

The Prevention Council



Celebrating 78 Years of Service



In Partnership with
**explore
& more**

THE RALPH C. WILSON, JR.
CHILDREN'S MUSEUM



KeyBank

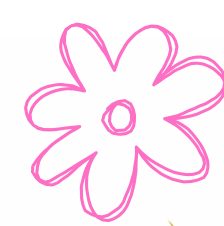


FAMILY

DAY



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 28th 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.

The Prevention Council of Erie County invites your family to participate in weeklong activities leading up to the Family Day Celebration on Friday, September 25th at Explore & More!

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: 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

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.**



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!



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?

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

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.





Sweet Memories



Recipe Provided By:
addapinch.com



★★★★★

Classic Coke Float

DRINK — 5 MINS



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

Coke 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!




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

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.

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



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."



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



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?

I Liked

I Learned

I Wish

FAMILY DAY 26

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 the Family Day Celebration on Friday, September 25th!

Sun. 9/20 - Family Selfie

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

Mon. 9/21 - Movie Trivia Monday

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

Tues. 9/22 - Talent Show Tuesday

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

Wed. 9/23 - Walk it Out Wednesday

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

Thurs. 9/24 - Throwback Thursday

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

Fri. 9/25 - Family Day Friday

Join us as we celebrate National Family Day!!

Explore & More Museum, 130 Main Street, Buffalo, NY

Tickets: \$5.00 per person to include a spaghetti dinner.

For more information click on the QR Code.

Mon. 9/28 - National Family Day (Official)

Visit our website for the Family Day Activity Packet!

thepreventioncouncilec.org/nationalfamilyday



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CHILDREN'S MUSEUM



thepreventioncouncilec.org

716.831.2298

1625 Hertel Ave. Buffalo NY, 14216

More information and tickets are available at thepreventioncouncilec.org/training-events