



Family Day 2021 Activity Packet



created with the support of



"Families come in many forms, sizes and under different circumstances, but what they all share is unconditional love and support for those growing on the same family tree."



National Family Day, celebrated on the 27th of September, is a chance to connect and spend time with the people we love most. Family, biological or chosen, can provide a wealth of support, unconditional love and safety. Join The Council as we celebrate Family Day on 9/27 and continue the fun throughout the month of October.

In 2001, Center on Addiction created Family Day to celebrate the simple everyday ways we connect to each other. These small acts can make monumental differences in the social and emotional wellness of a family. Family engagement can positively cultivate communication skills, coping skills, a sense of support, and self esteem.

Whether it's a full day of planned activities, or just a phone call, take a moment to check in and spend time with your loved ones. This packet contains several worksheets and ideas that can help start the fun! Every family is different and unique, so plan Family Day to fit the specific dynamic and needs of your family.

If you or someone you know is in need of more information or support, please contact The Prevention Council.

Phone: (716) 831-2298

Website: thepreventioncouncilec.org



Personal Holiday



It's always fun to take time and celebrate special occasions with the people we love!
Let's create a new holiday together. Use the worksheet below as a guide...

The name of your holiday

The date of your holiday

month:

day:

The colors that represent your holiday

Decorations connected to your holiday

The traditional food to eat during your holiday

The song that represents your holiday

Character connected to your holiday

The meaning or message your holiday celebrates

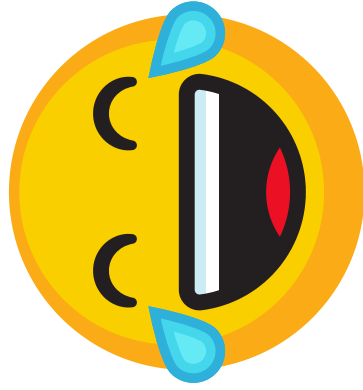


SUPPER SCAVENGER HUNT



Tick off each activity as you achieve it!

Make
someone
laugh



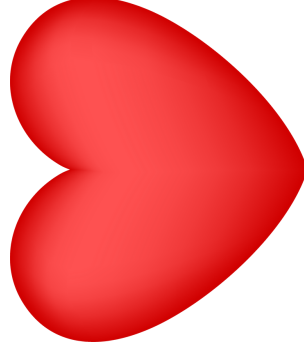
Ask three questions



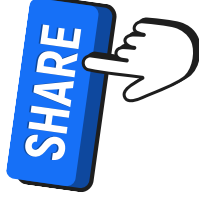
Be a helping hand
to someone



Describe your
favorite memory



Share what you love most about the
people you are eating with



Describe your meal using all five senses

Smell



Touch



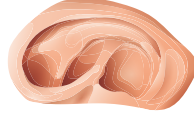
Sight



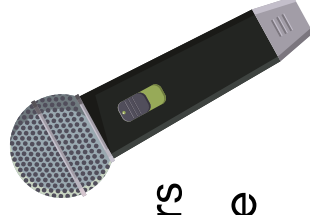
Taste



Sound



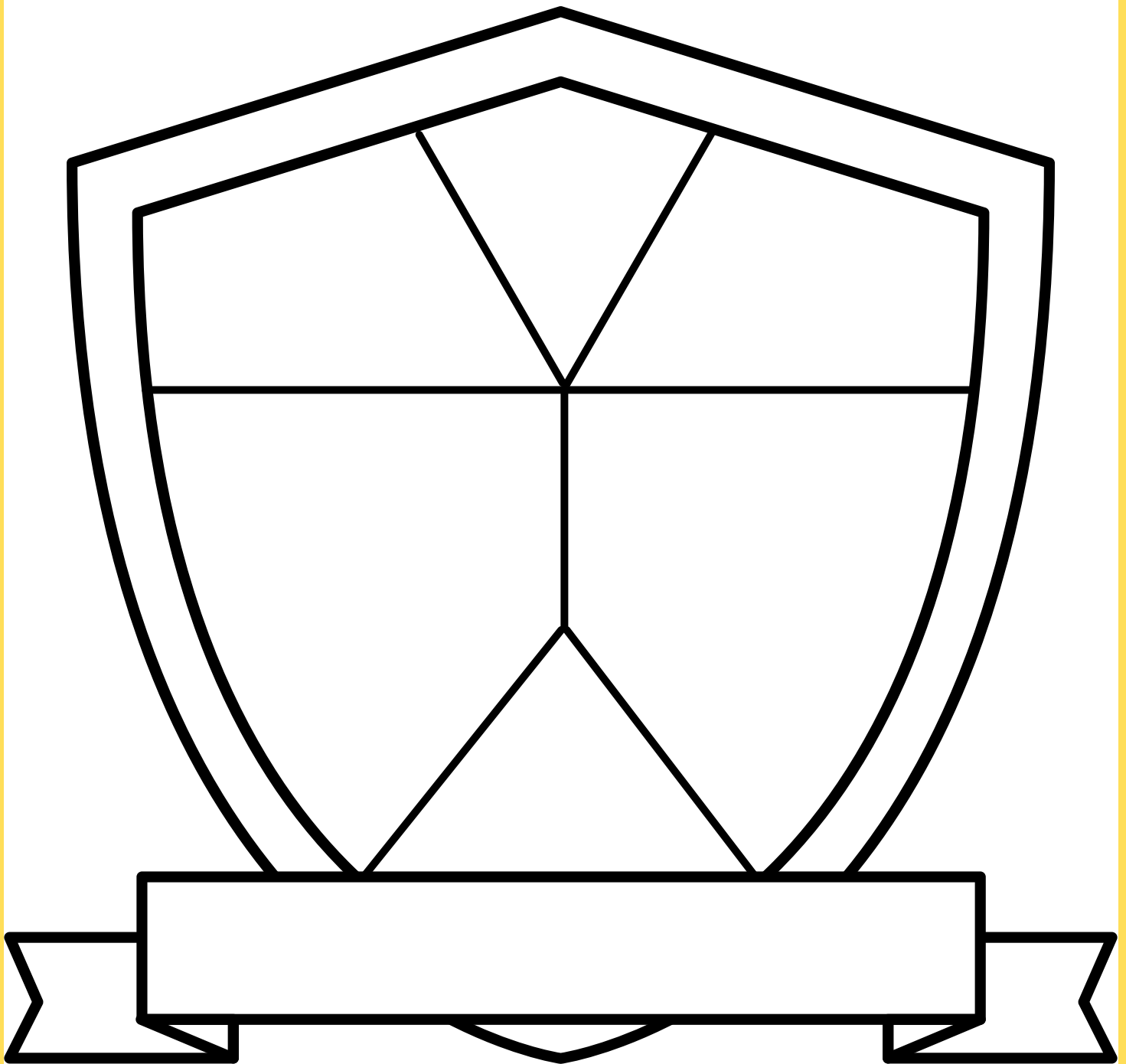
Hum your
favorite song
and have others
try to guess the
name



Shield of Strengths

This activity is meant to spark a family conversation about your families' combined strengths.

You can complete this activity several different ways. You can create a single shield to represent everyone in your family, or you can create separate shields for each specific family member. While completing this activity, have other family members share strengths they value in each other (e.g., you always make me laugh). The idea is to get everyone talking about how each person's strengths make the family stronger. Draw pictures on the shield that represent each of the strengths discussed.



Detail Detective



Imagine you are a detective and your first job is to learn some new details about members of your household. Using the questions listed below, start an interview to gain more information.

Draw a sketch of your subject

What is your favorite TV show, video game or book?

Who is your favorite character?

Why do you love that character?

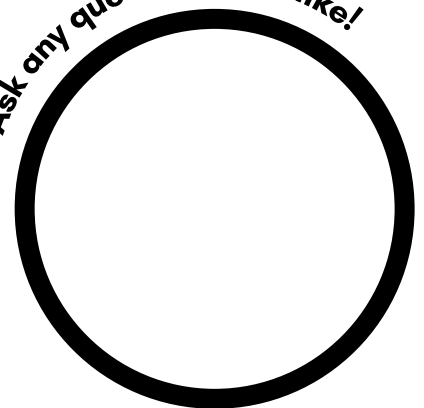
Who is your favorite person in school or at work?

What was/is your favorite thing to learn about in school?

What is your dream job?

If you could go anywhere in the world, where would you go?

BONUS: Ask any question you'd like!



Baking With Love

Often times the best memories are created during a delicious meal! Food brings people together and can be an amazing bonding experience. The best "dishes" are made with love, so it only makes sense to make food with YOUR loved ones. Below are some simple recipes to consider creating alongside your family (chosen or biological.)

Homemade Pizza Recipe: Home Baking Association

INSTRUCTIONS

1. In a large bowl, combine 2 cups flour, sugar, undissolved yeast and salt.
2. Heat water and oil until warm (90-105 degrees). Stir into dry ingredients. Stir in only enough remaining flour to make a rough ball of dough. Turn out onto a floured surface or knead in the bowl. (You may not use all the flour.) If dough is too dry or stiff, knead in 1-2 T. water.
3. Cover; let rest 10 minutes. (Or, refrigerate in an oiled sealed container overnight, punching once and reforming the dough after an hour.)
4. Divide dough in half. Shape each half into a ball. Roll or press each into a 12-14 inch circle. Place on greased pizza pans or baking sheets.
5. Brush or rub with garlic and oil. Prick dough with fork; let rest for 10 minutes.
6. Par-bake crusts at 450 degrees for 5-7 minutes.
7. To make the sauce, combine the tomato sauce, tomato paste, oregano, garlic and basil. Spread the sauce on the par-baked crusts.
8. Top with cheese and additional toppings of your choice. Bake on wire racks at 450 degrees for 10 minutes or until the cheese is melted and bubbly.

INGREDIENTS

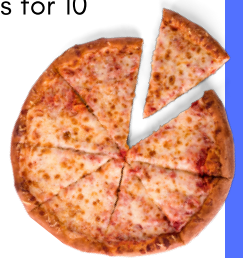
- 1 1/2 cups all-purpose flour
- 1 to 1 1/2 cups whole-wheat flour
- 1 Tablespoon sugar
- 1 package fast-rising yeast
- 1 1/2 tsp. salt
- 1 cup water
- 2 tablespoons vegetable or olive oil

For sauce:

- 1 (8-oz) can tomato sauce
- 1/4 cup tomato paste
- 1/2 tsp. each dry oregano, garlic and basil

For topping:

- 1 1/2 cups shredded mozzarella cheese
- 1/2 cup grated Cheddar cheese
- 1/2 cup grated Parmesan or Romano cheese
- Sliced vegetables or meats, as desired



Chewy Cookie Cake Recipe: A Couple Cooks

Instructions

1. Preheat the oven to 325 degrees Fahrenheit. Grease a 9-inch pie pan.
2. Combine the flour, baking soda, and kosher salt in a bowl. Set aside.
3. In the bowl of a stand mixer (or with an electric mixer), cream together the butter, granulated sugar, and brown sugar for 2-3 minutes until fluffy. Add the vanilla, egg, milk, and orange zest and beat for 1 minute.
4. With the mixer on low, add the flour mixture until just combined. Remove the bowl from the mixer and fold in 1/2 cup of the chocolate chips. Use a spatula to press down the dough into the pie pan. Top with the additional 1/4 cup chocolate chips.
5. Bake 25 to 27 minutes, until the edges are starting to brown and the center has fully firmed up. Cool several hours at room temperature before serving (the cookie cake is much too gooey to cut when it's first baked, so the longer you can cool it the better!).



INGREDIENTS

- 1 1/2 cups all purpose flour
- 1/2 cup granulated sugar
- 1/2 teaspoon baking soda
- 1/2 cup brown sugar, packed
- 1/2 teaspoon kosher salt
- 1 tablespoon vanilla extract
- 8 tablespoons unsalted butter, room temperature
- 1 tablespoon milk
- 1 large egg, room temperature
- 1/2 teaspoon orange zest
- 3/4 cup best quality dark chocolate chip



What I Need To Grow

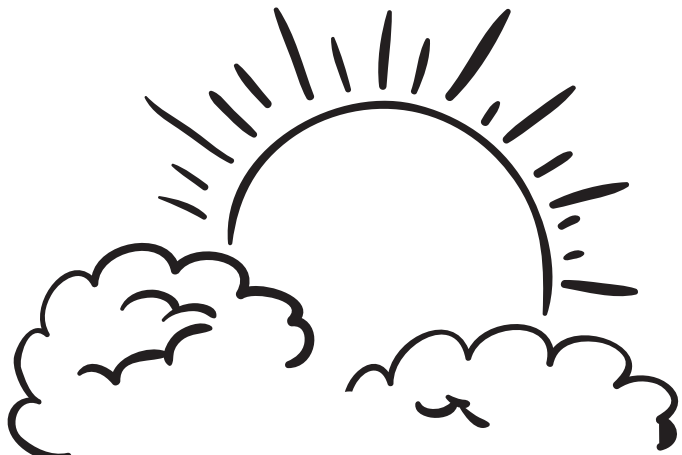


Plants need the sun, air, water and good soil to thrive and feel their best. Like plants, our bodies need certain things to help US feel good.

Think about the things you need to feel YOUR best!

Share your answers with your family so they know how to best help you thrive!

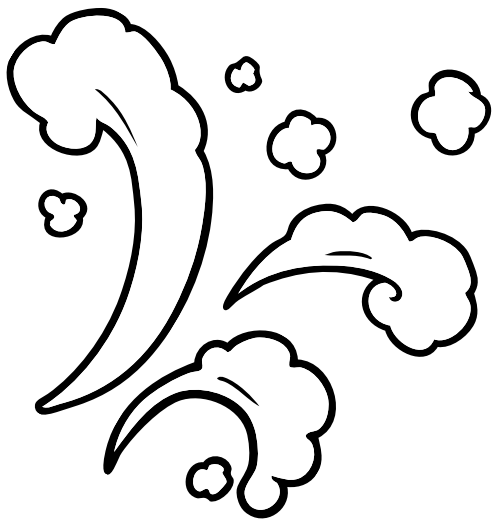
For example: Are you someone who needs things to be quiet, or does noise comfort you? Are you a person who always likes having family and friends around, or do you need a break sometimes?



I need _____ to feel my best.

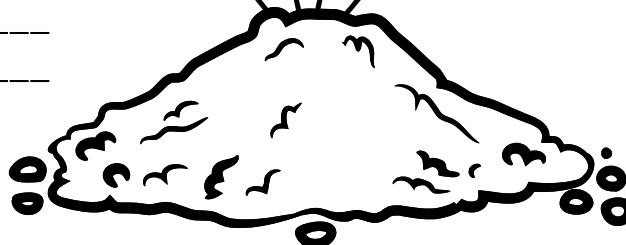


I work best when



It is helpful
when _____

I love it when



Weave a Placemat

Turn a sheet of construction paper into a placemat with paper weaving. These simple to make colorful placemats will brighten your table.

Here's what you need:

- 2 pieces of paper in different colors
- Scissors
- Ruler
- Pencil
- Glue (optional)

Step 1: Fold Your Paper

Begin by evenly folding one piece of paper in half.



Step 2: Mark and Measure

This is a great opportunity for your child to develop some measuring skills and learning the importance of accuracy. Instruct older children making these paper placemats to measure and mark lines that will create 2 cm strips. This is a great way to have them learn a formal approach to measuring.



Step 3: Start Cutting

Begin cutting along the lines but importantly from the folded edge. Do not cut all the way to the edge of the paper. Once you have done this, open it up. It will look like a piece of paper with a frame and sliced lines through it.

Step 4: Cut Your Strips

Next, using the other colored piece of paper, simply cut lots of 2 cm paper strips. Again, your child may wish to simply attempt to make similar sized strips of paper, without measuring.



Step 4: Let's Get Weaving

And now the weaving process begins. Those individual strips of paper can then be woven through the first paper we started with and before you know it you have some amazing paper placemats, which you can laminate for longevity.

Of course this type of activity can be made more challenging by cutting zigzags into the first piece of paper and again cutting simple strips in the other paper for weaving (see photo).



That's it! Your placemat is ready for the table!

SOURCE: Laughing Kids Learn



The
Prevention
Council



Riddle Me This



Get your brains working together and try to crack the case for the following riddles...
(answers on the bottom of the page)

1. What belongs to you but is used more by others?
 2. What gets wetter and wetter the more it dries?
 3. What comes once in a minute, twice in a moment, but never in a thousand years?
 4. A man and a dog were going down the street. The man rode, yet walked. What was the dog's name?
 5. You can't keep this until you have given it.
 6. I have no doors but I have keys, I have no rooms but I have space, you can enter but you can't leave! What am I?
 7. What has legs but can't walk?
 8. What word is spelled wrong in every dictionary?
 9. What question can you never answer yes to?
 10. I am an odd number. Take away a letter and I become even. What number am I?
-

Laugh Out Loud



Laughter is the BEST medicine! A good joke and some giggles can fix even the crummiest day! Test out the jokes below with your loved ones!

1. What has four wheels and flies? A garbage truck!
2. What did the big flower say to the little flower? Hi, bud!
3. Where do polar bears keep their money? In a snow bank!
4. Why is Cinderella bad at soccer? Because she's always running away from the ball!
5. What did one eye say to the other eye? Between us, something smells!
6. Why do bicycles fall over? Because they're two-tired!
7. What did the buffalo say when his little boy left for school? Bison!
8. Why do vampires seem sick all the time? Because they're always coffin!
9. What do you call a fake noodle? An impasta!
10. Why did the student eat his homework? Because his teacher told him it would be a piece of cake!

10. Seven

1. Your name 2. A towel 3. The letter M 4. Yet 5. Your promise
6. A keyboard 7. A table 8. Wrong 9. Are you asleep yet?



Diving Deeper



Meaningful conversations are important when creating a strong bond or relationship.

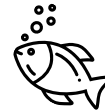
Having an open space to share thoughts, ideas and memories can establish a wonderful sense of safety and trust. Use the example questions below as a tool to enrich and strengthen conversations with your child.

(Questions provided by The Center on Addiction)

Elementary School (Ages 8-10)

Favorites

1. Who is your best friend? Why is he/she your best friend?
2. What is your favorite subject in school? Why?
3. What is your favorite holiday? Why?
4. Who is your favorite superhero? Why?
5. Who is your favorite teacher? What does he/she do that makes you happy?



Likes

1. What games do you like to play during recess?
2. Do you like playing alone or with friends?
3. If you could be a character from a fairytale, who would you be?
4. What's the funniest joke you have ever heard?
5. If you could have any pet, what animal would you pick?
6. What do you like most about our family?
7. What's the luckiest thing that has ever happened to you?



Future Aspirations

1. What do you want to be when you grow up?
2. What about that makes it sound like fun?

Middle School (Ages 10-12)



Favorites

1. Who is your favorite musical artist? Why?
2. What is your favorite book? Why?
3. What is your favorite thing to do with your friends?
4. Who is your personal hero? Why do you admire them?
5. Who are your favorite teachers? How do they inspire you?

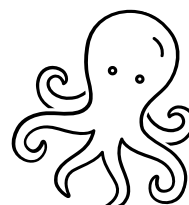


Open Ended Questions

1. How would you describe your perfect day?
2. If you could change one thing in the world, what would it be?
3. What do you like most about yourself?
4. What qualities do you value most in a friend?

Future Aspirations

1. What do you want to be when you grow up?



End Of Day Takeaway

Use this page to reflect on everything that happened.

What were the most successful parts of your celebration?

What did you noticed or learned about others and yourself?

What activities would you like to try next year?



I Liked



I Learned



I Wish