

# FAMILY DAY ACTIVITIES

## *A Family Is Like A Circle; the Connection Never Ends*

### Indoors

- Play music and dance with your child. Let him/her use pots, pans and spoons to create sounds.
- Play hopscotch inside – use tape.
- Let your child help make cinnamon toast for breakfast or snack.
- Look for letters or words all around you. On boxes, in the store, and on signs. Say the beginning ...
- Make paper airplanes out of store flyers. Have a race!
- Play board games – or card games!
- Make a reading tent together using chairs, pillows and blankets. Crawl in and read together!
- Play “I Spy with my little eye something that starts with “s”. Find all the things that begin with the sound “s”.
- Make a meal of shapes. Sandwiches cut into triangles. Banana slices are circles.
- Get cooking – follow an old family recipe!

### Outdoors

- Set up an obstacle course outside. Talk about the words over, under & around. Walk backwards or hop through your course.
- Walk to the playground or around your community and talk about the nature you see on the way.
- Play “Follow the Leader” outside! Walk backwards, jump on one foot, roll in the snow, run!
- Go outside and make snow angels and/or snowmen together. Talk about the size of each and compare.
- Enjoy an outdoor picnic at a sliding hill.
- Visit an outdoor skating rink.
- Make homemade toboggans out of cardboard boxes!
- Bowl with frozen water balloons – fill water balloons with coloured water and freeze – break balloons off and use for bowling!

