

1. Flat Stanley



Dear Friends,

Let me introduce myself. My name is Stanley Lambchop, but you can call me Flat Stanley. I know you probably find that to be an unusual nickname, but after I explain what happened to me, I think you'll agree it's the perfect name.

I accidentally got flattened when a bulletin board fell down while I was sleeping. I don't really mind being flat because I've been able to go on a lot of exciting adventures.

I found out that I love to travel. I recently spent some time at ABC Head Start and they decided they would like to send me on another vacation. Would you mind if I stayed with you for a while?! You can take me with you when you go sledding, have your New Years party, or even to the living room to build a blanket fort! I would love to have my picture taken with you.

If you want, you can even tag your school, *ABC Head Start*, on Instagram or Facebook so they can see all the adventures we've had over the holiday break.

Happy Holidays,

Stanley

Instagram: @abcheadstart

Facebook: ABC Head Start

Colour me in your favourite colours and then cut me out!



2. Build a Snowman



<https://www.smithsonianmag.com/science-nature/do-you-want-build-snowman-physics-180954024/>

Ever wondered how to build a snowman?

A process long shrouded in mystery, we will walk you through the challenging task of building a snowman. It won't be an easy job, these instructions will guide you through the many complex steps of bringing snow to life.

Step 1: Prepare

The first, and most crucial, stage is to locate a suitable work area. You'll need enough snow to build the snowman, and enough room to work in. A respectable snowman wouldn't dream of being seen without proper attire. That's why you'll need to gather a few things. A basic snowman will have coal eyes, a coal mouth and coal buttons. But who has coal on hand? No one. Black buttons or rocks will work fine. Next, get a carrot nose, a hat, scarf, and gloves. You could also experiment with a bacon mouth, cookie eyes and a cucumber nose, which is quite delicious but may get eaten by birds or hungry neighbour children.

Step 2: Build

For a snowman to stand upright and bravely face the world, he'll need a solid base. To do this you must first make a large snowball. Pack it tightly and roll it along the ground. It will soon accumulate more snow and begin to grow. Once it's reached around 2-3 feet wide, your snowman will be ready for stage two of the body. The second ball contains a snowman's heart, his soul. It must be carefully crafted with the utmost care. This is done the same way as the first ball only about 2/3rd the size. You have to keep in mind that you'll have to be able to lift it up onto the first ball, so don't make it too large. If unable to lift it, find a big person. Next, you'll need to roll another ball of snow. This will be the smallest one and won't be too hard to lift. The big person you found can leave now, they won't be needed. Assure them that you value them as both a friend and a worker (maybe this is who you'll write your thank you card to 😊). This will ensure their return the next time you need to do any heavy lifting. This is perhaps the most difficult step in creating a snowman.

Step 3: Decorate

A snowman's face displays his character, his integrity. Don't settle for a stereotypical smile. Give him an expression of depth and mystery. Perhaps an expression of anguish. Or perhaps just a simple smile. Your choice. While being very strong and noble creatures, snowmen can also be quite fashion minded. Do your new friend a favour and dress him in the latest hats, scarves, and gloves. Of course, he'll need arms if he's going to flaunt his new gloves. Believe it or not snowmen arms can sometimes be found strewn about carelessly on the ground! If you find none there, they've also been known to sprout from trees.

Congratulations! Your snowman is complete. Gaze upon your hard work, it has paid off in the form of a new chilled-out friend.

By now you're probably looking forward to getting back inside. Don't worry about the snowman, they enjoy a cool climate. Look out the window at your new frosty friend and enjoy your hot cocoa with your little ones, you deserve it.

3. No Flour Monster Cookies

These healthy monster cookies are made without flour, without eggs, and without butter, but you would never tell. Made with just 4 ingredients, these cookies take just over 15 minutes to make.

Servings: 12 cookies

Prep time: 5 minutes

Cook time: 12-15 minutes

Total time: 17-20 minutes

Ingredients

2 cups gluten free rolled oats

3 large bananas, mashed

1/2 cup peanut butter (use any nut/seed butter of choice, ex: Wow Butter)

1/4 - 1/2 cup M&M's (can use vegan M&M's or sugar free candy buttons)

1/4 cup chocolate chips of choice (optional)



<https://www.ambitiouskitchen.com/healthy-flourless-monster-cookies/>

Instructions

1. Preheat oven to 175C/350F.
2. Line a large baking tray with parchment paper and set aside.
3. In a large bowl, combine all of your ingredients, except for chocolate buttons and chocolate chips, and mix well. Once mixed, fold in your chocolate buttons, saving a few to add on top of the cookies
4. Form 12 large balls of dough and place on the lined tray. Press each ball into a cookie shape and bake for 12-15 minutes, or until slightly golden brown.
5. Remove from the oven and allow to cool on the tray for 10 minutes, before transferring to a wire rack to cool completely.

Notes

These healthy, flourless Monster Cookies will keep at room temperature for up to 2 days and in the fridge for up to 1 week. Pop them in the freezer in an airtight container, and these cookies will stay fresh for up to 2 months.

4. Make a Thank You Card

Thank You cards are a great way to help teach your children to be grateful for all the people in their lives and to show those people how much you appreciate them.

You may want to thank a neighbour for helping you with yard work or a friend for being there for you when you need them. Remember, there is always a reason to be thankful!



<https://picklebums.com/printable-thank-you-cards/>



Print and cut out one of the templates below to create a thank you card for a neighbour, friend or community helper!

Or help your child make their own fun and colourful card to bring out their personality!

Hand Print Card.

picklebums.com

thank you

Colour a 'Thank you' Card



5. Indoor Scavenger Hunt

Find these items together as a family or race with your kids to see who can finish first!

Indoor Scavenger Hunt Can You Find Them All?

- An elastic band
- A square of toilet paper
- A left sock
- Something fluffy
- A piece of LEGO
- A jigsaw piece
- A pencil
- Your favourite book
- A photograph
- Something white
- A playing card



- A spoon
- Something green
- A necklace
- A ball
- Your favourite doll or teddy
- A paper clip
- Something to eat
- A cushion or pillow
- A coin
- Something square
- A dice



KidTime

6. Make a Family Book

Work together with your children to make a book all about your family! As you go through each page, talk to your children about the history of your family, your family traditions, and all of the special memories you have as a family. This book can be a keepsake for years to come!



<https://www.teachingenglish.org.uk/article/my-family>



All About My Family

By: _____



Family Members Who Live With Me



The family members who live with me are

Our Favorite Activities

My family likes to

Our Favorite Foods



My family likes to eat

Our Family Traditions



One tradition in my family is

Our Languages

My family speaks

Our Family Home



A large empty rectangular box for drawing or writing.

My family lives

Four horizontal lines for writing.

Our Family's History



My family is from

A Special Family Party



A special family party we had was

The Best Thing About My Family



The best thing about my family is

7. Go Sledding



<https://travelzone.bestwestern.com/winter-activities-to-get-your-kids-playing-outside/>

Sledding is an exciting winter activity that almost anyone can do. Sledding is always best with lots of snow, so wait for a big snowfall and then head out for some winter fun!

What you'll need:

- Trash bag or cardboard box (you can buy a sled too, but you don't need to!)
- Warm coat, snow pants, hat and mittens

How to go sledding:

1. Bundle yourself and your children in warm clothes
2. Grab a trash bag or an old cardboard box that's big enough to sit on
3. Climb to the top of a big hill (Hint: look for other children sledding and you'll know it's a good hill 😊)
4. Sit on top of your trash bag, cardboard or sled and slide down the hill
5. Climb to the top of the hill and repeat!

Sledding tips:

- Always slide down the hill feet first
- If you feel like you're going too fast, lean backwards to slow down
- Try to sled during the daytime when there is lots of light to see the hill

If you have a cellphone with a camera, remember to take lots of pictures of you and your children sledding! You'll want to look back and remember how much fun you had!

8. Play a Game

Easy Homemade Matching Game

If your toddlers and preschoolers like doing puzzles, they'll enjoy this homemade matching game. You can make it in minutes, and they'll play with it over and over. It's a terrific activity for developing critical thinking and matching skills and shape recognition.



<https://happyhooligans.ca/diy-matching-game/>

- Gather up some random items from around the house or playroom and lay them all out on a large piece of paper.
- You'll want to use flat items that are easy to trace, and that will be somewhat easy for your child to recognize once they're traced on paper.
- For toddlers, you'll want to use shaped items that are very easy to recognize, but for preschoolers, you can use things that will take a little more thinking to figure out.
- Examples of items to trace: cookie cutters, play food, puzzle pieces, wooden blocks and plastic cutlery

- Using a marker, trace around each item until your paper is filled with shapes.
- Then place the items into a bowl beside the paper and have your little one see if they can match each item up with the traced shape on the paper.

This activity is easy to make and a great way to challenge your kids. You can make it anywhere, any time and it won't cost you a dime!



<https://happyhooligans.ca/diy-matching-game/>

I-Spy

I-Spy is great for teaching kids how to recognize visual details in pictures or in the real world. As children get older, being able to distinguish between the shapes of different letters helps with reading skills.



This game is super easy and can be played anywhere!

- Choose an object that you can see, for example an apple
 - Say "I spy with my little eye, something beginning with A" or "something that is red" or "something that is red and you eat"
 - Then ask your child to guess what you are looking at
- You can play I spy at home, in the car, in the park - anywhere!

9. Winter Tree Art



<https://www.fantasticfunandlearning.com/winter-tree-art-kids.html>

What You Need:

- Small twigs
- Construction paper (light blue)
- White paint
- Cotton swabs/Q-Tips
- White glue
- Magnifying glass (if you have one)

Getting Started:

Head outside for a quick search for fallen twigs and sticks. You should find lots of small sticks laying on the ground near bushes and under trees. Kids will love going on this outdoor scavenger hunt that will soon be turned into art!

Once your twigs are collected, take a moment to examine them. Take notice of their similarities and differences. Lengths and thickness. You can grab your hand-held magnifying glass (if you have one!) to take an even closer look.

After the fun of collecting and examining your sticks, begin by designing the layout of your winter tree. Before you do this, it might be helpful to discuss what parts make up a tree. For example, you probably want a thicker, bigger stick to represent the base of the tree and smaller, thinner twigs for the branches.



<https://www.fantasticfunandlearning.com/winter-tree-art-kids.html>

Now that a design is in place, you can start gluing your sticks down. First, pour some liquid glue onto a paper plate and dip your cotton swab in it to help place the glue onto the twig. It's important that you apply glue to the part of the twig that will lay flat on the construction paper!

Allow children to repeat the steps of gluing and placing until their wintry tree is beautifully glued down. You may want to give it some time to dry prior to adding the "snow." This will help us avoid any mishaps with bumping the tree branches out of place.



<https://www.fantasticfunandlearning.com/winter-tree-art-kids.html>

For the final touch on this winter tree art activity, use a cotton swab to make it snow all around the tree! Grabbing the cotton swab and carefully dipping and blotting it onto the paper is excellent fine motor practice for tiny hands. You can add lots of paint dots at the bottom of your picture to make it look like it's been snowing for awhile.

10. Special Helper for a Day

Encouraging, inviting and allowing children to help with chores is the best way to both teach our children how to take care of themselves, and get children motivated to help out around the house.

Here are some ideas of how your child can be involved, feel special and help you around the house:

- Help sort the laundry
- Help put laundry in the washing machine
- Help clean dishes (plastic ware)
- Help make beds
- Help feed the pet/pets (if you have one)
- Help feed the baby (if they have a younger sibling)
- Help check the mail/help mail a letter
- Clean a window/mirror/wall/baseboards
- Clean up toys



11. Make Paper Snowflakes

Colourful paper snowflakes make great window decorations, they can be attached to Christmas gifts or you can hang them from your Christmas tree. You could even make snowflake jewelry!

What You need:

- Paper – can be construction paper, computer paper, or anything you have
- Scissors (and some adult help for the little ones)

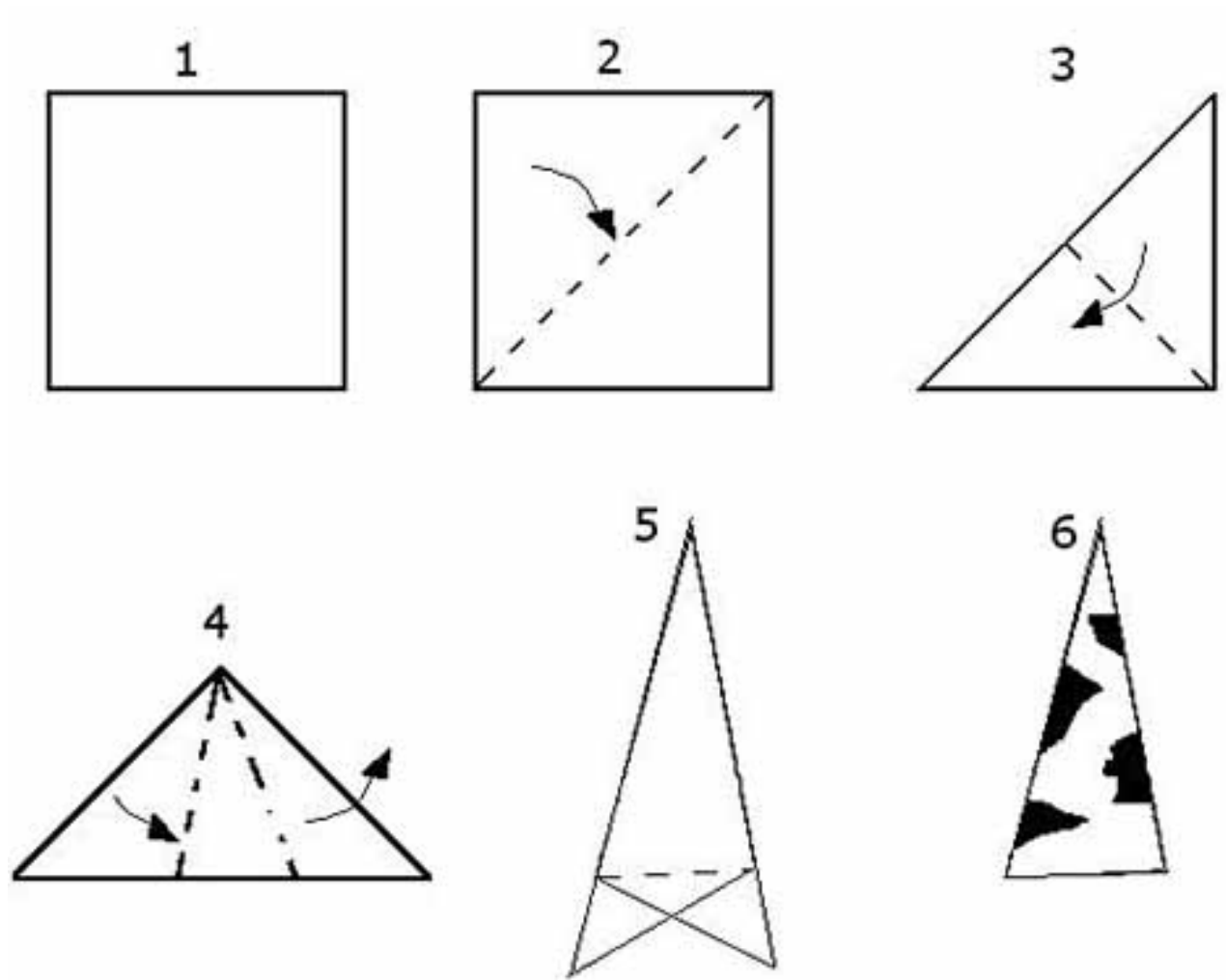
What You do:

1. Get a square piece of paper or trim a piece of paper so that it is square
2. Fold your square in half diagonally (have a look at the picture below)
3. Fold your triangle in half, again diagonally (look at the picture below)
4. Fold paper in thirds... one side to the front, the other to the back
5. Trim the extra piece of paper off the end of your small triangle
6. Around the outside of your triangle, cut some fun designs — circles, squares, triangles, squiggles... anything goes
7. Unfold your paper and look at your masterpiece
8. Voila! A snowflake!



<https://crafts.lovetoknow.com/paper-crafts/paper-snowflake-patterns>

Guide to Making Paper Snowflakes



12. New Year's Eve Crafts

DIY Bubble Wands



<https://www.pinterest.ca/pin/103934703884188287/>

Make Your Bubbles

Your bubbles will get better with time, so make them before your wands!

What You Need:

- 2 cups water
- 1/2 cup dish soap (yellow or clear soap looks the best)
- 1-2 tablespoons glycerin

What you do:

- Mix water, dish soap and glycerin in a large shallow bowl and set aside

Make Your Bubble Wands



<https://www.redtedart.com/bubble-recipe/>

What You Need:

- Pipe cleaners (gold and/or silver are great for New Year's)
- Colorful beads
- Cookie cutters shapes (star shapes are best for New Year's Eve and the smaller the better)

What You Do:

1. If you use small cookie cutter shapes for your DIY bubble wands, you'll need one pipe cleaner per bubble wand. Start by wrapping the pipe cleaner around the cookie cutter, forming the shape of a star.
2. When you reach the end of the shape, wrap the remaining pipe cleaner section around the shape a few times to close it shut. Then the remaining excess of the pipe cleaner becomes the handle for your bubble wand.
3. Thread the bubble wand handle with gold and silver beads. When you reach the bottom of the pipe cleaner with your beads, fold the pipe cleaner end up to secure the beads in place. We like to bunch the pipe cleaner up into a little ball on the end after bending it up to help it stay sealed shut. Or just fold it over, it's up to you!

Now you're ready to have fun with your bubble wands! Dip your bubble wand into the bubble solution and blow bubbles to ring in the New Year!

Balloon Drop



<https://modernparentsmessykids.com/family-new-years-eve-idea-diy-balloon-drop/>

What You Need:

- Plastic table cloth
- Masking/packageing tape
- Balloons
- Scissors
- Confetti (optional)

What You Do:

Step #1

Blow up your balloons and set them aside. Now open up the plastic table cloth and lay it flat on the ground. Use scissors to cut the table cloth in half.

Step #2

Now that we have 2 halves of the table cloth, it's time to create a weakened seam down the center. Place the two pieces of tablecloth side by side on the ground and very gently tape them together. Remember not to push the tape down too hard, we want the tablecloth to split in half to release the balloons. Leave a small piece of tape hanging down so that you can pull it to release the balloons.

Step #3

Very carefully tape the four corners of the table cloth to the walls or ceiling using masking/packageing tape. Remember to leave it hanging loose so you can easily add the balloons and confetti.

Step #4

Using a step stool or chair, have a big kid or an adult start filling the net with balloons and confetti.

At your countdown to the New Year, pull the ripcord (that piece of tape we left hanging in step #2) on the balloon drop to release the balloons and confetti.

Step #5

Get your camera ready to take pictures because your children are going to LOVE this!



Miss Mae's Days

<https://missmaesdays.com/diy-dollar-store-balloon-drop/>

13. Make an Indoor Fort



<https://thelittlesandme.com/blanket-fort-family-night/>

Easy Blanket Fort

The brilliance behind blanket forts is that one can pop up virtually anywhere—like under the kitchen table, in the living room or in your child’s bedroom.

A simple sheet or blanket draped over a table or desk of any size can create a natural nook for reading, drawing, or scheming. Scatter chairs or pillows around the room to make the fort larger!

Clothesline Blanket Fort

If you have clothesline, yarn, or another sturdy string or wire, use it to lift your blankets up. Hang the cord high across the room and drape blankets and sheets over it, securing with clips if necessary. Weigh down the edges of the fabric as far from the string as it will reach for a wider blanket fort. If you have the space, you can also hang two cords and drape blankets across both for a larger fort.

14. Start a Family Band

Time to make some music! Get creative to make your own instruments from things you have at home.



What You Need:

- Turn plastic containers and spoons into drums
- Turn pot lids into cymbals
- Keys can be jingle bells
- A paper towel roll can be a trumpet
- Fill a water bottle with rice to make a maraca
- Bang metal utensils together
- Don't forget about "air guitar"!
- Turn a paper plate and jingle bells from the dollar store into a tambourine
- Make a pan flute out of different lengths of straws

You can also look online for more ideas to make your own unique instruments!

What You Do:

Get an instrument for each member of the family, pick a song and get creative! Don't forget to sing and dance as silly as you can! Experiment with different styles of music and different instruments.

Most of all, laugh a whole lot!