

**Family  
Resource  
and  
Activity  
packet  
Friday  
(12-18-20)**





## The Lights on the Tree (Tune - "The Wheels on the Bus")

The lights on the tree go blink, blink, blink,  
Blink, blink, blink, blink, blink, blink.  
The lights on the tree go blink, blink, blink  
All Christmas Day.

The presents at the house go rattle, rattle, rattle,  
Rattle, rattle, rattle, rattle, rattle, rattle.  
The presents at the house go rattle, rattle, rattle  
All Christmas Day.

The mom at the house goes bake, bake, bake...

The dad at the house goes snore, snore, snore...

The grandma at the house goes hug, hug, hug...

# STRAWBERRY-BANANA POPSICLES

6 popsicles



Prep time: 5 minutes

Freezer time: 2-3 hours

Perfect for hot summer days, these frozen treats are easy to make and full of healthy fruit. Jam-packed with strawberries and bananas these popsicles have lots of vitamins to keep your family healthy while enjoying this special treat.

## Ingredients

- 2 very ripe bananas
- 14 fresh or frozen strawberries
- 1 tsp vanilla extract

## Instructions

1. In a blender pulse all the ingredients until you have a smooth mixture.
2. Pour the mix into ice pop molds and put them in the freezer until completely frozen (minimum 2 hours).
3. To serve, run warm water over the outside of the mold for easy removal.



### TIPS FOR HEALTHY EATING



This recipe works best with very ripe bananas that are covered in little brown spots. Ripe bananas help to add natural sweetness to the popsicles. Try making half the recipe with strawberries and the other half with blueberries, or any other frozen fruit your child loves!

and

NC STATE Design



# 30 Cool Things to do on a HILL

1. **Log roll down**- children will roll with their arms down by their sides
2. **Climb up**
3. **Run up or down**
4. **Bear walk**
5. **Slide down** on a cardboard box
6. **Forward roll down**
7. **Egg roll down**- children will curl up into a ball and roll to the left or right
8. Roll a **ball**
9. **Crab walk**
10. **Pull** a friend on a sled
11. **Roll a tire** and chase it
12. **Race** a friend
13. Ride a **bike** down
14. Do **push-up** at an incline
15. Do **sit-up** on the decline
16. Create a **slip-in-slide** down the hill using a tarp and shaving cream or water
17. Walk like different **insects/animals**
18. **Army crawl**
19. Do a **relay race**
20. Use the hill as part of an **obstacle course**
21. **Ride** a toy down
22. Attach a **rope** at the top and climb up or repel down
23. **Cartwheel** up or down it
24. Walk **sideways** or do side slides
25. **Frog jump** up or down
26. Have a **parade** with friends
27. **Pencil roll down**- children will put their arms together straight over their head and roll on their side
28. **Throw a ball** to the top and let it roll back
29. Ride down on a bunch of **pool noodles**
30. Use a bucket to **collect natural items** to carry up and/or down the hill



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# 4 Ways to Make Holidays Better for Kids

Tips for keeping kids happy and able to enjoy the fun

Rachel Ehmke (childmind.org)

It's easy for children to be smitten with the magic of the holidays. Fun presents. Extra sweets. A vacation from school—there's a lot to like. But with the freedom and excess of the season, sometimes kids can get a little carried away. For most families, there will be a point when the kids get overtired and cranky, or greedy about presents, or would rather play a video game than talk to Grandma. Here are some tips to keep kids happy and ready to enjoy whatever the season brings.

1. Gifts, gifts, gifts: Getting presents is a high point of the holidays for any kid, but they shouldn't be the only focus. As adults we know that giving presents can be just as rewarding as getting them, and we shouldn't wait to teach that lesson to our children.

Even when kids are too young to buy a present, they can still make one, or help you pick out something. Some of my best holiday memories are of helping my father look for the perfect gift for Mom, or combing the mall to look for presents with my siblings as we got older. Volunteering, participating in a local toy drive, or giving each of your kids a little money to give to a charity of their choice are all great ideas for getting children in a more generous mood.

Also, remember that the best gifts that you give your children probably won't be the material ones. Taking time for the whole family to get together to play a game, watch a movie, or decorate sugar cookies—these are the things that kids remember as they get older.

2. Let them help out: There's a lot of extra work to do around the holidays — putting up decorations, cooking big dinners, throwing parties. The Martha Stewart in all of us can take over, but it's important to take a step back and make sure our kids are included, too.

Children can help set the table, decorate the house, and wrap presents. If they're too young to wrap, they can help by holding down the paper or getting the tape ready — there's always something kids can do. And at holiday time, the preparations are often as fun and as meaningful as the end product. Plus, this way kids won't feel left out — or be glued to the iPad for hours.

3. Keep routines: We love the holidays because they give us a break from the everyday, but that can also make them stressful, especially for kids who find routine comforting. Try to keep some things constant. Kids still need snack time, they still need special attention from you, and they still need a chance to unwind before bedtime.

At family gatherings when they notice the kids are "getting antsy," psychologist Rachel Busman says she and her sister give them their baths, get them into pajamas, and turn on a movie. "We know when they need to wind down, and no one judges us for excusing ourselves from the table to do these things," she says. "In fact, my sister and I enjoy some great conversations during this time."

4. Remember they're kids: Some holiday traditions depend on kids being on their best behavior: lengthy services, parties with lots of strangers, elaborate meals that may not appeal to picky eaters. Try to keep those to a minimum and customize festivities for your kids' frustration level. Don't schedule more than one demanding event in a day, and make sure to include physical activity and plenty of downtime. Your kids will be grateful — and so will you.