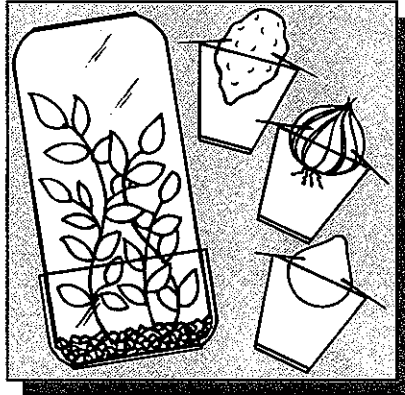
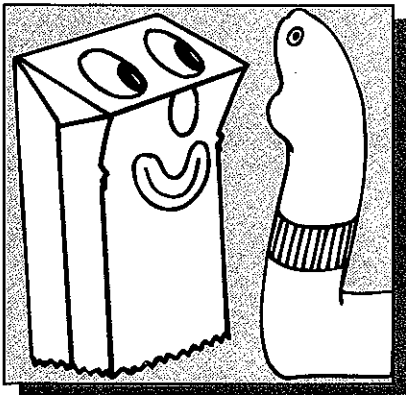
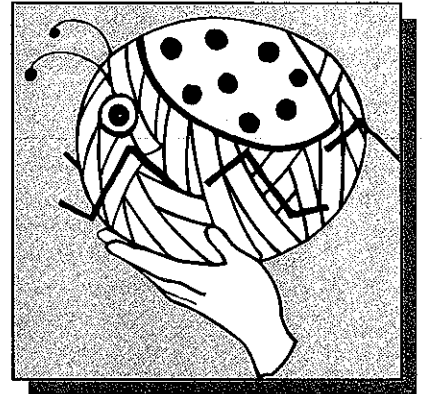


FAMILY



ACTIVITIES

To Nurture Parents & Children



Barbara Buchan, Ed.D. Jane Moore, M.S.W., LICSW

FAMILY ACTIVITIES

TO NURTURE

PARENTS AND CHILDREN

Barbara Buchan, Ed.D.

Jane Moore, M.S.W., LICSW

Coalition on Addiction, Pregnancy and Parenting
349 Broadway, Cambridge, MA 02139

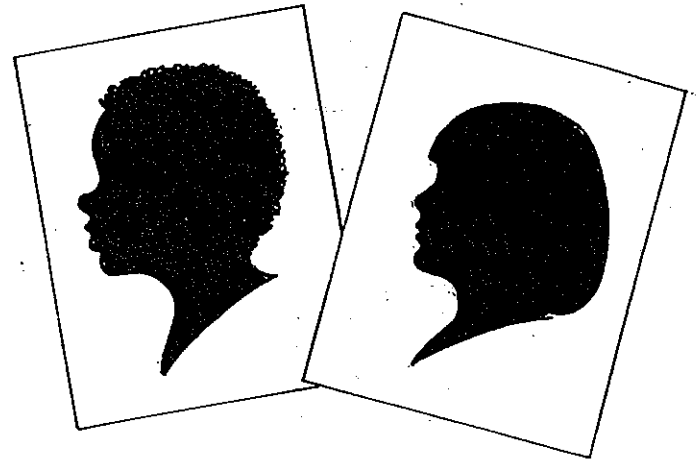
Distributed by Family Development Resources, Inc.
3160 Pinebrook Road, Park City, UT 84098
(800) 688-5822 FAX (801) 649-9599

Silhouettes

Age Range: three - 12 years

An Opportunity

To increase children's awareness of self and others as regards appearance and characteristics; to develop fine motor skills; and to learn that silhouette is a french word meaning the outline or shadow of a person on paper.



Needed

large sheets of paper
strong flashlight or lamp
washable, non-toxic markers, pastels
or crayons
masking tape
pencil
magazines
scissors
chair

Directions

1. Tape a large sheet of paper to the wall. Place a chair three to four feet from the wall, so that the seat is parallel with the wall.
2. Ask the child to sit on the chair. Using a strong flashlight or lamp, ask another child to hold a light to the side of the seated child's face forming a shadow (silhouette) on the paper.

3. In turn, trace the silhouette of each member of the family with a pencil or piece of pastel or crayon.
4. Help each other to cut out the silhouettes, and color them in.
5. Ask each person to think of one or more of their good qualities, and help each other find the words in magazines and cut them out; or write the words below the silhouette of the person.
6. To make a family collage, paste or tape the silhouettes to a sheet of construction paper and tape to the wall.
7. Let everyone talk about their silhouettes.

Parachute

Age Range: two - 12 years

An Opportunity

Playing parachute gives children and adults the opportunity to become very playful, creative, and laugh a lot. Children will learn that they can do more interesting things with the parachute when they work as a team, and they will also experience what it feels like to take turns being the leader of a team.

Needed

one full size cotton sheet, thin bedspread or other
lightweight fabric approximately six feet square (large enough
to use with 10 to 12 children).

Helpful Hint

1. If there is plenty of space, using a queen or king size sheet is a lot of fun.
2. Let children brighten an old sheet using the tie-dye recipe, or use crayons or non-toxic washable markers to trace the outline of their hands or draw on the sheet.

Directions

1. All players sit or stand and hold onto the parachute with both hands.
2. Each player has a turn to ask the rest of the group to do something special with the parachute, e.g. to wave the parachute gently up and down, to pull it over everybody's head, for each player to do a dance under the parachute, to see how high or how many times the group can bounce a ball, balloon or papercorns on the parachute, to tell a story or make funny sounds while all huddled under the parachute ...

Making Papercorns

Age Range: two - 12 years

An Opportunity

Tearing and crumpling paper is a great way for toddlers and older children to release stress and to express strong feelings, to find out about their ability to crumple different kinds of paper into balls; and to coordinate their eyes and hands.



Younger children, as they explore things around them, often get in trouble for tearing something precious. The activities below give children materials to tear and crumple in socially acceptable ways.

Needed

newspapers, or used wrapping paper or tissue paper
a container for trash

Directions

1. Put all newspapers or wrapping paper in a container.
2. Ask players to sit in a circle on seats or on the floor.
3. Ask players to pass around the container holding the papers and for each person to take at least six sheets of paper.
4. Next, the players tear (optional) and crumple each sheet of paper into a ball - a papercorn.

Popping Popcorn in a Parachute

Age Range: two - 12 years

An Opportunity

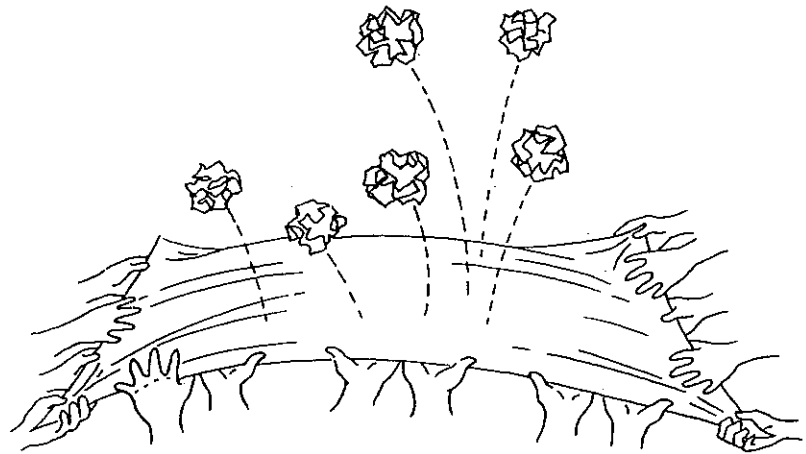
To experiment and work as a team.

Needed

a parachute made out of an old sheet (see parachute activity) and a supply of popcorns.

Directions

All players sit or stand and hold onto the parachute. One player empties the supply of popcorns onto the parachute. The challenge is for parachute holders to see how long they can keep the popcorns bouncing (or popping) in the parachute before the popcorns fall on the floor.



Use Papercorns Instead of Beanbags

Age Range: three - 12 years

An Opportunity

To release energy or stress, express strong feelings, practice aiming and throwing at a target, and coordinate eye and hand.

Needed

four or more papercorns for each player
one empty container to throw and store papercorns in,
e.g. a large paper bag or small empty carton

Directions

One way to play the game:

1. Players sit in a circle with the empty container in the middle.
2. Players divide the papercorns so that each player has an equal number of papercorns.
3. Players take turns throwing as many papercorns as possible into the container.

Another way to play the game:

1. Players put a piece of masking tape or a piece of paper on the floor to mark the place where players stand when they throw papercorns into the empty container.
2. Players divide the papercorns so that each player has an equal number of papercorns.
3. Players then line up and take turns to see how many papercorns they can throw into the container.

Helpful Hint

If some players have difficulty in throwing papercorns into the container, arrange for the group to sit or stand a little closer so that all are successful.