

Trail Mix

Materials: **Cheerios**
 pretzel sticks
 raisins
 fish crackers

Directions: Dump all the ingredients in a large paper grocery sack. Shake gently. Yippee ti yi yo! Eat and enjoy.

Hint! You can also add chocolate chips, M&Ms, and other ingredients to your trail mix.

Serve trail mix in a flat bottom ice cream cone. You can just eat the cone when you're through with the mix.

Monkey Tail Sandwich

Materials: **hot dog bun**
 small banana
 peanut butter

Directions: Spread peanut butter in the hot dog bun. Peel the banana and put it in the bun. Eat your sandwich, and don't monkey around!

Hint! Put tuna fish in a hot dog bun. Put a slice of cheese on top and broil it. You'll have a "fish tail" sandwich.

Letter Bread

Materials: bread, milk, food coloring
Q-tips, paper cups, toaster

Directions: Take 4 cups and put a little milk in each cup. Add 2 drops of food coloring to each cup. Draw a letter or design with the colored milk on the bread with a Q-tip. Toast.

Hint! Serve with butter, honey, jelly, or cinnamon sugar.

Spider Sandwich

Materials: 2 slices of bread
peanut butter, honey
raisins
8 pretzel sticks

Directions: Cut 2 circles out of the bread with a cookie cutter or plastic cup. Spread peanut butter and honey on one circle. Put the other circle on top to make the spider's body. Make a face with raisins. Add 8 pretzel sticks for legs. Eat it and let it wiggle and jiggle and tickle inside you!

Hint! You can substitute cream cheese or another filling for peanut butter.

Zoo Train

Materials: 1 graham cracker
 2 animal cookies
 icing

Directions: Put 2 pats of icing on the graham cracker. Stand the animal cookies up on the icing. Eat those wild animals before they get you!

Hint! You can also stand up animal cookies with peanut butter or cream cheese.

Ants Go Marching on the Log

Materials: celery
 peanut butter
 raisins

Directions: Take a stalk of celery (the log). Spread peanut butter (mud) in the celery. Place raisins (ants) on top of the peanut butter. March the ants into you mouth!

MMMM!

Hint! Use cream cheese instead of peanut butter and call it "birds in the snow." Sprinkle sunflower seeds on the snow for the birds to eat!

Carrot Hot Rods

Materials: carrot
 celery
 toothpicks

Directions: Cut the carrot into diagonal slices 1/2" thick. Cut the celery into 3" pieces. Stick a toothpick through each end of the celery. Take 4 carrot slices and stick them on the ends of the toothpicks to make wheels.

Zooooommm!

Two Babies in a Bed

Materials: hot dog
 slice of cheese
 bread

Directions: Cook the hot dog in the microwave. Slice it in half lengthwise and place it on the bread (bed). Cover the bottom of the hotdogs with a slice of cheese so it looks like "two babies in a bed."

Broil until the cheese melts.

Fire Cracker Sandwich

Materials: slice of bread, peanut butter, jelly, tuna fish, or pimento cheese, plastic wrap, curling ribbon

Directions: Cut the crust off your bread. Flatten the bread with the palm of your hand. Spread peanut butter, tuna, or pimento cheese on the bread. Roll it up. Wrap it in plastic wrap. Twist the ends; then tie with ribbons to resemble a firecracker.

Hint! You can use a tortilla instead of bread to make this sandwich.

Peanut Butter Play Dough (Edible)

Materials: smooth peanut butter, instant nonfat dry milk, honey

Directions: Put 1 cup peanut butter, 1 cup dry milk, and $\frac{1}{4}$ cup honey in a bowl. Mix well. Give each child a small ball to roll on wax paper. Form into snakes, bunnies, or bears.

Hint! Decorate with raisins. Make balls and roll in oatmeal.

***Here's a recipe for yummy chocolate play dough. Mix 1 cup canned chocolate frosting, 1 cup peanut butter, and 2 cups instant nonfat dry milk. Mold and eat!**

Polka Dot Pizza

Materials: 1 English muffin
 pizza sauce or tomato sauce
 sliced pepperoni
 mozzarella cheese (grated)

Directions: Spread 2 tablespoons of sauce on half a muffin. Put 4 slices of pepperoni on top. Sprinkle with cheese. Broil in the oven until the cheese melts.

Mama Mia! What a pizza!

Hint! Try other toppings like bacon, green pepper, or mushrooms.

Stir Fried O's

Materials: Cheerios
 butter or margarine
 cinnamon sugar

Directions: Put 2 tablespoons of butter in a pan. Melt the butter; then stir in 4 cups of Cheerios. Stir over medium heat until they are toasty and lightly browned. Sprinkle on cinnamon sugar and toss.

Hint! Use salt instead of cinnamon sugar and it will taste just like popcorn!

Play Ball!

Wad up a sheet of paper and wrap masking tape around it to make a ball. Practice throwing and catching the ball. Use a box or basket to play basket ball.

Staple two paper plates together. Leave a 4" opening so you can insert your hand. Use like a racket and volley a balloon or paper ball back and forth

Let children use a child size broom and a foam ball to play hockey. The goal could be a box turned on its side.

Give children an empty chip canister and a tennis ball. They can bounce the ball and then try to catch it in the can.

Juggling

Paper towels, 12" squares of net fabric, or soft balls can be used for juggling activities. Begin by throwing one object up in the air and catching it. Toss it from one hand to the other. Add a second object. Throw one up in the air as you toss the other to your hand in a circular motion.

Balance Beam

Put a piece of tape on the floor for children to walk on. Can they walk backwards? Can they hop on one foot?
Hint! Make shapes, letters, or numbers with the tape on the floor. You can also make lines and curves for children to walk on with chalk on the sidewalk.

Follow The Leader

One person is chosen to be the leader. The rest of the class marches behind the leader and does just what the leader does. The leader can walk, hop, run, skip, wave her arms, go under something, slide down the slide, and so forth.

After several minutes another child is chosen to be the leader.

Mirror

You will need a partner for this game. Stand and face your partner. One person is the “leader” and the other is the “mirror.” The “mirror” must mirror or copy facial expressions and movements that the “leader” makes. Switch places after one minute.

Jump The Creek

You will need two jump ropes or pieces of string to play this game. Place the ropes on the ground a few inches apart to make a “creek.” Have the children line up single file and try to jump over the creek one at a time without stepping on a rope. After every child has jumped, move the ropes a little farther apart to make the creek wider. Continue moving the ropes farther apart as children try to jump over them. When players can no longer jump over the rope, they must stand to the side of the game and be cheer leaders. The object of the game is to see how far the children can jump.

*Play this game by drawing lines in sand or dirt.

*Play “build the castle” by having two children hold a jump rope. Raise the rope a few inches at a time as children try to jump over it.

Tents -Let's Go Camping!

Card Table Tent - Drape a blanket over a card table or picnic table. Spread a sleeping bag on the ground for a cozy retreat.

Porch Railing Tent - Pin one end of a blanket to the railing of a deck or porch. Pull out the opposite end and secure at an angle with bricks or rocks. This is a "cool" place to play a game or read a book.

Cardboard Castle - An appliance box or other large box can be a "castle" to a child. Cut out doors and a window with a utility knife. (An adult will need to do this!) Let the children decorate with paints, markers, or crayons.

Step School

You will need a small pebble or toy to play this game, as well as some stairs. The children sit on the bottom step, which is "kindergarten." One child, who is "the teacher" stands on the ground and faces the others. "The teacher" takes the pebble, puts it behind her back, then hides the pebble in one of her hands.

"The teacher" then brings forward both fists. The first child on the step chooses a hand. If he selects the hand with the pebble, then he may move up a stair to "first grade." If he selects the empty hand, then he continues to sit in "kindergarten." "The teacher" continues hiding the pebble and allows other members in the game to select the hand with the pebble. The game continues until a child reaches the top step. That child then becomes the next "teacher."

Going On A Trip

The first player begins by saying, "I'm going on a trip and I'm taking names an object." Second player says, "I'm going on a trip and I'm taking names first object and names a second object." Next child says, "I'm going on a trip and I'm taking names first object, second object, and names a third object." The game continues as each player tries to remember previous objects. When a player forgets, begin the game all over again.

Hint! Name objects in alphabetical order. For example, first person says something that begins with an A, second person names something that begins with a B, and so on. Change the game to "going on a picnic," "going to the moon," etc.

Penny ~ Penny

One person is "it." "It" chooses three friends to leave the classroom. While the three are out of the room, "it" walks around the room and places a penny in one child's hands. All the children cup their hands as if they are holding the penny. The three children are then called back in the classroom. The three walk around the room opening hands until one finds the penny and says, "Penny, penny, I found the penny!" That child then becomes "it" and the game continues.

Hint! Let children hide a seasonal toy, such as a bunny, pumpkin, Play a similar game by having one child leave the room as you hide a small object. Guide her to the object by saying "cold" when she is far away and "hot" as she gets closer to the object.