FUN ACTIVITIES FOR KIDS
Activity: Coffee Filter Butterflies!

Appropriate For: Preschoolers and school-age children

WHAT YOU NEED:
- Large coffee filters
- Water-based markers or watercolor paint and brushes
- Pipe cleaners in assorted colors
- Small spray bottle filled with water

WHAT YOU DO:
Give the child a coffee filter and have him color on it with markers or paint on it with the watercolor paint. Encourage the child to make designs and to use lots of different colors. Have the child hold up the coffee filter, while you spray it with water. Let the child watch the colors spread and run together. When the filter is dry, gather it together in the middle and wrap a pipe cleaner around it, so that the two ends of the pipe cleaner stick up at the top. Curl the two ends of the pipe cleaner to make the butterfly’s antennae.

Activity: Fancy Fruit Parfaits

Appropriate For: Preschoolers and school-age children

WHAT YOU NEED:
- 1 cup vanilla yogurt
- ¼ cup sliced strawberries
- ¼ cup blueberries
- 3 tablespoons granola
- Fancy parfait glass or clear plastic cup

WHAT YOU DO:
Have the child spoon some yogurt into the glass, and then top the yogurt with some fruit and some granola. Continue making layers, alternating between yogurt, fruit and granola, until the glass or cup is full, ending with a layer of fruit and granola. Enjoy! Makes 1 serving.

NOTES:
- Check with the parents before making and serving this recipe. Some children may have food allergies or other dietary restrictions.
- Any fruit that is available and in season and that the child likes can be substituted for the strawberries and blueberries.
**Activity: Follow the Leader**

**Appropriate For:** Toddlers and up with increasing difficulty for older children

**WHAT YOU NEED:**
- Your imagination
- Space to move around freely

**WHAT YOU DO:**
Have the child follow your lead as you travel. Every 30 seconds or so, change the activity. You can also let the child lead and you follow. Here are some suggestions for activities:

- Walk with giant steps and big swinging arms.
- Jump up and down in place.
- Hop like a bunny.
- Squat and walk like a duck.
- Twirl around in circles.
- Touch your toes.
- Do scissor jumps (cross legs with one jump, uncross legs on the next jump).

**Activity: H.O.R.S.E.**

**Appropriate For:** School-age children

**WHAT YOU NEED:**
- Basketball
- Basketball hoop

**WHAT YOU DO:**
Choose the order in which the players will shoot at the basket. The first player makes any kind of shot at the hoop. If the first player fails to make the shot, she loses her position as the leader and the next player in line becomes the leader. However, if the first player makes the shot, the other players get one chance to try to make the same shot (from the same place, using the same style). Any player who fails to do so gets an “H” (as in H.O.R.S.E, the name of the game).

The next round starts with the next player in turn becoming the leader and shooting from a different place. All the same rules apply, except that a player who already has an “H” and misses a shot now gets an “O.” (The next time, he would get an “R,” and so on). A player who spells “HORSE” is out of the game. The last person left is the winner.
Activity: Fruity Play Dough

Appropriate For: Preschoolers and school-age children

WHAT YOU NEED:
- 1 cup plus 1 tablespoon flour
- 1 package Kool-Aid, any flavor
- ¼ cup salt
- 1 tablespoon vegetable oil
- ⅔ to ¾ cup boiling water
- Medium-sized bowl
- Cookie cutters (optional)

WHAT YOU DO:
Mix the flour, Kool-Aid and salt together in the bowl. Add the oil. Pour the boiling water over the flour mixture in the bowl and mix thoroughly. If the mixture looks too runny, add a little bit more flour, 1 tablespoon at a time, to get the consistency right. Let the mixture cool. When it is cool enough to handle, knead the dough until it is smooth. Now you are ready to play! Let the child mold the play dough into shapes, or make cut-outs using cookie cutters. When you are finished playing, the play dough can be stored in an airtight container in the refrigerator.

NOTES:
- Use extreme caution when boiling the water and pouring it into the bowl.
- Don’t let the child eat the play dough!
Activity: Funky Monkey and Very Berry Smoothies

Appropriate For: Toddlers, preschoolers and school-age children

WHAT YOU NEED:

- Blender

For Funky Monkey Smoothies:

- ½ cup ice
- ½ cup milk
- 1 banana, cut in big pieces
- 2 tablespoons peanut butter
- 2 tablespoons chocolate syrup

For Very Berry Smoothies:

- ½ cup frozen blueberries
- ½ cup frozen strawberries
- ½ cup orange juice
- ½ tablespoon honey (optional)
- ½ teaspoon vanilla (optional)

WHAT YOU DO:

Place the smoothie ingredients in the blender and blend until smooth. Pour into glasses or cups. Each recipe makes 2 servings.

NOTES:

- Check with the parents before making and serving these recipes. Some children may have food allergies or other dietary restrictions.
Activity: Paper Bowl Jellyfish

Appropriate For: Preschoolers and school-age children

WHAT YOU NEED:

- Plain white paper bowls
- Watercolor paint and brushes
- Brightly colored ribbon in assorted colors, cut in lengths about 8" to 12" long (ric rac and transparent ribbon are fun to try, but any kind of ribbon will work)
- Glue
- Paste-on eyes from the craft store, or white construction paper, scissors and a black marker (to make eyes)
- Transparent thread (or any kind of thread that you have)
- Needle

WHAT YOU DO:

Give the child a bowl. Have her turn the bowl over and paint the outside of it with watercolors. After the paint dries, flip the bowl right-side-up. Apply a lot of glue to the inside bottom of the bowl, and lay the ends of pieces of ribbon in the glue. Let the other ends of the ribbons drape over the edge of the bowl. While the glue is still wet, place another paper bowl inside the first, so that the ends of the ribbons are sandwiched in between. Put a can or something heavy in the bowls to weigh them down while the glue dries. After the glue dries, have the child flip the bowl back over, and glue or draw on the eyes. Now, thread the needle with a piece of thread about 12" long. With the jellyfish right-side-up, poke a hole through the center of the bowl, coming up from the bottom and bringing the thread through the hole to the top of the jellyfish. Now put the other end of the thread through the needle and poke a second hole next to the first, coming up from the bottom and bringing the other end of the thread through to the top of the jellyfish. Tie the two ends of the thread together at the top of the jellyfish to form a loose loop. Now, pull the loop down so most of it is underneath the jellyfish. One at a time, pull each piece of ribbon through the loop, so that the jellyfish’s “tentacles” are gathered in the middle. When all the pieces of ribbon are gathered in the middle, pull up on the loop from the top to gather the ribbons close to the bottom of the bowl. Now your jellyfish is ready to hang up!

NOTES:

You should use the needle to poke the holes in the jellyfish for the child. Be sure to put the needle and thread away in a safe place when you are finished using them.
Activity: Peanut Butter and Banana Sandwich

Appropriate For: Preschoolers and school-age children

WHAT YOU NEED:
- 2 slices whole-wheat bread
- ¼ banana, sliced
- 2 tablespoons peanut butter
- 2 tablespoons whole-grain flake cereal (optional)

WHAT YOU DO:
Spread the peanut butter on both slices of bread. On one slice of bread, place the banana slices on top of the peanut butter. If you are using the cereal, sprinkle this on top of the peanut butter on the other slice of bread. Sandwich the two slices of bread together. Cut the sandwich into triangles or rectangles and serve. Makes 1 serving.

NOTES:
- Check with the parents before making and serving this recipe. Some children may have food allergies or other dietary restrictions.

Activity: Roll the Ball

Appropriate For: Toddlers

WHAT YOU NEED:
- Soft, round ball

WHAT YOU DO:
Sit on the floor with the child. Say “Catch the ball!” and roll the ball within the child’s reach. Then have the child roll the ball back to you. Once the child gets the hang of this, you can roll the ball beyond the child’s reach. You can then encourage the child to “get the ball” and roll it back to you.
Activity: Red Light, Green Light

Appropriate For: Preschoolers and school-age children

WHAT YOU NEED:
- Space to move around freely

WHAT YOU DO:

One child is designated as “It” and stands on an imaginary line, which is the finish line. The rest of the players stand in a straight line about three body lengths away. The commands are “red light” and “green light.” The child who is “It” turns his or her back to the players and yells “green light!” On this command, all the players hurry toward the finish line. The child who is “It” then yells “red light!” and spins around to face the other players. On this command, they must all freeze. Anyone the child who is “It” catches moving must return to the starting line. Continue the cycle of having the child who is “It” give “green light” and “red light” commands. The first player to cross the finish line wins and becomes “It” for the next game.