Healthy Hardwick Families

Balloon Skewer

ages 6+

WHAT YOU NEED:

Balloons
Kebab stick

Olive Oil
A steady hand

INSTRUCTIONS:

Inflate the balloons to near full size, then release about 1/3 the air. Knot off. Generously dip the tip of the kebab stick in oil. Using gentle pressure and a twisting motion, work the tip of the kebab through the base of the balloon, next to the knot, and through the thicker nub on the opposite side.

www.stevespanglerscience.com/lab/experiments/skewer-through-balloon
Healthy Hardwick Families

Safari binoculars

WHAT YOU NEED:
2 toilet paper rolls
Stapler and/or tape

INSTRUCTIONS:
Staple or tape the two rolls together to form binoculars. Staple or tape the string to the inside of the rolls to hang the binoculars around your child’s neck. Help your child artistically decorate their wonderful binoculars. Once they are ready, take the binoculars out for a scavenger hunt or animal-watching walk.

ages 3+
Healthy Hardwick Families

Weekend scavenger hunt

WHAT YOU NEED:
Walking shoes
Pen and paper
The great outdoors

INSTRUCTIONS:
Come up with a list (use the kids' help) of things you might find while going on a hike. Write them down and the first person to find everything wins! Ideas: “Y” shaped stick, flat rock, feather, something alive, something metal, a seed... *can be modified for an indoor scavenger hunt

ages 2+
Healthy Hardwick Families

Egg Ornaments

WHAT YOU NEED:

Eggs
Bowl
Markers or paint

INSTRUCIONS:
Pierce the egg on either of the long ends using the needle (may have to chip away at the holes to open them). Blow the egg yolk and white into the bowl and discard or save for green eggs and ham. Rinse well with water. Decorate them with paint or markers for any occasion. Glue the string to the top to finish the ornament.
Healthy Hardwick Families

Home Theater

WHAT YOU NEED:
Dress up clothes
Simple props

INSTRUCTIONS:
Have you and your family read a good book recently? Bring your favorite characters to life with some old clothes and simple props. Put on a play. Hang a blanket from a string or clothesline to make a theater curtain for added dramatics.

ages 6+
Healthy Hardwick Families

Charades

WHAT YOU NEED:
Pen and paper
Imagination

Bowl

INSTRUCTIONS:
Pick a category, noun, verb, adjective and adverb. Have each person come up with one word from each category that can be acted out. Write it down and put it in the bowl. Take turns picking a paper from the bowl and acting it out. If you get your paper, pick again! Team up for more competition.
Healthy Hardwick Families

Rainy day basketball

WHAT YOU NEED:
Newspaper
Trash can

INSTRUCTIONS:
Crumple the paper into a medium sized ball and aim for the trash can. Move the trash can to hard-to-reach areas for more difficulty.