GET SET
TRANSYLVANIA
start your child’s future here

Family Bonding
Family Resource Toolkit
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<td>Headstands: A great activity for your core muscles and to get blood going to the brain. Kids are often naturals.</td>
<td>Jump rope: If you have downstairs neighbors who complain, go in the hall or outside your building. For more fun, pick up a book of jump-roping rhymes.</td>
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<td>Dance party: Turn on the music and shake your groove thang.</td>
<td>Freeze dance: When the music stops, freeze in your pose and hold it until the music begins again.</td>
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<td>Tickle tag: Chase your children. When you catch them, it's tickle time.</td>
<td>Laundry Basketball: Toss balls, beanbags, or ball up socks into a laundry basket. See who can score the most creative basket.</td>
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<td>Bubble bashing: Blow bubbles and let your child try to smash them.</td>
<td>Find and Tag: Name something to find and tag it. For example, &quot;Find something blue,&quot; or &quot;Find something with starts with /s/&quot;</td>
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Create a Town on a Cardboard Box:

If you have a giant cardboard box, why not draw a town on the broken down box, with roads, tracks, bridges, parks, car-parks, etc? Add some wooden building blocks, cars, trains and some wooden/plastic animals. Then let your child’s imagination run wild. Older kids could help with decorating/creating the scene.

Build a Fort with Blankets and Pillows:

Build a den out of sofa cushions, chairs, or a clothes rack with a blanket draped over; or create a fort out of a big cardboard box with packing tape to hold the sides together.

Visit the Library:

The Transylvania County Library is a great resource on a rainy day (or any day!). Attend an early literacy storytime for kids 0-5, choose an early learning activity box to play with, and participate in other programs and events. The library also has books, music, and DVDs. Movies, TV shows, music, eBooks, and eAudiobooks can be downloaded from home, too!

Make Shadow Shapes:

Turn off the lights, close the curtains, and with the help of a flashlight, take turns making shadow shapes on the walls with your hands. See who can make the best shape.

Make Paper Airplanes:

All you need to make paper airplanes is paper – and crayons if you want to decorate it. First fold your paper airplane, and then the kids can draw the pilots at the front and the passengers looking out of the windows. Then have a race and see whose plane gets furthest!

Make Special Cards or Write a Letter:

Everyone loves to receive a personal letter/card in the mail these days, as it is such a rarity! This would be a special treat for grandparents, friends, or cousins. Use stamps, glitter, and paints to create a card to send or give – it’s a great opportunity for older children to practice their handwriting too!

Tea Party or Indoor Picnic:

Spread out the picnic blanket/kids table and set out little plates with snacks and drinks and napkins, then enjoy an indoor picnic! Cuddly toys and dolls also make great guests.

Play Dress Up:

You can let the kids use their own dress-up things, if they have them, but more fun is to let them loose in your closet! Ideally drag out some of your older clothes (not your favorites!) and some costume jewelry or accessories – your little one will love running around in them!

Set Up a Racing Track:

Using some masking tape, create a racing track or roads for toy cars to drive around. This is a HUGE success with all ages….adults included! Just make sure to tear tape off flooring immediately after play.

Make Sock Puppets:

Gather up some of your old socks (you know those ones whose mate has gone missing from laundry day…?), and then find some household items that can be used for eyes, mouth, and nose. You could use buttons for eyes, pieces of fabric for noses, and things like string, wool, ribbon, or even cotton wool for hair. If your kids can sew, they can add the decorations with needle and thread, but for younger kids use glue. Once the puppets have been made, leave them to dry. You could also create a puppet theater with a cardboard box and let the kids put on a puppet show for you.
Outdoor Play Ideas

1. Creek Stompin’: Put on some shoes you can get wet, find a safe creek, and enjoy looking for special rocks, salamanders, etc. Talk to your children as you search about the importance of leaving nature like you found it in order to protect the homes of local critters.

2. Outdoor Alphabet Obstacle Course: Design a course using pool noodles for arches that you can crawl under or jump over. Lay hula hoops on the ground the kids can jump in and out of like hopscotch, use some foam letters (available at dollar stores) and put them in a bowl. Show your child how to go through the course, and as they are approaching the letters, call one out so they have to search for it and then put it on the ground or some other location you select. This is a great way to get your child engaged, moving outside, and learning their letters.

3. Take a hike. Some great spots are behind the Ranger Station in Pisgah Forest, at the Cradle of Forestry (this has a great path that leads to an old train the kids can climb on), Dupont State Park, and a host of other trails.

4. Find a field and fly a kite.

5. Chase fireflies in the summer, search for colorful leaves, stargaze, or play in the rain.

6. Camp in your backyard.

7. Use pool noodles (cut down to a preschoolers height) and Frisbees for a ring toss.

8. Investigate your yard with a magnifying glass.

9. Go on a nature scavenger hunt.

10. Go on the Brevard Sculpture Scavenger Hunt:
    http://transylvaniaexplorer.com/arts-culture/brevard-sculpture-project/

NOTE: With these and all activities in this booklet, please consult your doctor if you have a medical condition which might affect your or your child's ability to perform these activities safely.
How to Make Playdough

Playdough ingredients:
2 cups all-purpose flour
3/4 cup salt
4 teaspoons cream of tartar
2 cups lukewarm water
2 Tablespoons of vegetable oil (coconut oil works too)
Food coloring
Optional: Quart-sized bags

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 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 inside a gallon sized bag or onto wax paper. Allow to cool slightly and then knead until smooth. If you’re adding colors after, divide the dough into balls (for how many colors you want) and then add the dough into the quart sized bags. Start with about 5 drops of color and add more to brighten it. Knead the dough, while inside the bag so it doesn’t stain your hands. Once it’s all mixed together you’re ready to PLAY. Store the play dough inside the bags once done to keep soft. Keeps for up to 3 months.

https://www.iheartnaptime.net/play-dough-recipe/

No Bake Oatmeal Energy Balls

Yield: 18 (1-inch) balls, Approximate Prep Time: 10 minutes, Total Time: 40 minutes
Start with this easy base recipe, then add any of your favorite mix-ins.

Ingredients - Ball Base:
1/4 cups Bob's Red Mill Gluten Free Rolled Oats — you can also swap quick oats or a blend of half quick, half old fashioned
2 tablespoons "power mix-ins" — chia seeds, flaxseeds, hemp seeds, or additional rolled oats
1/2 cup nut butter of choice — peanut butter, sunflower, or almond butter are popular choices
1/3 cup sticky liquid sweetener of choice — honey, maple syrup, or agave
1 teaspoon pure vanilla extract
1/4 teaspoon kosher salt
1/2 cup mix-ins — see below for flavor options

Optional Mix-Ins: chocolate chips, almond butter, white chocolate chips, cranberries, coconut flakes, chopped almond, cocoa powder, cinnamon, raisins, cashew butter.

Instructions:
Place all of the ingredients in a large mixing bowl: oats, power mix-ins, nut butter, sweetener, vanilla extract, salt, mix-ins, and any other spices you’d like to add. Stir to combine. If the mixture seems too wet, add a bit more oats. If it's too dry, add a bit more nut butter. It should resemble a somewhat sticky dough that holds together when lightly squeezed. Place the bowl in the refrigerator for 30 minutes to set (this will make the balls easier to roll later on). Remove the bowl from the refrigerator and portion the dough into balls of desired size. (A cookie scoop helps make them approximately 1 inch in diameter). Enjoy!

https://www.wellplated.com/energy-balls/
Parenthood: An Amazing Roller Coaster

The Big Idea: Parenting isn’t easy, but it’s hard work that’s worth celebrating.

There’s no question about it—raising children is hard work, with endless ups and downs! You feel joy, pride, and inspiration. You feel worry, frustration, and doubt. It can be easy to forget all the little ways you’re making a big difference in the kids’ lives. But you don’t need to wait around for a pat on the back from others...you can take time to celebrate yourself.

Giving yourself a moment to acknowledge and appreciate all the effort you’re putting into parenting can help put the wild roller coaster ride into perspective. Right now, try one of these ideas:

- Throw yourself a two-minute solo dance party. Play your favorite song and strut your stuff.
- Hug your kids, breathe deep, and feel the love coming in and going out with each breath.
- Take three deep breaths and visualize the details of the first time you saw your child/children, or look at photos of those moments.
- Write down one thing you love about yourself, one thing you love about your child, and one thing you love about your family.
- Squeeze lotion on your hands and give yourself a mini hand massage!
- Add a little something to your daily “to do” list that is just for you—making yourself a cup of tea, reading your favorite magazine, or calling a good friend for a laugh.

By taking little moments for yourself, you’re also teaching your child the importance of self-care.
Silly Power

The “power of silly” can bring families closer! Here are three good reasons to giggle together.

**Strengthening Relationships**

When everyone is “in on the joke,” humor helps families build positive relationships. It can even help us create goodwill and forgiveness. Laughter brings people together, and having “family jokes” helps everyone feel like they’re part of the team. Plus, everyone feels great when people laugh at their jokes!

**Coping with Challenges**

Humor can take the edge off of an emotional situation and give a new perspective. During big changes, humor helps everyone stay steady and relaxed and keep an open mind. When you can, and when it’s appropriate, find ways to laugh about stressful times in the present or in the past, help your family open up and cope with tough times. If the moment is right, you might just say, “Someday we’ll laugh about this!”

**Physical Benefits**

When you have a good, hard laugh, you lower your blood pressure, reduce stress, and strengthen your immune system. When you laugh, lots of your muscles are working. Laughter stimulates both sides of your brain, which helps with memory and staying focused. It can even help you forget about aches and pains!
“I Love You Because” Garden

Family Bonding  Age 2 to 6  10+ Min

Little expressions of love are like seeds in a garden. If you plant them, they can grow into feelings of confidence and joy.

Talk with children about little things you love about each other. Say, “I love you because . . . ” then finish the sentence. Write one “I love you” statement on each sign in the garden. Then display the picture at home. Show children you love them every day and watch them bloom!

Download printable

Family Together Time

Family Bonding  Age 2 to 6  4-10 Min

Print this page and gather pencils, crayons, or markers. Talk about some of the things your family enjoys doing together. You might ask:

- What are some things we like to do together as a family?
- Let’s describe our favorite one.
- How do you feel when we do that activity together? (excited, relaxed, playful, cuddly, and so on)

Help children complete the page by drawing and filling in the blanks. Display it for all to enjoy.

Download printable

From My Heart to Yours

Family Bonding  Age 2 to 6  4-10 Min

Print this page and talk together with children about who has helped them today and write or draw on the hearts. Then help your child cut out the hearts and deliver them, or hide them for the recipient to find. You can model gratitude by completing some hearts yourself.

At your next family meal, take turns sharing one way someone else at the table helped them today.
Our “I Love You” Garden

Take turns saying things you love about each other, and write them on each sign.
From My Heart to Yours

Family members help each other in many ways each day. Let’s celebrate them! Maybe dad or mom helped you get dressed, your sister shared her favorite toy, or your brother read you a book. Decorate and cut out a thank you heart to share with a family member who helped you today. A grown-up can write down your words.

To: (heart)
From:
Thank you for...

To: (heart)
From:
Thank you for...

To: (heart)
From:
Thank you for...

To: (heart)
From:
Thank you for...
• Over 7,400 kid-specific titles with hundreds available any time with no wait-lists
• Available through https://nckids.overdrive.com and through the OverDrive App or Libby App
• Compatible with all major devices including iOS, Android, Chromebook, and Kindle

• Titles available for the whole family
• Available through https://ncdigital.overdrive.com and through the OverDrive App or Libby App
• Compatible with all major devices including iOS, Android, Chromebook, and Kindle

• Read right from your computer or device
• No app needed. Read-alongs, educational videos, games, and more
• Available through the Transylvania County Library's website at library.transylvaniacounty.org

All this and more available with your Transylvania County Library card!
Family Fun Spotify Playlist

Step 1: Download Spotify for free!

Step 2: Type “Family Bonding Toolkit- Get Set Transylvania!” into the search bar.

Step 3: Hit “Play” and start to boogie with your family!

https://spoti.fi/2ZinZ03

Vroom

"Vroom is a set of tools and resources from the Bezos Family Foundation designed to inspire families to turn everyday moments into 'brain building moments' by layering activities that are essential to healthy brain development onto existing routines.

Vroom’s website offers a variety of tools available to download for free, as well as a mobile app that provides easy access to daily 'brain building' activities.

Vroom was developed with input from early childhood experts, neuroscientists, parents, and community leaders, as well as the Center on the Developing Child.”

https://developingchild.harvard.edu/resources/vroom/

https://www.vroom.org/
Local Programs and Activities

Community Education

Transylvania County Library (828) 884-3151 library.transylvaniacounty.org
The Family Place (Brevard) (828) 883-4857 thefamilyplacenc.com
The Family Place (Rosman) (828) 884-6273 thefamilyplacenc.com
Cradle of Forestry (828) 877-3130 https://cradleofforestry.com
Pisgah Center for Wildlife Education (828) 877-4423 https://www.ncwildlife.org/Learning/Education-Centers/Pisgah
PARI (828) 862-5554 pari.edu

Sports/Recreation

Transylvania County Parks and Recreation (828) 884-3156 https://tcpr.recdesk.com/
Silvermont Park (828) 884-3166 silvermont.org
Franklin Park (828) 884-2171 https://www.cityofbrevard.com/Facilities/
Rock'n Bowl (828) 884-2695 rockinbowl.com
The Brevard Health & Racquet Club (828) 883-3005 http://www.brevardhealthandracquetclub.com
Franklin Park Pool (828) 884-6959 https://www.cityofbrevard.com/Facilities/
Champion Pool (828) 884-7977

Arts

Coed Cinema Summer Movies (828) 883-2200 coedcinema.com
Art Lab (828) 877-2785 artlabnc.com
Brevard Clay (828) 884-2529 brevardclay.com

Hiking/Outdoors

Bike Path
Brevard College Creek
Andy Cove Trail at Ranger Station
John's Rock at Fish Hatchery
Sycamore Flats
Coontree
Davidson River
Kids Pump Track in Dupont
Moore Cove Falls
Cove Creek Mini Sliding Rock
Whale Back
Daniel's Ridge
Kuykendall
Estatoe Trail
Alligator Rock
Coupons

BREVARD CLAY GALLERY

16 West Main Street
www.brevardclay.com
(828) 884-2529

Paint-Your-Own-Pottery
5% Off
with this card at checkout

The Children's Center Emporium

Helping to support The Children's Center and children in Transylvania County

20% off
one item

Books
Jewelry
Accessories
Children’s Clothes
Infant Wear
Toys
Shoes
Boutique items

38 South Broad Street (next to Bracken Mountain Bakery)
Brevard, NC 28712 Phone 828 877-5250
www.childrenscenteroftc.org
A special thanks to the following businesses who made this toolkit possible:

- O.P. TAYLOR'S
  "The coolest toy store on the planet!"

- The UPS Store

- Dr. Mark and Page Lemel

- KEYSTONE CAMP

- BREVARD CLAY GALLERY
  PAINT-YOUR-OWN-POTTERY

- The Children's Emporium