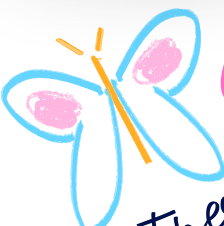


# The Prevention Council



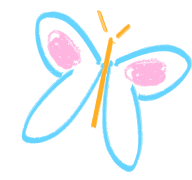
Celebrating 77 Years of Service



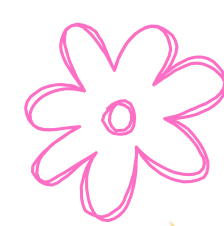
In Partnership with



&



Activity Packet



*"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 22nd 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 Prevention Council, Tops Friendly Markets and Coca-Cola as we celebrate Family Day on 9/22 and continue the fun throughout the year.*

*In 2001, The National Center on Addiction & Substance Abuse at Columbia University 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: [thepreventioncouncil.org](http://thepreventioncouncil.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**





# Mealtime Treasure Map

Share a  
compliment

Describe a  
favorite  
memory

Be a  
helping  
hand to  
someone

Tell a joke and  
make someone  
smile

Ask someone  
about their  
day

Describe your meal  
using all five senses  
(smell, touch, sight,  
taste + sound)



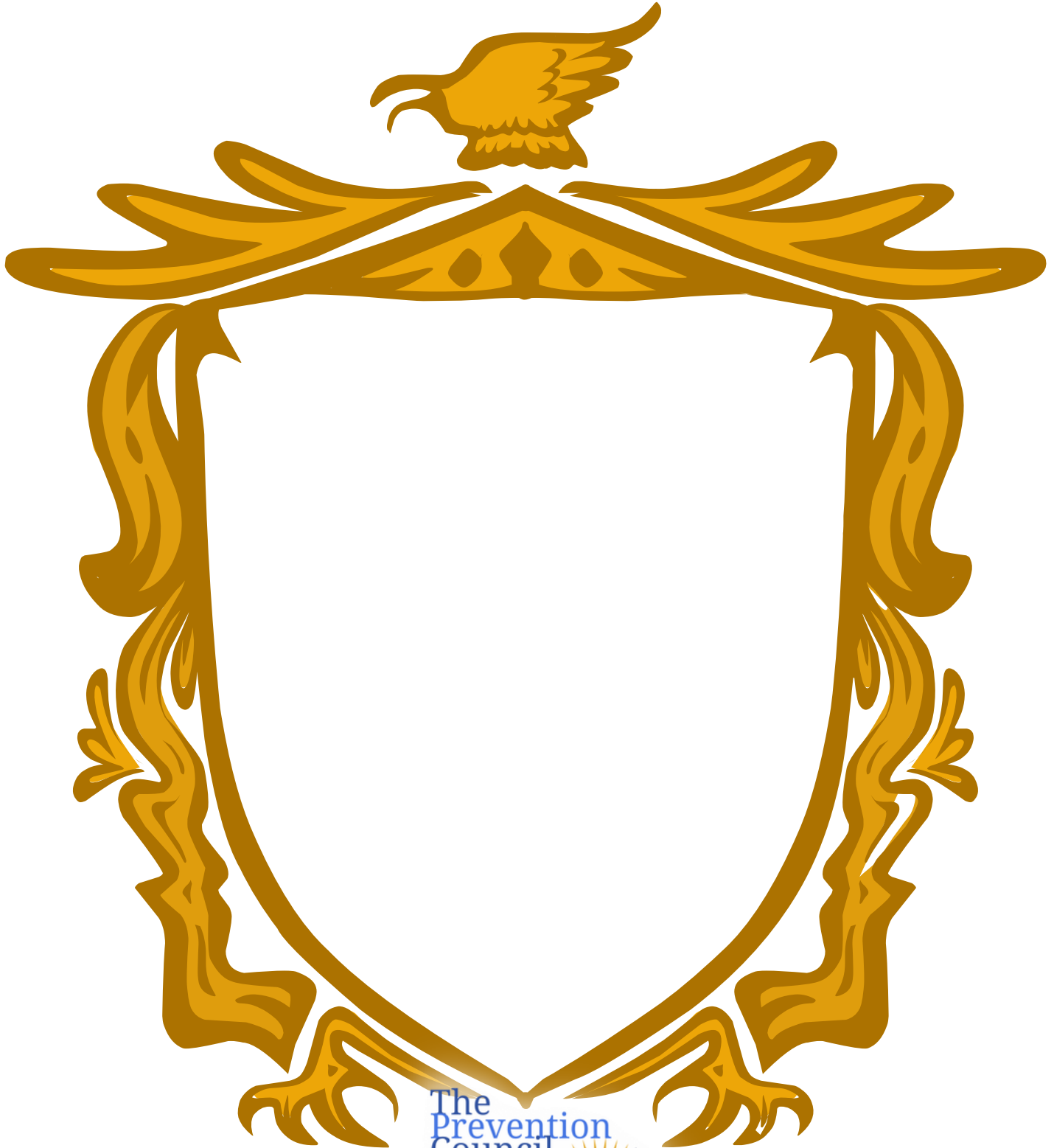


# Shield of Strengths



**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.







# Family Movie Night

Movie night is a great way to relax and connect with your family after a long day. Pop some popcorn or grab a sweet treat to enjoy together while you watch.

Consider using blankets and pillows to create an indoor tent to add an extra cozy environment!

If you need some inspiration, check out these family friendly recommendations:

- **THE GREATEST SHOWMAN (2017)**
- **MOANA (2016)**
- **ANNIE (2014)**
- **PRINCESS AND THE FROG (2009)**
- **E.T. THE EXTRA-TERRESTRIAL (1982)**
- **INSIDE OUT (2015)**
- **AKEELAH AND THE BEE (2006)**
- **COCO (2017)**
- **THE LAND BEFORE TIME (1989)**
- **SOUL (2020)**
- **THE WIZARD OF OZ (1939)**
- **WILLY WONKA & THE CHOCOLATE FACTORY (1971)**
- **HIDDEN FIGURES (2016)**
- **SPACE JAM (1992)**







# Have a Fancy Feast



**Bring the dining experience of a five star restaurant to your home.**

Whether it's PB&J or a Thanksgiving feast, make it FANCY!

- **Have everyone dress to impress as they sit around your next extravagant meal. Gowns, ties, hats, and jackets!**
- **Don't forget to add the finishing touches like mood lighting and background music.**
- **When you are finished, be sure to name your "new restaurant."**



Make this meal a memory.



## Plan an Indoor Camping Trip



**Bring the outdoors in!**

- **Gather all the resources needed to make the perfect indoor tent (i.e. blankets, chairs and pillows).**
- **Once all your resources are available, draw a blueprint or a plan to guide your tent construction.**
- **After you have built your tent, it's time to decorate! Fill it with all the comfy necessities you will need to "survive the night."**
- **Pick a menu! If it's possible, try and plan your night's meal around camping food. Hot dogs, burgers, popcorn, s'mores from the oven, or whatever your family traditionally eats on a camping trip.**
- **End the night with some spooky stories, or watch your favorite film "under the stars." YouTube nature sounds to really enhance your camping experience.**



The  
Prevention  
Council







# 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!



The  
Prevention  
Council







# 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?

The  
Prevention  
Council





# Sweet Memories

## 5 Minute Ice Cream In A Bag

A fun activity for the whole family, this easy ice cream is a synch to whip up & a refreshing science experiment

Recipe from [4sonrus.com](http://4sonrus.com)

### Ingredients

1/2 cup whole milk half and half, or cream  
1 tbsp sugar  
1 tsp vanilla extract  
6 tbsp sea salt  
2 cups of ice  
sandwich sized ziplock bag  
quart sized ziplock bag



### Instructions

- In the sandwich sized ziplocking bag, add milk, sugar, and vanilla. Seal bag tightly.
- In the quart sized bag, add the ice and salt.
- Place the smaller bag inside the larger bag and seal tightly.
- Shake the bag as hard as you can, without popping it open, for 5 minutes or until it reaches the consistency of ice cream.
- Remove the smaller bag and give it a quick rinse to remove any pieces of salt. Make sure you rinse the opening as well.
- Open the ice cream and eat it straight out of the bag with a spoon or add some topping and scoop your creation into a bowl or cone.



SOURCE: [4sonrus.com](http://4sonrus.com)







# Sweet Memories



★★★★★

## Classic Coke Float

DRINK — 5 MINS

Recipe Provided By:  
addapinch.com



PREP TIME	5 MINS
SERVINGS	1
COURSE	DRINKS
CUISINE	AMERICAN
Author	Robyn Stone

**C**oke float makes a classic drink recipe. Made of ice cream and Coca-Cola, a Coke float is a definite favorite.

### Ingredients

- ☐ 1 scoop vanilla ice cream
- ☐ 1/2 (12-ounce) can Coca-Cola

### Instructions

- STEP 1** Place scoop of vanilla ice cream in the bottom of a tall glass.
- STEP 2** Pour 1/2 can of Coca-Cola over the top of the ice cream.
- STEP 3** Insert a straw and enjoy!



SOURCE: addapinch.com





# Sweet Memories



## CokeCola Cake

**TOTAL TIME:** Prep: 25 min. Bake: 25 min.

**YIELD:** 15 servings.

*We live in Coca-Cola country, where everyone loves a chocolaty, moist sheet cake made with the iconic soft drink. Our rich version does the tradition proud. —Heidi Jobe, Carrollton, Georgia*



Taste of Home



Recipe from  
[tasteofhome.com](https://www.tasteofhome.com)

## Ingredients

2 cups all-purpose flour  
2 cups sugar  
1 teaspoon baking soda  
1/2 teaspoon salt  
1/2 teaspoon ground cinnamon  
1 can (12 ounces) cola  
1 cup butter, cubed  
1/4 cup baking cocoa  
2 large eggs, room temperature  
1/2 cup buttermilk  
1 teaspoon vanilla extract

### GLAZE:

1 can (12 ounces) cola  
1/2 cup butter, cubed  
1/4 cup baking cocoa  
4 cups confectioners' sugar, sifted



## Directions

1. Preheat oven to 350°. Grease a 13x9-in. baking pan.
2. In a large bowl, whisk the first 5 ingredients. In a small saucepan, combine cola, butter and cocoa; bring just to a boil, stirring occasionally. Add to flour mixture, stirring just until moistened.
3. In a small bowl, whisk eggs, buttermilk and vanilla until blended; add to flour mixture, whisking constantly.
4. Transfer to prepared pan. Bake 25-30 minutes or until a toothpick inserted in center comes out clean.
5. About 15 minutes before cake is done, prepare glaze. In a small saucepan, bring cola to a boil; cook 12-15 minutes or until liquid is reduced to 1/2 cup. Stir in butter and cocoa until butter is melted; remove from heat. Add confectioners' sugar; stir until smooth. Pour immediately over hot cake.

© 2022 RDA Enthusiast Brands, LLC

The  
Prevention  
Council

of Erie County

SOURCE: [tasteofhome.com](https://www.tasteofhome.com)





# Slow-Cooker Shredded Beef Tacos



Prep: 5 min  
Total: 6 hr 0 min  
Servings: 12

Recipe Provided By:  
tablespoon.com



## Ingredients

- 1 can chipotle peppers in adobo sauce
- 3 pounds beef lean bottom round (or chuck roast or rump)
- 1 can (12 oz.) carbonated cola beverage
- 12 taco shells from 2 boxes (4.7 oz) Old El Paso™ Stand 'n Stuff Taco Shells (10 Count)
- Taco toppings (sour cream, lettuce, salsa, etc.)



## Steps

- **1:** Finely mince 2-3 chipotle peppers, depending on your spice preference. In a small bowl, combine minced pepper with cola beverage and 1-2 teaspoons of sauce adobo sauce from the can of pepper (again, the amount depends of spice preference).
- **2:** In a slow cooker, add meat and cover in chipotle-cola mixture. Cook on HIGH for 4-5 hours or on LOW for 7-8 hours.
- **3:** Once meat has cooked, transfer to a cutting board and shred with two forks. Return meat to slow cooker and stir into cooking liquid, thoroughly mixing until most of the liquid has absorbed back into the meat.
- **4:** Add meat to taco shells and top with your favorite taco toppings.

## Expert Tips

- After the meat has fully cooked, taste-test to determine if it needs salt. Additionally, after cooking for a long period the flavor of the adobo and chiles will have mellowed out, so feel free to add more of each after the meat has cooked, too.
- Try using healthy alternatives. For example, substitute beef with ground turkey or chicken.
- Get creative with your toppings (i.e. pineapple, green onion, bell peppers, sweet potatoes, etc.) Challenge: see how many colors you can incorporate with your toppings!



# Sprite Chicken Wings



Did you know that you can use Sprite to make the most delicious BBQ chicken wings of your life?! These Sprite chicken wings are made in the Crockpot!

Prep: 10 min  
Total: 3 hours  
Serving: 4

Recipe Provided By:  
[slowcookerliving.com](http://slowcookerliving.com)



## Ingredients

- 16 chicken wings, do not thaw
- 12 ounce can of Sprite
- 1 cup BBQ sauce

## Instructions

- Spray 3 1/2- to 4-quart slow cooker with cooking spray.
- Place chicken in a slow cooker.
- Pour Sprite over the chicken wings.
- Pour the BBQ sauce over the chicken wings. Stir to coat. Cover; cook on Low heat setting for 3 hours.
- Set the oven to broil. Line a baking sheet with foil. Using a slotted spoon or fork, place the chicken on the pan.
- Broil the tops of chicken 3 inches from heat 3 to 4 minutes or until browned, turning halfway through broiling time. Serve with remaining sauce for dipping.





# 2 Ingredient Cake Recipe



Making a two ingredient cake recipe is easy and simple. Try this sprite cake recipe today. A strawberry cake recipe like this one is perfect for parties too!

Prep: 5 min

Total: 35 min

Serving: 24 (2x2 inch square)

Recipe Provided By:  
cookcleanrepeat.com



## Instructions

- Combine the can of sprite with the box of [strawberry] cake mix and stir until well combined.
- Pour into a greased 9x13 pan.
- Bake at 350° for 30 minutes, or until a toothpick comes out clean.

"I like to top this 2 ingredient cake recipe with a dollop of cool whip. It's simple, tasty, and acts like icing without being quite so heavy. You can also add some fresh strawberries or other berries on top of your strawberry cake recipe."



The  
Prevention  
Council



Full Little Bins for Little Hands Recipe Here



# Edible Chocolate Slime

## CHOCOLATE SLIME RECIPE

**Adult assistance and supervision is recommended when using a microwave and handling hot materials. The marshmallow mixture will be hot!**

### YOU WILL NEED:

- Jumbo Marshmallows
- Powdered Sugar
- Instant Chocolate Pudding Mix (Powdered)

**STEP 1:** Add marshmallows to a microwave safe bowl and microwave for 30-sec intervals to melt. You don't want to overheat them as they will burn! This should take about a minute. Caution, marshmallows will be hot! Remove the bowl carefully from microwave using potholders as needed. Stir carefully to evenly distribute heat. Heat again if needed. A bag of marshmallows should take about a minute all together, but heating in increments will make sure they don't burn.

**STEP 2:** Next, add the instant chocolate pudding mix to the marshmallows and stir!

This step will also help the mixture cool down and give it an incredible chocolate flavor.

**STEP 3:** Powder sugar your hands up and then start kneading the mixture! It's time to get a bit messy! Powdered sugar is a key ingredient in most edible slime recipes. Although you can use cornstarch or a mixture of corn starch and powdered sugar, the taste will be affected. However, you can achieve a firmer substance when using cornstarch.

Continue to add powdered sugar to the mixture till the stickiness is gone. You can continue to knead and stretch, adding powdered sugar to keep from sticking. This edible chocolate slime contains sugar and sugar eventually sticks! If you play a long time with your chocolate slime, you will have to add more powdered sugar for fun play.

**Note:** A few drops of vegetable oil on the hands before kneading can also help with the stickiness!



## S'MORES EDIBLE SLIME



LITTLE BINS  
FOR LITTLE HANDS

The  
Prevention  
Council







# 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 happy



I feel calm and relaxed when

---

---

---

---



I work my best when I

---

---



I feel loved and supported when

---

---



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?**

## What's For Dinner?

O W K F R Q O T P X I E P L Y B J K Z M T C R I  
D T G M R M R W L Z D I S O L U X J S D C W L B  
A Z Z P Z R R X B S O D F G P H V J R R G F R O  
L F K M L I P T E U K W E L E C W J Y F W B G R  
A P W L S U F B Y L R V X Y W S M F R D L K G Z  
S L C W S E A L R R B O J M R J G U I M N I F O  
R M P W L R V D Y D G C J T L W Q S W O R A U W  
S U W M S K C I T S D A E R B Y E S Z B G Y C D  
B H U T N Y V U N S O D A G Q Z W T L X T D A I  
Z W V U B U O A B K D M R V L O R V B V K T N V  
P J U Q Z O H H J E H C Q K Q M M K B A E U J J  
T V F T S I I B R L S D B F B S S O C A Z F D N  
T M D N N D X T B P W L K N D A G J Y J U Z V R  
B G X J A I B Y M I Q I E R C S M X Z L K X I A  
J N J Z D G G B F Z Y F S O K P R T V Z P W P P  
L V K X L B H E A A Z E O C F O J W E A N K N U  
L U L H B N V N U L S S I P C O S B B V A H W A  
W C J I L N U A F K B A O O M N M E Z H R S V W  
Z V S U F R H X U E D V W P Z S T Q K U D V T A  
K S K Y E K G Z R O N E Q P A Q F A P A W E X J  
Q D R O H G U T K X K R K Z X X P O R A C V M O  
K H O R F R F T S B L S M C O T S B T T C G D L  
O A F Q W F B J Y D S V Z K I D B S E P F M U U  
B M C D H W T V X P I M B P D S K Y R A V Y S M

Breadsticks  
Knives  
Pizza  
Soda  
Candy  
Lifesavers  
Popcorn  
Spoons  
Forks  
Mug Cakes  
Salad







# 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?**

A yellow sticky note pinned with a red pushpin. The text "I Liked" is written in black marker.

I Liked

A yellow sticky note pinned with a red pushpin. The text "I Learned" is written in black marker.

I Learned

A white sticky note pinned with a red pushpin. The text "I Wish" is written in black marker.

I Wish

The  
Prevention  
Council



of Erie County



National Family Day, celebrated on the 4th Monday 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.

In 2001, The 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.

The Prevention Council of Erie County invites your family to participate in weeklong activities leading up to Monday, September 22rd!

**Sun. 9/14 - Family Selfie**

Grab the family and take a selfie together! Document a moment in time.

**Mon. 9/15 - Movie Trivia Monday**

Give a family member a hint or two and ask them to identify your favorite movie

**Tues. 9/16 - Talent Show Tuesday**

What skill/talent do you have that can be shared with your family.

**Wed. 9/17 - Walk it Out Wednesday**

Take a 20 minute walk together and talk about your day.

**Thurs. 9/18 - Throwback Thursday**

Grab an old family photo and share what it means to you.

**Fri. 9/19 - Feel Good Friday**

How will we celebrate Family Date?

Visit: [thepreventioncouncilec.org](http://thepreventioncouncilec.org) for the Family Day Packet

**Sat. 9/20 - Saturday Sports**

Check out a local sports event in your area as a family.

**Sun. 9/21 - Settle Down Sunday (Rest Day)**

**Mon. 9/22 - Happy Family Day!**



Visit Our Website

