

## Holiday Activity Package

*"Play is our brain's favorite way of learning." -Diane Ackerman*

Welcome to the end of 2020! The focus this year has been on monitoring your family's physical health and taking every precaution to protect it. Unfortunately, this means that we likely have been under a huge amount of stress. Safety measures and closures have resulted in the loss of many of the activities that help us unwind and connect with others. It is important to take some time at the end of the year to engage in activities that help us relax, reconnect, and recharge.

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*"Children need the freedom and time to play. Play is not a luxury. Play is a necessity." -Kay Redfield Jamison*

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Play in childhood supports responsive relationships, the strengthening of core life skills, and the reduction and management of stress. (Center on the Developing Child, Harvard University)

Play and activities that help us experience "fun" reduce feelings of isolation and support the development of lifelong, supportive bonds. It also improves overall emotional health and self-worth. (iCare Home Health)

Leisure and recreation provide meaningful, positive experiences that contribute to overall health and wellbeing. Take some time this holiday season to relax and play. Take a break from the stress and enjoy the simple company of your child.

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*"We don't stop playing because we grow old; we grow old because we stop playing." - George Bernard Shaw*

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*Continued on page 2*

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## Craft Activities

### Salt Painting

<https://www.onecrazymom.com/salt-painting/?8581800293>

#### Materials:

- Liquid glue
- Salt
- Watercolor paints or food coloring diluted in water
- Paper and create own shape or template of picture (ex. Snowflake, star, heart, basketball, flower, snowman).

#### How to make:

- Use glue to draw a design or trace a picture template on the piece of paper
- Pour salt on top of the glue, cover the glue with salt, shake excess salt away
- Use paints/food coloring to gently paint over the salt
- Set aside to dry
- Now you have a beautiful picture



### Puffy Paint

<https://www.onecrazymom.com/how-to-make-puffy-paint/>

#### Materials:

- 1 Cup of shaving cream (white puffy kind)
- ¼ cup of liquid glue
- A few bowls
- Spoon
- Food coloring for colour
- Paper or shape template (ex. heart, snowman, balloon, house, ice cream, etc.)
- Paintbrush

#### How to make:

- Place shaving cream in large bowl
- Add liquid glue and mix, if it does not feel a little sticky add a little more glue (the glue is what helps the "paint" dry and stick to paper).
- Stir together
- Divide into a couple smaller bowls
- Add food coloring to bowls and mix to create different colors
- Use paint brush and paint your picture



## Pom Pom Shooters

<https://littlebinsforlittlehands.com/pom-pom-shooter/>

### Materials:

- Toilet paper rolls
- Balloons
- Pom poms (for firing)
- Tape
- Scissors
- Markers/ Coloring utensils

### How to make:

- Colour your toilet paper roll with markers
- Cut hole in balloon large enough so that you can wrap opening over end of toilet paper roll
- Tape balloon onto paper towel roll
- Fill inside with pom poms and let is go!



## Egg Carton Mermaid

<https://www.pinterest.ca/pin/422845852518969118/>

### Materials:

- Egg carton
- Scissors
- Paint/markers/glitter glue
- Mermaid body template or paper
- Shells (optional)

### How to make:

Cut out egg cartons to they are singles  
 Cut single egg cartons in half  
 Cut out mermaid body template  
 Stick egg carton "scales" to create tail  
 Add tail fin with two triangle pieces of paper to the bottom  
 Colour, paint, glitterize!



## Shape Creations

<https://www.pinterest.ca/pin/422845852518888080/>

<https://www.pinterest.ca/pin/328973947767158677/>

### Materials:

- Construction paper
- Scissors
- Glue stick
- Large roll of paper or multiple sheets of paper
- Googly eyes

### How to make:

- Cut large squares, rectangles, circles, triangles, etc.
- Cut small squares, rectangles, circles, triangles, etc.
- Place pieces in divided tray or different bowls
- Create sea creatures/ robots with your child on a separate paper using the glue stick and different pieces to create different shaped creatures/creations.



## Rainbow Paper Collage Making

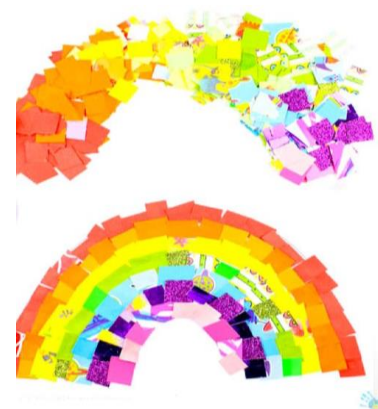
<https://www.pinterest.ca/pin/282812051589688510/>

### Materials:

- Sheets of paper in different colours/colours of the rainbow
- Scissors
- Glue
- Paper

### How to make:

- Cut different colours of paper into small/medium squares
- On a separate piece of paper start to glue colours in half circle like a rainbow.
- Continue until you have a "rainbow" or another shape!



## Family T-shirt/Sweater/Blanket (hand/foot prints)

<https://www.pinterest.ca/pin/340021840610646771/>

### Materials:

- Shirts/sweaters/blanket
- Fabric paint
- Fabric pen (optional)
- Cookie cutter shapes (optional)

### How to make:

- Lay out clothing or blanket on a flat surface that you can leave it to dry
- Paint pictures, stencils, fill in cookie cutter shapes
- Do hand prints or foot prints within the design (optional)
- Let dry



## Baking Soda Clay Handprint Ornaments

[https://www.cbc.ca/parents/play/view/keepsake\\_craft\\_idea\\_baking\\_soda\\_clay\\_handprint\\_ornaments](https://www.cbc.ca/parents/play/view/keepsake_craft_idea_baking_soda_clay_handprint_ornaments)

### Materials:

- 1 ¼ cups of baking soda
- ¾ cup of cornstarch
- ¾ cup of water
- Parchment paper/wax paper
- Rolling pin or flat object like a plate
- Straw
- Small paintbrush
- White glue
- Glitter
- Ribbon
- Clear sealant or Mod Podge (optional)



### How to make:

- To make clay, put ingredients: baking soda, cornstarch and water in pot and heat and stir consistently
- Mixture will begin to thicken and come together in a clump (like mashed potatoes)
- Remove and put in bowl and cover with damp cloth to cool for 10 – 15 minutes
- To make handprint, create a round of the clay (1 cm thick) or large enough to fit your child's hand
- Flatten with a plate or rolling pin
- Place your child's hand or foot print in the clay and press firmly
- The result is a hand print, if it didn't work try again by rolling up the clay and flattening again. If needed wet your hand a little bit before rolling the ball to add a little extra moisture.
- For an ornament use end of straw to poke one or two holes in it.
- Let dry for a couple of days
- Take ornament out and decorate! Use glitter or paint around the handprint or in the hand print
- Try with ribbon or string
- Hang on tree!



## Homemade Wind Chimes

<https://www.pinterest.ca/pin/422845852519720803/>

### Materials:

- Sticks
- Paint
- Beads
- Painters tape
- Small string/rope
- Hot glue

### How to make:

- Use tape/paint to create and design the stick
- Glue on strings to one side of the stick that will be facing down
- Add beads to the strings
- Tie off beads at the end of each string
- Glue on string to other side of stick on each end
- Hang your creation!



## Monster Making (toilet paper roll or tissue box)

<https://www.pinterest.ca/pin/422845852519720807/>

<https://www.pinterest.ca/pin/327918416619362819/>

<https://www.pinterest.ca/pin/20195898317940286/>

### Materials:

- Toilet paper rolls or tissue box
- Paint
- Glue stick
- Egg carton or foam balls for eyes
- Construction paper
- Stickers
- Googly eyes
- Markers
- Extra paper/pom poms, glitter, feathers, pipe cleaners etc.

### How to make:

- For Tissue box:
- Remove inner plastic film
- Paint box and leave to dry
- Paint inside black
- Draw mouth with teeth if you like
- Decorate box
- Glue on eyes (pom poms, egg cartons, foam balls, pipe cleaners, etc.)





## Pipe Cleaner Finger Puppets

<https://www.pinterest.ca/pin/7036943154990726/>

### Materials:

- Pipe cleaners
- Pom-poms
- Googly eyes
- Glue gun

### How to make:

- Wrap a pipe cleaner around your finger 3-4 times and leave half the pipe cleaner unwrapped
- Fold the straight end of the pipe cleaner to make one ear, secure the middle and make the other ear
- Glue pom-pom over top of the pipe cleaner
- Attach googly eyes



## Tie Dye Baby Wipes

<https://www.pinterest.ca/pin/521291725624803333/>

### Materials:

- Baby wipes
- Rubber bands
- Washable markers and/or liquid watercolours
- Paper towels

### How to make:

- Pinch center of the baby wipes and hold in your hand
- Twist
- Carefully attach rubber bands
- Colour the sections between the rubber bands
- Remove rubber bands and unveil your masterpiece



**TIE DYE ART**  
with baby wipes



## Paper Airplanes

<https://www.pinterest.ca/pin/4222193388690731/>

### Materials:

- Paper

### How to make:

- Follow instructions on link; four different types of airplanes
- Basic airplane:
  - Fold one corner into the middle
  - Fold the other corner parallel to the corner into the middle
  - Fold in half



FrugalFun4Boys.com

- Fold each half in half
- Fly

## Unpoppable Bubbles

<https://blog.learningresources.com/diy-unpoppable-bubbles/>

Materials:

- 2 cups of water
- ¼ cup of dish soap
- 2 tbsp of glycerin
- A few pipettes
- Cotton gloves

How to make:

- Cut pipettes on bigger end to act as bubble wand
- Fill bowl with water, dish soap and stir gently (don't make foam)
- Add glycerin (there is a edible version if wanted)
- Stir together slowly
- Put on gloves
- Dip large end of pipette into solution and slowly blow out a bubble
- Enjoy!



## Holiday Advent Chain Countdown

<https://www.pinterest.ca/pin/607141593510684141/>

Materials:

- Scissors
- Construction paper (4 sheets, can be different colours)
- Googly eyes
- Pom-Poms
- Stapler
- Markers

How to make:

- Cut lines with paper for chains
- Staple the loops together
- If you want it to be a countdown, do as many days are left till Christmas
- Draw on the chains with markers
- If you want a face add googly eyes and smile



## Frozen Elsa Inspired Wands

<https://www.pinterest.ca/pin/307722587042257360/>

Materials:

- Coloured craft paper
- Popsicle sticks or sticks
- Jems or glitter (optional)
- Pencil/markers

- Scissors
- Glue stick

#### How to make:

- Cut one of the selected papers into a square shape. Make sure it is at least 4 inches x 4 inches in size.
- Fold the square paper into half diagonally.
- Fold the half-folded paper into even thirds.
- Use a pencil to trace the snowflake template pattern on the folded paper from the previous step.
- Keeping the pattern intact, cut off the rest of the paper from the folded paper.
- Unfold the paper. You have now made your paper snowflake
- Cut out a star
- Attach paper snowflake to star and add paper strips to the bottom of the star
- Add popsicle stick
- Add jems/glitter and/or colour



# Sensory Activities

## Baking Soda/Vinegar Experiments

<https://www.pinterest.ca/pin/275564070939046715/>

Materials:

- Small containers or small Tupperware containers
- Baking soda
- Vinegar
- Food colouring
- Baking pan

How to make:

- Put everything inside the baking sheet
- Fill each container  $\frac{3}{4}$  full of baking soda
- Add a few drops of food colouring into each cup
- Mix colour into baking soda
- Add vinegar
- Watch them explode



## “Potion” Making

This is a sensory bin. Allow your child to mix random stuff from around the house that is safe together and see how it feels.

Materials: (examples)

- Water
- Baking soda
- Vinegar
- Dish soap
- Milk
- Juice
- Oil
- Salt/Pepper
- Food colouring

## Oobleck

<https://www.pinterest.ca/pin/158259374395809508/>

Materials:

- 1 1/2 cups cornstarch
- 1 cup water
- 3 tablespoons paint (optional)

How to make:

1. While it will take a little experimentation to get the proper consistency, a good starting place is to mix 1 1/2 cups of cornstarch with 1 cup of water. I added 3 tablespoons of paint to color the suspension, but you can use more or less or leave it out altogether.



2. Mix the ingredients using your hands, adding more cornstarch or water as necessary. Note that you may need to use more cornstarch if you live at a high altitude. You'll know you've got the right consistency when it feels similar to honey or molasses, yet "tears" when you drag your fingers across the surface.
3. Store the oobleck in a covered container to play with again. The cornstarch and water may separate, but you just simply need to work them back together.
4. It is from a Dr. Seuss book Bartholomew and the oobleck if you would like to read it along with the activity.

## Slime

<https://www.pinterest.ca/pin/3659243434359691/>

### Materials:

- 6 oz Bottle of Glue
- 2 Tablespoons Liquid Starch
- Paint

### How to make:

- Add the glue to a mixing bowl. I used pre-colored glue but you can use white glue and mix with a paint color of your choice.
- Slowly add the 2 tablespoons of Liquid Starch to the bowl.
- Mix with a spoon until it becomes thicker and then continue to mix with your hands until you receive the desired consistency.
- Note: If the slime is too sticky, add more of the liquid starch to the mixture.



## Playdoh Making

### Materials:

- all-purpose flour
- water
- cream of tartar\*
- cheap table salt
- vegetable or canola oil
- food coloring

### How to make:

- Into a pot, add 1 cup of flour, 2 teaspoons cream of tartar and 1/3 CUP of salt\* to a 2-quart saucepan.
- Add water, vegetable oil, and food coloring. Add a few drops of food color to 1 cup of water, then stir into the flour mixture along with 1 Tablespoon vegetable oil.
- Cook and stir until your playdough starts to solidify. Heat your burner to medium/low and stir. It will be a little lumpy. That's okay.
- Keep stirring your play dough mixture.
- Remove from the saucepan and cool.
- When cool, knead your playdoh to remove lumps.
- Your playdoh is ready to play with!





## Smell Inventory

### Materials:

- Box or Tupperware container
- Blind fold
- Items that have strong smells and are safe for “kid sniffing”
  - Ex. Coffee beans, peppermint soap, lemon/orange/fruit, a flower, perfume, their favourite kind of juice, a cookie, chocolate, etc.

### How to play:

- Have each participant take a turn sniffing with the blind fold on
- Everyone guesses what they think it is
- Reveal the object!
- Who got is right?!
- Repeat as long as you are interested in playing

## Water Painting

### Materials:

- Watercolour paints
- Paint brush, sponges, hands
- Thick paper or multiple layered paper so that it does not soak through

### How to play:

- Paint pictures, animals, favourite characters tv/movies on the paper
- Try different types of brushes to see the difference
- Mix colours together on the paper to see what colour they make together

## Elephant Toothpaste

<https://www.pinterest.ca/pin/298926494023676729/>

### Materials:

- yeast packet (0.25 oz)
- dish soap
- 1/2 c. 3% hydrogen peroxide
- 3 Tbsp warm water
- food coloring
- 1/2 c measuring cup
- funnel
- empty water bottle
- cake pan
- small bowl
- measuring spoon (1 Tbsp)
- small spoon

### How to make:

1. Place empty water bottle in the cake pan



## ELEPHANT TOOTHPASTE

*simple science experiment*  
for kids





2. Pout ½ cup of hydrogen peroxide into the empty bottle using a funnel
3. Squirt a small amount of dish soap into the bottle (about 1 tbsp)
4. Swirl the bottle to mix it together
5. Add a couple drops of food colouring to the mixture in the bottle for colour (optional)
6. In a small bowl: combine yeast packet, 3 tbsp of warm water and mix till yeast is dissolved
7. Dump the yeast mixture into the bottle
8. Watch it turn into elephant toothpaste!

## Cheerio Sandbox

This is the same as a regular sandbox and you can use all the same tools as a normal sandbox but the “sand” is edible, making it safe.

### Materials:

- Cheerios
- Way to crush the cheerios
- Sandbox tools
- Can hide treats/snacks within the “sandbox” for your child to find
- Spoon, fork, measuring cups, tablespoon measures, funnel (optional)
- Let your imagination take you!

### How to make:

- Crush cheerios to make the sand
- Put into large bowl or cake pan
- Add treasures to find
- Use toons or kitchen objects to play in the sandbox

## Pretend Snow (baking soda and white conditioner)

<https://www.pinterest.ca/pin/283586107775442672/>

### Materials:

- 2 ½ cups of baking soda
- ½ cup of white hair conditioner
- Bowl
- Pan for play

### How to make:

- Add ingredients together in a bowl
- Stir
- Enjoy! Make shapes, feel the texture, make a snowman or have a mini snowball fight with toys. Let your imaginations go!!!



## Texture Balloons/Stress Balls

<https://www.pinterest.ca/pin/308918855692657351/>

Materials:

- Balloons
- Playdoh, flour or cornstarch (choose one) or make multiple each a different thing inside

How to make:

- Stretch balloon open
- Add playdoh inside or flour or cornstarch
- Tie the balloon closed
- Enjoy!



## Moon Sand

<https://www.pinterest.ca/pin/32158584828045622/>

Materials:

- ¼ cup baby oil
- 2 cups of flour
- Bowl

How to make:

- Mix together and play
- Can add kitchen or sand toys to play with it in the sand
- Can hide treasures (small toys) as a treasure hunt if desired



## Rainbow Rice

<https://www.pinterest.ca/pin/59109813847999298/>

Materials:

- inexpensive, long grain white rice
- vinegar
- food colouring or icing gels
- food storage container with lid

How to make:

- For each colour of rice combine 1 cup of rice, ½ tsp of vinegar and food colouring
- Repeat, for more colours
- Shake each colour to let the colour mix
- Spread them out on a cookie sheet or in a pan and place in the sun or near a fire for until dry
- Play!



## Cloud Dough

<https://www.craftymorning.com/make-cloud-dough-using-3-ingredients/>

Materials:

- 2 cups corn starch

- 1 cup baby lotion
- Food coloring (optional)

#### How to make:

- In a bowl, mix the lotion and cornstarch together until combined.
- Separate and add food coloring to make different color dough! (optional)
- Play!

## Edible Ocean Sensory Play

<https://www.pinterest.ca/pin/7740630597527282/>

#### Materials:

- 2 Jello packs
- Pan
- Edible fish (optional)
- Tongs, tweezers or other fine motor tools (optional)

#### How to make:

- Blue gelatin or two large 6 oz. boxes of Jell-o and followed the directions on the box for the Jello.
- Put Jello in bowl/pan or shape of choice and chill.
- Buy edible fish or use fish toys for inside the jello.
- Jumbo tweezers or another fine motor tool of your choice (optional)
- Kids with *clean* hands if you want to let them eat this afterward
- Get Jelloing!



## Bubble Foam

<https://busytoddler.com/2015/11/bubble-foam/>

#### Materials:

- tear free bubble bath
- water
- food coloring
- hand mixer
- Toys to play in the bubble foam with
- Pan or storage tub for play

#### How to make:

- Mix two parts water to 1 part bubble bath soap
- If you want to do multi-colours make smaller batches ½ cup of water and ¼ cup of bubble bath soap

- Mix in food colouring with hand mixer for 1 minute on high
- You will make stiff peaks (like whipping cream)
- Put in pan or storage tub for play
- Add toys or just enjoy the bubbles
- Play!



## Active Activities

### Balloon Baseball

<https://www.pinterest.ca/pin/412009065914139827/>

Materials:

- Balloons (blown up)
- A stand of some sort to place the balloon (if you don't want to toss the balloon when hitting)
- Baseball bat, paper towel or thing to hit the balloon with
- Three pillows, areas or items to act as bases
- Multiple players

How to play:

- Set up three bases and home base
- Blow up balloons
- Place balloon on stand to hit
- Have first player come up to batt
- Hit the ball and run around the bases
- Play!



### Obstacle Course

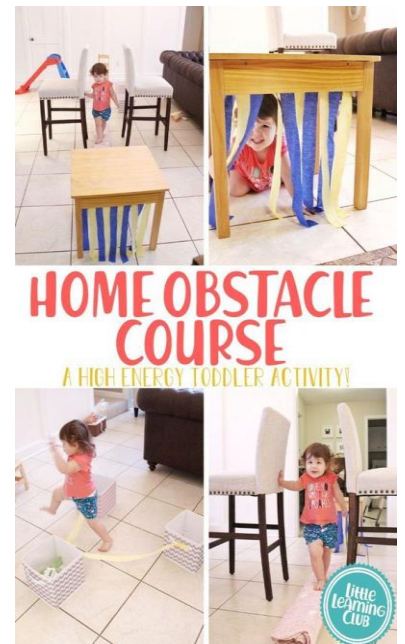
<https://www.pinterest.ca/pin/22518066874839881/>

Materials:

- Chairs
- Tables
- Pillows
- Cushions
- Balls
- Stuffed animals
- Other house hold items

How to play:

- Can either set up without your child or with if they would like to help
- Create an obstacle course either in a circle or in a designated area
- Set up chairs to go around or go over, tables to crawl under, pillows to jump between or over, cushions to push over or move from one stop to another, and stuffed animals to hug, toss or move from one place to another, etc.
- Let everyone have a turn going through the obstacle course! Can make it competitive if desired and time everyone



## Laser Maze

<https://www.pinterest.ca/pin/356488126748196308/>

### Materials:

- A hallway
- Painters tape or long strips of paper

### How to play:

- Use the painters tape and zig zag them throughout the hallways
- This is so that your children will have to crawl, step over or maneuver around the tape
- The idea is to get through the hallway without touching any of the tape!



## Floor Is Lava Game

<https://www.pinterest.ca/pin/128141551887678901/>

### Materials:

- Paper or pillows
- Tape (optional)
- Open space

### How to play:

- Place pillows or paper around the room close enough to step or jump between based on your child's abilities
- Can tape down if paper if wanted
- Have a beginning and end point.
- Can also use couches or chairs in how to get from one side of the room to the other
- Play!
- Can time if you want it to be competitive.

## Snowball Fight/Snowman Making/Snow Angels

### Materials:

- Weather specific: Will need snow (for snowman – sticky snow)
- Snowsuits

### How to play:

- Put on snowsuits/snowgear and go outside
- **To make a snowballs:** grab snow, smush together (throw at one another, can have teams or a feel for all)
- **To make a snowman:** make a snowball but continue to roll until as large. Make a large ball, a medium ball, and a small ball for the head. Stack the balls! You have a snowman
- **To make a snow angel:** Lie down in the snow with your arms and legs out like a star. Move your arms back and forth in the snow like a bird. Carefully get up! And look at your beautiful snow angel that you made!



## Puzzle Piece Hunt

### Materials:

- Children's puzzle
- Place to make the puzzle once the pieces are found

### How to play:

- This game is a puzzle scavenger hunt
- Hide/Place the puzzle pieces around a room or in the designated area to be found
- Have your child go around and find all the puzzle pieces
- Make the puzzle

## Activity Bingo

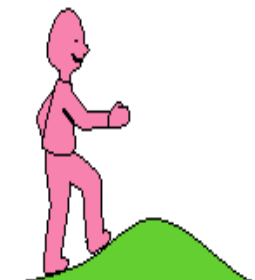
### How to play:

- Print off or show to your child the activity bingo sheet that is below
- Take turns picking activities (either to get a bingo line or to complete the entire sheet)

jump forward 3X



walk over a pillow



ballet dancer



touch the sky 3X



stretch 2X



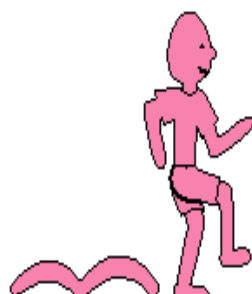
crab walk



kick ball 3X



skip 2X



balance walk



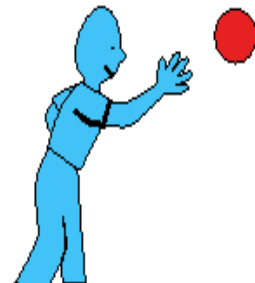
jump up 5X



dance



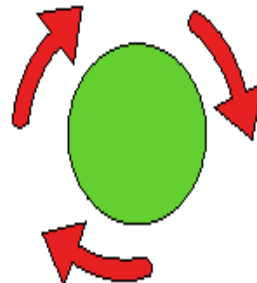
throw ball 2X



run to the door



spin 3X



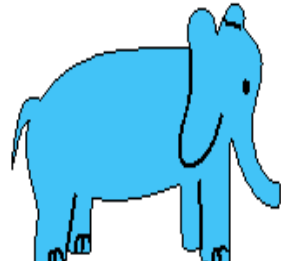
dog yoga



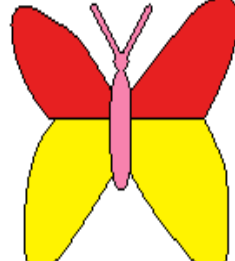
sit down 3X



elephant yoga



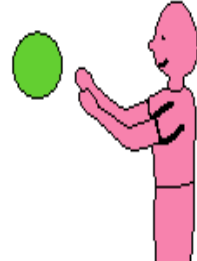
butterfly stretch



dance together



catch ball 2X



## Paint Chip Color Hunt

### Materials:

- Pick up some paint chips or various colours from a local hardware store if you don't already have one lying around
- If you don't have paint chips use a couple different colours of construction paper

### How to play:

- The game is to find items that match each colour as close as possible to the colours on the paint chip
- Can time it to make it competitive if wanted

## Figure Skating

### Materials:

- Dryer sheets/paper towel squares/mittens on feet/or tissue papers
- Mittens, hat (optional)
- Large area for skating (not carpeted)

### How to play:

- Clear an area (can rope off to pretend it is more a skating rink if desired)
- Put on hat and mittens and your feet have dryer sheets or paper towel squares under it
- Glide across and around the "ice"

## Red-Light, Green-Light, Yellow-Light, Purple-Light, Blue-Light

### How to play:

- Have your child either be it or line up against a wall in a large space or hallway
- Leader calls out; Yellow, Green, Red, Purple, Blue
- Your child or others need to follow directions as they try to make it to the other side of the room/hall
- Can play as long or little as players would like
  - Yellow Light: Slow crawl on the ground
  - Green Light: Jump like a frog
  - Blue Light: Try and touch the sky
  - Purple Light: Do a silly dance
  - Red Light: Stop! Freeze.

## Hide-and-Seek

### How to play:

- Make it more active by having them hide on different levels of your house every time, that way they're going up and down stairs every few minutes.
- Have a hider and seeker
- Have seeker count to 10 and then go and find the hider
- Make it to be in one room or on a certain area of the house
- Play!

## Simon Says

How to play:

- Have a leader and a follower
- Can take turns being the leader
- Say “Simon Says” before doing the action
- Make sure you still make them a little silly – think animal movements, dramatic actions and anything on one foot.
- Can use action bingo on handout further up for action suggestions

## Twister

Materials:

- Twister game or pieces of paper
- Tape (if using paper)
- Bottle to spin (if using paper)

How to play:

- Get in a good stretch by playing a game of twister. Don’t have the game? Make your own by taping construction paper circles on the floor.
- Create a spinner by a spinning a bottle and four colours of construction paper that are also the twister squares
- The “board is 6 by 4
- 6 pieces of paper per colour all lined up close to each other
- Tape down the pieces of paper
- Play!
- Person “spinning” choose hand or feet for each time spinned for colour (can make it easier or harder for participants)

## Bubbles!

Everyone loves Bubbles!

Materials:

- Bubbles

How to play:

- Take turns blow some with a wand and challenge your kids to pop them all before they touch the ground
- prompting lots of jumping and diving
- High fiving the bubbles
- Clapping the bubbles to pop them
- Kicking the bubbles
- Blowing the already blow bubbles to see if you can get them to move

## Uno Movement Game

### Materials:

- Uno cards (can get at dollar store, Walmart, or amazon)

### How to play:

- Grab a deck of Uno Cards and assign actions to each number.
- Flip a card over and *everyone* gets up and completes the task.
- Be enthusiastic so that your child will want to join in

## Put on a Fashion Show

Kids love to dress-up, and this idea brings that love to the next level.

### Materials:

- Cloths or dress up cloths (something not ordinary) Can include mittens, hats, scarfs, big coats, heels/boots, etc.
- Tape or paper
- Pump up music (optional)

### How to play:

- Create a long runway out of tape or paper and invite your fashionistas to perform their best walk while you pump the music.
- You can play the judge awarding points for style, creativity and their overall strut. (optional)



# Family Time Activities

## Sink or Float

### Materials:

- Things that you can see if they sink or float
  - Ex. Ball, toy car, small toy, large toy, doll, pencil, pen, cup, leaf, pinecone, etc.
- Large bowl, tube, Tupperware container of water
- Fill container with water

### How to play:

- Fill container with water
- Ask child if they think the object will float or sink
- Try to get a variety of objects that will float and sink
- Play!

## Drumming Videos/Activities

### Materials:

- Computer or TV (that can connect to YouTube)
- Musical instruments or use some Tupperware and some chop-sticks to drum along

### How to play:

- Get the whole family to musically join!
- Put on one or more of the videos and drum, shake or sing along
- Links to videos:
  - <https://www.youtube.com/watch?v=1h6F-YngTi0> – Band Goes Marching In
  - <https://www.youtube.com/watch?v=XqZsoesa55w> – Baby Shark
  - <https://www.youtube.com/watch?v=eQ34DSTjsLQ> – Jingle Bells
  - <https://www.youtube.com/watch?v=vrfCD9wjLUE> - 5 Little Snowmen

## Kids Just Dance Videos

### Materials:

- Computer or TV (that can connect to YouTube)
- Dance the choreographed dances, make up your own dances and sing along (if you want)
- Open space to dance!

### How to play:

- Get the whole family to have a dance party!
- Links: to videos
  - <https://www.youtube.com/watch?v=lxF0iayJR-s> – 5 little monkeys
  - <https://www.youtube.com/watch?v=L0MK7qz13bU> – Let it Go
  - <https://www.youtube.com/watch?v=6Q7-tzCCh3w> – I’m a Gummy Bear
  - <https://www.youtube.com/watch?v=KhfkYzUwYFk> – Can’t stop the feeling (trolls)



## Graham Cracker Gingerbread House

<https://www.pinterest.ca/pin/35606653292113327/>

### Materials:

- Graham crackers
- Hard icing
- Ziploc bag
- Board to build your gingerbread house
- Candies to decorate (optional)

### How to make:

- Layout board to make house
- Make hard icing and put in Ziploc bag
- Cut off one end of the Ziploc bag for piping the icing
- Put icing on one side of graham cracker and make a square
- Add two graham crackers to top flat
- Build a roof on top of the flat surface in the shape of a triangle
- All done! Can eat! 😊
- Decorate (optional)



## Build a Pillow Fort

### Materials:

- Blankets
- Pillows
- Sheets
- Cushions
- Chairs
- A table
- Whatever you think will make an amazing blanket fort!

### How to make:

- Get the whole family involved!
- Use the back of a couch, a table or chairs as your supports
- Put blankets over top/cushions around to block out holes
- Can play pretend in the "house/fort" once built!

## Pictionary Variations (play dough, shaving cream drawings)

### Materials:

- Markers, pens or pencils
- Paper
- Or for variety: Play-doh or shaving cream!

### How to play:

- Not using words as a family take turns drawing, creating with playdoh or making with shaving cream
- Different shapes, animals, food, or characters.
- Everyone has to guess what you have drawn without the drawer saying anything

## Guessing Games (20 questions, guess the smell, block box)

### Materials:

- Anything to make guess about (can only use your mind or)
- A box
- A blind fold

### How to play:

- Either do it with just sitting around as a family and making guesses about something that one person is thinking about or....
- Using a box, make people guess what is in the box only using their hands
- Using a blind fold, make people guess what it is that they are smelling
- Let your imagination go!

## Winter Scavenger Hunt

### Materials:

- Things outdoors in nature
- Ex. For things to find:
  - A stick
  - A leaf
  - A tree (certain kind)
  - Christmas lights
  - A snowman
  - A bird
  - A pet

### How to play:

- Go outside as a family and scavenge for items and objects
- Can bring along a camera and make them take a picture with or of everything they find
- Play!

## Pretzel Kisses

<https://www.pinterest.ca/pin/510103095294088078/>

### Materials:

- 20-40 small pretzels
- 20-40 hershey's kisses
- 20-40 red and green M&M's
- Sprinkles (optional)
- Cookie sheet

### How to make:

- Place the pretzels directly on a cookie sheet and kisses on top
- Cook at 200 degrees for 5 minutes to melt the kisses on the pretzels, take out
- Before they fully cool press M&M's directly into the center
- Shake on sprinkles (optional)
- Let harden (about 30 min) and then EAT!



## Crinkle Cookies

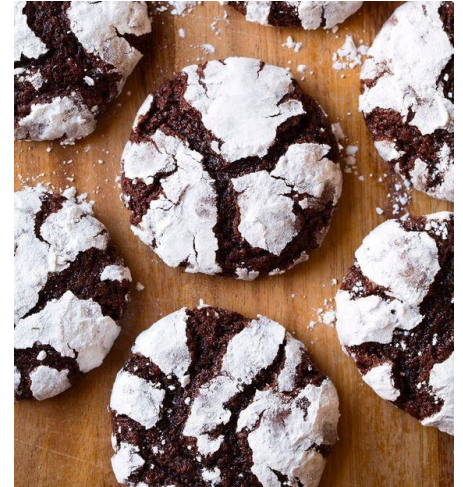
<https://www.pinterest.ca/pin/16747829855531931/>

### Materials:

- 1 cup unsweetened cocoa powder (120 g)
- 2 cups granulated sugar (400 g)
- 1/2 cup unsalted butter (preferred) or oil (115 g)
- 4 eggs
- 2 teaspoons vanilla extract (10 ml)
- 1/2 teaspoon salt
- 2 teaspoons baking powder
- 2 cups all-purpose flour (240 g)
- 1/2 cup powdered sugar (50 g)

### How to make:

1. Involve the whole family in the making process!
2. In the bowl of a stand mixer, beat the cocoa, granulated sugar and butter (or oil) on medium speed.
3. Reduce the speed to low and add 1 egg at a time until combined.
4. Mix in the remaining ingredients in the order listed, for the exception of the powdered sugar.
5. Cover the bowl with plastic wrap and chill in the refrigerator
6. Preheat the oven to 350 degrees F.
7. Line cookie sheets with parchment paper. Roll the dough into 1-inch balls and coat with powdered sugar. Place on the prepared baking sheet at least 2 inches apart.
8. Bake for 10 - 12 minutes. Allow the cookies to rest on the hot cookie sheet for one minute before transferring to a wire rack to cool completely.



## Mars Bars Rice Krispie Treats

<https://www.pinterest.ca/pin/4362930877846046/>

### Materials:

- 1/2 cup unsalted butter (56 grams)
- 4 Mars bars (53 grams each)
- 3 cups Rice Krispies / Rice Bubbles
- 1 cup milk chocolate chips, or 200 g chopped milk chocolate for the topping
- If you want your bars a little gooier, you could use 2 1/2 cups Rice Krispies.

### How to make:

- In a large saucepan, melt the butter over very low heat.
- Add in the chocolate bars, chopped into small pieces.
- Gently stir the mixture as the bars begin to melt and ooze into the butter. It's very important that the burner is on low heat, otherwise the caramel and chocolate can start to burn instead of melt.
  - Pro Tip: If the butter and melted chocolate bars are starting to separate as they melt, remove the pan from the heat and whisk vigorously.
- Once totally melted, carefully stir in the cereal then press the mixture into a greased 8x8 inch (20x20 cm) pan.
- Then a layer of creamy, melted milk chocolate goes on top and your bars are ready to set.



- Firm up at room temperature because when you put chocolate in the fridge to harden it can discolor and get those weird little white flecks on top.

## Cookie Ornaments

<https://www.pinterest.ca/pin/20969954503833351/>

### Materials:

- Cookie sheet
- Waxed paper
- Forks
- bowls
- White chocolate / milk chocolate (to melt)
- Oreos
- Mini peanut butter cups
- Candies, sprinkles (decorating candies)

### How to make:

- First, line a cookie sheet with waxed paper and set aside.
- In a medium bowl, melt the white chocolate according to package directions.
- Dip each Oreo cookie into the melted chocolate using a fork
- Next, place the coated Oreo onto the prepared baking sheet.
- Attach one mini Peanut Butter Cup on the top of each Oreo, as an ornament topper.
- Immediately decorate the Oreos with the assorted candies or sprinkles.
- Refrigerate for at least 10-20 minutes before serving or packaging, or until the white chocolate hardens.



## Parachute

### How to play:

- Get the whole family to play
- Grab a bed sheet and get your whole family involved – everyone taking a side and rapidly moving your arms up and down. Put some small balls or balloons on top and try and fling them off. Kids love this one! (fitted sheets work best)
- Go up really fast and try to sit inside it with the air and my a mushroom shape!

## Wind Up Toy Races

### Materials:

- A open space for the race, a start and end
- Wind up toys

### How to play:

- Get the whole family involved
- Each person gets a windup toy
- Count down and set all of the toys at the same time
- See which ones goes the farthest, fastest or does the most of a certain thing
- Multiple races
- Be enthusiastic to encourage the whole family to participate!

## Toy Hide and Seek

### Materials:

- Various toys big and small that they are interested in

### How to play:

- Hide various toys around a room or a certain area
- Have a list so that they can check it off every time they find one
- Make it a game for the whole family
- Can make it a competition or work together to complete the hide and seek.

## Balloon Hockey

### Materials:

Two laundry baskets

Hockey sticks, kid's golf clubs or even the cardboard from inside of a large tube of wrapping paper.

Bag of balloons

### How to play:

- Get the whole family involved
- Split the family into teams and see which team can get the most goals.
- Use different types of sticks to make the game different
- Can also use hands or feet as another variation