



FAMILY ACTIVITIES

Bringing the fun and engaging Y family experience right to your home!

WEEK 1: AROUND THE WORLD

For those who may be missing out on a vacation right now or feeling a little stir crazy at home, we invite you to put on your chef hats, test your trivia knowledge, make unique crafts and lego creations, and learn new dance moves and games as we travel around the world from the comfort of home!

Feel free to share your completed creations with us to be featured in next week's video, email George Bennett: gbennett@newcanaanymca.org





COOKING CORNER

Take a mental trip to a tropical beach!

Ingredients:

1 fresh banana (or 1 cup frozen bananas)

1 cup frozen mangos

1 cup frozen pineapples

1 orange (peeled and cut into quarters)

1 cup of coconut water (or any fruit juice, water works, too!)

*Feel free to add any other fruits or a tbsp of chia or flax seeds

Instructions:

Blend all ingredients until smooth, serve, and enjoy!



IMAGINATION CHALLENGE

Grab your legos and get ready to build your Around the World creations!

World Challenge I:

Build your favorite monument! Every country has a national monument that they are famous for, either man-made or a natural beauty, we want to see your favorites!

World Challenge II:

Build your dream vacation house! Is your dream house filled with multiple pools, never-ending slides, or decked out in all pink?!

Around the World Nature Creation:

Using materials found in your yard (please only use things that have fallen off of trees or plants) create your mini dream vacation spot! Bring the beach to your backyard, design your perfect ski slope, or create a magical forest!



TRIVIA CORNER

Around the World Trivia:

1. Which beans did Mexicans once use as payment for goods and services?
2. What is the most visited museum in the world?
3. What is the smallest country in the world?
4. What is the largest land animal?
5. What is the largest country in the world?
6. New Zealand is a large country located in which ocean?
7. On which continent is the Amazon River located?
8. What is the longest river in the world?
9. Which Australian animal has a long tail, a pouch, and hops to get around?
10. Which fruit is the most popular and most consumed in the world?



FUN FITNESS CORNER

Dance & play games Around the World!

African Dancing:

<https://youtu.be/Ewqq-3xJFdI>

In this first video, we visit Africa, where we learn traditional African dance steps. All you need is a small space at home! The instructor is very easy to follow and anyone can keep up. Very simple steps and fun for everyone!

Traditional Indian Game, Gilli Danda:

<https://youtu.be/EhPSOJofmCk>

In this second video, we travel to India, where we are introduced to the traditional game of Gilli Danda. Playing this game requires a large space, possibly outdoors! The game consists of using 2 sticks, a small one to hit, and longer one stick used for hitting the smaller stick. A small ball or a soft, unbreakable object can also be used in place of the smaller stick so no one gets hurt. Gilli Danda can be played with 2-200 people, a great outdoor game for siblings to play amongst each other. Check out the video for instructions!

Native American 'Deer Button' Game:

<https://youtu.be/10IncjUnHrU>

In this third video, we travel through time to when Native Americans roamed the land. Kids will have fun making deer buttons before playing. Dried beans are an easy alternative to deer antlers. Be careful though, this game of chance might have you losing all of your kernels before you know it! This is a great indoor game for the entire family and helps with counting skills. Try it out and enjoy!



CRAFTS CORNER & MORE

Grab your passport and join in on a trip around the world doing arts and crafts! Fun and easy projects with supplies you can find around the house! We will be making stops in Africa to make tribal necklaces, Mexico to catch a dream, and England to see the Queen's jewels!

African Necklace

You will need:

Paper plates, scissors, and markers or paint.

Directions:

Cut out center circle of the plate and create your own design!



Dream Catchers

You will need:

Paper plates, scissors or hole puncher, markers, yarn or string, feathers, beads, tape, and anything else you want!

Directions:

Cut the center circle out of the plate and color, punch holes around the inside of the plate, weave yarn or string through the holes (creating a spider web effect), and tape the end securely. Tape yarn with feathers and beads to the bottom of the plate. If you don't have feathers, try leaves, strips of wrapping paper, streamers, or ribbon!





CRAFTS CORNER & MORE

Crown Jewels

You will need:

Dry pasta shapes, yarn or string, food coloring, and plastic sandwich bags.

Directions:

Place pasta in baggie, add a few drops of food coloring, and shake to cover pasta. Lay on a paper towel-covered cookie sheet to dry. When dry, thread the pasta through the yarn and tie ends together.



No Cook Playdough

You will need:

4 cups all-purpose flour, 1 1/2 cup salt, 1 cup warm water, 2 tablespoons of cooking oil, food coloring and 2 bowls.

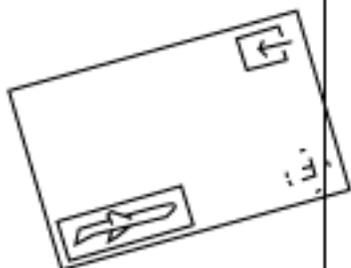
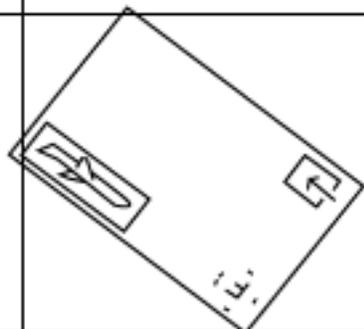
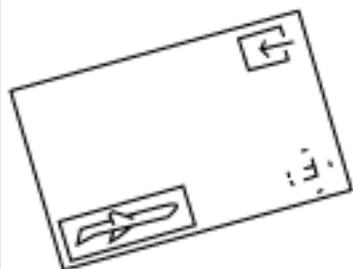
Directions:

In one bowl, pour warm water, oil and a few drops of food coloring. In the second bowl, mix the flour and salt together. Slowly stir in dry ingredients into the water mixture until completely incorporated. Store in an air-tight container or bag. Play!



Passport

Don't forget your passport! Print, cut and fold! Add your picture, decorations, stamps or stickers as you travel Around the World! See next page for print out.



Surname / Name / Nom / Apellidos

Given names / Vorname / Prénoms / Nombres

Date of birth / Geburtstag / Date de naissance / Fecha de nacimiento

Signature / Unterschrift / Signature / Firma



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PASSPORT

