



November 17<sup>th</sup> -23<sup>rd</sup>

*Celebrate National Family Week* this year with the help of this packet. It's full of fun ideas and activities to do together with your family. Use the schedule below or mix it up however your family will like it best.

*Sunday, November 17- Nature Scavenger Hunt*

*Monday, November 18- Family Indoor Picnic*

*Tuesday, November 19- Family Game Night*

*Wednesday, November 20- Super Slime*

*Thursday, November 21- Male Involvement*

*Friday, November 22- Move to the Beat with your feet*

*Saturday, November 23 - Volunteer!*

A nature scavenger hunt is a great way to explore the great outdoors. This nature hunt has the added benefit of arousing creativity. Most of the suggestions on the list below will result in vastly different interpretations (eg. a blade could be a piece of grass or it could be something sharp, a key could be something you use to open something that is locked or a maple key).

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## Nature Hunt List



- |                       |                          |                                 |                               |
|-----------------------|--------------------------|---------------------------------|-------------------------------|
| ___ a blade           | ___ a seed               | ___ something petrified         | ___ something with veins      |
| ___ something empty   | ___ something scented    | ___ something with a hole in it | ___ something plastic         |
| ___ something twisted | ___ something curly      | ___ something sticky            | ___ something hairy           |
| ___ something sharp   | ___ something flat       | ___ something that is 4 yrs old | ___ something that is tied    |
| ___ something smooth  | ___ something with teeth | ___ something that floats       | ___ make something up to find |

# Family Indoor Picnic

**Plan an indoor picnic with your family. Spread a picnic blanket on your family room floor. Choose nutritious foods that everyone can help make. See recipes for ideas for your picnic.**



## Salad Sticks

Preparation Time: 15 Min. Makes 4 Servings

Bamboo skewers

1 green or red bell pepper, seeded and cut into 1-inch dice

1/3 seedless cucumber, diced

1/2 pint grape tomatoes

2 (1-inch-thick) pieces turkey from the deli, cubed

4 ribs celery, cut into 1-inch pieces

Combine the veggies and turkey on a platter and insert onto skewer alternating veggies. ([www.foodnetwork.com](http://www.foodnetwork.com))

## Salad Dip

1 cup mild salsa, any brand

1/2 cup sour cream

Stir together salsa and sour cream. Scrape the dip you made into a small bowl. Put the small bowl in the middle of a big plate. Arrange the Salad Sticks around the dip and serve. ([www.foodnetwork.com](http://www.foodnetwork.com))

## Apple Tuna Sandwich

Preparation Time 15 Min. Makes 3 Servings

1 can (6½ ounce) tuna in water, drained

1 small apple, halved (remove seeds) and chopped (1 cup)

¼ cup low fat vanilla yogurt

1 teaspoon of mustard

1 teaspoon honey

6 slices whole wheat bread

3 iceberg lettuce leaves

Combine tuna, apple, yogurt, mustard, and honey. Spread on 3 bread slices. Top each with lettuce leaf and remaining bread. Cut sandwiches in half.

# Parent Involvement

**Plan an evening with everyone sitting around the table or in the family room playing games. Pop popcorn or plan a treat that everyone makes together.**

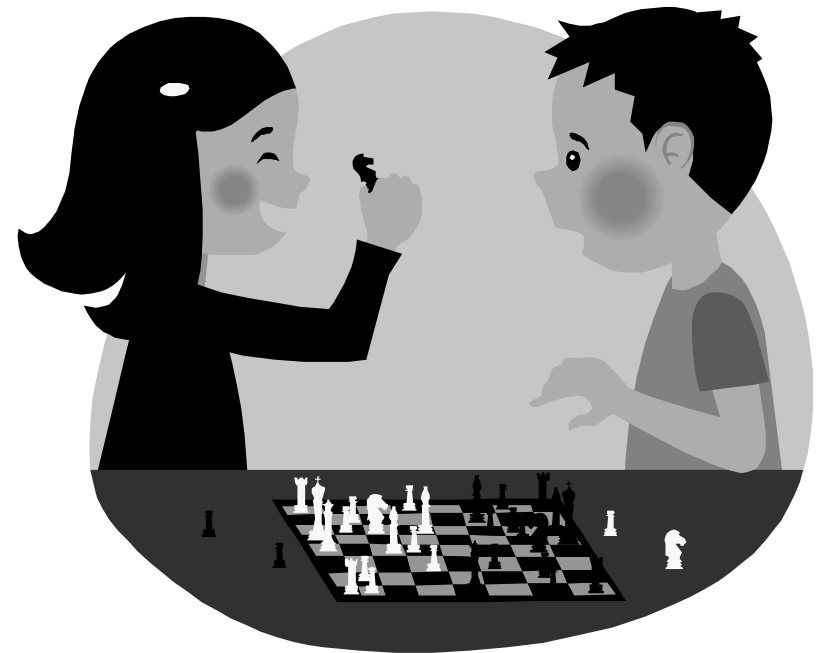
## Family Game Night

### **SOME IDEAS FOR GAMES ARE:**

**Limbo:** Try using a string of twinkle lights, a strand of sparkly garland, a bamboo pole, a flashlight (lights out), or any similar item. For a fun variation on the game, make it a little more challenging by adding a “Super Stomach” to family members as they take their turn. Have a couple of oversized shirts, and some fluffy pillows on hand.

**Don’t Eat Pete (see next page)**

**Disney Movie Title Charades (see next pages)**

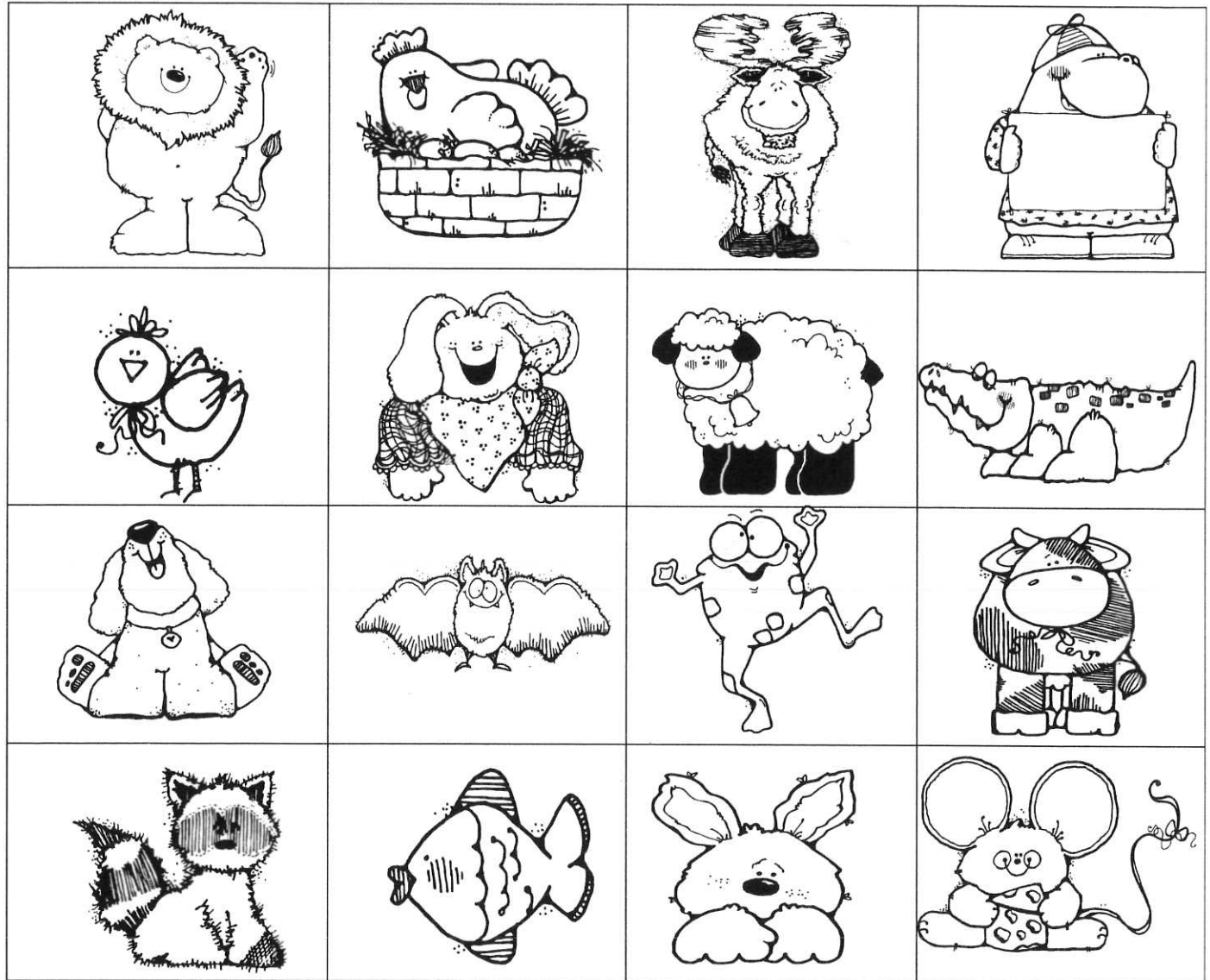


**Disney Title Charades**

<b>The Emperor's New Groove</b>	<b>Beauty and the Beast</b>	<b>Jungle Book</b>	<b>Mulan</b>
<b>Pocahontas</b>	<b>The Search for Atlantis</b>	<b>Aladdin</b>	<b>The Little Mermaid</b>
<b>Bugs Life</b>	<b>Dinosaur</b>	<b>Tarzan</b>	<b>Hercules</b>
<b>Parent Trap</b>	<b>101 Dalmations</b>	<b>The Lion King</b>	<b>Toy Story</b>
<b>Lady and the Tramp</b>	<b>Sleeping Beauty</b>	<b>Cinderella</b>	<b>Snow White</b>

**Directions:** Cut out the slips with the titles on them. Draw the titles and act it. Let the family members try and guess the titles, or divide into two teams and let your team guess as you act out the title.

# DON'T EAT PETE!



**Directions:**

Send one family member out of the room for a moment. Choose a picture to represent "Pete". Place a small treat on each picture (i.e. raisins, cereal, etc.). Then invite the person back into the room. They then eat one of the treats at a time. Before they eat the treat on the picture that was chosen as "Pete" The family yells "don't eat Pete". Then it is the next persons turn to leave the room.

## **SUPER SLIME**

### Supplies

- Water
- Corn starch
- Glass or plastic bowl
- Plastic or wooden spoon or spatula
- Resealable plastic bags (optional)

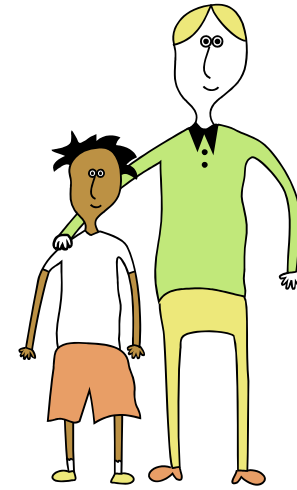
### Making Slime

1. Stir 1 cup of Corn Starch with 1 cup of water until it is well-blended.
2. If desired, you may add food coloring to the mixture to tint the slime.
3. This slime may be stored for several days in a resealable plastic bag.

What a great way to spend an evening with your kids! Let them mix the ingredients together to help them become familiar with measuring and cooking! Slime can be used to copy newspaper print, or make a mask! It's a great way to build fine motor skills and its fun for adults too!



# M.I.L.K. Men



## Men Involved in Loving Their Kids

**(Male Involvement) Please choose two of the following activities:**

- Play reciprocally with your toddler, modeling how to play imaginatively (playing jungle animals, fireman, house, etc) and proper social roles and behaviors in certain settings.
- Read, sing, do finger plays, act out simple stories, etc with your child. Flannel boards or magnetic boards allow the child to manipulate the fingers and tell stories.
- Take your child to a park with small climbing equipment that he or she can go around, in and out of swings and low slides. Facilitate large muscle play.
- Play in different mediums such as sand, water, rice beans, etc. with your child. Bring along funnels, measuring cups, waterwheel, shovels, buckets, etc.....be creative and explore.
- Go exploring with your child in an empty field, at a park, in a new setting, etc. Follow their initiative and interests and build or scaffold on actions and ideas.
- Work together building a fort, making a tent, etc.
- Include your child in some of your outdoor tasks, such as washing the car, weeding the garden, taking out the garbage, and fixing the car.



# Move to the Beat with your feet!

Dancing is easy, great exercise and just plain fun for all ages. It's also a simple way to introduce kids to many different styles of music. Your kids can take a musical journey from the fluid beauty of ballet to the hot rhythms of jazz dance, and from the insistent shaking beat of a Native American rain dance to the all-American clicking and clacking of tap dance. Find a style your kids like, and you'll be ready to dance through a rainy afternoon.

- Set aside 30 min for dancing fun
- Get a radio or put in some music your child loves
- Dance in front of a mirror
- Dance for each other
- Most of all remember to be silly and have fun

**Move your feet to the Jazz Beat.**

**For more info go to <http://home.howstuffworks.com/dance-activities-for-kids.htm>**



*Give Help • Get Help*



Cache, Box Elder, and Rich County

211 Utah and the Volunteer Center of Cache County partner to bring you information on community resources that can help you and your family.

The Volunteer Center of Cache County is dedicated to improving lives by promoting effective service and connecting community members to volunteer opportunities. To find an opportunity tailored for you, call us at 435-752-3103.

Teach your children the importance of helping others. Spend time as a family volunteering in the community. Help out a neighbor with some yard work, pick up trash at a park, have the family make a meal for a sick friend, write a thank you card to someone who helps or has helped your family (let your children help you decorate the card and help decide what the card should say), or contact the local volunteer center for ideas 211 info is a great resource!



IDAHO DEPARTMENT OF  
HEALTH & WELFARE



The **2-1-1 Idaho CareLine**, a program of the Department of Health and Welfare, is a free statewide community information and referral service.

We have a comprehensive database with programs that offer free or low cost health and human services.

Dial 2-1-1 or 1-800-926-2588 to reach a customer service specialists