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Stay at Home, Stay Creative.
UNITED STATES WORD SEARCH

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VIDEO CALL GAMES

While it may not be safe to see family and friends in person, you can check in on your loved ones virtually! Here are some ideas to add some flair to your video calls.

**Karaoke**
Blast some karaoke versions of your favorite songs and put on a show.

**Cook Club**
Pick a recipe to try out and send it to everyone on the call beforehand. (Take a look at the Cooking Section for some ideas!) Set up your video conferencing in the kitchen and cook the dish at the same time. Once the food is ready, eat the meal as if you were together.

**Theme Night**
Pick a theme - some ideas could be your favorite movie or your favorite place - and have everyone dress up in costume with items they found around the house. Have everyone act in character and show off their creativity.

**Dance Party**
This one is simple. Get out some of the cabin fever by making a group playlist and dancing to the songs together. Everyone has to get on their feet and bust a move!
**Bingo**

Use an online generator to build your own bingo game. Either select one person to be a caller or use an online automated caller. Send everyone the bingo cards and play virtually. You can add a small prize for the winner to up the stakes!

This is a fun way to engage a couple households and show off your creativity. Every house spends a few days filming a movie. Set a short time limit – 3 to 5 minutes. Have each household send one group a random object that must be incorporated into the movie. On your next video call, host a movie night where everyone presents their final projects.

**Film Festival**

This classic game also works well over video call. Have one person pick a letter, and then everyone has to type out a celebrity’s name, place, animal, and thing that begins with that letter. First person to send their answers in the video call chat box wins.
PIZZA NIGHT

Have a fun-filled family pizza night with this easy recipe!

**Dough Ingredients**
- 3 cups all-purpose flour
- 1 (.25 ounce) package active dry yeast
- 2 tablespoons vegetable oil
- 1 teaspoon salt
- 1 tablespoon white sugar
- 1 cup warm water

**Sauce Ingredients**
- 1 (15 ounce) can tomato sauce
- 1 (6 ounce) can tomato paste
- 1 tablespoon ground oregano
- 1 ½ teaspoons dried minced garlic
- 1 teaspoon ground paprika

**Toppings Ingredients**
- 2 cups mozzarella cheese
- Anything else you would like!

**Directions**
1. Combine flour, salt, sugar, and yeast in a large bowl. Mix in oil and warm water.
2. Roll out onto a large pan.
3. In a medium bowl, mix together tomato sauce and tomato paste until smooth.
4. Stir in oregano, garlic and paprika.
5. Spread sauce onto pizza dough. Top as desired.
6. Bake 375 degrees F (190 degrees C) for 20 to 25 minutes.

Credit: [www.allrecipes.com](http://www.allrecipes.com)
Healthy Recipes
Make mealtime family time with these fun healthy recipes.

No-Knead Artisan Style Bread
Green Beans with Lemon and Garlic
Hasselback Sweet Potatoes
Low-Cal Fettuccine Alfredo
Teriyaki Chicken Thighs
Roasted Carrots
Roasted Brussels Sprouts
Fried Rice
Healthier Best Brownies
Mango Sticky Rice
Banana Muffins
Invisible Ink

Ingredients
- Half a lemon
- Water
- Spoon
- Bowl
- Cotton swab or cotton ball
- White paper
- Lamp or other light bulb

Instructions
1. Squeeze the lemon juice into the bowl. Stir in a couple drops of water.
2. Using the cotton ball, write your message on the white sheet of paper with the lemon water mixture.
3. Wait for the juice to dry completely.
4. Pass your secret message to someone else.
5. When they are ready to read it, have them heat the paper up by holding it close to a light bulb until the message appears.

Behind the Scenes
Lemon juice is an organic substance. Once it heats up, the liquid oxidizes and changes color. Adding water makes the juice clear and undetectable when applied to the piece of paper.

The heat from the light bulb changes the color of the juice and makes it stand out on the white background. Experiment with similar organic liquids such as orange juice, onion juice, vinegar, and milk.

(Idea from Science Kids)
Lava in a Cup

Ingredients
- Clear glass jar or cup
- ¼ cup vegetable oil
- 1 tsp. salt
- Water
- Food coloring (optional)
- Flashlight (optional)

Instructions
1. Fill the glass ¾ full of water and add a few drops of food coloring.
2. Pour in the vegetable oil.
3. Spoon the salt on top of the oil and watch the lava appear!

Behind the Scenes
Oil is lighter than water and it will float on the top of the glass. On the other hand, salt is heavier than oil, and so when you add it to the glass it sinks to the bottom. While sinking, the salt brings some of the oil to the bottom of the glass. After the salt dissolves into the water, the oil rises back to the top.

Shine a light through the glass, and the effect looks like a lava lamp!

(Idea from Science Bob)
Basketball
Can’t play at your local court? Bring basketball indoors instead! Use objects around the house to create a ball and hoop. Get creative with household objects to create a basketball and hoop. Think about using an empty trash can, laundry basket or a large box for the hoop and crumbled piece of paper or a ball of socks for the ball.

Take shots from different spots in the room. Work up to playing a game of Horse or Pig. (Idea from Playworks)

Running Through the Forest
Bored of spending time in the living room? What if you turn it into a magical forest instead? Use your imagination to go on adventure right in your home. Run in place with a friend or family member. Pretend together that you are running through a forest. When a large branch blocks the trail, crawl on your belly. When you come upon a large boulder, climb up it. When you reach a river, swim across. When you see a lion, run fast!

Use your imagination together create your own adventure!
(Idea from Playworks)

Huckle Buckle Beanstalk
Switch up a regular game of hide and seek by playing Huckle Buckle Beanstalk! Choose a household object. Have those who are searching count to 30 while sitting on the couch while the person who is “it” places the object somewhere in plain sight. While searching for the object, make sure everyone keeps their hands behind their back. When someone spots the hidden object, they discretely say Huckle Buckle Beanstalk and sit down on the couch.

After everyone has found the object, pick a new person to hide the object.
(Idea from Playworks)
Cup Catch
All you need is one large plastic cup per person and a ping pong ball (or any object that will fit in the cup). Start standing face-to-face a short distance apart. Have each person toss the ball to the partner and try and catch it in the cup. After every successful catch, take a step backwards to increase the difficulty. For a single-player version, they can simply throw the ball high and try and catch it with the cup.

For larger groups, create a tournament. (Idea from What Moms Love)

Build a Fort
Create your own cozy nook for the entire family by building a fort! Construct the frame by maneuvering household furniture. Drape sheets over the top to create the ceiling and the walls. Decorate with blankets and pillows to create a comfy space. Hang out inside to escape from your usual living room. Enjoy a movie night from inside your fort, play a board game, or put on a shadow puppet show through the sheets.
GROW YOUR OWN VEGETABLE GARDEN

Spending more time at home is a great excuse to grow your own garden! Seeds can be found at most grocery stores and hardware stores. Here are some ways that you can start your own vegetable garden just using kitchen scraps.

Sweet Potatoes
Fill a jar or other container with water. Place a sweet potato in the container with the pointed end facing down. Stick toothpicks around the edge of a sweet potato to keep about 1/3 of the potato in the open air. Place your container in a bright, sunny window. In a few weeks, a vine will begin to spout. Tie the stems to stakes to make sure they don’t fall over. The plant can be planted outside in the springtime and you can harvest your sweet potatoes the next fall.

You can even make some of the Hasselback Sweet Potatoes from the Cooking Section.
(Idea from The Great Plant Escape)

Celery
Cut the bottom part of a celery stalk and place in a shallow container of warm water. Place your container in a warm spot of the house with plenty of sun. Once leaves begin to grow, replant the celery in your garden or an indoor pot.

Watch it grow into a full celery plant.
(Idea from Rural Sprout)
Carrots
The next time you are eating carrots as a snack or using them in a recipe, leave about 1 inch of carrot attached to the carrot top. Stick toothpicks around the edges of the carrot piece and balance it on top of a small container. Fill up the container until it reaches the bottom of the carrot piece. Keep the container in a window that receives some light, but isn’t too sunny. Wait for the roots to spout and the plant them in soil. Wait for the new plant to grow. Harvest and eat the new carrot.

(Idea from Gardening Know How)

Green Onions
Snip off the tops of a green onion, leaving about an inch of the stalk above the bulb. Plant the bulb in an indoor pot or even outside in a garden. Cover completely with soil and leave the tops sticking out of the earth. Water regularly.

Cut off the green stalks as they grow and cook with them!
(Idea from The Spruce)
ACTIVITY SUGGESTIONS

- Assemble a puzzle
- Paint some pet rocks
- Have a hopscotch race
- Take a virtual vacation by visiting famous landmarks on Google Earth
- Make homemade piñatas with this tutorial from Auberge Resorts
- Make paper puppets with this tutorial from WikiHow and put on a show
- Create your own board game
- Invent a new recipe
- Learn how to knit a scarf
• Build an obstacle course. Set your own personal record

• Visit your favorite animal friends on Zoo Cams from San Diego Zoo, Smithsonian’s National Zoo, and Monterey Bay Aquarium

• Make up a song

• Perfect your British accent

• Do some yoga with Cosmic Kids and Yoga with Adriene

• Make your own map of the world

• Create an art scene using food from the kitchen. Eat the masterpiece when you’re done

• Learn a language on DuoLingo

• Master some celebrity impersonations

• Host a Zumba class with your neighbors on your front porch
• Make pasta **from scratch**. All you need is some eggs, flour, and some muscles

• Have a paper airplane race

• Go for a drive and blast your favorite music

• Write a short story

• Have a spa night

• Present a funny PowerPoint presentation

• Learn a magic trick

• Have a breakfast for dinner night in your pajamas

• Create a family history book. Interview family members over video chat

• Set up a hair salon and have an adult cut your hair

• Wear socks and skate throughout the house

• Color some pictures and tape them on your windows for your neighbors to see

• Design outfits from household items and have a fashion show
• Film a cooking show
• Invent a secret code
• Write a letter to a penpal
• Have an indoor picnic
• Tell ghost stories
• Create a movie theatre in your own home, complete with a ticket booth and concessions stand
• Make a family scrapbook
DRAW YOUR OWN TREASURE MAP
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Catholic Charities USA

Working to Reduce Poverty in America