the “bean bag” on a specific stair (e.g. toss your bean bag to the stair with the coloured cup).

**Note:** Try tossing backwards, between legs, while jumping.

## BROOM MINI GOLF

**Supplies:** Broom, cups, post it, small ball

**How to:** Set up cups for holes around the house. Use the post it as the start spot. Use your broom to mini golf to a championship.

**Note:** Write how many putts on the post it note, why not golf under the table, down the stairs or into the tub.



# NEIGHBOURLY KINDNESS

## BOARD GAME EXCHANGE

**Supplies:** Board game, paper

**How to:** Play the board game, write down the winner and score (if applicable) then exchange the game with a neighbour. Make sure to sanitize your game.

## DECORATE YOUR WINDOW

**Supplies:** Crafts, notes, letters

**How to:** Brighten someone's day that passes by your house by decorating your window. Put up crafts, write messages or simply smile and wave!

## SHOVELING YOUR NEIGHBOURS WALKS

**Supplies:** Shovel, broom

**How to:** Lend a helping hand by getting out there and clearing the snow!

SHARE IN SOME LAUGHTER  
AND MAKE MEMORIES WITH  
YOUR FAMILY.

Have a family movie  
afternoon

Build an indoor tent and  
camp out in the  
living room

Enjoy puzzles

Participate in  
yoga online

Set-up a scavenger hunt in the house

Check out virtual museum tours

Have story time with your extended family  
and friends via facetime or skype



# DIY SQUEEZE BOTTLE PAINT

**Supplies:** Flour, Salt, Water, Liquid dish soap, small containers

## **How to:**

1. In a mixing bowl, combine even parts of water, salt, and flour. I use 2 cups of water, 2 cups of salt, and 2 cups of flour to fill up our medium size squeeze containers.
2. Once fully combined, funnel the mixture into paint bottles.
3. Place small drops of food coloring in each bottle.
4. Shake the bottles to mix the paint.
5. Continue adding food coloring until desired shade is achieved.
6. Paint as usual! Paint will completely dry on paper.
7. Store the paint with the lids on top.
8. Paint will separate after sitting for a while. Simple shake the bottles up again and they will be as good as new!





## HOMEMADE PAINT

**Supplies:** Flour, Water, Liquid dish soap, small containers

**How to:**

1. Mix together 1c flour and  $\frac{3}{4}$  c water.
2. Add  $\frac{1}{4}$  c liquid dish soap.
3. Divide into smaller containers before adding food colour.
4. Cover if not using, stir before next use.

## DIY PAINT CLASS

**Supplies:** Paint, brushes (or your finger, a fork, spoon), paper or cardboard, newspaper (to cover the table for easy cleanup)

**How to:**

1. Choose your instructor (one of you) or find one online.
2. Lead your participants step by step through a painting.  
Follow along with the instructor. This is super fun for kids to teach others in a creation that means a lot to them.

# DIY CAT & MOUSE GAME

**Supplies:** Tissues, String, Colored Tape, Tokens – Pennies, water balls, something small (5 for each player), A large kitchen pan lid, 2 dice

## How to:

1. Get a tissue for each player and fold and roll it up.
2. Get a 2 foot string and tie it around the tissue. This tissue is now called “the mouse”.
3. Tape a circle on a carpeted floor. With colored tape, create a circle on carpeted floor. It needs to be bigger than a large kitchen pan lid. Shake the bottles to mix the paint.
4. Find 5 tokens for each player. Each player needs 5 pieces of something. We used water beads that my boys have been going crazy over the past couple days. You can use pennies, legos, pretend money Etc.
5. Get your dice and 1 large pot lid. The lid is now called “the cat”

## Instructions on how to play:

Have each player place their “MOUSE” inside of the circle on the floor, holding the opposite end outside of the circle. Start with one person holding the “CAT” in one hand and 2 dice in the other. The person with the “CAT” and 2 dice begins rolling. If they get doubles the “Cat” tries to catch as many mice as they can by slamming down the lid into the circle. As soon as doubles are rolled, everyone must pull out their mice as fast as they can to prevent being caught under the lid. If your mouse gets caught under the lid, you must “pay” the cat with one of your tokens. After doubles are rolled, you pass the 2 dice and lid to the person to your left. Repeat until doubles are rolled. Try and catch some mice as fast as you can. If you catch 3 mice, you get 3 tokens; 2 mice, you get 2 tokens Etc.

## Tips and Tricks

- Roll the dice so everyone can see them.
- Keep your hands and fingers clear of the circle while the “Cat” is rolling (or you might lose a finger ;))
- If you run out of tokens, you are out of the game.
- The “Cat” can fake attacking the mice. If the mice pull out of the circle, they owe the “Cat” a token.
- If the “Cat” touches the floor on attack when doubles were not rolled, the “Cat” owes a token to all of the mice.
- Hold the “Cat” in one hand ready to attack once your other hand rolls doubles.
- The “Cat” cannot hover close to the circle. They need to remain outside the circle airspace. (Unless you have little kids playing, then they can be wherever they want).



# COLOURED INDOOR SCAVENGER HUNT

**Supplies:** List of colours

**How to:**

1. Ask your child to go find something that is a specific colour. You could write the colours and ask them to put them in the under the right headings.
2. Vary your requests by size, number of items, location, multi coloured option.
3. Expand your scavenger hunt to themes food, numbers, clothing items, books, cars, dinosaurs, etc.



# POST IT ALPHABET FUN

**Supplies:** Paper, Post its or cut paper squares, Markers

**How to:**

1. Write out the alphabet (small letters) and put it somewhere. Hang it on the wall, fridge, lay it on the floor, tape it down a hallway.
2. On post its or small paper squares, write one capital letter per paper.
3. Now you can do a few things:
  - hide the capital letters around the house
  - put the capital letters on a matching item (F on fridge) and have your child say the letter
  - put the letters into books
  - put the letters on/in things they would use during the day (toothbrush, bed, cup)
  - put the letters on tasks (sweep the floor with the B for broom)
4. Have fun with it. Make it learning but in a creative way.



## HOME NAIL POLISH FUN

**Supplies:** Cardboard, Scissors, Marker, Nail Polish, Newspaper (to cover the table for easy cleanup)

**How to:**

1. Cut out giant hands and feet from cardboard.
2. Draw on the nails to the hands and feet.
3. Put the hands and feet on the newspaper.
4. Paint the nails with polish.

## RE-WRITE THE STORY

**Supplies:** Story, paper, markers/Crayons

**How to:**

1. Choose a story, read almost to the end and then “re-write” or draw the new ending.
2. Read the story with the alternate endings.





# RECYCLED MASTERPIECE

**Supplies:** Recycled items, tape or glue, paint/Markers optional

**How to:**

1. Choose a theme to work towards. Examples: space, the zoo, at the store, your favourite movie.
2. Choose 1-3 items that must be included.
3. Set limits. Examples: only 5 pieces of tape, it has to stand on its own, it has to be 30 cm tall, it has to be able to ride down the stairs without falling apart.
4. Get building and have fun! Think less and imagine more!



# DICE GAMES

**Supplies:** Dice, pen, paper

## **How to:**

1. **Evil One:** Each player takes a turn rolling the die. If the player rolls a 1 their turn is over and they pass the die to the next player. If the player rolls a 2-6, they can choose to write their score down (and pass the die to the next player) or roll again. If they roll again and roll a 1 they lose their points and their turn is over and you pass the die to the next player but if they roll a 2-6 then they add their 2 roll numbers together. Players can choose to continue to roll or stay and pass the die. Points are only lost per round not total points. Continue till a player reaches 100 and is crowned the winner.
2. **Dice Wars:** Each player starts with 2 dice and 5 rocks (or other counters). The objective of the game is to capture all of the other player's rocks. On the count of three, both players roll their 2 dice. Each player adds up the sum of his/her two dice, and whoever has a higher number gets to "steal" a rock from the other player. Continue playing until one player has ALL 10 rocks and is crowned the winner.
3. **Knockout:** Each player needs a piece of paper with the numbers 2-12 written on it. Take turns rolling 2 dice, add the dice together and cross out the sum on your paper. First one to cross out all their numbers is crowned the Knockout winner.





# STAR GAZING INDOORS

**Supplies:** Flashlight, paper, constellation map, sharp object – pen/tac

**How to:**

1. Cut out paper shape that matches the lens of your flashlight. Remember if you trace it, you will need to cut inside your line.
2. Find some easy constellations, punch out the stars on the paper shape using something sharp.
3. In a dark room or under a blanket fort, shine the flashlight up and place the paper shapes one at a time on the flashlight.
4. Talk about the constellation or even watch a mini video online.
5. Make your own constellations and add them to your stock.



# MASTER HOME CHEF

**Supplies:** Food ingredients, judge

**How to:**

1. Judge choose a few random food ingredients for the contestants.
2. Contestants must create a delicious masterpiece based on the criteria set out by the judge.
3. Present your meals to the judge for tasting and deliberation.

*Ex: Judge chooses a granola bar, 1/2 banana and yogurt. Creation must include all 3 ingredients and be a snack. Contestants could make a mini sandwich by breaking the granola bar in half, dipping 1 side in yogurt and cutting the banana in coins and put it between the yogurt bars.*

*Note: You have to be a little creative and think outside the box.*



# EGG CARTON MOTHER'S DAY FLOWERS

**Supplies:** Egg carton – cardboard (not foam), scissors, paint & brush, glue, straws, tape, newspaper

Optional: yellow pompom & glue, soup can, dry rice

## **How to:**

1. Have an adult cut out the egg carton flowers. Break the cardboard egg carton into chunks of 4, then trim around the edges to give a round petal shape.
2. Lay down newspaper on the table for an easy clean up.
3. Paint the egg carton flower. Inside and outside.
4. Let flower dry.
5. Tape straw to back of flower.

Optional: glue pompom to middle of flower.

Bonus: Use a soup can and paint the can as a vase for the flowers. Add dry rice to the can to hold the flowers in place and prevent the soup can from tipping over when you put your flowers in.





# CHOCOLATE MUG CUPCAKES

**Supplies:** ¼ cup all purpose flour, 2 tbsp cocoa powder, ¼ tsp baking powder, 2 ½ tbsp sugar, 1/8 tsp salt, ¼ cup + 1 tbsp milk, 2 tbsp vegetable oil, 1 tbsp of hazelnut spread or chocolate chips or peanut butter (or omit altogether), 1 mug, Cooking Spray, Whisk, Spatula, Paper towel, Microwave, Oven Mitts

## How to:

1. In a medium bowl whisk together dry ingredients.
2. Whisk in the milk & oil until the batter is smooth.
3. Spray mug with cooking spray.
4. Pour batter into mug leaving at least 1 finger space at the time for rising during cooking. Use the spatula to get all the batter out of the bowl if necessary.
5. Add topping of choice in middle of mug, do not mix in. It will sink down during cooking.
6. Place a paper towel under the mug in the microwave. Just in case it overflows.
7. Microwave for 70 seconds.
8. Each microwave is different so after 70 seconds carefully remove mug and touch top of cupcake. Cake should gently pull away from sides of cup. If texture isn't spongy and bounce back when you touch it microwave for 15 more seconds.
9. Remove from microwave. Let cool for 1 minute.
10. ENJOY! Top with whipped cream or ice cream for a treat!





# SPRINKLE MUG CUPCAKES

**Supplies:** 2 tbsp butter/margarine,  $\frac{1}{4}$  cup all purpose flour, 1 egg yolk, 2 tbsp sugar, 1 tbsp milk (your choice), 1 tsp vanilla extract,  $\frac{1}{4}$  tsp baking powder, 1 tsp sprinkles, 1 mug, Cooking Spray, Fork, Paper towel, Microwave, Oven Mitts

## How to:

1. Melt butter in mug for 25-35 seconds in your microwave.
2. Add remaining ingredients to mug EXCEPT sprinkles.
3. Mix well with a fork. Be sure to get to the bottom and all the corners.
4. Gently stir in sprinkles.
5. Place a paper towel under the mug in the microwave. Just in case it overflows.
6. Microwave 45-60 seconds.
7. Check at 45 seconds to see if the cupcake is done. The cupcake will pull away from the sides of the cup and the top is dry. Microwave an additional 15-30 seconds as needed.
8. Remove from microwave.
9. Let cool 1 minute.
10. ENJOY! Top with whipped cream or ice cream for a treat!

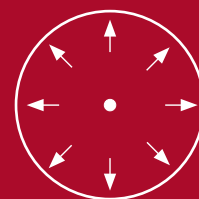


# JELLYFISH BRACELETS

**Supplies:** Embroidery floss, scissors, stiff cardboard (E.g. cereal box, index card), packaging tape, pencil, mug

## How to:

1. Trace the rim of your mug onto a piece of stiff cardboard (empty side up, cereal label down) and cut circle out.
2. Draw on 8 ticks evenly around the edge.  
Hint: Draw ticks about 1cm long (as long as your thumb nail) like a clock at 12, 3, 6, 9 then do a little turn of the circle template and repeat.
3. Draw a dot in the middle of your circle template. Have an adult carefully poke the hole through with the tip of the scissors.
4. Cover your circle template in packaging tape front and back.
5. Trim tape around circle template.
6. Have an adult re-poke the hole in the middle carefully.
7. Gently cut each of the 8 ticks about 1cm long (as long as your thumb nail).
8. Measure out 18' of 7 pieces of embroidery floss string.  
Measure from your wrist to your elbow and back for 1 piece.
9. Fold all of your string in half and tie a simple knot.  
Tie knot close to the fold of the string.  
Make sure to leave a loop to tie your bracelet on at the end.
10. Put the knot through the middle hole in your circle so the string is on the top where you drew your lines and the knot is on the side with the cereal label.
11. Sort your string and put the 2 of the matching colour into each slit along the side. One slit should be empty.
12. Your strings should be hanging over the edge and looking like a jellyfish.
13. Face the empty slit away from you, like the 12 on a clock. Count three slits to the right, take those 2 strings and move them to the empty slit. You will need to pull up, move them and push the strings into the new slit.
14. Turn the template counter clockwise so the empty slit is facing away from you and repeat.
15. As you work, pull the knot down through the whole so your strings stay flat against the template. Run your fingers through the strings to avoid knots.
16. When you either run out of string (remember you will need enough to tie your bracelet on) or the bracelet is long enough, tie a knot at the end of the string to secure your work.
17. Trim the ends, make sure to leave enough to tie on to the loop at the beginning.





# MUFFIN TIN YETI SPAGHETTI

**Supplies:** Two twoonie sized portions of spaghetti,  $\frac{1}{2}$  tbsp olive oil,  $\frac{3}{4}$  c parmesan cheese, 1 tbsp dry parsley, 2 cups of tomato/pasta sauce, 12 cooked meatballs,  $\frac{1}{2}$  c parmesan cheese, dry parsley to garnish, pot, cooking spray, strainer, 12 hole muffin tin, large bowl, tongs, spatula, oven mitts

## **How to:**

1. Preheat oven to 375 degrees F.
2. In a large pot cook spaghetti according to package. Strain. In large bowl mix spaghetti with  $\frac{1}{2}$  tbsp of olive oil to avoid spaghetti from sticking. Allow spaghetti to cool in large bowl.
3. Cook meatballs according to package or make your own and cook.
4. Toss spaghetti with  $\frac{3}{4}$  c of parmesan cheese & 1 tbsp parsley.
5. Spray muffin tins with cooking spray.
6. Use tongs to pick up spaghetti and spin into each muffin tin. Fill almost to the top.
7. Spoon 1 tbsp of sauce on top of the spaghetti.
8. Add 1 meatball to each muffin tin and sprinkle 1 tbsp of parmesan cheese on each meatball.
9. Cook in the oven for 20 minutes.
10. Let cool slightly before using a spatula to run along the edges of each muffin tin and scoop out.



# YETI SPAGHETTI PAINTING

**Supplies:** A loonie sized portion of dry spaghetti, elastic/packaging tape, a dime sized portion of spaghetti, paint, white paper or canvas, newspaper, paper/plastic plate or paint tray, ¼ tbsp olive oil, large bowl, strainer

## **How to:**

1. In a large pot cook dime sized portion spaghetti according to package. Strain & mix with 1/4 tbsp of olive oil to avoid spaghetti from sticking. Allow spaghetti to cool in large bowl.
2. Secure loonie sized portion of spaghetti with an elastic or packaging tape to make a paint brush.
3. Lay down newspaper on surface to allow for easy clean up.
4. Pour paint onto plate/tray.
5. Using the dry spaghetti, dip into the paint and use as a brush onto your paper/canvas.
6. Using the cooked spaghetti, hold one end slowly lower the other end of the spaghetti into the paint. Drag spaghetti across the paper/canvas in different kinds of lines. Straight, curvy, zig zag, curly.
7. Once done you can keep the cooked spaghetti as a fun thing to play with in the sink or tub or put it in a Ziplock bag as a sensory.



# COLOURFUL SPAGHETTI

**Supplies:** A dime sized portion of spaghetti, ¼ tbsp olive oil, pot, strainer, food colouring, freezer seal bags, tongs

## How to:

1. In a large pot cook dime sized portion spaghetti according to package with 1/4 tbsp of olive oil.
2. Strain spaghetti and rinse with cool water.
3. Add a couple drops of food colouring to a freezer seal bag. Make as many bags as you want colours.
4. Use tongs and drop in some spaghetti into each bag.
5. Close the bag and mix around till all the spaghetti is coloured.
6. Add more food colouring if not the colour you desire.
7. Let stand for at least 15 minutes.
8. Rinse one colour at a time.
9. Have fun playing. Store in fridge when not using.

# SPAGHETTI TOWERS

**Supplies:** Dry spaghetti, dry penne/hoop cereal/beads, playdough

## How to:

1. Push playdough into a mound onto the table/surface.
2. Stick in 3-5 dry spaghetti noodles into the playdough making empty towers. Make sure to leave at least a finger with space between each tower. More is better.
3. Thread items of your choice (dry penne/hoop cereal/beads) onto the towers.
4. Fun things to do using the towers:
  - a. You can do addition, subtraction or simple multiplication using the towers.
  - b. You can make patterns or sequences.
  - c. You can add towers and make a simple image like a face.
  - d. You can break the dry spaghetti noodles into different lengths to make a landscape design.



# SPAGHETTI BRIDGES

**Supplies:** Dry spaghetti, 2 books/cookie sheets/rolls of toilet paper, random household objects

**How to:**

1. Lay the dry spaghetti across your two items (books/cookie sheets/rolls of toilet paper) to make a spaghetti bridge.
2. Make a hypothesis or guess on how many items your spaghetti bridge can hold.
3. Test your hypothesis and see if you were right. Did the spaghetti hold more items than you thought?

**Challenge:** What if you added more or took away spaghetti how many items would your spaghetti bridge then hold?

# SPAGHETTI CREATIONS

**Supplies:** Dry spaghetti, marshmallows

**How to:**

1. Combine spaghetti and marshmallows by breaking the spaghetti and sticking it carefully into marshmallows to make shapes, towers, buildings.

**Challenges:** Can you build the Eiffel tower? Can you build 3D shapes? Can you build your house?



# ON TOP OF SPAGHETTI SONG WITH ACTIONS

On top of spaghetti, (reach up really high on your tippy toes)  
All covered with cheese, (pretend you are washing your hair with cheese)  
I lost my poor meatball, (hand over your eyes like you are looking for something lost)  
When somebody sneezed. (Pretend to sneeze)  
It rolled off the table, (roll your arms around and around)  
And on to the floor, (log roll on the floor)  
And then my poor meatball,  
Rolled out of the door. (put your hands together and open and close them pivoting at your thumbs like signing door)  
It rolled in the garden, (roll your arms around and around)  
And under a bush, (put your arms over your head like you are under a bush)  
And then my poor meatball,  
Was nothing but mush. (shake your finger like no and squish your hands together like you are mushing)  
The mush was as tasty (rub your belly)  
As tasty could be,  
And then the next summer,  
It grew into a tree. (crouch down and then grow up into a tree)  
The tree was all covered, (drag your hands from your toes up your body to your nose)  
All covered with moss,  
And on it grew meatballs, (pretend to roll a ball in your hands)  
And tomato sauce.  
So if you eat spaghetti, (pretend you are eating)  
All covered with cheese, (pretend you are washing your hair with cheese)  
Hold on to your meatball, (cup your hands together like you are holding something that might escape)  
Whenever you sneeze. (pretend to sneeze)



# MINI QUICHES

**Supplies:** 6 large eggs, 1 cup heavy cream, salt and pepper, cayenne pepper, 1 ½ cups grated cheese, bowl, whisk, muffin tin, cooking spray, sharp knife, cutting board, spatula, oven mitt

Optional Cooking Supplies: spinach, broccoli, mushrooms, onion, garlic, bacon bits, ham, tart shells

## How to:

1. Preheat oven to 375 degrees.
2. Crusted Quiche: Place frozen tart shells in muffin tin and let thaw for 10 minutes.
3. Crustless Quiche: Spray muffin tin with cooking spray over the sink.
4. Beat eggs in the bowl with whisk.
5. Add heavy cream and whisk until light and fluffy.
6. Add salt, pepper, and cayenne pepper until well-combined.
7. Stir in cheese.
8. Pour into tart shells or muffin tins and top with add-in optional ingredients as desired.
9. Bake for 15-25 minutes until egg mixture is set.
10. Remove from the oven and let rest for about 5 minutes before serving.

**Freezing Option:** For easy make-ahead mini quiche, once they have been completely cooked and cooled, flash freeze them for about 30 minutes to an hour in the muffin tins. Then, I place them in a freezer-safe ziplock bag or other freezer-safe container, label them for the type or types of quiche included in the container, and freeze them for later use for up to two months. Reheat in a 375 degree oven for 8-10 minutes, or in the microwave for 30-45 seconds. Take care not to overheat as they will become tough.





# MINI TACO SALAD CUPS

**Supplies:** 12 two inch round wonton wrappers, 1 tbsp oil, 1/3 cup ground beef, 2 tsp taco seasoning, 1/2 cup lettuce, 1 small tomato, 1/4 cup shredded cheese, 2 tbsp sour cream, mini muffin tin, cooking spray, oven mitts, 2 tbsp Catalina dressing, sharp knife, cutting board, 2 sandwich bag, frying pan, wooden spoon, scissors, spoon

## How to:

1. Preheat oven to 350 degrees.
2. Spray mini muffin tin with cooking spray over the sink.
3. Fit one wonton wrapper into each muffin tins. Be careful to leave an opening in the middle.
4. Bake in oven for 8-10 minutes till golden brown.
5. While your cups are baking:
  - a. Chop your salad contents.
  - B. Brown ground beef in the frying pan with the 1 tbsp oil. Sprinkle with taco seasoning when brown.
  - c. Squirt 2 tbsp Catalina dressing into a sandwich bag. Cut the very corner off.
  - d. Scoop 2 tbsp of sour cream into a sandwich bag. Cut the very corner off.
6. Layer into your cups:
  - a. A spoonful of ground beef.
  - b. Toppings: lettuce, tomato, cheese.
  - c. Drizzle Catalina sauce & sour cream on top.



# APPLE PIE CUPS

**Supplies:** Regular muffin tin, cooking spray, oven mitt, 1 can cinnamon rolls (8/pkg) with or without icing, 1-2 apples, flour, sugar (white or brown), cinnamon, bowl, spatula, ice cream (optional)

## How to:

1. Preheat oven to 375 degrees.
2. Spray 8 regular muffin cups with cooking spray.
3. Separate cinnamon rolls, flatten in hand and then press into each cup. Be sure to squish up the side and avoid any holes in the dough.
4. Peel and cube 1 ½ cups of apples (1cm cubes).
5. Mix apples in bowl with 4 tbsp of flour, ¾ cup of sugar, 2 tbsp cinnamon.
6. Scoop 2 tbsp of apple pie filling into each cinnamon bun cup.
7. Bake for 15-18 minutes or until golden brown.
8. Let cool in pan for 5 minutes before removing.
9. Topping: warm up icing or add ice cream.
10. Serve warm!



# MUFFIN TIN SORT

**Supplies:** Muffin tin, muffin liners, letters, items, marker/pen

**How to:**

1. Write the theme on the bottom (inside) of the muffin liner one of the themes below. Using items around the house (pom poms, toys, marbles, building blocks, dolls) have your child sort items into each muffin liner that matches the theme.
  - a. Colours – purple (purple grape, purple sock, purple block)
  - b. Numbers – 3 (3 dinosaurs, 3 doll shoes, 3 marbles)
  - c. Money – coins (75 cents: 2 quarters, 2 dimes, 1 nickel)
  - d. Math – with 4 holes create math problems ( $3+4=$ )

# STRETCHY UPSIDE-DOWN MUFFIN TIN FUN

**Supplies:** Muffin tin, large elastics

**How to:**

1. Using large elastics (colourful are most fun) use the muffin tin cups as a canvas to create.
  - a. Letters: Stretch elastics like you were drawing a letter on the muffin tin.
  - b. Patterns: Create a 3D image with overlapping the elastics.
  - c. Shapes: Practice making 2D shapes.



# MUFFIN OPERATION

**Supplies:** Muffin tin, tongs, chopsticks, items that fit inside the muffin tin (eggs, small toys, marbles, socks)

**How to:**

1. Challenge your child to remove the items out of the muffin tins in various ways without touching the muffin tin. Be creative in the size and number of items in each tin.
  - a. With tongs
  - b. With chopsticks
  - c. With 1 finger
  - d. With a found item in the house

# MUFFIN CUP 4 IN A ROW

**Supplies:** Muffin tin, 20 small items  
(2 different themes E.g. 10 marbles, 10 blocks)

**How to:**

1. Take turns putting one item in a muffin cup.
2. First player to get four in a row wins.
  - a. Vertically
  - b. Diagonally
  - c. Horizontal





# MUFFIN TIN STORY

**Supplies:** Muffin tin, paint, paintbrush

**How to:**

1. Use the inside of the muffin tins as a square in a comic strip or scene in a story.
2. Start by counting out how many tins and planning either in your mind or on paper what each muffin cup will look like.
3. Paint your story or comic.
4. Let dry.
5. Share your cool muffin tin story.



# FUN THINGS TO DO

- Build a puzzle
- Have a dance party
- Tell stories
- Play charades
- Have a talent show
- Make popcorn balls & have a snowball fight
- Watch a movie with no sound and you voice the characters
- Make and fly paper airplanes
- Play board games with made up rules
- Play string games (cat's cradle)
- Play would you rather
- Have a tour of your house but each tour guide takes a room and tells funny stories of the people that live in the room
- Bake a snack
- Freeze toys in ice and chip them out
- Write post cards and mail them to family or friends
- Have a cup stack and demolish completion
- Play tic tac toe in giant form on the floor
- Make a bird feeder and hang it outside and watch for birds
- Learn a magic trick
- Make a volcano and explode it with vinegar and baking soda
- Visit a virtual museum
- Build a giant marble run in your house
- Have a lip sync contest bonus with costumes
- Make pizza from scratch
- Learn how to skip rope
- Build a card tower as tall as you are
- Find the missing socks in the laundry
- Make a treasure map and hide treasure for your sibling
- Have a thumb war
- Make a dance to your favourite song
- Make an origami animal
- Play balloon sports
- Make your house out of Lego



# FUN THINGS TO DO

- Have a family sleepover
- Learn a new skill (origami, animation, instrument)
- Learn sign language
- Replicate famous art in your own medium
- Make self-portraits of your family
- Draw cartoons or comic strips
- Publish a family magazine or newspaper
- Make a friendship bracelet
- Solve a crossword or Sudoku
- Learn to play a new card game
- Start a Journal
- Write a play
- Make a music video or dance
- Clean out a closet or dresser
- Organize your seasonal clothes
- Host a fashion show
- Research your family tree
- Put photos in an album
- Have a sock figure skating competition
- Make up and build a new board game
- Design and host a sock puppet show
- Create a secret language and teach your sibling
- Construct a new superhero or princess
- Play the ABC Game with a new theme each round
- Make hopscotch from tape on the floor
- Play floor is lava
- Play I spy cleanup
- Draw the giant version of your favourite board game on your driveway and play



# FUN IDEAS FOR BIRTHDAY PARTIES AT HOME!

GREAT FOR KIDS & ADULTS ALIKE.

## HOW ABOUT A BIRTHDAY SCAVENGER HUNT?

You can hide small presents around the house or yard and provide clues for the person celebrating the birthday to use to find each one.

If they are into pirates, you can create a treasure map for them to find their presents. Get creative with it and make it a fun game for everyone.

## GROUP MOVIES THROUGH NETFLIX

<https://www.netflixparty.com/>

Watching a film together while physical distancing is more realistic than you may think.

Simply download the Netflix Party extension and you and your guests can watch a Netflix movie together. There's a chat room feature allowing everyone to chime in on the film and you can start, stop and pause the movie at the same time. Or, video chat through FaceTime or What's App with loved ones and start the movie at the same time.

## GET READY TO PLAY CLASSIC GAMES BETWEEN PARTY GUESTS LIKE Pictionary, Charades and Catchphrase

<https://www.thegamegal.com/word-generator/>

Online word generator with an app to download. Here's how it works: First, select a Game. Then select a Category. The Categories will change based on the Game you select, and often include levels, like Easy words, Medium words, and Hard words, or might have a listing of specific holidays.

Then just click New Word and you're good to go – the word generator will give you a game word from the list and you can play!

Skype & Zoom are free of charge and allow screen sharing and video capabilities or connect through FaceTime or What's App.





## **A VIRTUAL EXPERIENCE FOR ANIMAL LOVERS TO ENJOY.**

Skype & Zoom are free of charge and allow screen sharing and video capabilities for you to host a virtual party. You and your party guests can view live feeds of animals at the zoo (Zoo of your choosing) or in the wild (through explore.org) together. <https://explore.org/livecams>.

## **HOST A VIRTUAL BIRTHDAY PARTY THROUGH SOCIAL MEDIA & DIGITAL PLATFORMS**

**LIKE SKYPE, ZOOM, FACEBOOK, FACETIME AND WHAT'S APP.**

Decorate the area which will be in view of the video chat. Have your party guests decorate as well. This will help the person celebrating their birthday feel like their friends are in a party mood. Skype and Zoom are free of charge and allow screen sharing and video conference capabilities so the party guests can interact.

## **HAVE A DRESS UP PARTY**

Set a theme for your party, get dressed up in your fancy clothes or your favorite costume. Ask your guest to do so as well.

## **SKYZONE IS OFFERING 15-20 MINUTE FREE VIRTUAL BIRTHDAY PARTIES FOR UP TO 10 PARTICIPANTS.**

<https://www.skyzone.com/virtual-birthday-party>

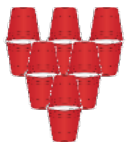
At Sky Zone, they believe every child should have a birthday party that makes them feel celebrated—even when they're stuck at home! That's why they're offering FREE virtual birthday parties that keep the fun alive. The kids will get to see and interact with their friends through an online network. Plus, the Sky Zone team will guide them through 15-20 minutes of games, active play, and singing "Happy Birthday".

# **HAVE FUN WITH IT & HAPPY BIRTHDAY!**





# PLASTIC DISPOSABLE CUP GAMES



## BOWLING

**Supplies:** 12 cups, ball, hallway, tape

1. Tape 2 cups together at the opening edge to form a pin.
2. Setup at one end of the hallway 6 pins in a triangle form (3 in the back, 2 in the middle, 1 in front).
3. Bowl and keep score of each player.

**Challenge:** Print the bingo card (end of document) and try for a straight line.



## CUP STACKING RACE

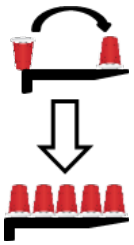
**Supplies:** 30 cups – 15/person, elastics

1. Each person has a stack of 15 on the table in front of them.
2. Players stand with their hands behind their back and wait for the word go.
3. Each player stacks the cups with 5 on the bottom into a pyramid as fast as they can then takes the cups down and stacks them back into a single pile.
4. First player to have all their cups back into a stack of 15 on the table wins.

**Challenge 1:** Add physical challenges to do once the pyramid is built.  
Example: do 5 pushups then take down your pyramid.

**Challenge 2:** Make players only use one hand during the build.

**Challenge 3:** Use an elastic to shoot down the pyramid and stack the cups.

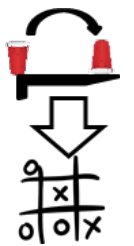


## FLIP CUP RACE

**Supplies:** 10 cups – 5/person

1. Each person has a stack of 5 on the table in front of them.
2. Players stand with their hands behind their back and wait for the word go.
3. Each player takes one cup from the stack, places it bottom side down on the edge of the table and tries to flick the cup so it lands open side down.
4. First player to flip all their cups over wins.

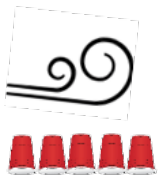
**Challenge:** Have players work on a team where each player flips one cup.



## FLIP CUP TIC TAC TOE

**Supplies:** 10 cups – 5/person, marker, tape \*if possible 5 of 2 colours

1. Write an X on the bottom of 5 cups and O on another 5. Or use 5 of 2 colours. Tape grid on table or draw on paper.
2. Players stand with their hands behind their back and wait for the word go.
3. Each player takes one cup from the stack, places it bottom side down on the edge of the table and tries to flick the cup so it lands open side down.
4. Once the cup lands open side down, the player can place it in the grid.
5. Players continue to flip one cup at a time and place it in the grid.
6. First player to get three cups in a row wins.



## WINDY CUPS

**Supplies:** 10 cups – 5/person, 1 straw/balloon/person

1. Cups are in a row at the edge of the table. Coffee tables work better.
2. Players use a balloon or straw to blow each cup off the table one at a time.
3. First player to blow all 5 cups off the table wins.

**Challenge 1:** Try to blow as many cups as possible off in one minute.



## YANK ME!

**Supplies:** 10 cups– 5/person, index cards/sturdy paper

1. Each player stacks 5 cups up (open side down) with an index card in between each cup.
2. Players stand with their hands behind their back and wait for the word go.
3. Players race to remove the top index card first having the top cup drop down onto the one below.
4. If a cup falls rebuild the tower or keep playing.
5. First player to have the most cups a single stack wins.

**Challenge:** Try with only 3 cups and work up to 10.



## TOWER OF TERROR

**Supplies:** 20 cups, index card/sturdy paper

1. Each player attempts to make a tower by stacking cups up (open side down) with an index card in between each cup.
2. Player with the tallest tower wins.

**Challenge 1:** Try to make a stack of 10 in the quickest time.

**Challenge 2:** Hide the supplies and make it a scavenger hunt that is timed or challenged by number of cups.



## MOVIN' ON UP

**Supplies:** 25 cups, 1 cup a different colour or coloured lip

1. Cups are stacked with the 1 different cup at the bottom.
2. Players remove one cup at a time and put it on the bottom of the stack until the 1 different cup is back at the bottom.

Note: if you have enough cups race against another player

**Challenge 1:** Try to make a stack of 10 in the quickest time.

**Challenge 2:** Switch which hand holds and which hand is moving to your non-dominant hand.





# B W L I N G B I N G O

Roll Ball With Opposite Hand	Leave Front Pin Only	Leave Right Back Pin Only	Roll Ball On 1 Leg	Close Your Eyes & Bowl Strike
Gutter Ball On Right Side	4 Pins Down On 1st Ball	No Pins Down With 3 Balls	Roll Ball With Your Feet	3 Strikes In A Row
Strike	Gutter Ball On Left Side	FREE SPACE	3 Pins Down 1st Ball	2 Squares In A Row
Leave 2 Pins Standing Anytime	3 Pins Left Standing	2 Strikes In A Row	Spare	2 Pins Down On 1st Ball
Leave Back Middle Pin Only	Leave Middle Row Standing	All Pins Down With 3 Balls	Roll Ball With Your Nose	Leave Left Back Pin Only



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Leave 2 Pins Standing Anytime	3 Pins Left Standing	2 Strikes In A Row	Spare	2 Pins Down On 1st Ball
Leave Back Middle Pin Only	Leave Middle Row Standing	All Pins Down With 3 Balls	Roll Ball With Your Nose	Leave Left Back Pin Only



## EDIBLE DINOSAUR EGGS

**Supplies:** 6 cups of rice krispies cereal, 1 bag of mini marshmallows, 6 tbsp butter, plastic eggs (Easter), cooking spray, 2 microwave safe bowls, food colouring, 2 spatulas, treats (chocolate/candy/mini dinos)

**How to:**

1. Melt the butter and marshmallows together in the microwave safe bowl. Stir each minute till melted.
2. Split the mixture into two bowls as evenly as you can.
3. Add food colouring to each bowl and stir till combined.
4. Add 3 cups of rice krispies to each bowl and stir.
5. Spray the inside of each plastic egg with cooking spray.
6. Take a small handful of rice krispies and roll into a ball. This will aid with the finished egg not splitting in half.
7. Insert ball into egg and close egg.
8. Let eggs cool completely and enjoy as a treat.

**Fun things to do with the eggs:**

- a. You could insert chocolate or candy inside the eggs when you make them.
- b. You could add little dinosaurs inside the eggs as a surprise.
- c. You could hide the eggs and make a scavenger hunt.



## DINO AQUARIUM

**Supplies:** small rocks, grass, weeds, green felt, elastic, scissors, transparent cup/jar (small), mini dinosaurs

### How to:

1. Go on an adventure to find your supplies before you start to make your craft.
2. Add your rocks to the bottom.
3. Add in your green leafy décor.
4. Add your dinosaur.
5. Cut a piece of felt in the shape of a leaf, larger than the opening of your cup/jar.
6. Secure leaf with an elastic.

**Tips:** You can replace your “greenery” as it wilts. Fun to change out the dinosaurs or move the dino aquarium around after bedtime.

## DINO POOP PAPER WEIGHT

**Supplies:** 1 cup flour, 1 cup salt, 2/3 cup cornstarch, 2/3 cup warm water, bowl, spoon, nature texture (sticks, noodles, grass, rice, twigs), baking sheet, parchment paper, poop colour paint, brush

### How to:

1. Mix together flour, salt & cornstarch in a bowl.
2. Add water and continue to stir.
3. If it's too dry add a tiny bit of water, if its sticky add a little flour.
4. Knead the dough on the counter.
5. Shape your paper weight. Make sure you don't have any really thin parts, it should be a big lump.
6. Add some poop texture on all sides except the bottom.
7. Put the creation on some parchment paper and on a cookie sheet.
8. Bake in the oven at 200 degrees F for 20-25 minutes or you can leave it out for a few days. Make sure to check the bottom, you may need to flip it over in the oven.
9. Once your paper weight is completely dry time to paint!
10. Let poop dry before holding down the newspaper.



## DIY DINO DIG

**Supplies:** 2 parts cornstarch, 1 part water, plastic container, plastic dinosaurs, hammer, paintbrush, goggles

### How to:

1. Choose a container that your dinosaur will fit in allowing for room to hide the dino from all sides.
2. In your container mix 1-part cornstarch to 1-part water.
3. Once mixture is combined, insert dinosaur.
4. Allow mixture to dry in a warm dry place (outside is great if not raining). Once you start to see cracks on the top or you flip out the mixture and all sides are firm you can start the dig.
5. Put your goggles on to save your eyes from shards. Using a hammer and paintbrush your child can now dig out the dinosaur from the dig site.

**Tip:** Be sure to supervise the use of a hammer. Bury the dig in a sand pit, or soil. Play a game of hot and cold to aid the child in finding the dig site.

## ICE ICE DINO

**Supplies:** muffin tins, mini dinosaurs, hammer, goggles, food colouring (optional), spoon (optional)

### How to:

1. Put 1-2 dinosaurs in each muffin tin.
2. Fill each hole with water.
3. If you want you could add a drop or two of food colouring and mix with a spoon to dye the water. Freeze overnight.
4. Simply flip the tin over and give it a bang on the table and the ice dinosaurs should pop out. If they are difficult run warm water on the back of the muffin tin.
5. Put your goggles on to save your eyes from shards. Using a hammer your child can now chip out the dinosaurs.

**Tip:** Be sure to supervise the use of a hammer. You could add the ice blocks to the bath or into a drink if you wash the dinosaurs first.





## T-REX ARMS

**Supplies:** scarf, random items (socks, toys), bin (laundry, box)

**How to:**

1. Have your child stand with their arms bent at the elbows and hands next to their face on either side.
2. Tie the scarf around their forearm/bicep and around their back. This should make them have little T-Rex arms.
3. Challenge the new T-Rex to pick up the items scattered on the floor and put them in the bin.

**Tip:** Hide the items around the house as a scavenger hunt. Have items be letters and the T-Rex has to find them and put the letters in order.

## DINO WASH

**Supplies:** dinosaurs, washable markers, wash wand (toothbrush/dishrag), water source (bucket of water/pool/bathtub), soap (dish/hand)

**How to:**

1. Use the washable markers to “dirty” the dinosaurs before the dinosaurs go for a wash.
2. Add warm water with some soap to your water source.
3. Set the dinosaurs in the water and pass over the wash wand to your child.
4. Allow them to clean up the dinosaurs.



## DINOSAUR SHADOW DRAWINGS

**Supplies:** plastic dinosaurs, plain paper (white preferably), pencil/drawing tool, flashlight (optional), sidewalk chalk (optional)

### **How to:**

#### **Outside Option**

1. On a sunny day, take your dinosaurs outside to the sidewalk.
2. Setup your dinosaurs and trace their shadows on the sidewalk.
3. Move your dinosaurs around or along the sidewalk to make a chalk movie.
4. Decorate the background with trees, grass and other dinosaurs

#### **Inside Option:**

1. Setup the dinosaurs in a darkened location on the edge of your paper (under a fort, turn the lights off, in the pantry).
2. Shine the flashlights on the dinosaurs.
3. Trace their shadows on your paper.
4. Move the flashlight to make different lengths of shadow.
5. Trace each shadow with a different colour to make a neat mosaic or make your own colouring sheet.



## MOVE LIKE A DINOSAUR

**Supplies:** action wheel, paper clip, twister game (optional)

### **How to:**

#### **Without Twister Game:**

1. Print out action wheel.
2. Put your finger in the middle in one end of the paper clip.
3. Flick the paper clip and wherever the paper clip lands that's the action you have to do till it's your turn again.

#### **With Twister Game:**

1. Cut out each action and put it on one of the colours on the twister spinner board.
2. Spin the spinner and do the action with which ever body part the spinner landed on.

**Challenge:** Play twister while adding in the dino actions and make each body part continue to do the original action.



## THE DINOSAUR STOMP ACTION SONG

Oh Tyrannosaurus Rex, *(hold two hands like dinosaur claws)*  
He walked on his hind legs, *(stomp feet)*  
He stomped them up to the top of the hill, *(stomp upwards)*  
And he stomped them down again. *(stomp downwards)*

He was as high as a house, *(hold arms up high)*  
He was as long as whale, *(hold arms out wide)*  
He was a dinosaur, a hundred *(pretend to be a dinosaur)*  
Million years ago! *(hold hands like claws)*

Oh the huge Diplodocus, *(hold arms up like a monster)*  
He had a great long tail, *(swish arm like a tail)*  
He swished it up to the top of the hill, *(swish it up high)*  
And he swished it down again. *(swish it down low)*

He was as high as a house, *(hold arms up high)*  
He was as long as whale, *(hold arms out wide)*  
He was a dinosaur, a hundred *(pretend to be a dinosaur)*  
Million years ago! *(hold hands like claws)*

Oh the fierce Triceratops, *(pretend to be a fierce dinosaur!)*  
He had three pointed horns, *(make pointed fingers like horns on head)*  
He scared them up to the top of the hill, *(be a scary dinosaur!)*  
And he scared them down again. *(continue to be scary!)*

He was as high as a house, *(hold arms up high)*  
He was as long as whale, *(hold arms out wide)*  
He was a dinosaur, a hundred *(pretend to be a dinosaur)*  
Million years ago! *(hold hands like claws)*

Oh the spiky Stegosaurus, *(make pointy spiky shapes in the air)*  
He had a spiky spine, *(point to pretend spikes on your back)*  
He marched his spikes to the top of the hill, *(stomp upwards like a dinosaur)*  
And he marched them down again. *(stomp downwards again)*

He was as high as a house, *hold arms up high)*  
He was as long as whale, *(hold arms out wide)*  
He was a dinosaur, a hundred *(pretend to be a dinosaur)*  
Million years ago! *(hold hands like claws)*





## ROLL A POTATO HEAD GAME

**Supplies:** 2 die, Roll a Potato Head Game Sheet,  
Potato Head & parts or pencil & paper

**How to:**

1. Take turns rolling 2 die.
2. Add up the 2 numbers and follow the chart to see what you earned on your turn. For example, if you rolled a 3 and 3 you would have 6 so you earned a mouth.
3. Now you can collect your physical mouth from the pieces or you could draw a mouth on paper if you don't have a Potato Head game.
4. Continue till someone collects all 9 parts and wins the game!

# ROLL A POTATO HEAD GAME

Take turns rolling 2 die on each turn. Follow the chart below to see what you earn with the sum of your dice. First player to earn all 9 parts to a Potato Head wins!

**2** (TWO) MISS A TURN!

**3** (THREE) EARS



**4** (FOUR) EYES



**5** (FIVE) ACCESSORY



**6** (SIX) MOUTH



**7** (SEVEN) NOSE



**8** (EIGHT) BODY



**9** (NINE) HAT/HAIR



**10** (TEN) ARMS



**11** (ELEVEN) SHOES



**12** (TWELVE) ROLL AGAIN!



## SENSORY PAINTING

**Supplies:** Cookie sheet, food colouring, shaving cream, clothes that can get messy, news paper

Optional Supplies: sea creatures (plastic), any plastic animals

**How to:**

1. Lay out your newspaper on the table. You could do this outside so you can simply rinse everyone off with a hose.
2. Make sure your clothes can get messy or you're wearing your swimsuit.
3. Lay down your cookie sheet.
4. Squirt on your shaving cream.
5. Add a couple drops of food colouring.
6. Get messy!
7. When complete you can simply rinse off.

**Tips:** You can replace food colouring with paint and a brush. Add animals for an adventure in the painting.

## SNIFF & GUESS SNACKS

**Supplies:** Small cups, Kleenex/tissue, elastic, snacks that smell (food, spices, condiments)

**How to:**

1. Before you play add one snack/cup. Cover the top of the cup with a tissue and secure with an elastic.
2. Challenge your child to close their eyes and only smell the snack. Do not look or shake.
3. If they cannot guess, invite them to shake the cup and then guess again.



## BLIND TASTE TEST

**Supplies:** Blindfold, various snacks (food, condiments, spices), spoon

**How to:**

1. Have your child sit in a sturdy seat and then blindfold your child.
2. Using the spoon, deliver the mystery snack to their mouth.
3. Challenge them to explain what they taste and guess what the snack is.

**Tips:** Be sure to give only small amounts and safe snacks.

## SENSORY TREASURE HUNT

**Supplies:** Sensory Treasure Hunt List

**How to:**

1. Read out something from the Sensory Treasure Hunt List and have your child go find it and describe why it matches your request.
  - a. Smell: clean, good, gross, sweet, sour
  - b. Touch: bumpy, wet, warm, soft, prickly, smooth
  - c. Sound: crunchy, loud, soft, snaps, makes music
  - d. Taste: salty, sweet, sour, bitter
  - e. See: shiny, stripes, pattern, tiny, long, shape (square, heart), colour (pink, white)





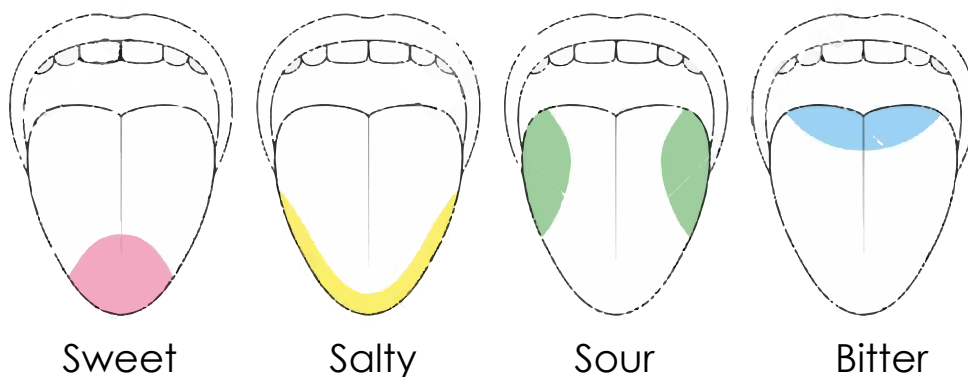
## WHAT PART OF YOUR TONGUE?

**Supplies:** Muffin tin, masking tape, marker, at least 1 food item from each category: salty (pretzel, salt, fries), sweet (candy, apple, honey), sour (candy, lemon, grapefruit), bitter (coffee, cocoa, kale)

### How to:

1. Label the holes on the muffin tin using tape: salty, sweet, sour, bitter.
2. Ask your child to try each food item on 4 parts of their tongue to discover what type of flavour category that food fits into.

#### a. Tongue Parts:



3. Put the snack into the muffin tin category they think it matches. See how many they can get right.

**Tips:** For picky eaters have them try a new food and test it in all 4 parts of their tongue.



## SOUND MATCH

**Supplies:** Small sealable containers/plastic eggs, clear tape, contents: salt, rice, beans, paper clips, playdough, cotton balls, rocks, bells, change, cereal (anything that fits inside your container/egg that you have at least 2 of)

**How to:**

1. Choose 2 containers (non-matching) and insert the same item. Add enough that when the containers/eggs are being shook you can hear the contents move.
2. Seal seams with tape to prevent explosions.
3. Make at least 5 pairs.
4. Have your child try to match the sounds.

**Tip:** Hide the containers as a challenge. You could make it into a scavenger hunt or a game of hot and cold. You could also play a game of memory with the containers like you would with cards.



# HEAD & SHOULDERS ACTION SONG

**Verse 1: Touch each body part as you sing them.**

Head, shoulders, knees and toes,  
Knees and toes.  
Head, shoulders, knees and toes,  
Knees and toes.  
And eyes and, ears and, mouth and nose.  
Head, shoulders, knees and toes,  
Knees and toes.

**Verse 2: Touch each body part as you sing them backwards.**

Toes, knees and shoulders, head,  
shoulders, head  
Toes, knees and shoulders, head,  
shoulders, head  
And nose and mouth and ears and eyes  
Toes, knees and shoulders, head,  
shoulders, head.

**Verse 3: Omit one word in each verse, and just touching the parts of the body without saying the word.**

—, shoulders, knees and toes

**Verse 4**

—, —, knees and toes

**Verse 5**

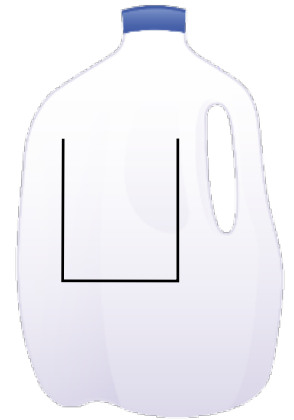
—, —, — — toes

**Verse 6**

—, —, — — —

# PLASTIC JUG BIRD FEEDER

**Supplies:** Plastic jug (milk, 2L bottle) with Lid (preferably a handle), sharp knife, duct tape, sticks/chop stick, sharpie, string/rope, bird food



## How to:

1. Planning:
  - a. Remember to leave enough room for bird seed to sit in the bottom of your container.
  - b. When you draw on your lines you want to draw a U shape leaving the top uncut to form a flap to serve as protection from the rain.
  - c. Only draw lines on the sides without the handle.
2. Carefully cut on our lines using a sharp knife.
3. Bend up each flap up.
4. Perches:
  - a. Sticks: you can tape the sticks on the bottom cuts for the birds to sit on while snacking.
  - b. Tape: you can tape your cut marks to protect the bird's feet.
  - c. Fancy Sticks: you can add little slits to the right and left of your U shape cut and insert sticks into the slits instead of taping the perches on.
  - d. Chop Sticks: you can make a little hole under the U shape and feed a chop stick through the bottle to be a perch sticking out on either side of the jug. Do not make the holes too big you want the stick to be snug so the chop stick doesn't roll.
5. Decoration:
  - a. Duct tape the outside as decoration.
  - b. Hot glue on plastic lids or buttons.
  - c. Use sharpies and draw all over your bird house.
6. Add your bird food once you have completed decorating your bird feeder.
7. Hanging your feeder:
  - a. Tie a rope from the handle and make a knot to form a hanger.
  - b. Tie a string around the neck of the bottle to form a hanger. A Jug Knot works the best.
  - c. Insert your string under the lid and hot glue your lid back on your feeder.
  - d. Cut a small hole in the lid, feed your string through tie a knot larger than your hole to use as a hanger.





## HOW OLD IS THAT TREE?

**Supplies:** Tape measure/measuring tape

**How to:**

1. Wrap the tape around the widest part of the tree trunk. You might need some help if the tree is huge.
2. You want to measure the circumference or the distance around the trunk in inches.
3. The measurement in inches around the tree is approximate how many years old the tree is.

## STORY STICKS

**Supplies:** Stick/branch with a diameter of at least 1cm, paint/string, paint brush/scissors

**How to:**

1. Find a stick that is on the ground that you can carry or use as a walking stick.
2. Decorating:
  - a. Paint: using paint tell a story through colour, pattern and design on your stick.
  - b. String: wrap the string around in patterns and designs secure with knots.
3. Let your stick dry or secure all knots.
4. Take your stick out on your next nature walk.



## BARK RUBBING

**Supplies:** White paper, crayons

**How to:**

1. Take your paper and hold it on a tree trunk.
2. Carefully rub the crayon over the bark to transfer the bark design onto the paper.

**Tip:** Use the side of the crayon not the tip or use chalk.

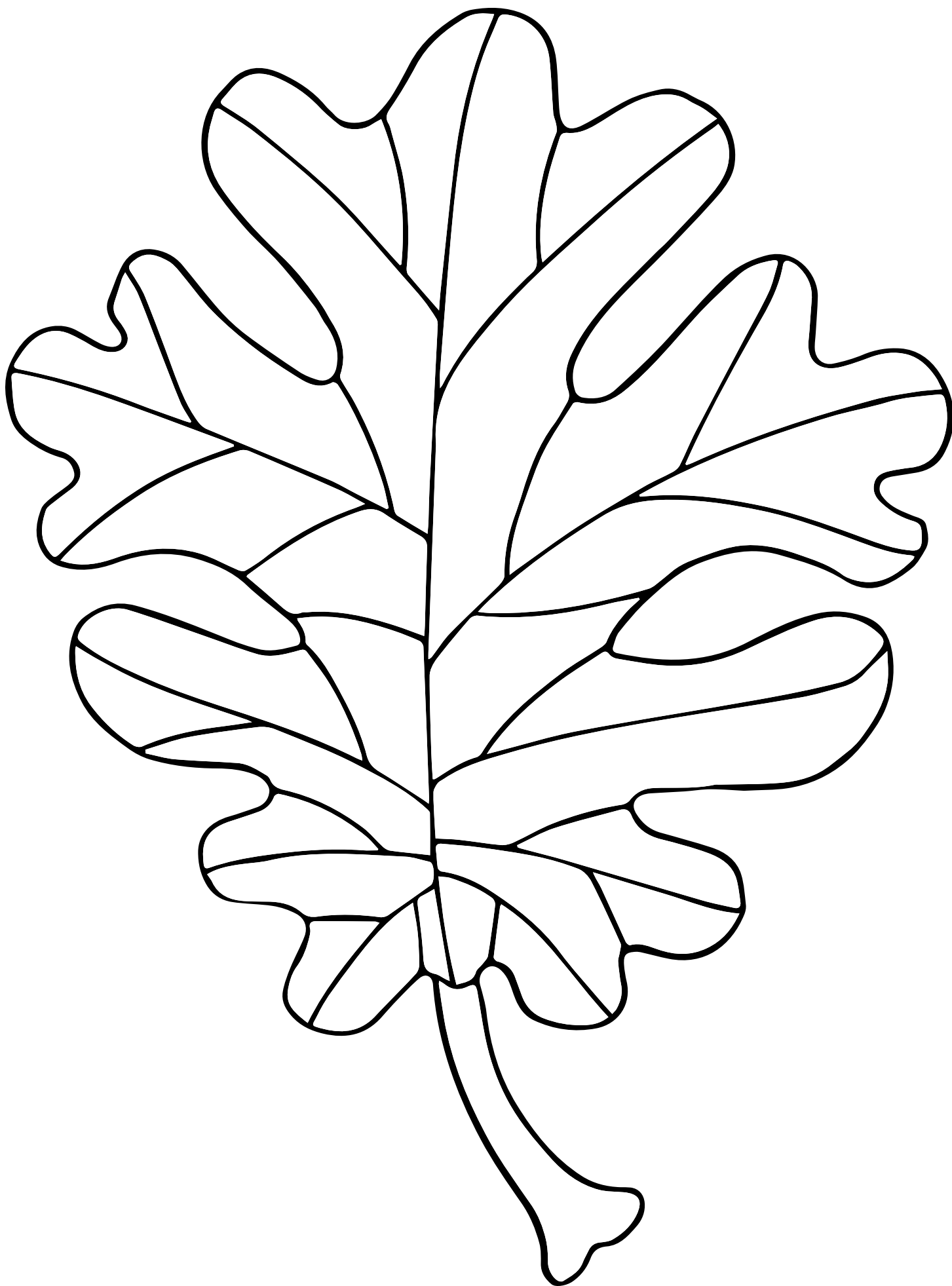
## ZENTANGLE LEAF

**Supplies:** Leaf template, markers/colourful pens

**How to:**

1. Print off the leaf template.
2. Using markers or colourful pens fill in each segment.

**Tips:** Search for zentangle patterns for inspiration.





# AND THE GREEN GRASS GROWS ALL AROUND

Well, the tree was in a hole, (make a large o with your arms)  
and the hole was in the ground. (point down with your thumbs)  
And the green grass grew all around, all around. (stack your fists and stir like you would mix a huge pot)  
And the green grass grew all around.  
And on this tree. (arms up above your head)  
There was a branch. (move one arm down to the side like a branch)  
The prettiest branch. (wave your fingers around)  
That you ever did see.  
Well, the branch was on the tree, (put both arms back up above your head)  
and the tree was in the hole, (make a large o with your arms)  
and the hole was in the ground. (point down with your thumbs)  
And the green grass grew all around, all around. (stack your fists and stir like you would mix a huge pot)  
And the green grass grew all around.  
And on this branch. (move one arm down to the side like a branch)  
There was a nest. (cup your hands together to make a nest)  
The prettiest nest. (look and oo and ahh at the nest)  
That you ever did see.  
Well, the nest was on the branch, (cup your hands together to make a nest)  
the branch was on the tree, (put both arms back up above your head)  
and the tree was in the hole, (make a large o with your arms)  
and the hole was in the ground. (point down with your thumbs)  
And the green grass grew all around, all around. (stack your fists and stir like you would mix a huge pot)  
And the green grass grew all around.  
And in this nest.  
There was an egg. (form an egg with your hands like you are hiding something inside)  
The prettiest egg. (look and oo and ahh at the egg)  
That you ever did see.  
Well, the egg was in the nest, (form an egg with your hands like you are hiding something inside)  
the nest was on the branch, (cup your hands together to make a nest)  
the branch was on the tree, (put both arms back up above your head)  
and the tree was in the hole, (make a large o with your arms)  
and the hole was in the ground. (point down with your thumbs)  
And the green grass grew all around, all around. (stack your fists and stir like you would mix a huge pot)  
And the green grass grew all around.  
And in this egg. (arms folded to make elbow wings)  
There was a bird. (flap your wings)  
The prettiest bird.  
That you ever did see. (arms folded to make elbow wings)  
Well, the bird was in the egg, (form an egg with your hands like you are hiding something inside)  
and the egg was in the nest, (cup your hands together to make a nest)  
the nest was on the branch, (put both arms back up above your head)  
the branch was on the tree, (make a large o with your arms)  
and the tree was in the hole, (point down with your thumbs)  
and the hole was in the ground. (stack your fists and stir like you would mix a huge pot)  
And the green grass grew all around, all around.  
And the green grass grew all around





# MINI CUP S'MORES

**Supplies:** ½ cup graham crumbs, 2 tbsp powdered sugar, 3 tbsp melted butter/margarine, 1 milk chocolate bar (divided into rectangles), 6 large marshmallows (cut in half – hamburger style), 12 hole mini muffin tin, spatula, microwave safe bowl, cooking spray, sharp knife/scissors

Optional Supplies: replace chocolate bar with chocolate chips, replace large marshmallows for mini (3 mini to ½ large marshmallow)

## How to:

1. Preheat the oven to 350 degrees Fahrenheit.
2. Melt 3 tbsp butter/margarine in the microwave for 15-30 seconds.
3. Combine ½ cup graham crumbs and 2 tbsp powdered sugar with the melted butter.
4. Spray mini muffin tin with cooking spray.
5. Evenly divide crumb mixture into 12 mini muffin cups.
6. Use the back of a small measuring cup or measuring spoon to press crumbs down forming shallow cups.
7. Bake 5 minutes till golden brown.
8. While baking break up your chocolate bar into rectangles and cut your marshmallows in half with a sharp knife or scissors (hamburger style).
9. Remove the pan from the oven and place one rectangle & half marshmallow (cut side down) in each cup. Careful remember the pan is HOT!
10. Bake for 2-4 minutes or until the marshmallows are soft. Cool for 10 min before removing from pan.

**Tips:** Broil for 1-2 min if you would like to brown the top of the marshmallows.



# DAD S'MORES

**Supplies:** 6 craft sticks (wider is better), construction paper (2 shades of brown), paint (white, black, pink), hot glue, paint brush, water cup, scissors, stick glue/tape, sharpie

## How to:

1. Cut 1 craft stick in half.
2. Hot glue 5 popsicle sticks together forming a fence with the 2 half sticks as supports on the back. This will be your smore.
3. Paint your smore white.
4. Add the face to the middle 3 craft sticks. The top and bottom one will be to secure your paper graham crackers.
5. While your smore is drying cut out your graham crackers and chocolate.
  - a. Graham Crackers: Cut 2 light coloured brown rectangles, longer than your craft sticks.
  - b. Chocolate: Cut 1-2 dark coloured brown rectangles, shorter than your graham crackers.
6. Once your smore is dry, glue down your chocolate and graham crackers to the top and bottom craft sticks.
7. On the back of your smore write: "If the world had S'MORE dads like you, it would be SWEET!"



# S'MORE SQUARES

**Supplies:** 3 tbsp butter/margarine, cooking spray, 1 bag mini marshmallows, 7 cups Golden Grahams cereal, 3 milk chocolate bars (broken), 9x13 pan, pot, spatula

**How to:**

1. Spray your 9x13 pan thoroughly.
2. Over medium low melt butter in pot.
3. Add all but 1 cup of mini marshmallows and stir until melted. Mixture should be smooth.
4. Remove from heat and stir in cereal quickly till evenly coated.
5. Pour and press into pan (gently).
6. Sprinkle 1 cup of marshmallows and chocolate on top.
7. Broil in oven for about 2 minutes till marshmallows are brown.
8. Let sit for at least 30 minutes before slicing.



# FROZEN S'MORES

**Supplies:** 1 large box of chocolate pudding, 2 ½ cups of cold milk, 32 graham crackers, 1 cup marshmallow fluff, ½ cup of cream cheese (softened), 1 cup frozen whipped topping (thawed), 9x13 pan, tin foil, parchment paper 2 bowls, 2 whisks, 2 spatulas, spoon, measuring cups, freezer, cookie sheet/cutting board

## How to:

1. Line 9X13 pan with parchment paper. Be sure to leave overhang on edges.
2. In a bowl whisk together pudding and 2 ½ cups milk till smooth.
3. Pour into pan, smooth out evenly.
4. Put pan in freezer while mixing next layer.
5. Beat ½ cup cream cheese and 1 cup marshmallow fluff together till smooth.
6. Gently fold in 1 cup of thawed whipped topping.
7. Spread marshmallow mixture over chocolate layer.
8. Cover with foil, freeze 5 hours till firm enough to cut through.
9. Lift out frozen creation with parchment paper and set down.
10. Lay out 16 graham crackers 3x6 on the creation leaving small gap to cut between crackers.
11. Place a cookie sheet/cutting board on top of the crackers, holding the parchment paper and cutting board flip over.
12. Peel off the parchment paper carefully.
13. Lay out 16 graham crackers 3x6 on the creation following the cut lines.
14. Eat immediately or store in freezer.

**Tips:** Note graham crackers will soften if in the freezer for a while. If serving from frozen, pre-made, allow to thaw for 8-10 minutes at room temperature.





## S'MORE DIP

**Supplies:** 1 bag of milk chocolate chips, 1 bag of large marshmallows, graham crackers/cookies/fruit, cast iron pan, oven/fire with grate, wooden spoon

**How to:**

1. Preheat oven to 350 degrees Fahrenheit or start a fire and place grate over.
2. Pour bag of chocolate chips into pan.
3. Warm till chips are melted, stirring occasionally.
4. Arrange marshmallows on top of the chips standing up like cans. Be careful the pan is HOT!
5. Bake for 2-3 more minutes till marshmallows are soft and brown.
6. Serve immediately with graham crackers, cookies or fruit.



# S'MORE COOKIES

**Supplies:** 1 cup of butter/margarine (softened),  $\frac{3}{4}$  cup brown sugar (packed),  $\frac{3}{4}$  cup sugar, 2 eggs, 1  $\frac{1}{2}$  tsp vanilla, 2  $\frac{1}{4}$  cup flour, 1 tsp baking soda, 1 tsp baking powder, 1 tsp salt, 1 bag milk chocolate chips, 1 bag mini marshmallows, 2 sleeves graham crackers, zipper seal bag, rolling pin, mix master, bowls, measuring cups & spoons, cookie sheet, parchment paper, cookie scoop/ice cream scoop

## How to:

1. Preheat the oven to 375 degrees Fahrenheit.
2. Crush graham crackers in a zipper seal bag using a rolling pin or hands. If some large chunks crush with your fingers.
3. Beat butter, brown sugar & vanilla till well combined.
4. Add eggs 1 at a time, beating well after each addition.
5. In a small bowl mix all dry ingredients together.
6. Add dry ingredients in small scoops and mixing well.
7. Fold in chocolate chips, graham crackers and marshmallows. Do no over mix.
8. Line cookie sheet with parchment paper.
9. Drop dough onto baking sheet leaving 2 inches between scoops.
10. Bake 8-10 minutes till start to brown along edges.

**Tip:** Freeze scooped dough on baking sheets. Once frozen store in air tight container. Once ready to bake, preheat oven to 375 degrees and bake frozen dough for 9-12 minutes.



# MARSHMALLOW PAINTING

**Supplies:** 1 large marshmallows, paint, sticks, paper

**How to:**

1. Stick marshmallows on the end of a stick forming a paint brush.  
Note this paintbrush does not like water so make a few for different colours.
2. Paint a masterpiece with your marshmallow paintbrush.



# PAPER TENTS

**Supplies:** paper, craft sticks, double sided tape, markers/paint

Optional: hot glue

## How to:

1. Tent Poles: Secure 2 craft sticks in an x pattern but the cross being almost at the tip. If you have hot glue add a dot between the 2 sticks, if not secure with double sided tape.
2. You will need 2 sets of tent poles for each tent.
3. Tent: Measure the distance up to the x and back down this is the length of paper you will need (orange line). Cut a rectangle as wide as you want but as long as you measured the length to be.
4. Fold your rectangle in half (hamburger) to find the tent top. At each of the edges snip off the very corner to allow the tent to attach to the craft sticks evenly (red lines).
5. Fold each side of the tent length (long edge) less than the width of your craft stick (green lines). This is where you will put the double-sided tape to secure to the craft stick.
6. This is the time to decorate your tent as you wish.
7. Building the Tent: Use your double-sided tape to secure the folded edges to the craft stick tent poles.

**Tips:** Decorate the tent poles too! Try making tents of all sizes for a campground of fun.





## TRY ONE!

- 1. Camp Indoors:** Setup your sleeping bag or bedding in the living room or basement. Have flashlight story telling. Play flashlight hide and seek. Make smores indoors.
- 2. Camp in the Yard:** Setup your tent and sleeping gear outside. Make a fire (real or pretend). Have a campfire inspired meal. Go star watching. Sing campfire songs.
- 3. Campfire Songs:** Camp Granada, This Land is Your Land, I Like Bananas, Home on the Range, Going on a Bear Hunt, Peanut Butter, 5 Green & Speckles Frogs, The Moose Song.



## CAMPFIRE POKEY (SING TO HOKEY POKEY)

You put your marshmallow in. (put your arm in with a fist made)  
You take your marshmallow out. (put your arm out with a fist made)  
You put your marshmallow in and (put your arm in with a fist made and shake  
you shake it all about. your fist)

You do the campfire pokey and (put up to fists and turn around while pumping  
you turn yourself about. your hands up and down)

That's what it's all about, hey! (clap 3 times)

Replace "marshmallow" with: hot  
dog, potato, apple, popcorn, and  
anything else you can think of  
roasting when camping over the  
fire.

You put your whole dinner in. (pretend you are dumping everything out of  
a bag in)  
You take your whole dinner out. (pretend you are gathering everything up)

You put your whole in and you (pretend you are dumping everything out of a  
shake it all about. bag in and shake your arms)

You do the campfire pokey and (put up to fists and turn around while  
you turn yourself about. pumping your hands up and down)

That's what it's all about, yum yum! (rub your belly)

# DAD CONSTELLATIONS

**Supplies:** black construction paper, white paint, toothbrush, star stickers, white chalk/crayon, dish soap, newspaper, white paper, marker, scissors, glue

Optional: star cookie cutter, yellow paint

## How to:

1. Add a couple drops of dish soap to your paint before you start.  
Helps with the washing later.
2. Lay down newspaper to contain some of the mess.
3. Dip your paint brush in the white paint.
4. Brush your finger over the brush flicking paint onto the black paper.  
This takes a little practice but these are stars in the sky so it will always look great!
5. Optional: You can add cookie cutter stars to the design now.
6. Wash your fingers and let your stars dry.
7. Using your white crayon/chalk write the letters dad in big capital letters.
8. Use your star stickers to accent all the intersecting points of your letters. Example: in the letter A you would have 5 stars, one at the top, 1 at each of the bottoms and then 1 at each of the middle where the lines intersect.
9. Cut out a strip of paper and write: "Happy Father's Day to the BEST DAD in the Galaxy!" if you don't want to glue this strip of paper on you could always just write it on your black paper.

**Tip:** You can modify this to say Papa, Grandpa or any other version you wish including your own name!





## SHAVING CREAM RAIN CLOUDS

**Supplies:** clear vase/bowl/glass, food colouring, shaving cream, small bowls, water, eye dropper/small spoon

### **How to:**

1. Add a  $\frac{1}{4}$  cup of water to each of your small bowls.
2. Add 5-10 drops of food colouring to each small bowl and mix.
3. Fill your clear vase/bowl/glass  $\frac{2}{3}$  full of water. This will be your air.
4. Top your clear vase/bowl/glass with shaving cream. Be generous. This will be your cloud.
5. Using an eye dropper/small spoon drop different colours all over your shaving cream cloud. Slowly drip with a spoon or you won't see the rainfall.
6. The closer you drop near the edge the faster it will rain.
7. The more colour you add the more saturated the rain will be falling through your cloud.

**Tip:** Simply dump and reset your air and cloud to try and make it rain again.





# MARSHMALLOW STAR CONSTELLATIONS

**Supplies:** constellation map, mini marshmallows, toothpicks/pretzels  
Optional: Use pipe cleaners and beads or playdough and toothpicks instead of food to make the constellations.

## How to:

1. Find a constellation map or constellation cards that show each constellation with their stars and connecting lines.
2. Copy their design exchanging stars for marshmallows and connecting lines for toothpicks or pretzels.
3. Enjoy eating your constellations while observing them in the night sky.

**Tip:** Make it a game of Pictionary where by 2 people compete to build the constellation while their teams guess which constellation it is.

# INDOOR CONSTELLATIONS

**Supplies:** flashlight, paper, tape, pen/pencil, constellation map, scissors

## How to:

1. Trace the lens of your flashlight multiple times on your paper.
2. Draw a version of a constellation inside each circle.
3. Cut out each circle.
4. Carefully use a pointy pen/pencil punch the “stars” that make up the constellation out leaving a small hole.
5. Find a dark place and put your circle on the end of your flashlight, secure with tape.
6. Turn on your flashlight and see your constellation indoors!

**Tip:** Tell stories about the constellations or play a game about guessing which constellation it is.



## CLOUD IDENTIFYING FRAME

**Supplies:** cloud identifying frame, packaging tape, scissors, craft stick

**How to:**

1. Print off the cloud identifying frame.
2. Cut out the middle square.
3. Laminate the frame using tape to provide some stability. Bonus, you could paste this onto some cardboard before laminating.
4. Tape on your craft stick to the back in the middle to serve as a handle for you in your searches.
5. Go outside and raise up your frame to the sky. Be sure not to look at the sun while trying to identify what type of cloud you see.

**Tip:** Take the frame along in the car so you can identify clouds on your drive.

## CLOUD IN A JAR

**Supplies:** jar with lid, warm water, ice cubes, hair spray

**How to:**

1. Pour warm water (not boiling) into the jar and swirl it around to warm up the jar.
2. Turn the jar lid upside down and place a few ice cubes in the lid.
3. Place the lid on top of the jar mouth.
4. Quickly remove the lid and give a quick spray of hair spray and replace the lid.
5. Wait a few seconds to see the clouds form.
6. Remove the lid and watch the clouds escape.

**Tips:** Search for zentangle patterns for inspiration.

