WINTER BREAK 
Family Kit

Happy Holidays!

This kit is brought to you by the Four Rivers Early Learning and Parenting Hub. It has much of what you need to create enjoyable, fun, and warm moments with the children you love!

We are new in the five county region, so: stay tuned! We will have more to share in coming months-

‘Til then, turn the page and use these fun ideas to help you pass the days of winter break!

If you want to learn how to make more of these kits for families in your neighborhood, or would like to contact us, please use the info to the right:

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Top 5 Lists for Winter Break 2017

Tips for Winter Wellness
1. Drink water
2. Wash your hands
3. Exercise
4. Eat fruits and veggies
5. Get extra rest

Free or Low Cost Family Activities
* Go look at Christmas Lights
* Watch a Holiday Movie Together
* Bake and Decorate Cookies
* Have a Family Game Night
* Go for a Winter Walk

Acts of Kindness
♦ Write thank you notes to important people in your life
♦ Buy a stranger coffee
♦ Hold the door open for someone
♦ Donate books and clothing you are no longer using
♦ Bake cookies for a neighbor

Take Care of Y-O-U

Write yourself a permission slip to be less than perfect
Prioritize care of your body
Make daily quiet time a priority (even if only 3 minutes)
Remember its OK to say “no”
Calendar a block of “me time” every week
Ice Cube Painting
Fill ice cube trays with water and add a couple drops of food coloring. Cover the tray with plastic wrap and insert toothpicks or popsicle sticks. Freeze. Once the ice cubes are frozen, take out of trays and letting the painting fun begin!

Mystery Mitten Game
Have your child close his eyes while you hide an alphabet letter in the mitten. Call out 3 or 4 words that begin with the letter sound. For example, if you hid the letter t, you might call out the words: town, tiger and ten. Ask your child to tell you the sound she hears at the beginning of those words. Your child may need to repeat the words you said to help with this step. Then ask your child what letter makes that sound. Let your child answer and pull out the mystery letter from the mitten.

Learn About Ice
Have an ice cube race or play pass the ice cube. Talk to your child about how the ice cube feels (Is it cold? Hard? ) Let it sit in a bowl and see what happens: What does it turn into when it melts? How does water freeze? Why does it melt?

Animals in a Mitten
Have your child practice putting the animal crackers in the mitten. This is a great opportunity to practice counting and talk about what you see your child doing!

Count and Sort
Practice counting and categorizing with your child by sorting scarves, hats, mittens/gloves, etc.

Mitten Activities!
Use the mitten and crackers in your kit to play these fun games!
**Playdough**

- 2 cups flour
- ¾ cup salt
- 4 teaspoons cream of tartar
- 2 cups lukewarm water
- 2 tablespoons of oil

Food coloring, optional

**Directions:** Stir together the flour, salt and cream of tartar in a large pot. Next add the water and oil. If you're only making one color, add in the color now as well. Cook over medium heat, stirring constantly. Continue stirring until the dough has thickened and begins to form into a ball. Remove from heat and then place onto wax paper. Allow to cool slightly and then knead until smooth. If you're making more than one color, divide the dough into balls and then place each ball into a quart sized bags. Start with about 5 drops of color for each bag and knead the dough until color is absorbed. Add more color as needed or wanted.

**Snow**

- 3 cups baking soda
- ½ cup hair conditioner, preferably white

Fun tools for creative play, beads, toothpicks, ribbon, and playdough tools

**Directions:** Mix baking soda and conditioner together in a large plastic bowl or container. Stir with spoon until somewhat crumbly in texture. Snow should be moldable, like sand. Place snow in container and let play begin!

*THESE RECIPES ARE NOT FOR EATING*