

MOVE AND PLAY WITH



ACTIVITY
GUIDE

PARENT ♥ TOT

TABLE OF CONTENTS

2-92

Parents and tots Activities

100-121

Parents and tots crafting

122

References

ACTIVITIES



PARENTS ♥ TOT


PREAMBULE


This section offers a wide range of parent and tot duet activities!



Created by Chemin d'API leaders, but is also inspired by many websites dedicated to activities for children and their parents (see Reference section of this guide), those activities are grouped by major themes and sub-themes. You have the possibility to find some activities that fits your needs and desires of the moment!

Some activities are dedicated exclusively to groups of parents and children, others exclusively to a parent and his child. Ultimately, some may as well be for groups or adapted for a parent and his child. All sorts of possibilities are open to you!

**To help you sort it out, each activity
will be accompanied by an acronym, allowing
you to differentiate them:**

 : Groups of parents-tots

 : parent-tot

  : Groups or Duo, your choice

HAVE FUN!

TABLE OF CONTENTS

WINTER 5-23

Hot/Cold 6-7

Winter Olympics 8-12

The winter 13-16

Winter Carnival 17-19

Polar animals 20-23

SPRING 24-32

The family 25-27

Spring is at our doors 28-30

Kids of the world 31-32

SUMMER 33-51

The mini detectives 34-35

Gymnastics 36-39

The pirates 40-42

Teamwork 43-44

Dance 45-46

Traditional games 47-49

Circus 50-51

FALL 52-60

Apple time 53-54

Groceries 55-57

HOLIDAYS OF THE YEAR .. 58-86

Christmas 59-60

Elves 61-63

Valentine's Day 64-67

Saint-Patrick's Day 68-69

Easter 70-72

Easter 2 73-76

Mother's Day 77-78

Halloween 79-83

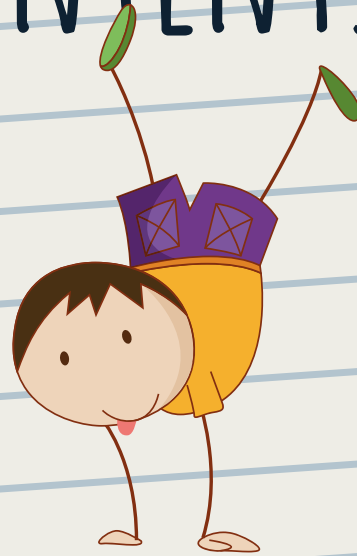
Halloween 2 84-86

DUO PARACHUTE

GAMES 87-89

FAMILY




PHYSICAL TRAILS 90-92





HOT-COLD

Necessary equipment:

-  Pictures representing hot and cold items
-  Spray bottle with coloured water
-  Pictures of summer and winter clothes for kids with a picture representing the body of a kid

Put on your mittens



Print images of items related to hot or cold. Sit down in a circle, in teams of 2. Place a mitten in front of each team. Show pictures to the team and ask them if it's a cold or hot item. If the image represent the cold they put a mitten on and if it's an image representing the warm they do not put the mitten. If it's a hot item the kids remove a mitten.

Are you warm or cold



Show an object to the kids and then the parents will hide it from the kids. Ask the children to close their eyes, while the parent hides the item. At the signal, all the kids will look for the item, the parents will tell the kids if they are cold, colder and extremely cold (far from the item) or warm, warmer or extremely warm (if they are close to the object). As soon as the Kids sees the item, he comes back to sit in the circle. Continue the game until all the teams have found the item. The teams that have found the items can help the other teams in their search.

I am melting the snow



Put some warm- hot colored water in a spritzer bottle and go out in the backyard in the winter. Tell the families to spray water on the snow and to observe the changes. The parents will help the younger kids to spray the water. Have fun with it, you can make different forms or images in the snow. Get the snow to stick on the wall and spritz it, have fun.

Hot-Cold

Print and plasticize images representing hot and cold objects. The teams will have to associate the Images to the right thermometer, taking into account if the objects are warm or cold.

Dress –up doll for the winter or the summer

Print and plasticize an image of a kid (body) as well as images of clothes representing the warm and cold season. Leave the items available for the teams. They can have fun dressing the doll in the different clothes, parents can help and play with the kids. You can ask the parents to quiz their kids on the right dress for the weather.

Mime games

Parents and kids will mime situations or activities representing the warm or cold weather (use images for the mime).

Getting Dressed up and undress contest

You will have a competition parent versus Kids to see who can dress an undress the fastest (use a full snowsuit).















Will please parents and kids alike.



Use mimes that are easy for the kids to kids to act out.

OLYMPIC WINTER GAMES

Necessary equipment:

- | | |
|---|---|
|  Boxes of facial tissue |  Books |
|  Tunnel |  Pichenottes |
|  Noodles |  Hula Hoop |
|  Ribbons |  Petanque |
|  Bowling pins or bottles |  Boxes |
|  Hockey sticks and pucks |  Sled |

Torch Relay



(Make a torch with construction paper). The kids accompanied by their parents will participated in the relay all teams will do the relay. Play some music for ambiance.

Table Curling



Print 2 target and plasticize them. Fix the targets on a rectangular table. Bring 8 pichenottes out (for example: piece from a draught game). You will need 2 different colour. Pair the families in teams of 2. They will have to slide the game piece with their finger to bring it as close as possible to the center of the target. The teams will take turns to play.

Bobsleigh race



Separate the group in pairs. The objective is for the team to arrive at the finishing line first. The children walks on his hands with his feet on the parent shoulder, had the parent will walk on his hands and feet.

Olympic pyramid



Build a pyramid with the empty boxes of facial tissue. The objective is to get the boxes to fall, with the help of a snowball. The parents build the pyramid and the kids will throw the snowball, and after the role will be switched.

Speed staking



Build an obstacle course. Give to each kid and parent team 2 boxes of facial tissue. They will put the boxes on their feet and will have to skate while avoiding the obstacle.

Variant:

Build 2 skating courses for a team skate, next to each other. Separate the teams in 2. When one of the participants is done they clap in the hand of the next in line.

Luge championship



Create parents-kids teams (they can play individually) and place them on a nap time mattress. They will have to hold the sides of the mat while bending forward, backwards and on the side, following the guide instruction.

Variant:

Add a winter touch by asking the kids to wear their tuques and mittens.

Books on the head



The kids and parents will have to walk with a book on their head from the start to the finish. Who will be able to keep the book longer on their head, parents or the kids.

2 persons bobsleigh race



If you have a snow hill in a backyard utilise it. Otherwise you can find one in a nearby park or school. Position the parent and kid in the sled and push them down the hill so they can accelerate down the hill.

Pair of skis



From a thick carton (washing machine box) cut out 2 skis for each kid. Let each team decorate their skis, then put a cord in the middle to represent the fixation. Tie the skis to the foot of the kids so they can wear them. Parents must keep their kids safe. Parents can also try the skis.

Curling-petanque



Paint a target on the ice or on the hardened snow. Collect a few petanque games. The families will have to roll the petanque balls in the house like curling players do with the stones.

Ski jump



Do a long jump in the snow and measure the distance jumped to see who jumped the farthest, and identify the winner between the parent and child.

Variant:

Bring a trampoline outside and ask the kids and parents to jump from the trampoline into the snow. Parents need to ensure the safety of their kids.

Skeleton run



If you have a snow hill in your backyard, utilize it. Otherwise check if there is one at the nearest park or school. Choose a small hill and ask the teams to come down on their belly head first on the sled, like the athlete in the skeleton run. The kids can also go on their parents back.

Figure skating



Print pictures of ice skaters. Pick one image of a figure skating. Play some music and ask the team (one at a time) to give a show. In their show, the teams must try to reproduce the figure shown on the pictures.

Variant:

When the music stops, everyone goes down to the ground. When the music starts again, they will start skating again. The game will last for the length of one song.

The sculpted skater



Make teams of two. One by one the teams will sculpt a skating position. One person will sculpt and the other will reproduce the different skating position. In the beginning you might have to give the teams some suggestion, but they will create their own position rapidly.

Acrobatic pirouette



The families will do a pirouette at the same time in the snow, followed by an original posture. The activity can be done in the room using the nap time mats.

Hockey



Take the hockey sticks and puck out. Play hockey with the parents and kids. You can also have a parents against kid game.

Dogsled



The families are placed two by two on a sled with a cord. One kid is sitting in the sled and the other as the cord around his waist. He has to pull the sled to the finishing line with the help of their parent. Then the kids will try to pull their parents.



CLOSING AND AWARD CEREMONY

Give a fabricated medal to each kid. For this occasion, you can serve a hot chocolate.











Dogsled is appreciated



Hockey is hard for the smaller Kids

WINTER

Necessary equipment:

- | | |
|--|--|
|  White inflatable balloon |  Bottles or cones |
|  Empty facial tissue boxes |  Hampers or various trays |
|  Hula hoop or a skipping rope |  Music and a radio |
|  Ice trays and food coloring |  White objects |

Inflatable balloons fight

Inflate the white balloons, as if they are snowballs. Next, the teams will throw the balloons between each other. A lot of fun is guaranteed, but be careful with the younger kids, as they tend to put the balloons in their mouths. Beware of latex allergies, most balloons have latex in them.

Beware of the snowman

Choose a team that will play the part of the snowman. The snowman will chase the others until they touch one of the teams. The person that gets touched now becomes the snowman with their parent.

Variant:

The family that gets touched has to stop and put their arms in front of them, like zombies. Another team can come and save them by going under their arms. Many teams can have their arm in front of them at the same time. Change the snowman often as the teams will get tired rapidly.

The kittens have lost their mittens



Tell the story of the kittens that have lost their mittens to the teams. Each team will need a pair of mittens. Without the knowledge of the kids hide one mitten per team. Give the remaining mitten to the kids, one per kid. They have to find the other mitten, while playing a cat, with their parent. When they are done they come back to their mother cat.

The skier



Place some bottles or cones at a certain distance from each other. The kids with their parents help will pretend being skiers and will go between the bottles or cones without tipping them over. To create ambiance place flags in the bottles and cones.

Goalkeeper



Put some hula hoop on the floor, one per team. You can also draw some on the ground, make sure they are big enough for the teams to move in them. Give the teams some direction (ex: one foot in the circle and one out, sit in the circle). After a while tell them that the goalkeeper needs to switch goal, when it is done continue playing.

Long live the snow



Assemble the teams. Put empty baskets on their sides and roll some snowballs as close as possible to the basket. The goal of the game is to have as many snowballs as possible in the basket. Who will have the most snowballs in the basket parents or kids?

Winter hide and seek



Choose an object with the kids. After choose a team that will hide the object in the snow. The other teams will have to find the object. The team that finds the object will then hide it and the other teams will have to find it. The parents can hide it and the kids will have to find it. Then they can switch the roles.

Treasure hunt in the snow



Make many coloured ice cube with food colouring with the help of the families. Hide the ice cube outside and then the families will have to find them. If the kids are old enough, ask them to find the cube by color (ex: Samuel find the red cubes, Juliette find the blue cube or they can bring me the blue cubes). The parents can help the younger kids find the cubes.

Snowball



Separate the people in two teams. The goal of the game is to throw as many snowball as you can in a basket. «You must decide how much time for each game.

Somersault in the snow



One at the time, the kids will do a somersault in the snow and then will do an original pose. The parents will have a turn and will try to be more creative than their kids. The families, that are the spectators, will applaud the performance of the other team.

Eye of the snow tiger



Ask the teams to find the white objects that are in the snow (ex»: golf ball, white paper, ping pong ball).

Hidden snowflake



Fill a small pool or plastic bin with snow and hide some objects in it. When the signal is given the families will find the objects hidden in the snow. When they find an object they have to put it in a different container. Which family will win by finding the most items.

Frozen tag

One of the team will play the role of the snowman. All the others are polar animals. The snowman will try to catch the animals. When they succeed in catching one, they will freeze them. The team/animal have to stay still, like a statue. The game restart when all the animals are frozen. The first team to have been frozen then becomes the snowman.

Bowling snowman

The families will sculpt bowling pins in the snow and will snowballs at the same time. They will have to knock the pins down with the help of their parents.














It's fun to see the kids playing bowling hands.



The parents to hold the kids hands while they have boxes on their feet.

WINTER CARNIVAL

Necessary equipment:

- | | |
|--|--|
|  Bubbles |  Kitchen accessories |
|  Skipping ropes |  Elastics (play ones) |
|  Vaporiser |  Food coloring |
|  Small precious stones |  Loupes |
|  Image of figure skating |  Music and radio |
|  Sandboxes accessories
(ex: buckets, cars, boat) | |

Winter kitchen

Bring some wooden spoon, whisk, bowls, cookie cutters so that you can pretend you are cooking with the kids. Each team will have to create their own recipe.

Obstacle course

The kids will be tied to their parents, while following the next 6 steps.

- 1 Walk on all 4 from point A to point B.
- 2 Roll a big snowball from point A to point B (or a big ball).
- 3 Run to a tree from point A to B.
- 4 Do summersault in the snow.
- 5 Jump in the snow from point A to B.
- 6 Relay course.

A team will fill a bucket with snow and pass it with a cord that they are holding. They must pass the bucket to the other team holding the other end of the cord.

Frozen bubbles



Blowing bubbles in the winter makes the bubbles last longer. The parents can blow the bubbles and the kids can run after them.

Snow box



Bring all the accessories that you use in the sand box and create snow sculpture. Move the cars along, let the boats sail, create some volcano... Each team will create their own sculpture.

Long lives the colours



Use a spray bottles and mix water and food coloring in it. Put some dish soap in the bottles to avoid stains. You can make animals with the snow and color them.

Variant:

Use a stick and draw in the snow. You can then color with the spray bottle. Taking a turn the parent and kid will draw and the other person will have to guess what they drew.

Follow my step



Parents will create steps in the snow and their kids will try to follow the steps. Let the kids walk or run in the steps. Make step of different length: small, medium or big.

Musical skating



Pick an image that represent a figure skating figure. Put on some music and ask the kids (one at a time) to present their show. In their show they must recreate the image from the picture. Then the parents will try to recreate their own pictures.

Variant:

When the music stops, everyone falls to the ground. When the music starts again, they start to skate again. The game lasts the time of a song.

Magnifying glass



Print out images of winter sports. Glue the same images on a sheet and then shrink the images as much as you can. Each team then draw a picture. With the magnifying glass, each team, must find the image that they picked.














Cooking, what a wonderful idea!



The frozen bubbles only works at -1 C, Otherwise they do not last long enough.

POLAR ANIMALS

Necessary equipment:

- | | |
|---|---|
|  Polar bears images |  Fish |
|  Paper clips |  Magnets |
|  Strings |  Glaciers images |
|  Aki balls or small sandbags |  Penguins (stuffed animal) |
|  Balloons |  Music |
|  Pictures of artic animals | |

Beware of the artic fox

Choose a team to play the part of a fox and its baby. The fox and her cub will run after the other teams until they tag one. The team that has been tagged now becomes the new fox and her baby.

Variant:

Once a team has been touched they stand still and raise their arm in front of them. Another team will come and pass under their arms saving them. Many teams can have their arms in front of them. You will need to switch the fox and baby often, so that all the kids will have a chance to do it.

Penguins course

Create a course and install images of polar bears along the course. The families must avoid or capture the bears following the rules given to the participant. This activities can be done outside. Parents must also do the course.

Animal course

Create a course for the teams. They must choose the artic animal they want to imitate while doing the course. The parents can give the kids an idea for an animal if the kids can't choose.

The funny penguin

Choose a parent/kid team to imitate a penguin. The team must try to get the other team to laugh while they walk like a penguin. When a parent or kid laugh they now are the new funny penguin.

Ice fishing

Print a fish pictures and have the kids color them. Then plasticize the fishes and cut them with the help of the parents. Glue a paper clip on each fish. Install a cord on a stick. At the end of the cord fix a magnet. Install the team behind a desk and let them go fishing. The goal of the game is that one at a time parents and kids will go fishing. Who will catch the biggest fish. This game can also be played outside behind a snow bank.

Penguin run

In light blue cut some icy patches and in grey some rocks, and fix them to the ground .Glue a fish to a sandbag (bean toss game). The teams must throw a fish on the rocks and jump on the ice patches to go get it, like a penguin does to eat. Parents will also have fun during this game.

Mother penguin

Explain to the kids how a mother penguin carries her baby on her feet so that they don't get cold. With a small stuffed penguins the kids will be asked to transport their baby from point A to point B. Afterwards parents can transport their kids from point A to point B.

Penguins eggs

Divide the group in two, place them in a line facing each other. The parents on one side and the kids on the other. Give each kid from the first team a ball. The kids will have to place the ball between their legs and walk like a penguin until they reach their parent. They will then give the ball to the other penguin without letting it fall to the ground. Parents will then do it too.

Polar animals goes outside for fresh air



Ideas for outdoor games with the kids:

- As a family dig out a polar bear lair.
- Try to climb an icy area like a walrus, parents will have the kids on their backs.
- Walk clumsily in the snow like penguins do, the kids feet tied up to the parent feet.
- Hide in the snow like a fox. The parent is the fox and the kid hide them by covering them in the snow.
- Organize a penguins run, kids are place between their parents legs, like the penguins eggs.
- To finish it off, eat some cookies in the shape of a bear paw in the snow.

Penguins hunt



Pick someone to be a penguin. The penguin will chase the others until he touches someone. The person that is tagged now becomes the penguin.

Variant:

The player that is touched by the penguin has to stop and stand still with his feet apart. Another parent or kid can come save him by going in between their legs. Many players can be standing still at the same time.

Penguin walk



The penguins walks with their arm along their body and feet doing a V shape. The families can observe the steps in the snow and then do their own. Invite them to create smaller or bigger steps. Which animal create smaller steps and which one create bigger ones? (The mouse has small steps, the penguins are v shaped and bears take big steps. You can tie the feet of a family with an elastic band.)

Musical polar animals



Put some music on and when you stop the music you will show the families a picture of a polar animal. They must then imitate the animal. When the music starts again, the families will start to dance again. You will then stop the music again and show another animal to imitate. We use images to help the younger kids.

I am a penguin



Have fun imitating the call of the penguin (and other animals). It is an excellent exercise to help the language and dexterity of toddlers. It is even funnier when the parents imitate the call with the kids.

Penguin dance



Play some upbeat music and ask each team to create one at the time their own penguin dance. After they will show the other teams their dance.

The penguins dance



Place the families in a straight line, one behind the others. The kids will bend over and put their head down so they appear small. The last kid or parent will jump over the other teams and will place themselves in the same position at the start of the line. The last person will then do the same and so on. For the taller person they can place themselves in a small ball so that the kids can jump over them.



Very funny, place a ball in between your legs.








Fishing: place the fishes on the snow so that they are easier to bring up.



FAMILY

Necessary equipment:

-  Family pictures
-  Music, radio
-  Blanket

-  Hula hoop
-  Glue, sparkle, craft materials

I am part of the family



Each parent will call their kids one by one. The kids will ask their parents if they can imitate an animal, for example: Mom, Dad, can I imitate a frog. If you say yes each kid will imitate the animal they chose. Parents can decide to say: you are a dog. The kid will then have to imitate a dog.

Monkey family



A team will be chosen to play a mommy and daddy monkey. They will gesticulate and the baby monkey (other family) will imitate them.

Words run



Print pictures of some family or family members (dad, mom, babies) and hide them in the backyard. Divide the group in two teams. On your signals, the teams, will then, try to find as many pictures as they can, in a predetermine time. Then the kids of each team will sit in front of you. The kids will tell you what family member they found, if they get it right they get a point. If the kids are having difficulties, they can ask help from their parents.

Who is missing

At the sounds of the music the teams will walk around the room. When the music stops the teams will have to lay on the floor and hide their eyes. In the meanwhile, the host, will hide a parent with a blanket. On the signal of the activity leader, the others will have to guess which parent is missing.

Animal family

Divide the group in three. There will be an elephant, monkey and lions family. Tell each team which team they will be. At the signal, each team, will imitate the animals they were given.

Kangaroo family

Outside, place hoops on the grounds. The teams will jump in the hoops with their feet tied up together. The team will jump at the same time through the hoops.

Nature me!

During a walk with families, pick up some leaf, flowers, twigs. Make sure you have one pine cone per family. The pine cone will be use to represent the body of a child. You can ask the kids to color the pine cone. On each side of the pine cone glue some small twigs to represent arms, petals for the eyes and so on.

Variant:

You can use some items found in nature or craft materials. You can also ask the family member to work together to create a family portrait with pine cone of different size.

Who am I?

Ask the families to create a circle. A leader will then be chosen (all the parents will do it). They will then choose a kid in its head and identify characteristics of that kid so that at the end of the game only that kids will be standing. Example: If you are a girl sit down, if your hair is brown sit down ... You can also choose a parent, it's amusing.

Copying the adults

A team is chosen to be the leader of the game. They will gesticulate and the others will copy them. Each team is invited to participate.















Kids will love walking outside.



Kangaroo: Can be embarrassing for some parents.

SPRING IS AT OUR DOORS

Necessary equipment:

- | | |
|---|---|
|  Inflatable toys |  Music and radio |
|  Blanket (parachute) |  Balloons |
|  Spray bottles with coloring (colored water) |  Earth |
|  Tomato seeds |  Small container |
|  Music instruments (with a tambour) |  Umbrella and boots |
|  Images of spring with water drop |  Sponges and buckets |

Germinate a seed (tomato seed, peas, beans, sunflower)



Give a seed to each team and with the help of the parents, the kids will plant the seed in a small yogurt container fill with earth. They will bring the container home. They will then tell you if the seed are growing. They will have to take care of it and water them.

Spring musical chair



Install, spring images on the ground, one image per kid. You can take away an image at each turn or leave them to make the game less competitive, making it easier for the younger kids.

During spring, it moves like...



Imitate the wind blowing, the falling rain, kite flying, frogs jumping, birds flying, ... Parents will show the kids what to do and give them ideas on what movements to do.

Walking in the rain



Ask the parents to bring grain boots and an umbrella for the activities. Watch the weather and when it's raining and it's not too cold. Pleasure guaranteed! Encourage parents to participate, they will also have fun.

Shadows



Tell each kids that they have a shadow. Each kids will draw their shadow with a chalk with the help of the parents. Kids can also draw their parent shadow.

Gentle massage



Ask the kids with the parents to massage each other with a cotton ball (buds). The teams will appreciate the cotton ball on their hands, feet and neck.

Playing with the water



Create water puddles with thick paper or cardboard. Cover them up with foil and paint them with blue paint. Install the water puddle on the play area. Explain the rules to the group: 1 knock: jump in the puddle, 2 knocks: walk around the puddle, 3 knocks: I jump in the puddle with one feet. Use the drum or your hand to create the sounds.

Playing with the water



Create water puddles with thick paper or cardboard. Cover them up with foil and paint them with blue paint. Install the water puddle on the play area. Explain the rules to the group: 1 knock: jump in the puddle, 2 knocks: walk around the puddle, 3 knocks: I jump in the puddle with one feet. Use the drum or your hand to create the sounds.

The sun and moon dance



Bring out the musical instruments. Each family will choose and instrument. With the help of the instruments, will invent a sun and a moon dances. The teams will then show present their dance to the other teams.

Sponges race

Place the group in teams, parent and kid. Place a bucket filled with water and another one empty. One at the time the kids will fill the sponge with water and run to the other bucket and wring out the water in the empty bucket. Then they come back and the parent will do it too. We play until the bucket overflow.



Grow a seed: kids love playing with the soil.



Sponges run: Plan to do it on a warm day and a change of clothes.

THEME: KIDS OF THE WORLD

Necessary equipment:

-  Chalk made for outside
-  Image of African animals
-  Soccer balls
-  Wool (ball)
-  Pots, wooden spoon, plastic container
-  4 Cones

Spiders, game with a wool ball (A unison game)



Put the families in a circle. Give a wool ball to one kid. Then they will pass the ball of yarn from one another in no particular order. Remember to always hold on to the yarn before passing it around. At the end you will have a spider web. We will then to them that the web binds us with our friends and family.

African animal (Africa)



Print and place pictures of African animal in a container. Each team will draw a picture and will have to imitate it (movement and sound).

The sound of the drums (Africa)



Place pots and metal tins of different size in a room. With the help of utensil the teams will produce African sounds and rhythms from Africa. You can ask the teams to make their own instruments.

Soccer (Kids from around the world)



Play a soccer game together, parents and kids. You can have a game opposing the parents and kids.

Giant Tic Tac Toe



Draw a tic tac toe grid on the asphalt.

Have a parent and a kid play a game.

You can have a game one team against the other.

Hopscotch



Ask the parent-kid, team to draw a hopscotch game on the ground. Use a pine cone or rock to throw on the game and have the other team to jump.

The game of the little bunny who was sad (game unison)



Sing the song of the little bunny who was sad and show the teams the movement that goes with it. Then ask a parent can sing it one by one.

Comptine du petit lapin

My little bunny nursery rime

My little bunny is really sad.

My little bunny is really sad

He does not jump anymore, in is little garden

Jump, jump, jump my little bunny

Jump, jump, jump my little bunny

Jump, jump, jump my little bunny

And go quickly embrace someone

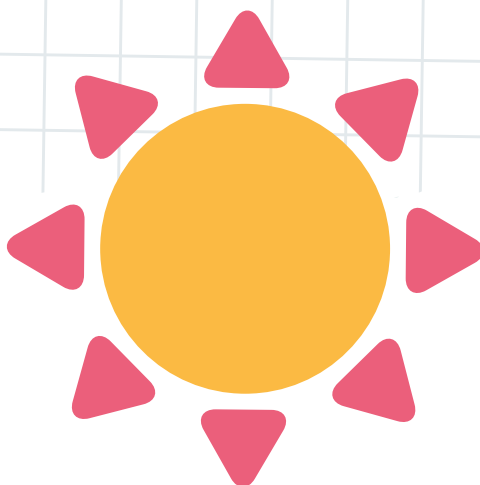
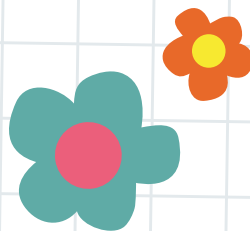


Ball of yarn game is a gathering game.












Giant tic tac toe is hard for the kids under 4 years old.

SUMMER



SMALL DETECTIVE

Necessary equipment:

- | | |
|---|--|
|  Cups |  Balls |
|  Toilet paper roll |  Magnifying glass |
|  Craft equipment |  Footprint |
|  Fabric to hide object |  Kids music |
|  Sheet for the crayon walk | |

Find the ball



We will play with the team parent-kids: parents will take the cups first and will hide a ball in them. They will move the cups and the kids will guess where the ball is. The kids will then take a turn hiding the ball.

Find the pink post



We will play one at the time, the goal of the game is to put the most objects on the table. Cover the objects with the fabric. Then the families will close their eyes and take an object away. To finish, the kids, with the help of their parents, will have to find which object is missing.

Variant:

Parents and kids can also do it.

Memory



A parent-kid team will take a special position, they must be touching each other. The other teams will close their eyes during that time the team will change position. The other teams will then tell what has change in their position. Each team will take a turn.

Course: magnifying glass

You will do a detective walk with the team. The teams will follow the different animal and human footprint. The teams will have to identify footprint.

The detective walk

You will do a detective walk. The kids will participate with their parents will have to walk and draw with their parents 5 special thing they saw during their walk. Parents will participate in the activity.













Detective walk: 10 minutes not enough.



Find the pink post: the parents help is needed.

GYMNASTIC

Necessary equipment:

- | | |
|---|---|
|  Umbrella |  Giant dice |
|  Hula hoop |  Music |
|  Jumping rope |  Spaghetti |
|  Tapis gymnastique |  Tunnel |
|  Sponge |  Baby play mat |

Gymnastic mat

Print and plasticize the pictures of body parts. Build a giant dice with cardboard or foam. Glue a body part on each side of the dice. One at a time the teams will throw the dice. The team will then do a stretch with that body part.

Rings

Hold a hoop in each hand. Inside or outside, the families, placed in a single line, will one by one, go through the hula hoop. When everybody is done you will move the hoop higher. You can alternate by going higher and lower. You can put some music on for this activity. You can alternate between parents and kids to hold the hoop.

Le Hula hoop!

Give a hula hoop to every team and ask them, to turn it around their hips, as long as they can. It is a little competition between parents and kids.

The circle of circle

Ask the team to form a circle and hold hands. Put a hoop between two persons and close the circle up. The goal of the game is to have the hoop circulate around the circle without letting go of each other hands. The families must find the solution together.

The top circle

The host will make the 2 hoops turn in the play area. The teams will then one by one go and keep the hoops turning so that they do not stop.

Boats on the water

Group the team. They must sit face to face in a hoops and go back and forth while singing.

Target hoops

Use the hoops as target so that the families can practice throwing a ball or sand bag (aki). You can attach the hoop to the wall, a fence or put it on the ground.

The beam

Put a long cord on the ground, to represent a beam. Invite the teams to imagine that the cord is in the air. The teams will walk barefoot on the cord. You must not put your feet on each side of the cord, otherwise it is a fall. You can also walk backwards, ramp, jump on the cord.

Variant:

Draw a rectangle the size of a beam, with colored electrical tape. Then ask the family to create figures on the beam. You can show some example. Kids and parents can switch places.

Pommel horse

Grab a small stool, recycling bin or any object that could represent a pommel horse. Show the teams what they have to do, like jumping over it. The small kids can be helped by their parents.

Tumbles

Put some gymnastic mat on the floor and tumble across the mats. You can do front and back tumbles. Let them use their imagination. Then the teams can show their tumbles to the other teams.

The candle

One at a time, the parents will help their kids to do a candle, by asking them to put their hands on the ground and lift their legs up. Then parents will do the candle.

Jump

Put objects on the floor that are low profile. The families will jump with their feet together. You can use hoops, cones and pool.

Trampoline

Have fun jumping on the trampoline. You can use small trampolines and use a timer so that everyone can have a turn. Parents must jump.

Variant:

Instead of using a timer, ask the kids, to count up to 10, 20 or 30.

Fun course

Put a course together with beams, tunnels, trampoline and other motor skills activities. Have the parents put it together. You can ask them to do the course while singing, holding an object, with your feet tied with another person, ... Parents will be able to show how to do the course to the kids.

Acrobatic gymnastic

Let the families team up two by two. They will have to prepare an acrobatic gymnastics show on a rhythmic music.

Balancing



Balancing is very important in the different discipline of gymnastic. Put together some balancing exercises. Kids will be able to see their abilities, they will also see what the parents can do.

You can have some difficulty, kids can do it with their parents holding hands without falling.

- Can I stand on my left leg? On the right? While holding on to mom and dad.
- Can I walk on a beam? While holding on to mom and dad.
- Can I walk with a book on my head? While holding on to mom or dad.

Ropewalker



Like a ropewalker in a circus, ask the team to walk on a beam (or a line on the ground) with an umbrella or a stick in their hands. The parents can hold the hands of the smaller kids.



Balancing is good for the general motricity of the kids.



The beam: stabilize the cord with tape.

PIRATES

Necessary equipment:



Treasure: precious stone, gold coins (made of chocolate)



4 hula hoops



For the volcano: Sand or salt paste, baking soda and vinegar

Port or starboard?

Sit down in a circle with the kids. Show them that port is left and starboard is right. Then ask them to touch the person on the port or starboard side. When they understand which side is starboard or port side, put some cone on the port or starboard.

Put a team in the middle. Give the go and then yell port or starboard. The families will then move from one side to the other, without being caught by the team in the middle. If someone get caught then become the pirates.

Finding the gold

Hide the gold coin (marbles or painted rocks) in the park. Do not forget to count the number of coins you hide to make sure you find them all. On go, the teams will start searching for the treasure.

Treasure island

Divide the group into two teams. Make a circle or use two hula hoops big enough for each team. Put them at a good distance from one another. Each island will have a treasure (it can be anything). The pirates (the kids) will have to go steal the treasure from the other teams (parents). If one of the pirates is successful in stealing the treasure of the other team and brings it back to his island. The pirate that stole the treasure must bring it back without getting caught, that team is the winner. You then start the game again. You can change the role of the parents-kids.

Parrot

This game is like the telephone game. Sit in a circle with the family. You start by saying a word (or multiple words) related to the theme, in the right ear of the person on the right. You keep going until the word goes around the circle. The families can participate as teams.

ATTENTION: Do not say the word too loud, as it is a secret. The last person to hear the word will have to say it out loud so that everyone will hear it.

Find the treasure

Find a treasure map online and print it. Put the map on the ground and ask them to throw a small sand bag (or gold coins) on or as close as possible to the X on the card.

Volcano

On a plastic sheet, draw a volcano with salt paste or sand (do not forget to make a hole at the top of the volcano). Put some baking soda in the hole and gradually add the vinegar mixed with food coloring. Observe this amazing experience! The parents can help the kids to pour the vinegar.

Pirate say or black beard says!

The game is the same as Simon says! You can give the instruction to the teams, when you say pirate says or black beard say they will do as you say. You can use words like starboard, sailor, ect.

Pirate snack



Use cheese cubes with a toothpick for the observation tower and put a flag at the top.



Favorite theme for the kids!



Volcano: Make sure you have enough material for all do it.

TEAMWORK

Necessary equipment:



Cones



Soccer ball or any ball

The mother duck



The players will form a circle. There will be a team in the middle of the circle, a mother duck and her baby. The mother will protect her baby. When the baby get touched by another team, they becomes the Mother and baby.

Soccer challenge



Take a soccer ball and ask the teams to participate in challenges. Push the ball with your head, kick the ball on a target, go through a course with the ball using your feet. Parents can be a goaler while the kids try to score.

The surprise box



The teams are all surprise boxes. When the parents that is leading says surprised box the team will crouch down. The parent will chose an animal that the team will imitate. Parents will participate if necessary to help the younger kids.

The shoe race



Create two teams. At the go the first player of each team will run to a predetermine point, take of their shoes and then come back to tap the hand of the second player. When all the players are shoes less, the goal will be to put your shoe back correctly on as fast as possible. Parents will help the younger kids to put their shoes back on.

The shoe race



The goal of the game is to cross the game area as fast as possible while the kids are holding their parents arm. The game leader will name the colour. The players that are wearing an item of that colour will take a giant step. The leader can change the size of the step taken.



Allows for a great cooperation.










The run: Parents can help the younger kids.



DANCE

Necessary equipment:

- | | |
|--|---|
|  Stick with ribbon at one end |  Happy music |
|  Water bottles |  Hawaiian decoration |
|  Frozen tubes |  Clothespin |
|  Big shirt | |

Parents must participate as much as the children and encourage them



- 1 With a light scarves, make the participants dance on a happy music.
- 2 Ask the kids and parents to create a dance and then show it to the group.
- 3 Dance, Dance, Dance, statue! Everybody will dance and when you stop the music, the teams will have to be still like a statue. Dance, dance, dance, statue! Faites jouer de la musique. Tout le monde danse.
- 4 Attach paper or ribbons on the ankle of the teams. When they will dance the ribbons will follow their moves. Each team will create a movement that the other teams will copy.
- 5 Organize a work-out session. Get some ideas from the television shows work-out, use similar movements, upbeat music and similar equipment (small mattress, water bottles). Encourage the parents to move with their kids.

The two monkeys

- 1 Take a big shirt and put about 20 clothespins on it. This will represent the lice.
- 2 Go outside, and the monkey that as the lice with their parent (can have the kids on their back or hold their hand). The other teams will run after them to remove the lice.
- 3 The team that comes back with the more clothespins will become the monkeys with the lice.








Will take the parents out of their comfort zone.



Can be too embarrassing for some.

TRADITIONAL GAMES

Necessary equipment:

-  A band of tissue, a scarf or a headband
-  A ball
-  Object from everyday life objects (for the variant)
-  An object or a tissue
-  A chalk or a stick

Colin Buff

One person has headband on the eyes and the others form a circle around him. The person must try to touch his parent or kid, and try to recognize him or her by touching it's face. To facilitate the game the participants will not move their feet but can move their body not be touched.

The "Little Pig" or the "Tissue"

The players will form a circle. A parent or a kid (player 1) will have in his hand an object or a tissue. He will turn around the circle behind the players. When the player his ready he will drop the object behind a parent or a kid (Player 2). When the player notices that he has an object behind, he must take it and run after the player. The player 1 must go around the circle 3 times and sit down. If the player 1 succeed he sits around the circle. He will remain in the middle until he gets saved by a player who does not get caught going around the circle. The player number 1 gets caught he becomes a little pig and sit in the middle of the circle. Ready.

Hide and seek, a game that does not get old



Inside or outside, play hide and seek, with the parents, the kids will be in heaven. Find dad hiding behind a chair, find mom hiding behind a tree. A lot of excitement and happiness for the kids.

Tag (Play the cat)



There is a lot of different way to play tag. The kid or parent that is the tag will try to catch the other players. The player that is tagged will have to stand still until he gets freed. To be freed another player must come and touch the player that is standing still. When all the players are standing still, the one that was tagged first will become the tag. You can play "sick tag" The player that is tagged must hold the body part that was tagged until he gets freed. For the frozen tag the person that is tagged must remain in the position they were tagged in until he gets freed.

Who has it, Mary Stella?



A team will place themselves in front of the group. The team will turn their back to the others and throw a ball over their shoulder, like a bride tossing her bouquet.

If a player catches the ball, it will be his turn to toss the ball.

If nobody catches the ball, one of the team will hide the ball in their back. The other teams will place their hands behind their back, like they would have the ball. Everybody will say: Who has it, Mary Stella. The team will have to guess who has the ball. If the team guesses right they get to toss the ball again. If they do not guess right the team that has the ball will throw it.



Hopscotch



On the ground draw with a chalk on the asphalt, a stick in the sand one per parent. One after the other, parents and kids will throw a rock on the hopscotch game. Then they will jump on one foot until they reach heaven. They will turn around and come back picking the rock on the way back. They cannot use both feet (unless they are on the double box, i.e. box 4 and 5 and 7 and 8) or touch the line of the game. When they are back they will throw the rock on the second box and start over again.









Everybody likes playing hide and seek.








The little pig: hard to understand for the younger kids.

THE CIRCUS

Necessary equipment:

-  Bowling pins in fabric
-  Hula hoops
-  Diabolos
-  Soft bath book
-  Scaves
-  Excercise mats

-  Cords for stilts
-  Skipping cords
-  2 Akis
-  Cannes
-  Balls

High-wire artist

Place a cord on the ground, parents and kids will walk on it while holding an umbrella or a long stick. They can also can do it while holding the hands of the kids.

Tightrope walker

Use the wooden post in the ground and ask the families to walk on it, without falling off. They can try keeping their balance while putting a book on their head. Parents can participate by doing the activities or hold the kids hands.

The circus path

Set up different stations that is inspired by the circus.

- Juggling station: Have some bins with jugglig material (balls, scarfs, plastic bowling pins.). The families will be able to juggle like the circus people.
- Diabolo Station: The children will try to use the diabolo with their parents.
- Trainer station: one kid will hold a hula hoop and the others will jump through it, like the animals. Parents can help the younger kids.

The clown nose



Print a clown without a nose. You will put the drawing on the wall and fence. With their eyes closed they will try to place the nose on the clown. Who will get the nose at the right spot.

Stilts



Build stilts using a metal tin can ([see page 116](#)). Pierce 2 holes at the bottom of the cans. Measure a cord and cut it to the right length for the kids. Pass the cord through the hole and secure it with a knot. To use the stilts the kids will put their feet on the cans and use the string with their hands to walk. Parents can try it using bigger cans.

The lions



Have the lions jump in the hula hoops. Inside or outside, the kids and parents will place themselves in a line and will go through the hula hoop. When everybody has gone through, hold the hula hoop higher. You can encourage them by saying: Jump my little lions. Keep putting the hula hoop higher and then go high and low. The parents and kids can alternate holding the hula hoop.

Elephant trainers



Taking turns parents will play the role of the trainer. He will have his back turned to the rest of the group and is at the other end of the room. The rest of the group will play the role of the elephant and advance toward the trainer. When the trainer turns around the elephants must stop moving. If one of the elephants moves the trainer will have them sit on the floor until the next turn.



Circus course, can be funny.








Be safe.



FALL

IT'S APPLE SEASON

Necessary equipment:

-  Apples
-  Exercise mats
-  Plastic balls or apples (red, yellow and green)
-  Cones
-  Hampers

Apples, apples, apple tree

All the families will stand in a circle. A participant will go around the circle, while saying: apple, apple. When the person says apple tree the kid or parent in front of the person in front must run after the person and catch him before they take their spot in the circle.

The hot apple

Sit down in a circle in teams of two (parent-kid). The leader will sign a song or designate someone to sing. The teams will pass an apple from hand to hand. When the song stops the person that has the apple in is hand will obey the command of the signer. For example: stand on one leg, imitate a cat, jump 3 times.

Apple to body

Take apples and ask the parents and kids to move it from one body part using their body parts. For example: push the apple with your nose, knee on a designated distance.

Obstacle apples

The kids with their parents will roll their apples along the obstacles (under the table, under the chair, between 2 toys). Nice activity for parent-kids cooperation.

Relay run

Divide the group to do a relay course, (Parents-Kids). The kids must walk in a straight line with an apple between their legs. If the apple falls, they place it back, and keep going. They must then pass it to their parent and they come back to the start line.

Roll like the apple

Put a mattress on the floor so that the kids can do a roll like an apple that rolls. Parents can participate and cheer on the kids.

Apple race

Separate the families into teams. Take three apples, one in each color, red, yellow, green and put them in a basket. You can use real apples or trace them in paper. Hide the apples and the basket. Each team must find a basket and an apple in each color. This game is great in a big classroom or outside.

Circula-Pomme

Print and cut three apples, one red, yellow and green. Designate a start and finish line. The apples will represent traffic lights: red the families will not move, yellow the families will walk slowly, green apples the families will stay still.

Variant:

Hang a picture of a red, green and yellow apple forming a triangle. The teams will start on their hands and knees at the yellow apple. They will have to go to the green apple. They will then go to the red apple jumping on one leg. They will then go to the course backwards. They will go to the green apple and do two twirls. They will make their way to the yellow apple while crawling like a worm. The teams can hold hands while going through the course.







Relay run: The team will find it funny.






Need a lot of apples, use plastic apples.

GROCERY

Necessary equipment:

-  Masking tape
-  Toy Food
-  Basket
-  Balls and balloons

-  Tin can
-  Boxes
-  Music

Metallic Towers



Ask parents to collect empty tin can. Organize a tower contest (the tallest tower, the fastest team to build a tower with a certain number of cans).

N.B. Some cans can have a sharp edge depending in the ca opener used. If they are you can put tape on it to make them dull. You can also color the cans to have a more colorful play.

Packaging



You can go to your local grocery store to get boxes. Let the team burn some energy inside the boxes, and let them burn some energy by using their imagination. They will have hours of fun building tunnels, houses and tunnels. Parents will have as much fun as their kids. The creativity will flow between parents and kids.

Vegetables jump



Print 10 different vegetables in 6 copies, plasticize and glue them on the floor, so that the parents and kids can jump from one vegetable to the next vegetable (same the vegetables ex: carrot to carrot). Name a vegetable and the families will try to jump from one vegetable to the next vegetable that was chosen. When the leader select a vegetable the participant will jump to one vegetable to the next without touching the other vegetable. When the leader choose another vegetable the participants will change their course.

Variant:

Put the same amount of vegetable as they are teams (6 carrots for 6 teams). Then, put on the music and when you stop it the families will go on the vegetable that is chosen. Then you start again with a different vegetable.

Musical Food

Sit down in a circle with the teams. At the sounds of the music, the participant, one at a time, will pass a vegetable (one at a time), while the music plays. When the music stops the family that has the vegetable will keep it. The family that has the more vegetable wins.

Don't let go of the potatoes

Each kid will sit in a potato bag. They then become a bag of potatoes. Each parent will bring their kids to the place where we store the potatoes. The bags of potatoes will then have to be brought back to the start line.

Food race

Hide different food item in the space you are using. The teams will have to bring back the items that are in the food group chosen. They will leave behind the food items that are not healthy on the side. You can change the items that needs to be brought for example going from a vegetable to a fruit.

Precision shot

Create pyramids with tin cans. Ask the teams to try taking the pyramids down with a ball. You can play over and over. If you do this activities indoor there will be a lot of noise. You can have a parent-kid contest.

Fruit salad

The teams form 2 lines facing each other. It can be parents against kids. Place a ball or an object in the middle of the teams. Give each participant in the first row the name of a fruit. Then use the same fruit for the other team. You will then choose a name that you selected, two members (one of each team), parent against their kids, will go to the center of the players to grab a ball et go to sit down with their teams. The member that is successful will score a point for its team. And we do it again!

Be careful, I am hungry!

One of the team will be an Ogre, who is really hungry and walks as a 4 legged walks. All the other team will be food items good for your health and must not be eaten. When a food item is touched, he then becomes an ogre and will move as for 4 legged walk, and will try to eat the food that is left. Keep going until there is no food left.

Oranges, lemons, limes

The families will walk outside while being spread out. When you say oranges, they will walk fast, lemon: they will walk slowly, lime: they will stop, blueberry: they will jump, grapes: they will twirl, strawberry: they will run. You can mark a specific area for the game, a start and end game. The teams to hold hands. You can use pictures so that the teams remember what they have to do.

When I go to the market

Form a circle and sing the song: When I go to the market, I put in my basket,... The player will then name a food item, the next player will then name the items already named and add one. Using items that the younger kids will know, the game will be easier. The parents will need to help the kids.

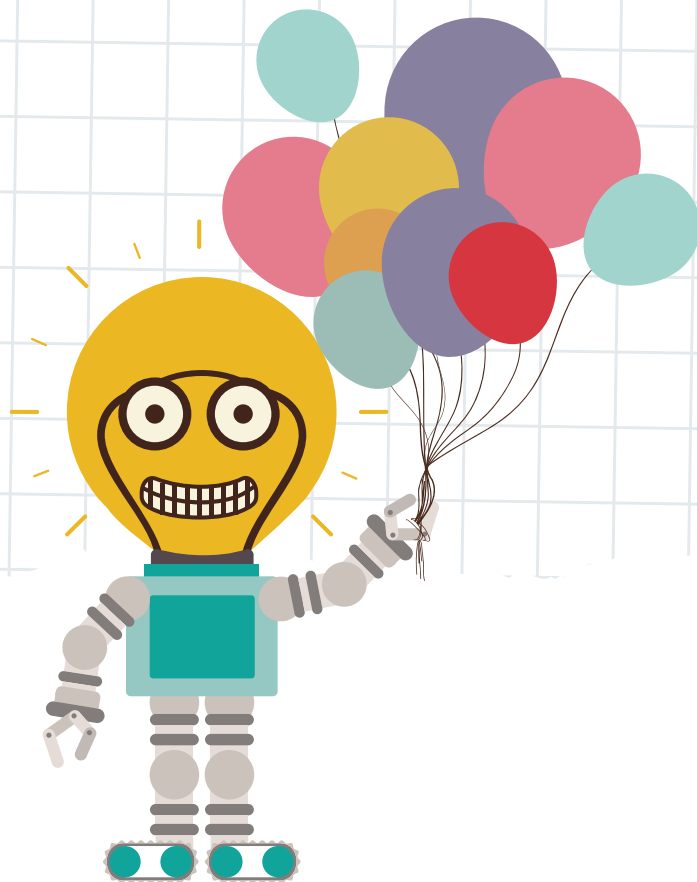


Musical food item:
Always 2 winners.



Make sure that the tin
cans are not sharp.

THE YEARLY HOLIDAYS



CHRISTMAS

Necessary equipment:

- | | |
|---|---|
|  Hula hoops |  Baguettes |
|  Christmas music |  Cd players |
|  Green tape |  Images of elves |
|  Images |  Rope or chalks |

I am moving by toddling

On the floor put images of elves. Get the teams to jump on the images in different ways: on one foot, with two feet. They will get to work on their global motricity. Their parents will choose what they will do.

Play cards – Chasing the elves

Print and plasticize images of elves. Give to each team the same amounts of cards. One at a time invite them to hide the elves in the class. When everybody is done the chase can start. Each kid will try to find the elves. Parents will participate.

Beware of the elves

Choose a parent or kid to play the elves. The elves will chase the other players until they touch a person. The person that get caught by the elves, will become the elves.

Elves

Play some Christmas music and invite the kids to dance with the parents. You are Santa Claus. When you touch your magic wand, they will becomes elves and will have to stand still. When you touch the wand again, they will start dancing again. The game will last the time of a song. Parents can also play the role of Santa Claus.

Musical elf

Put some hula hoop on the floor. The elves will go around them while a Christmas music will play. When the music stops, every little elves (the kids) with the big elf (parents) must find a house. Take a hula hoop at each turn. It's the same idea as the game musical chair. The teams can hold hands. Ways to vary the game: At the sound of music, the teams will go around by jumping from one hoop to the other. For the babies, mom and dad can hold their baby in their arm and jump with them.

The elves stroll

The kids will lay down with their parent. The leader, will have them take a stroll that will be taken by the kids: The elves will wake-up and get up without making a sound. They have to be careful not to wake up Santa Claus. They will say hello by rubbing the tip of their nose. They will wash their face, eat a toast and drink a bowl of milk. They will come out of the forest and walk in the grass, it's a beautiful day. The weather is getting warmer and warmer. A few raindrops fall, the elves will start jumping in the puddles. The elves are getting tired, they will go inside, they can't move. They get home, the wind start blowing, it's start to snow. They get home, take off their shoes and go to the toy factory. Every parent and kid will name a toy they like and build it. Then, they will be tired and will go to bed, they say goodnight by rubbing their nose.

The small elves

The parents and kids will be the elves, they will be the elves, and will be in a circle. The leader or a parent will go into the center, they will represent a fairy. They will have wand. The teams must obey the wand of the fairy. The fairy will raise her wand the teams will jump when the wand goes down the teams will crouch. The wand goes to the right or left, the elves will walk or jump depending which side does the wand point to. If the fairy drops the wand kids will jump on their parents back and the parents will become a horse and walk around. You will have to integrate the parents as well as the kids.












The elves: Kids also love to get the wand.



The elves stroll: Mimes are not easy to imitate.

THE ELVES

Necessary equipment:

- | | |
|--|--|
|  Paint |  Tablecloth |
|  Christmas stuffed animal |  Gift ribbons |
|  Candy cane |  Parachute |
|  Toque |  Scarf |
|  Antlers | |

Jumping elves

Get a small stuffed elf and put it in the center of the parachute. The families must get the elf to jump on the parachute (like a trampoline) while everybody moves the parachute. The teams can sing Christmas song.

The magical elves hair

Divide the group into two teams, kids versus parents. The first team will sit under the parachute. The other team will hold the handle on the parachute. Gently pull the parachute back and forth so that it glides on the heads of the team that is underneath (gently pull the parachute up. The result is extremely funny, especially when it is the parents turn.

Catching the gift thief

One kid or parent will play Santa Claus (he will go on the parachute) and the gift thief will go under the parachute. Santa Claus must catch the thief, like in the cat and mouse game. Parents will like playing both roles.

Candy cane rain

Print and cut candy cane so that each team has at least ten candy cane. Place all the candy cane on the parachute or a blanket. All the participants will hold the parachute. When the go ahead is given, lift the parachute. When the cane come down, the teams will pick up the candy canes. For the younger kids Let the candy canes fall, and then with the help of their parents they can pick up the candy canes.

Reindeer obstacle course

Get a hat with antlers or make one before the activity. Taking turns the parents with their kids will wear the antlers. Taking turns the parents and kids will go through the obstacle course. Place a beam (walking in a tree stump), a tunnel (going through a tunnel), a table (they can eat a snack), a hula hoop the teams will wear around their waist (pull the sled). They can do the obstacle course while listening to Christmas music.

We are Santa Claus

Print and plasticize different action that Santa Claus does. Taking turns the kids will pick a card. Together they will imitate the actions that Santa Claus does, with their mom and dad.

Who stole my hat?

The teams will form a circle. One kid or parent will be name Santa Claus and sit in the middle. Santa Claus will put a hat on and put a blindfold on. The teams will sing a Christmas song. When you touch one of the players head, he will have to take Santa Claus hat and go back to his place hiding the hat behind his hat. All the players will put their hand behind their back. When everybody his ready, Santa Claus will be called. He will try to guess who took is hat. We can give hints so Santa can guess who stole his hat. Once Santa guess who stole his hat, the elf will become Santa Claus. The game will continue until everybody has been Santa Claus.

Santa Claus

Taking each a turn parent will play the role of the Santa Claus. Everybody else be an elf. The elves will hide Santa Claus hat while he is in another room. Santa will come back into the room and he must find his hat. The game will go until all parents has played the role of Santa.

Variant:

Parents will play the elves and will hide multiple hats, easy to find. All the kids will be Santa and they each must find a hat.














Catching the gift thieves: The team loves playing cats and mouse with the parachute.



A lot of kids are scared of Santa.

VALENTINE'S DAY

Necessary equipment:

- | | |
|--|---|
|  Chocolate heart |  Red wool |
|  Inflatable ball |  Balloons |
|  Radio and music |  Music |
|  6 plastics bottles |  A headband |
|  Printed hearts |  Printed animals |
|  Stuffed heart | |

Valentine's day twister



Print and glue big Valentine day (Mac-Tac) on the ground, approximately 4 cubic feet. A parent will choose a Valentine's day and body image and turn it around, then will give instruction to the teams, like the traditional twister games: Put your feet on the big blue hearth, put a hand on the blue hearth. Each kid and parent will have direction to follow and will help each other.

Variant for the younger kids:

The images can be used as a decoration or be used to play a game of recognition (example: show me the blue hearth). For the toddler glue the images on the floor, they will love crawling over them and looking at them. A kid can also take the role of the leader.

Arteries



With the red, pink or white wool, create a path with the wool. The different color wool can cross each other. The teams can have fun while walking on the coloured wool, while following the same color thread while holding hands.

The heart race



Place some chocolate hearts in the room you are in. You will help the families with clues to find the hearts. For example: I am hiding somewhere cold, I am hiding with your favorite game, ect.

Balloon race



Blow up some balloons and put a cord at the end, balloon at the ankle of each parent and kid. The goal of the game is too pop the other team balloons without getting their own balloon pop.

Musical statue



Play some music and ask the teams to dance anywhere in the room. You are Cupid, when you touch them with your wand they become a statue. When you touch them again they resume their dancing. The game last for the duration of a song. Parents can play Cupid.

The lovers dance



When the music starts playing the teams will dance 2x2. When the music stops, you must switch partners. Parents can also dance with the kids.

Musical drawing



Divide the families in 2 groups. Have each team sit at a table. On each table, put a sheet of paper and a red crayon. Play some music. The goal of the game is too have one teams draw on the paper while the song plays. When the music stops the sheet is given to the other teams and the will draw on the paper for the duration of a song. The game goes on until the players want to switch games.

Valentines day mimes



Print and plasticize images related to Valentine's Day, place the images in a bag that is not see trough. Each after the other the teams will pick an image. Using only body language they will try to get the others to guess the word. For example: if the word you have is chocolate you can mime eating a chocolate bar.

Warm heart, cold heart, heart that sting...



Teams will be in a circle standing up. The activity leader will hold an invisible heart (or a stuffed one). The leader will give the heart to a team and will give the heart a texture. The team will have to hold the heart considering the texture of the heart. For example if the heart is hot the participant will throw the hearth to his parents.

The golden heart



Parent-kid course for the 0-5 years old, using mats, hula hoop, balls ... Place red arrows and the teams will follow the arrows.

Cupid arrows



Print Cupids arrows and hearts. Take a cardboard and glue on it hearts of different size. Appose numbers on them from 1 to 10. Cut up some arrows and at the tip put some sticky tape on it. With their eyes closed, each player will try to pin the arrows on the hearts. The player with the highest score wins.

Valentine's Day bowling



You will need 10- 1 liter bottles in each you will put one inches of water. Print and glue Valentine's Vay picture on each bottle. With a small ball, aim for the bottle that the parent chooses.

Variant:

Align the bottles in a straight line. Let them aim at any bottles. Parent will protect the bottles. You can put food colouring and different objects in the water (cotton ball, sparkles ...).

Jumping heart



Trace and cut and glue hearts on the floor. The teams will be tied together by one legs. The teams will be hopping, going forward, side-to-side, backward to move along the path.

Ball duets



Two by two and back, parent-kid team, must transport a ball from one point to another (form a pre-determine course) without dropping the ball. If the ball fall, they must stop and wait until the ball has been put back in place.

Cupid's tag



One kid, one parent or a team will be cupid. When they touch someone the person freezes in place. To thaw the person the other players must give him or her a hug. You can tie the teams by their ankles to make the game more difficult.

Cupid's Game



Each kid with their parents will dance while music plays. When the music stops, the leader of the game, will transform the families in an animal. The teams will then imitate the animal for a few second.

Cry of the heart



Print and plasticize images of animals in a heart. Each team will draw a pictures and imitate the cry of the animal on the pictures. The others will try to guess which animal it is. The team that gets the right answer, will be next to imitate an animal.



Balls duets: appreciated by all.



Twister: Plasticize the cards or they will break right away.

SAINT-PATRICK

Necessary equipment:

-  Celtic music
-  Coloured water (with food coloring)
-  Spray bottles
-  Crazy hat

Elf course

Put a crazy hat, on one of the kid head, one at a time. Create a course and put some clovers along the course. Each kids linked to their parent with a green string, will have to avoid getting caught depending on the rules given at the beginning. This activity can also be played outside.

The elf says

Give instructions like you would play: Simon says. But instead use: The elf says, to adapt the game to the holiday. A parent could give the direction.

Clover jump

Trace, cut and glue clover to the floor. The teams will have to jump together on the same forms while hopping: forward, backwards...

Where are the elves hiding?

Print tiny elves (or images related to St-Patrick's day). Hide multiple elves in the room you are using outside. Each time that the kids find an elf they must say: I have found an elf. The parents can help the children to find the elves that would be harder to find.

Clovers on the snow



Take a cord and make a giant clover on the snow. With a spray bottle with green water ask the teams to colour the clovers. If the snow is gone you can draw a clover on the road/driveway and use chalk to colour the clovers. Parents can participate and colour the clovers.

Elves tag



A team will be the elf with their kid. They will transform the others in a statue. To be able to move again the others must give a hug to the team that is a statue. Fun and hugs guaranteed.

Musical chair



Play some Celtic or Irish music and play the musical chair. You can switch the chairs for clovers that you will fix to the floor. Parents also like playing this game, ask them to participate.









Musical chair: Families will love this game.








The elf says: The attention of the kids is lost rapidly.

EASTER

Necessary equipment:

-  Plastics eggs
-  Easter materiel
-  A Bunny
-  Bunny stickers
-  Spoons
-  2 Jumping rope

-  Easter pictures
-  Bins
-  Words label
-  Basket
-  Balloons

The word race

Print multiple label with words related to Easter and hide them in the room or outside. Divide the group into 2 teams. When you say go, the teams will have to try finding as many words as possible in a pre-establish time. Then the kids in each team will sit in front of you, to obtain one point the teams must be able to tell you which word the found. If the children are not certain of a word they can ask the help of their parent.

Memory game

Place pastel coloured objects on a table and cover them up with a sheet. Uncover the objects and ask the teams to memorize the items. Cover the items again and take one off the table. The teams must tell you what item is missing...

The pastel balloons

Blow up 4 or 5 pastel coloured balloons. They must never touch the floor. You can give rules to the teams that will make the game a little bit harder. For example: do not touch the balloons with your hands. Make sure that no one is allergic to latex.

The coloured bunny

Separate the group into 2 teams. Place the teams facing each other. Give everybody a colour, it will be the same for the people facing each other. Place a carrot in the middle of the two ranks. When you name a colour, the 2 people that represent that colour, will try to get the carrot before the other team. The first one to get back will get one point. The teams could be parents versus kids.

Eggs assemble

Print and cut multiple eggs, then cut them in half. Fix one half of each egg on the wall or on a table. The teams must find the other half of each egg and match them to their other half.

Hiding Easter objects

Fill a small pool or bin with snow and hide Easter objects. When the go is given the teams will search for the objects. When all the objects have been found the game starts over. The players must remain in a team during the search.

One egg, two eggs, three eggs

Use the same eggs you cut earlier and hide them outside. Teams will have to search for the eggs in the snow.

From one box to the other

Place an empty box at the start line and one filled with eggs at the other line. Show to the kids how to transport the eggs from one box to the other. For the older participants they can use a bowl or a plate to transport the eggs. They will do this with their parents holding them by the arm.

Peter rabbit

Print and plasticize images of rabbits. Sit in a circle with the teams and show them a picture of Peter rabbit. Ask them to close their eyes and hide the rabbit. When you say go the teams will look for the rabbit and when they find it they will bring it to you. You will give them a rabbit sticker to put on their shirt. Everybody comes back in a circle and you do it again. The team that accumulates the most stickers wins.

Be gentle with the eggs

With tape make a straight line on the floor. Taking a turn each team will have to walk a straight line with an egg on a spoon without dropping it. You can use a hard boil egg or a chocolate egg to minimize the mess.

Where are the Easter forms?

Print Images related to Easter (Bunnies, chicks) and plasticise them. Hide the images in the yard. Place a basket in the yard, so that the teams can put the images in. The teams will have to find the images. They will have to find all the images.






















Parent love finding object with their kids.



Use plastic eggs.

THEME: EASTER WEEK 2

Necessary equipment:

- | | |
|--|---|
|  Plastic eggs |  Bins |
|  Easter objects |  Feathers |
|  One Bunny |  Jumping potato bags |
|  Bunny stickers |  Bunny ears |
|  Cotton balls |  Labels |
|  Carrots |  Basket |
|  Bunny images |  Pompons |
|  Spoon |  Paper |
|  Skipping rope |  Hula hoop |
|  Easter images | |

Does Peter rabbit wants to?



You are Peter rabbit. Give the rules to the teams (big jump twice, move forward 2 steps). Before they move they will asked: does Peter rabbit wants to. You will answer: yes Peter rabbit wants to or no Peter rabbit does not want to. They will then move when you say yes and stay put if you say no. Peter rabbit can be replace by one of the team.

The chicken and the chick



The families will be sitting in a circle. You will choose a person that will be the one to touch the others. That person will walk around the circle, touching the head of each person while saying chick, chick, chick... He will then say chicken. The person will get up and will have to run around the circle, and go sit at his place. If he gets caught before sitting back down, he will replace the person that touched the others.

Variant:

All the families will be standing and one team will be standing outside the circle. The bunny will be holding a basket. He will place the basket behind one person. The person will have to run to catch the bunny. The bunny will has to steal the spot from the person. The parents can help the younger kids.

The egg run



The families will have to roll an egg with the tip of their nose. To make the run more difficult you can prepare obstacles that the families will have to avoid to make it to the end of the course.

Rabbit ears



Each family will wear a headband with bunny ears (have the kids do a craft to make bunny ears). The family will go at the end of the class. The leader has with her 3 pictures of rabbits: one that sleeps, one jumping, and one eating. The leader will show one image to the group. The families will mimic the image of the bunny.

Where are the bunnies?



Use the images of the bunnies you printed. Place the images in the classroom, make sure that you can see the bunny ears. When the go ahead is given the teams will look for the bunnies. There is no winner, the important thing is to have fun. You can give a picture of the bunnies to each kid. They will be able to take it home.

Bunny jump

Print bunny paw print. Trace, cut and glue Easter forms on the ground, 2 identical images side by side. The teams will have to jump on the forms at the same time.

Chicks or bunny



Print a bunny and a chick. Ask the teams to stand at one end of the yard and stand at the other end of the yard, facing each other. Show them a picture of a rabbit. They will move towards you while hopping like a rabbit. Show them a picture of a chick. The teams will have to stop and peck like a little chick. Alternate between the rabbit and the chick, until the teams have reached you. Then start over again.

The bunnies burrow

Put hula hoops on the ground. The bunnies, parents and kids, will have to walk around them, while the music is playing. When the music stops, every little bunny must find its house where their parents are. Every turn take a hula hoop away. Play it like a game of musical chair. Every bunny will have to touch the last of the hula hoop.

Barnyard run

Organise a course during which the teams will move around the yard while imitating farm animals. For example: jump like a bunny, walk like a chicken.

Bunny race

Form a circle. All the participants will hold hands except the person who is the bunny. The bunny will be holding a basket. The bunny will go around the circle while hopping. He will put the basket behind one person. As soon as he does this the bunny tries to escape before he gets caught by the person where the basket was put. Then you start the game again. The bunny can be a parent or a kid.

The bunny marathon

Align carrots on a table. At one end of the room, the kids, with help from their parents, will hop in a potato bag and hop to the table. When they get to the table they will grab a carrot and hop back to the start line. If the bags are sturdy enough, parents can also participate.

Who is the chicken?

Families will form a circle. Choose a parent or a kid that will be blindfolded and stand in the middle of the circle. Another parent or kid will play a chicken. The chicken will walk around while the rest of the people will sing. The chicken will hide the egg by giving it to someone in the circle. When the egg is given, the person who gets it will say: Cluck, cluck, cluck the rest of the circle will stop singing. The blindfolded person will try to guess who has the egg and is the new chicken. Then the role will change, the person who gave the egg will become the one in the center and the other person will join the others.

The chicks race

Divide the families into 2 teams. When the go is given the first one in the row will place a chick (yellow cotton ball) on a spoon, and will have to bring it to the end of the course and will come back to the beginning. He will give the spoon to the next person in line. And you keep going until everybody had a turn. Have a parent against kid for a fun race.






The bunny race: smiles guaranteed.



The egg race: count them before hiding the eggs.

MOTHER'S DAY

Necessary equipment:

-  Balls for each team
-  Labels written: mom or grand-mother
-  Images of families

My grand-mother is special

The families will sit on the ground in a circle. Name a kid or parent and roll the ball towards them. When they get the ball they will have to say: My grandmother is special because,... The person has to mention something that they love in their grand-mother.

Mom can you help me?

The kids will take their socks off. The mothers will have to put them back on. Then the moms will take their socks off and the kids will have to put the socks back on their mothers. You can also take the time to give a tiny foot massage with their hands or tennis balls or to tickle with a feather.

I'm growing

Touch a participant with a wand to change him/her in a baby, kid, mom or grandmother and they will imitate that person. For example I am copying my mom/ grand-mother. A parent is chosen to lead the activity. The leader will gesticulate so that the others imitate him/her.

Buttons or pasta necklace

When there were less toys than today, the families would play with what was available to them. Bring a tub full of buttons and the families will make a necklace. Mom and dad can create a necklace for their kids and kids can make one for their parents.

Let's draw



Create 2 zone on the ground. Have the kids draw their parent and the parent draw them. on the ground with chalk. Then, parents and kids will try to guess which drawing is theirs.

Search and find, happy mother's day



Print and plasticize pictures representing families (you will need 2 pictures of each). Each team will choose a picture and will have to find it in the class or outside.

Mother, Can I ?



Call the kid one by one. They will have to ask their parent to execute different movement that represent animals. For example: Can I imitate a frog? If the parent says yes the kids will imitate the frog, until you call him back. The parent can say no you are a dog and the kid will have to bark.

Mother says...



The game is similar to the game: Simon says. You will give the teams the rules (like a mother would do) and they will have to do what you say when you add: mother says. For example: Brush your teeth, go to sleep,... Parents will take turns leading the activities.

Mime the words



The game is similar to the game: Simon says. You will give the teams the rules (like a mother would do) and they will have to do what you say when you add: mother says. For example: Brush your teeth, go to sleep,... Parents will take turns leading the activities.



Mom can you help me:
The kids will laugh out loud.




Mom can you help:
Can make some people uncomfortable.

HALLOWEEN

Halloween parachute games

Necessary equipment:

- | | |
|--|--|
|  One ball of yarn |  Small fishes |
|  Head band |  Chairs |
|  Blue blanket |  Parachute |
|  Bath toys | |

Mascot jump

Get a Halloween plush and install it in the middle of the parachute. The teams will have to make the plush jump, like the kids jump on the trampoline.

The magic hair

Divide the group into two teams: parents and kids. The first team will sit on ground under the parachute. Parents from the other team will hold the parachute all around. They will go back and forth with the parachute so that it rubs on the head of the team sitting down. The results will be spectacular! Bring your camera out.

Catch the Halloween candy thief

One team will play the role of the nice witch and her baby (on top of the parachute). The other team will play the role of the thief (under the parachute). The witch and her family will have to catch the thief. Let each family play the role of the nice witch. The game is the same as the cat and mouse.

It's raining mini-candies

Print and cut candy images, so that each families has 10 each. Put all the candies in the middle of the parachute. The parents and kids will all be holding the parachute. When you give the go ahead they will lift the parachute. When the candies comes back down, the teams will try to grab as much candies as possible. You will count the candy the teams have collected.

It's raining creatures

Get together some costumes (mask, hats, costume). Place all the costumes in the middle of the parachute. When you give the go ahead lift the parachute. When the costumes comes back down, the parents will have to grab as many items as possible. They will then put the costumes on.

Halloween jumps

Print, trace and glue Halloween forms on the ground. The families will have to jump from one form to the other. You can have them make sounds of monsters as they jump.

Musical pumpkin

Print and glue images of pumpkins on the ground. At the sounds of the music the teams will walk around the room. When the music stop the participants will have to put their feet on the pumpkin. As the game moves along you can remove some pumpkins and give them precise like: name the color of the pumpkin, put your hand... You can ask the parents to run the game.

Statues

Play some music and ask the teams to dance in the class. You are a witch and when you touch with your wand they will become a statue. When you touch them again they will dance again. The game will last the time of a song. You can ask a parent to be the witch.

Throw a ghost

Blow up an orange and white balloon and draw the face of a ghost or a pumpkin face on it. Ask the team to throw the balloon in the air and keep it from touching the floor. You can play the game like a volleyball game. You can have the parents play against the kids.

The witch game

The teams will dance at the sounds of the music. When the music stops, taking a turn, the parents (being a witch), will transform the teams in an animal or monsters. They will imitate the animal or monster for a few minutes. You can use Halloween music.

The mummy

The participant will form teams of 2. They will decide who will be the mummy. When you give the go ahead, they will have to use rolls of toilet paper to create a mummy, for the duration of a song. When the music stops, the winning team will be the one that has the mummy that is the most covered.

Zombie tag

Play a game of tag, the one to tag the others will be a zombie. Every time that the zombie touches someone the person will become a zombie. The last person standing will become the first zombie in the next game. So that the participants know who is a zombie, have them keep their arm straight in front of them. Parents can participate.

Mummy race

Use toilet paper and wrap it around the legs of the parents and kids. Then start a mummy race. They will have to cross the finish line while keeping the paper as intact as they can.

The spider web game

Everybody will form a circle. One kid will hold a ball of yarn, they will throw it to a parent by naming them. Then the parent will throw the ball to a kid, and the game goes on until all the ball is around the circle creating a spider web. A knowledge of the names is necessary. You can use multiple ball of different colour, so that everybody can participate at once.

The perched cat game

A kid or a parent will play the role of the cat. The other participant will have to climb on the furniture before the cat gets them. When the cat traps someone the person they becomes the cat. Playing outside, at a playground will be easier for the participants to climb. Parents can stay with their kid and play as a team.

The microbe game

One of the team will play the role of a microbe, while playing on for paws. The other teams will stand up and run around the microbe. Without getting touched. When one of the participant gets touched, they become a microbe with their parent. At the end of the game, the last team to stand up will become the first microbe, in the next game.

Finding mom

Line up some chairs, taking into account the number of moms present. Have the moms sit on the chairs. When they are sitting blindfold the eyes of the kids. They will have to touch the moms with their hands and the kids will have to find their moms. When they have found their mom, they will get the dads to do it. They will do it on their knees, if the kids are very young, get the dads to start to show the kids how to do it. You can give a candy to the ones that succeed.

Fish in the water

Give each team a towel, a bed sheet folded in two or a blue table cloth, get a few participant to hold the four corners. Then, you will put the plastic fishes and frogs on the tablecloth. The blue tablecloth will become the ocean. The teams will sing softly and move the tablecloth gently to represent the waves of the ocean, when you sign the chorus they will move the tablecloth faster, so that the fishes and frogs jump everywhere. We will have to put the fishes so that they do not run out of air.

Chorus

The little fishes in the water

Swim, swim, swim

The little fishes in the water

Swims as good has the big ones.

Fast chorus

Jump, jump, jump

Little fishes

Small and big

Jump in the water!




They will love getting dressed!



Beware! The kids can be afraid of some of the costume.

HALLOWEEN CONTINUED

Necessary equipment:

- | | |
|--|--|
|  Pumpkins |  Band |
|  Chairs |  Small squash |
|  A witch hat |  Picture of a witch |
|  Costume of a witch | |

Passing the pumpkin around

Ask the families to form a circle. Place a mini squash in play, the participant will have to pass it around without touching it with their hands. The person who drops the squash will be disqualified and will sit in the middle of the circle. When all the participant are in the middle a new game will start.

Pumpkin tumble

Tell the kids that they are pumpkins. Ask them to roll on their side or tumbling down. It will be a lot of fun to do it outside and if there is a small hill. Parents are also invited to do some roll and to help their child.

From one box to another

Place an empty box in one of the rooms and a second one filled with plastic pumpkin at the other end of the room. Show to the kids how to take a pumpkin and bring it from one box to the other. Parents will also participate in transporting the pumpkin.

The giant witch game

Print or draw a giant witch. Put the witch on the wall. Hide some witches hat in the room. During the course of the day the teams will find the hats and will be able to decorate the wall next to the witch.

The witch's hat

Ask the kids to go on their hands and feet. Ask them to curve their back and push their bums back while breathing in and when breathing out meow like a cat. Invite them to repeat the activity. It is a nice activity to relax. With their eyes blindfold ask them to find their kids.

Beware of the witch

A kid or a parent will dress up as a witch. The teams will sing in the yard outside or in a spacious room. The witch will stand away. After each verse the witch will answer : I take my broom, I put my cape on,, I put my belt on,... When she decide the witch will say: I am coming, she will appear and will try to catch the teams. The teams will run away from the witch.

It is important to think of the kids that could get scared, make sure that you end the game on a positive note (for example give out a surprise).

While waiting for the witch the teams will sing:

Let stroll in the woods

While the witch is gone

If she was here, she would eat us.

Witch are you here

What are you up too

I take my broom...

Let's stroll in the woods...

Halloween rally

Invite the families to participate in a rally outside. They will have to stay together for the duration of the rally.

- 1 Drawing with dots: The teams will have to identify images while drawing it from dot to dots. It is easy to find images on the internet by typing... Parents can help the younger kids.
- 2 Monster throw: Each team will have to successfully throw 3 monsters heads made out of tennis balls. You can use a pot has a recipient for the balls. The distance of the pot will vary depending on the person throwing.
- 3 Halloween quiz: Find a quiz on the internet, the kids will be able to answer with the help from their parents.
- 4 The Halloween course: Create a course with chairs, mats, and other objects. Decorate the course with black and orange.
- 5 The Halloween puzzle: Build the puzzle.
- 6 A scary story: The teams will have to meet the spirit of Halloween and tell a scary Halloween story. The leader of the games will let the teams know where the spirit is. The spirit will help by starting the story by saying: there once was a man walking in the in a graveyard... Once upon a time an old lady that looked like a witch...



Passing the pumpkin, lots of laughs guaranteed.



The witch has to be a funny so that the young kids are not scared

PARACHUTE GAMES ADAPTED FOR TEAMS



Necessary equipment:

- | | |
|---|---|
|  Balls, soft balls |  Kindergarten pictures |
|  Clear tape |  Music |
|  Parachute | |

The wave

Ask the families to grab a handle on the parachute. To make the game easier place a kid and a parent at each handle. Everybody will crouch down, when you say go, the teams will stand up one at a time to imitate a wave. You can tell the teams where to stop from getting all the way so that the waves have all different size.

Face to face

The children on one side of the parachute while holding the handles. On the other side the parents will do the same. Put a soft ball on the parachute. The teams will make some wave and trying to get the ball out of play.

The electric hair

Divide the group into two teams. The first team will be the children, they will sit under the parachutes. The other team will be the parents and they will grasp one handle. Pull gently on the parachute to create a rub on the top of the kids head. The result is amazing. Then it will be the turn for the parents.

The hole

Ask parents and kids to grasp a handle of the parachute and to stretch the parachute and hold it at hips height. Put a ball on the parachute and move the parachute back and forth and try to bring the ball in the parachute's hole in the middle. Parents will help the kids.

The mushroom

The parents will hold the parachute in the air. They will then bring it down, move under neat the parachute while bringing the edge in and sit on it. Doing this will keep the hair inside and create a mushroom.

The roller coaster

Parents with their kids will hold the parachute at hip height. Place a ball in middle of the parachute. The players will have to create a wave will crouch down one at a time and get up one at a time. The ball will move on the edge of the parachute. The have to get the ball rolling as long as possible. If the balls falls, they can start over.

The cat and the mouse

A kid will start by playing the mouse one at a time. The parents will play the role of the cat. The mousse will be under the parachute and the cat will be on top. The role can be switch. The other players will hold the handles and will move the parachute so that the mouse can hide and run from the cat and offer coverage. When the cat catches the mousse the roles are switch.



Electric hair: Everybody will have fun!



The cat and mouse: Managing who plays each role can be hard.



FAMILY OBSTACLE COURSE

START

The following activities are done as parent-kid teams

Necessary equipment:

- ✿ Cones
- ✿ 5 Jumping balls
- ✿ Six hula hoops
- ✿ 4 hooks
- ✿ Cricket game
- ✿ Small chicks (Dollarama)
- ✿ Rabbit tail
- ✿ Cords or strings
- ✿ Three tricycle and chalk to mark the course
- ✿ 4 Pool noodles (Big) and small ones to tie them together
- ✿ Potato bag or pillow cases
- ✿ 2 tunnels
- ✿ 4 exercises mats
- ✿ A stake
- ✿ Spoons and plastic eggs
- ✿ Elastic to jump (Dollarama)
- ✿ 2 Head band
- ✿ Poster or a big image of a bunny
- ✿ Clothespins

Tied together

- 1 Walk on your hands while parents hold the feet of their kid.
- 2 Go through the tunnel. Use 3 tunnels.
- 3 Use the tricycle with mom or dad pushing their kid. Use chalk to trace the course.
- 4 Do a jumping race, with the jumping ball, against mom or dad.

Let's move together



This activity is done with the parents and kids feet tied together. The course must be done with an egg on a spoon without dropping it:

- 1 Go up an obstacle (use exercise mats or boxes and climb them).
- 2 Go over cords that are tied on tents pickets.
- 3 Go through hula hoops.
- 4 Go under pool noodles, that are anchored in the ground with pickets.
- 5 Create some hoops or use hoops from a croquet game and pass the egg under it without dropping it. A good challenge to work on teamwork.

Parent-kid competition (we did it at Easter)



- 1 Have a potato bag competition. Bring the carrot to the bunny.
- 2 Plastic egg race. Parents against kids, they will have to bring a plastic egg, in a spoon, to the Stop line. Then they will open the eggs, take the chick put it in the spoon and go back to the start line.
- 3 With their eyes closed, parents will play against their kids. They will have to place the tail of the bunny on the bunny. The winner will be the one that gets the tail the closest to the right spot on the bunny.
- 4 Place some rope on the ground. Each parent and kids will have 10 clothespin of different colour. When the go ahead is given, they will have to pin the clothespins the fastest. Who will win, parents or kids?



When parents have their feet tied they participate more.



Beware of the elastic it can pull the tiny hairs off the legs.

CRAFTING ANNEX



PARENTS♥TOT

PREAMBLE

The concept of our crafts is first and foremost to use items easily available at home or at the Dollar store. Your recycling bin can be a very good ally when it comes time to have fun with your children.

Do not forget that your children are overflowing with imagination, our crafts are suggestions that you can modify as you wish or according to the desire of your child.

These are also good complements at a children's party.

Tip: When using paint, putting a few drops of dish soap into the paint makes it easier to wash hands and clothes.

Last Instructions:
HAVE FUN WITH YOUR CHILD!

Note: Pictures were taken on the internet, Pinterest, Tête à modeler, and other crafting web sites. (See References section)

TABLE OF CONTENTS

SEASON 103-106

Crafting with autumn leaves 103

Apple Printing 103

Bottle Penguin 104

Penguin roll 104

Polar Bear (or others animals) 105

Spring 106

HOLIDAYS 107-111

Halloween 107

Christmas 107-108

Valentine's Day 108-109

St-Patrick' Day 109

Easter 110

April fool's day 111

Mother's day 111

OTHER 112-119

Recycled Cars 112

Recycled music instruments 113

Caterpillar 114

Hot air Balloon 114

Frog mask 115

Binoculars 115

Pirate hat 116

Kid stilts 116

Magic wand 117

Hot and Cold Mobile 117

Olympic flame 118

Placemat 118

Earth's day 119

RECIPES 120-121

Self-hardening dough 120

Puffy paint 121

Drawing with autumn leaves

You will need:

- ✿ A blank or drawing sheet
- ✿ Dried leaves
- ✿ Glue

Use the leaves to fill out the existing image or to create one. (ex: use the leaves to create the feathers of a turkey, create a new caracter, etc.



Ref: tatastephanie.e-monsite.com



Crafting in more than one steps gives you the chance to do more than one activity, going leaves hunting and giving them a chance to dry up.

Don't let them dry too long, they will tend to break.



Apple printing

You will need:

- ✿ Some paper
- ✿ An apple or other fruits
- ✿ A knife
- ✿ Some paint

The parent will cut the apple to create different forms, the children can then soak the shapes in the paint and make prints. A small slice can also become a paint brush. You can also use citrus cut in half.



With fabric paint you can paint a reusable fabric bag. There you are ready to shop with children proud to see their work used.

Kids love painting with other things then paint brush.



We know it's not always easy to make good forms with fruits. Don't push yourself to hard, kids will be perfectly fine either way.



Ref: www.pinterest.com

Bottle Penguins

You will need:

-  An empty plastic bottle
-  Orange and Black cardboard
-  Some cotton wool
-  Plastic eyes
-  Glue/Scissors
-  Feathers (not necessary)






Insert a piece of black cardboard at the back for the back of the penguins and fill the bottle with cotton wool. Glue the wings, feet, eyes and beak.



Penguins roll

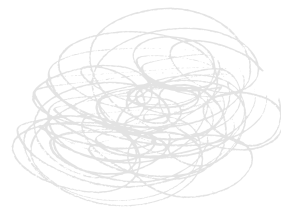


You will need:

-  Toilet paper roll
-  Yellow, black, orange and white cardboard
-  Plastic eyes
-  Glue
-  Scissors

Cover the roll with black cardboard. Cut a white oval and stick it to make the penguin's belly. Cut two black wings, glue them on each side. Cut a small orange triangle to make the beak. Stick it over

the belly. Glue two plastic eyes. Cut two small yellow legs. Glue them to the bottom of the roller.



Polar bear

You will need:

- ✿ A polar bear drawing (from internet or drawing books)
- ✿ Cotton wool
- ✿ Glue
- ✿ Scissors

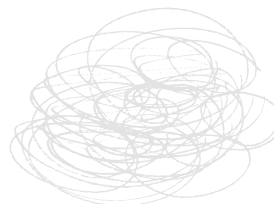
Glue the cotton wool on the drawing to give the impression of the fur of the bear.

Alternative: you can do this craft with other animals and materials that can imitate coat, fur and feathers.

Depending on the design and animal you've chosen, children will learn to recognize different textures.



If you do not have access to a computer and / or printer do not forget that you can use the drawings in the coloring books.






Spring







Ref: pinterest.com

You will need:

-  Egg Cardboard
-  Paint
-  Glue

Cut out egg capsules and give them the desired flower shape, stick them on a sheet and paint them to your liking.

You will need:

-  Bow tie Pasta
-  Cardboard
-  Paint/crayons
-  Glue

Paint (or draw) the bows, allowed them to dry and then glue them on a sheet. Paint or draw antennas and other decorations.





Ref: pinterest.com



Ref: pinterest.com

You will need:

-  Paint
-  Plastic bottle

Put paint on a plate. Dip the bottom of a bottle and stamp out forms of flowers.





You can easily combine these three crafts together.



Halloween

Feel free to let kids paint with the feet and hands, they love this idea and you can let your imagination go!

You will need:

-  Paint
-  Cardboard



Ref: pinterest.com

Here are some examples of what you can create, let go of your imagination to also create monsters, witches and other frightening characters.










Don't forget to add a few drops of dish soap in the paint to help with the cleaning.



Christmas

Santa's head

You will need:

-  Plate of cardboard or Styrofoam
-  Cardboard
-  Cotton ball
-  Glue
-  Scissors
-  Pompons
-  Crayons



Ref: caboucadin.com

Draw the face of Santa Claus on the plate and then glue the beard. Make the cardboard hat and stick it to the plate.





Christmas

Santa's sled



Ref: thewhoot.com.au

You will need:

-  Paint
-  Blank sheet
-  Paint brush
-  Crayons

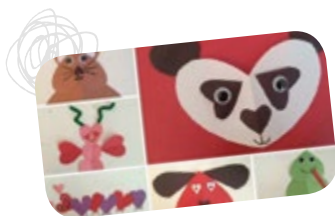
Paint a foot for the sledge and hands for the reins. Paint or draw other decorations: gifts, Santa, skates sledging, etc.



If the children are older (or for yourself), use two sheets to successfully put all elements.




Valentine's Day

Valentine Animal



Ref: mamanpourlavie.com

You will need:

-  Cardboard
-  Glue
-  Scissors

Cut hearts of different sizes to make the wings, body and head of a butterfly or the head and ears of a dog. With a little imagination you can also make other animals: caterpillar, mouse, etc.



You can find the templates for the hearts on the internet or in the creation of shapes in Word. You can also fold your sheet in half to make sure you make symmetrical hearts.

Valentine's Day

Valentine's Day Paint

You will need:

- ✿ Paint
- ✿ Cardboard
- ✿ Paint brush

Write the letters L and E and then print the hand and foot marks to create the other letters of the word Love.



Ref: pinterest.com



Do not hesitate to create! You can write your child's name, words that inspire you, etc.



St-Patrick

You will need:

- ✿ Paint or crayon
- ✿ Cotton balls
- ✿ Cardboard
- ✿ Ribbon or string
- ✿ Glue
- ✿ Scissors



Ref: ribbons.com



There are several steps so you do not have to do the whole craft in one shot. For example, with the younger ones you can do only the rainbow.

Paint or draw the rainbow on a sheet, cut it out. Glue balls of cotton on each end of the rainbow. Draw the shape of a four-leaf clover, cut it out. Draw a cauldron filled with gold and cut it out. Attach the clover and the cauldron to the rainbow with a ribbon or string. Add a ribbon to the top of the rainbow. This is the Mobile of the St-Patrick's Day.

Easter



Ref: fr.hellokids.com

Oreilles de lapin

You will need:

- ✿ Paint or crayon
- ✿ Cardboard
- ✿ Glue
- ✿ Scissors
- ✿ Cotton ball



Cut a strip of cardboard large enough to make the headband for your child. Cut out two ears and stick them to the headband. You can add cotton to imitate the fur and draw the inside ear pink.

Your little bunnies will be ready for the Egg hunt.

Surprise Easter Egg

You will need:

- ✿ Paint or crayons
- ✿ Cardboard
- ✿ Glue
- ✿ Scissors
- ✿ Small Fasteners



Ref: pinterest.com

Draw an egg and cut in the center in zigzag. Attach the two pieces in a corner with a small fastener. Draw and cut out the shape of a chick. Glue the chick behind the bottom of the egg. Decorate the Easter egg.










Do not try to make two eggs sides separately.



Kids love this craft, because they can replace chick by a picture of themselves.

April's fool

You will need:

-  Paint or crayons
-  Cardboards
-  Glue
-  Scissors
-  Ribbon
-  Stick
-  Decorative accessories of your choice



Ref : nounou-laurence-penvern.over-blog.fr

Cut out a fish shape of the size of your choice. Decorate the fish to your liking. Glue a stick to the back.







Let the imagination of children go in order to decorate fish of all colors.



Mother's Day

You will need:

-  Paint or crayons
-  Cardboards
-  Glue
-  Scissors









Ref : pinterest.com

Cut some hearts, one smaller than the other, stick them together to form the packaging for the flowers. Stick to another sheet (center of heart only). Fold both sides of the heart towards the center. Paint or draw the stems and then the flowers with the hands of the children.

Recycled Car

You will need:

-  Toilet paper rolls, cans, bottles, etc.
-  Glue
-  Scissors
-  Cardboards of all kind
-  Paint/crayons
-  Rope, Stapler, fasteners or other accessories you want to use



Ref: madiwi.fr

Use recycled materials to make cars of all kinds.

Example: Use a roll of toilet paper, color it or paint it. Cut out cardboard circles to make the wheels and tie them with fasteners. Cut a hole on top to create the driver's cabin. Cut another circle to make the steering wheel and tie it also with a fasteners. Here is your first recycled car!



You can also create a route with masking tape, tunnels with boxes, houses with milk cartons, etc.



Recycled music instrument

You will need:

- ✿ Cans, boxes, cardboard rolls, bottles, etc.
- ✿ Rice, pasta, dry peas, etc.
- ✿ Cardboard
- ✿ Balloons
- ✿ String, Elastics
- ✿ Glue
- ✿ Scissors



Ref: [pinterest.com](https://www.pinterest.com/madame-delphine.be)
[madame-delphine.be](https://www.pinterest.com/madame-delphine.be)

Use your imagination to create a musical instrument: tam-tam, maracas, guitar, etc. For maracas or tam-tam with a can, use a balloon to make the skin you can also use some rice, peas or whatever you feel like inside to make music.



This is an awesome activity to create a parade on a birthday party.



Beware of the can opener that leaves small pieces of metal that can hurt children. Use thick tape ("duct tape" style) to protect them if necessary.



Caterpillar

You will need:

- ✿ Egg card box
- ✿ Glue
- ✿ Crayons or paint
- ✿ Scissors
- ✿ Pipe cleaners

Cut a row of an egg carton so that it has a tightly-bound row. Make holes to insert pipe cleaners for the legs and antennas. Color it to your liking.



Ref: tatanounou27.centerblog.net



Be careful when you will pierce the card box, sometime it's hard to do so, and we don't want you to hurt your fingers!

Hot Air Balloon

You will need:

- ✿ Pot of yogurt/pudding
- ✿ Glue
- ✿ Balloon or cardboard
- ✿ Scissors
- ✿ Rope



Ref: verhille.free.fr

Inflate the balloon. Drill a hole at the four corners of the top of the jar of the yogurt. Attach two long pieces of crossed rope to the yogurt pot to create an X with the ropes and be able to stick the top of the balloon to the center of the rope (the ropes make the X on the top of the balloon and go to the basket).

This hot air balloon craft is easier for small children when you use a cardboard balloon. You simply have to glue the ropes to the back of the cardboard balloon.



What is nice to do too is to cover the ball of paper mache (recipe in the last section). The activity will requires more steps but allows a little more room for imagination for the decoration of the balloon. You will also be able to tie the ropes to the balloon through the layers of papier mache, so it will be easier for the following steps.



Connecting the balloon and the basket can be quite challenging, especially to have cords of equal length. You will need a little bit of patience.

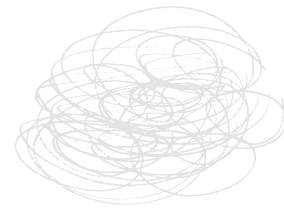
Frog Mask (or other animals)

You will need:

- ✿ Cardboard
- ✿ Tissue paper (different colors)
- ✿ Rope
- ✿ Glue
- ✿ Scissors



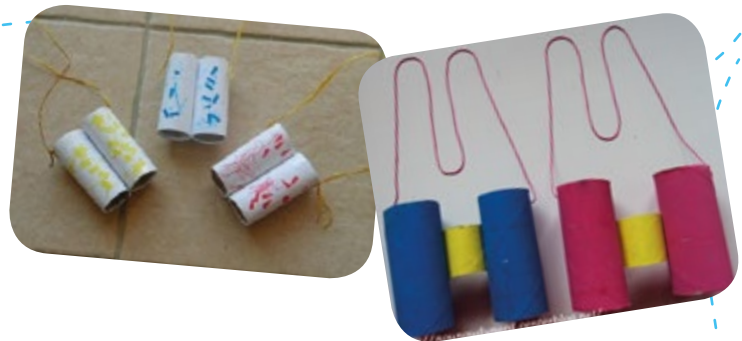
Cut out a frog's head shape (or another animal). Decorate it with the tissue paper, tie on each side with a rope and you got your mask: create the animal family you want!



Binoculars

You will need:

- ✿ Some cardboard rolls (toilet paper etc.)
- ✿ Paint or crayons
- ✿ Rope ou ribbons
- ✿ Stapler
- ✿ Glue
- ✿ Scissors



Ref : nounoudunord.centerblog.net
line-assistante-maternelle.jimdo.com



Glue a strip of cardboard between the two rollers rather than sticking them directly one on top of the other. So the children can adjust the binocular to their eyes.

Use two rolls of toilet paper, glue them together (or staple for strength). Make two holes to tie a rope, decorate and the little ones are ready to go and observe their environment!



Ref : nscreative.canalblog.com

Pirate's hat

You will need:

- ✿ Cardboard
- ✿ Glue
- ✿ Staples
- ✿ Scissors
- ✿ Decoration/crayons/
paint

Cut in the cardboard the front and the back of the hat, then staple it to the size of your child's head, and in a way that the side would stay straight. And now you just need to decorate the hat and you are ready to play Pirate!



Stilt walking

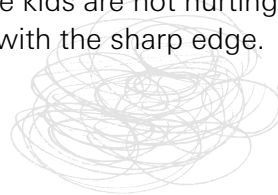
You will need:

- ✿ Two cans (same size)
- ✿ Decorations
- ✿ Rigid rope
- ✿ Glue
- ✿ Drill/ Drill bit
- ✿ Scissors
- ✿ Duct tape

Take one end of the can off, and keep the other one intact. On the other side of the can drill two holes one in front of the other so you can pass the rope. And decorate the can to your taste.







Put the Duct tape around the side that you cut out, so it makes the stilt not slippery, and also to make sur that the kids are not hurting them self with the sharp edge.



Magic wand

You will need:







-  Wooden rod
-  Ribbons/card box /and other decoration
-  Glue
-  Scissors

Use your imagination to decorate your wooden rod, the top can be a star, snowflakes or a butterfly etc. There is your magic wand!



Hot/Cold Mobile

You will need:






-  Paint or crayons
-  Cotton balls
-  Card box
-  Ribbons or strings
-  Glue
-  Scissors



Create a mobile that represent the weather. Do a big cloud in cardboard, you can cut the form and glue some cotton ball to create texture. Draw and cut a big sun in cardboard to represent the hot weather. Also draw and cut some snowflakes to represent the cold weather. Use the ribbons or strings to tie the sun and snowflakes to the cloud.

Olympic flame

You will need:

-  Tissue paper orange and yellow
-  Cardboard
-  Paint or crayons
-  Glue
-  Scissors







Roll a sheet of cardboard to create a cone. Glue some tissue paper yellow and orange to create the flame. And there you go you are now ready to open the Olympic game!



Ref: teteamodeler.com

Placemats

You will need:

- | | |
|---|---|
|  Paint and crayons |  Glue |
|  Cardboard |  Scissors |
|  Decoration |  Laminator and plastic sheets or some clear self-adhesive plastic (clear sticky) |



Ref: pinterest.com





Create a placemat on card box using your imagination, and laminate it, so it's easier to clean. You can also use the self-adhesive plastic if you don't have a laminator.



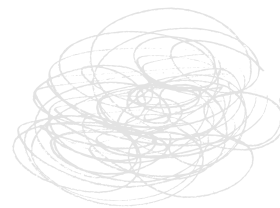
You can also create some placemats with games, ex: labyrinths etc. Kids can use dry-erasable crayons.

Earth day Hug

You will need:

-  Paint /crayons
-  Cardboard
-  Glue
-  Scissors

Create an Earth with cardboard (or you can print one from the internet, cut it and colour it). Trace the hands and wrist of your child, cut it and glue the wrist on the back of the earth. Fold the hands on top of the earth like they were hugging it.



Clay

You will need:

- ✿ 1 part of baking soda ("Petite Vache")
- ✿ 1 part of corn starch
- ✿ 1 part of water



Ref: lacourdespetits.com

Put all the ingredients in a pot on the stove and stir constantly. When you start to see bubbles, the dough will form a few minutes after. If you put it in a Ziploc, you will be able to use it as play dough. You can also put food colorant or some paint to color the dough before or after you played with it. The time for the dough to dry will depend on the outside temperature.



I suggest that you don't do more than 1 cup at the time.



The dough is not the best to create big 3D forms. So I suggest that you do flat forms, they will hold better.

Inflatable paint

You will need:

- ✿ 3 Table spoon of flour
- ✿ 3 Table spoon of fine salt
- ✿ 5 to 6 Table spoon of water
- ✿ Food colouring or paint
- ✿ Q-tips or paint brush
- ✿ Microwave



Ref : lacourdespetits.com

Mix all the dry ingredient together. Add the water spoon by spoon and mix well in between to make sure that the dough is not too liquid. Split the dough so you can colour it with as many color as you

want. Draw with the paint and put it in the microwave for a few second (15 to 30 depending of the power of your micro-wave).



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