

FAMILY ACTIVITY BOOK



CELEBRATE

YES

TOGETHER!

N

SAY YES TO FAMILY!

Building family unity and fostering relationships is some of the most important work we do as parents, and relationship-building can be fun! Saying YES when we could easily say no can be challenging, but the rewards are great! We have included some great Yes Day ideas for you to get the fun started!

Yes Day Activity 1 Have a Blast from the Past!

Make new memories by recreating old family photos. Pull out some old family photos. Let your children choose which ones they want to recreate! Children love to get behind the camera, so during this activity, foster their excitement by taking turns photographing the recreated poses. Have your children pick

the way they want to display the "past" and "present" photos. Give them options to make a PowerPoint or create a homemade photo album. Each child can take part in writing down or talking about some of those favorite old memories or fun new ones! Don't forget to share your photos on social media using the hashtag

#YESDAYCHALLENGE



More Yes Day Fun!

Extend family bonds, support emotional & relational growth, and help children discover their heritage! Do a phone or video call with family or friends featured in the old photos. Ask them what they remember about the event or moment the photo was taken.

Yes Day Activity 2

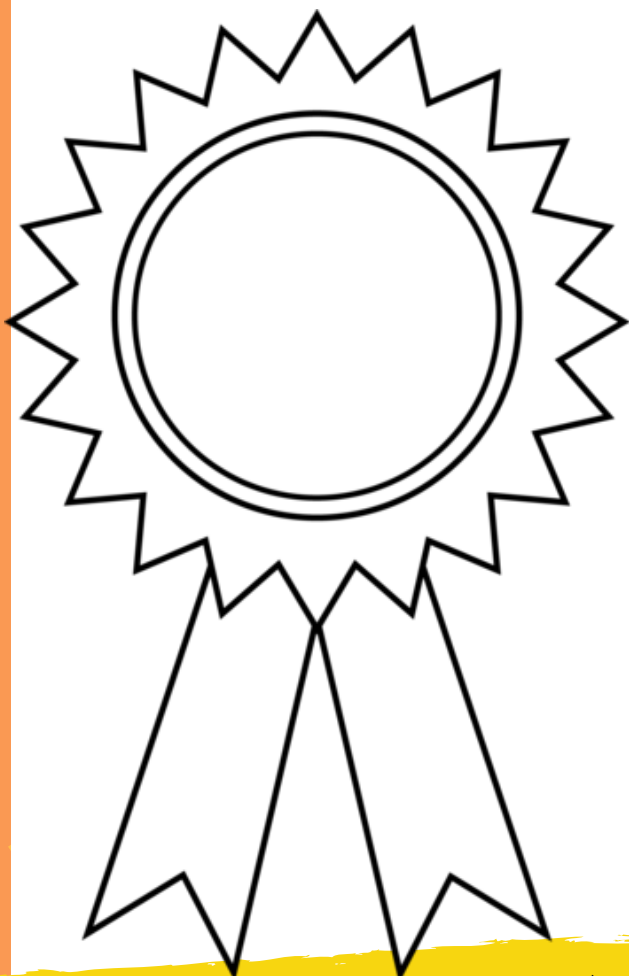
Make A Time Capsule!

For this Yes Day activity, everyone creates a question for each family member to answer and place in a time capsule to be called "This Day in Our Family History." Include other things the children would like to add, such as pictures of a favorite toy or coloring pages they create (skip the food or valuables though!).

Place everything in a baggie or box - with a family selfie or two! - and write the date on the outside. Lastly, put the time capsule in a safe place to be recovered in a year.



Some questions to get you started:
what is your favorite food?
How tall are you?
what is your favorite book?
what is your favorite animal?



Create & color positive award badges for everyone's castles. They can include awards such as most colorful castle, tallest castle, & most imaginative castle!

Yes Day Activity 3

Construct a Cookie Castle!

As a family, construct a castle - with cookies! Have each family member draw their dream castle made from any kind of cookie they can imagine! First, survey each family member, asking for their 3 favorite cookie types. Using poster board or a white board, make a graph to represent the choices. Next, get the children involved in making a grocery list (don't forget icing and everyone's favorite candy order too!). Finally, it's construction time! Frost & decorate your cookie castles, and make sure to take lots of pictures!

#YESDAYCHALLENGE

Yes Day Activity 4

Scavenger Hunt

FAMILY STYLE

Cut out the scavenger hunt clues below - or have family members take turns creating and writing clues on paper. Some treasure ideas include a group hug, a special treat, or a goofy family selfie!



Supplies:

Pen or pencil

Clues (make your own or cut out those below)

Special treasure to find!



Cut out clues and hide. Hand first clue to your children. Hide clue #2 under a pillow.

- #1 Our family said YES, now it's time to play. Find the first clue where you begin each day.
- #2 You're on a roll to find the treasure. Find the next clue near something used to measure.
- #3 The game's a-"foot" with more clues. You'll find the next one where you keep your ____.
- #4 Getting warmer - work together. The next clue is found where you can check the weather.
- #5 Give everyone a high five and find the next clue near something you drive.
- #6 You're doing great, keep it up, team! The next clue is where you'd find ____.
- #7 From cold to hot, you're really close now. Don't take a bath and throw in the "towel."
- #8 You're almost there, don't give up. If you are thirsty, go get a ____.

Clue answers: #3 - shoes; #6 - ice cream; #8 - cup

Invite a grandparent, aunt, uncle, or other family member to join the scavenger hunt virtually. Or consider an outside scavenger hunt at a local park or hiking trail. Cut out the checklist & head outdoors!

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	4 squirrels
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1 spider web
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1 bird nest
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	2 butterflies
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	2 animal tracks
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1 mushroom
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	2 pinecones
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	5 acorns
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	3 flowers
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____

#YESDAYCHALLENGE



Yes Day Activity 5 Mixed-Up Meals!

Turn your Yes Day celebration upside-down with this fun twist - breakfast foods that resemble a dinner entrée and dinner foods that look like dessert. Give some options for the children to choose and let the entire family get involved in the preparations! Or, celebrate the end of Yes Day by surprising the family with a mixed-up dinner.

Kabobs for Breakfast

Grab some wood skewers, choose some fruit, and get the whole family involved in making the grocery list. When making kabobs, young children can practice creating patterns - a foundational math skill - which can help make eating and learning exciting. They also get small motor skill practice by peeling oranges and putting fruit on skewers.



Cupcakes for Dinner

Use your favorite meatloaf recipe or try this one!

MEATLOAF "CUPCAKES"

- | | |
|-------------------------------------|-------------------------------|
| 1/2 cup finely chopped onion | 1/2 tsp. ground black pepper |
| 1/2 cup finely chopped green pepper | 1/2 tsp. salt |
| 1 clove garlic, chopped | 1/4 cup barbecue sauce |
| 1 Tbsp. extra-virgin olive oil | 1 1/2 pounds lean ground beef |
| 1 large egg, lightly beaten | 3 Tbsp. ketchup |
| 1/2 cup dry breadcrumbs | Mashed potatoes |
| 1 tsp. Italian seasoning | |

Preheat oven to 350°. Sauté onions, peppers and garlic in olive oil. Allow to cool a bit, add to bowl and mix in meat and rest of ingredients, reserving mashed potatoes for later. Press 1/3 cup into each ungreased section of muffin pan. Bake for 20 minutes or until meat thermometer reads 160 degrees. "Frost" with mashed potatoes and bake an additional 5 minutes.

More Upside-Down Food Ideas

Breakfast Pizza

Omelet Cupcakes

Chicken Pot Pie in
Muffin Tins

#YESDAYCHALLENGE

Yes Day Activity 6

Kids Make the Lesson Plan!

On regular days, parents play the 'teacher' role for their children. However, on Yes Day, it's the children who become the educators. Set a day aside where the kiddos get to determine what will be taught. In preparation, have each child choose a topic they want to cover, and have them create a short lesson to teach the whole family. Extend the fun by including other family members and friends who could join the lesson via a virtual platform! With roles reversed, get ready to have fun and learn together as a family.



Guidelines:

Stick to a content area (such as history) or a specific topic (such as birds). Then allow children to choose a topic within those parameters.

Keep Saying

YES

Camp Inside

Pitch a small tent inside the house & spread a blanket on the floor for a picnic dinner! Enjoy grilled hamburgers, hot dogs, or a bedtime snack of s'mores! Before climbing into the sleeping bags, parents could share a few stories of their memories growing up or consider a bedtime call with the grandparents to allow them to share a few memories. Sleep tight!

Pillow Fort

Build family teamwork and design the biggest pillow fort EVER! Gather every couch cushion, bed pillow, sleeping bag, and blanket and start construction. Share ideas and collaborate about how to use what is available to make the fort even better. Add more fun and build more memories by sleeping in the fort that night.

Outside Obstacle Course

Ask each family member to design a section of the course using the items you have available. Set up soccer cones to run zig-zag, play leapfrog, toss bean bags or tennis balls into a bucket or corn hole board, putt a golf ball into a can, jump rope, crawl through a tunnel, or throw a basketball into a hoop.

Don't forget to watch

YES DAY

on

NETFLIX

March 12