



# Family Activities Booklet

Southcentral  
Foundation



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# Family Activities Booklet

Growing healthy children, families, and communities takes strong relationships. Doing fun things together builds connection and supports the development of young brains. Southcentral Foundation encourages the use of these fun activities and resources to build connection and relationship between children and caregivers. While doing these activities, share story, give praise, and build memories together as a family.

# Visit Anchorage Parks and Playgrounds as a Family

See the list below for some outdoor parks in Anchorage.  
All parks are open from 6 a.m. - 11 p.m.

**Campbell Creek Park,**  
2365 E. 48th Ave.

**Carlson Park**  
2214 Stanford Drive

**Castle Heights Park**  
4913 Vance Drive

**Cuddy Family Midtown Park**  
201 East 40th Ave.

**Dave Rose Park**  
201 Lane St.

**David Green Park**  
3681 MacInnes St.

**Elderberry Park**  
1297 West 5th Ave.

**Fairview Lions Park**  
1201 East 8th Ave.

**Margaret Eagan Sullivan Park  
(Westchester Lagoon)**  
1824 West 15th Ave.

**Nunaka Valley Park North**  
6321 Mink Ave.

**Oceanview Park**  
1200 Oceanview Drive

**Pop Carr Memorial Park**  
4608 Kent St.

**Suzan Nightingale McKay Park**  
201 West Cook Ave.

**Tikishla Park**  
3018 East 20th Ave.

**Valley of the Moon Park**  
610 West 17th Ave.

**Winchester Park**  
3641 East 84th Ave.

**Wolverine Park**  
1006 West 74th Ave.



# Learn to Make Akutaq Together

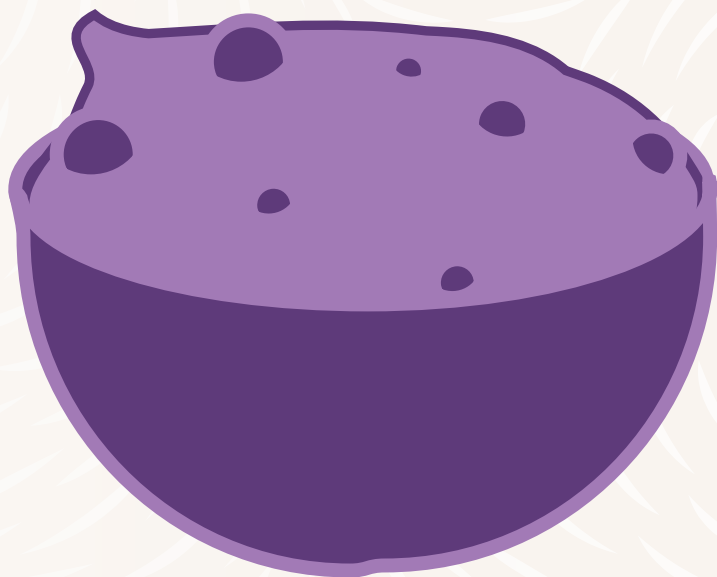
Here is a fun activity the entire family can do! This cultural activity has been practiced among Alaska Native people for countless generations. Here is one recipe variation for akutaq.

## Instructions:

1. Combine Crisco and instant potatoes in a mixing bowl (*make sure the instant potatoes are cooled*).
2. Whip together for 5 minutes by hand or a mixer until mixture is fluffy.
3. Add vegetable oil, stir.
4. Add 1/2 cup of sugar, and continue to whip until sugar dissolves. Add more sugar for desired taste.
5. Add between 1/2 gallon to a gallon of berries, stir until mixed.
6. The akutaq is ready to eat.

## Ingredients:

- 2 cups Crisco
- 2 cups prepared instant potatoes, cooled
- 2 tablespoons vegetable oil
- 1/2 cup – 1 cup sugar (*to taste*)
- 1/2 gallon – 1 gallon berries (*blueberries, salmonberries, cranberries, or store bought mixed berries, to taste*)



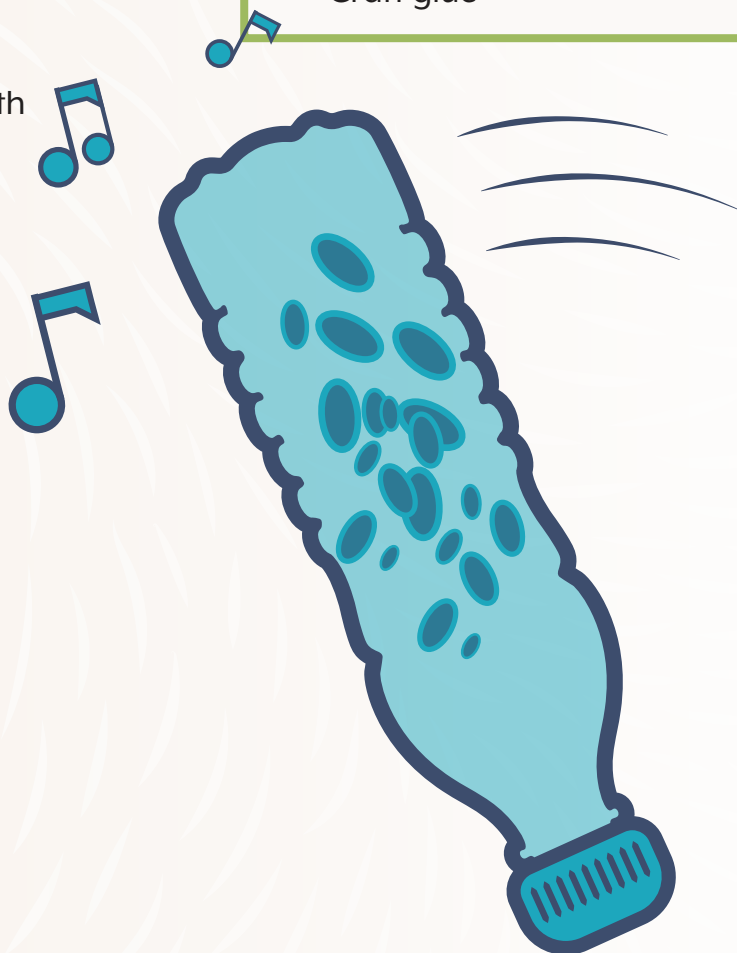
# Make a Gourd Shaker

## Instructions:

1. Thoroughly clean the bottle and remove label; make sure bottle is dry.
2. Place paper funnel into bottle and begin to fill with your chosen items.
3. Fill bottle with: rice, beans, macaroni, glitter, and/or small charms.
4. Spread glue around threads on neck of bottle; place cap on bottle.
5. Decorate the outside of the bottle with stickers or construction paper.

## Materials needed:

- Small disposable water bottle or milk jug
- Rice or dried beans
- Beads, buttons, charms, glitter, or other small toys
- Small paper funnel
- Craft glue



# Make a Yup'ik Style Paper Plate Mask

## Instructions:

1. Cut out desired shape from paper plate (*it can be an animal*).
2. Cut out two holes for eyes.
3. If desired, paint or color the mask.
4. Glue or tape five feathers around the mask.
5. Punch two holes on each side of mask; thread pipe cleaner through holes.
6. Connect the pipe cleaner to fit child's head.
7. Wear mask, and create animal stories or dances together!

## Materials:

- Paper Plate
- Five feathers
- Two pipe cleaners
- Hole punch
- Glue or tape
- Water colors or markers, if desired



# Make a Family Handprint Tree

## Instructions:

1. Draw a tree trunk with branches, on a large sheet of plain paper.
2. Paint the trunk and branches brown; let dry
3. Have each family member pick out a paint color for their handprint.
4. Have each family member press their painted hand onto a branch.
5. Now you have your family handprint tree!

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**Note:** Another option is to cut traced handprints out of construction paper.

## Materials:

- Large white construction paper
- Brown paint or markers for trunk and branches
- Various colored paints or construction paper for handprints





# Paper Bag Puppet

## Alaskan Animal Themes

Alaskan animal themes: bear, moose, caribou, wolf, fox, raven, rabbit, and walrus

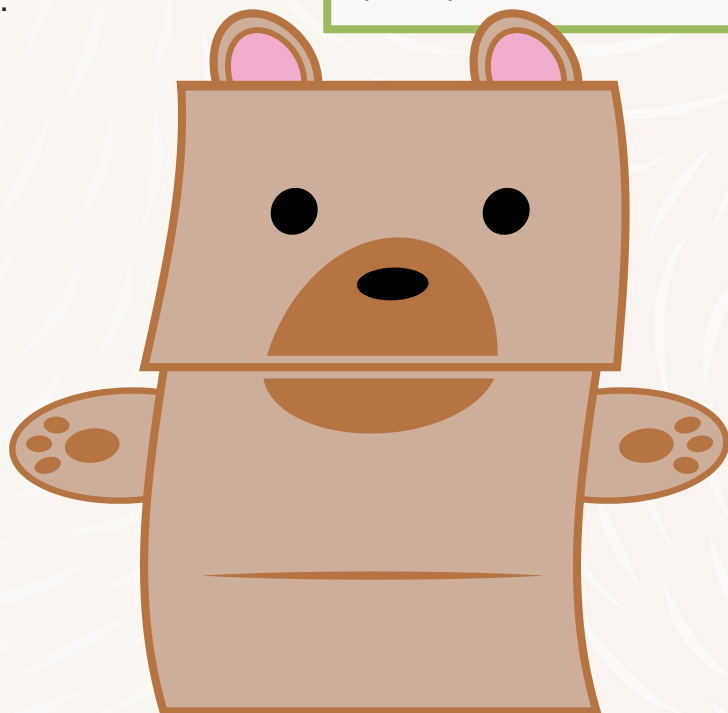
### Instructions:

1. Lay a paper bag on flat surface.
2. Lift the flap and glue body template close to edge underneath flap.
3. Glue face template on top of flap.
4. Add ears, eyes, and paws (*cut out of construction paper*).
5. Paint or color to add more details.

### Materials:

- Paper lunch bag
- Animal templates (*can be found online*)
- Crayons or paint
- Construction paper
- Glue
- Scissors

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**Optional:** wiggly eyes, pom-poms, cotton balls



# Create Words Outside

## Instructions:

1. Find an outside location with a flat surface.
2. Collect pebbles, rocks, twigs, and leaves.
3. Use the collected items and other natural materials to form words on the surface.
4. Create animals, and share a story about the animals and words they have created.

## Materials:

- Pebbles and rocks
- Leaves
- Twigs
- Creativity



# Making Fry Bread

## Instructions:

1. Combine flour, baking powder, salt, and water in a medium bowl.
2. Let stand for at least 20 minutes.
3. Shape dough into golf ball-sized circles, and flatten to the shape of a cookie.
4. Poke hole into center of dough with your fingers.
5. Carefully lay into hot oil (*adults only*).
6. Let dough turn golden brown before turning and frying other side.
7. Let cool, and enjoy!

## Ingredients:

- 2 cups all-purpose flour
- 1 tablespoon baking powder
- 1 teaspoon table salt
- 1 cup water
- Vegetable oil (*for deep frying*)



# Go Berry Picking as a Family

## Berry Picking Locations Close to Anchorage:

### **Kincaid Park:**

Raspberries, currants, and rosehips.

### **Prospect Heights, Chugach State Park:**

Highbush cranberry, raspberry, and currants

### **Rendezvous Peak Trail:**

Blueberries, crowberries, and cranberries

### **Flattop Mountain Trail:**

Blueberries

### **Rabbit Creek and McHugh Creek Drainage:**

Blueberries

### **Crow Creek Pass Road:**

Salmonberries, raspberries, blueberries

### **Eagle River Valley Trail:**

Blueberries and crowberries.

### **Hatcher Pass:**

Blueberries

### **Arctic Valley:**

Blueberries and crowberries

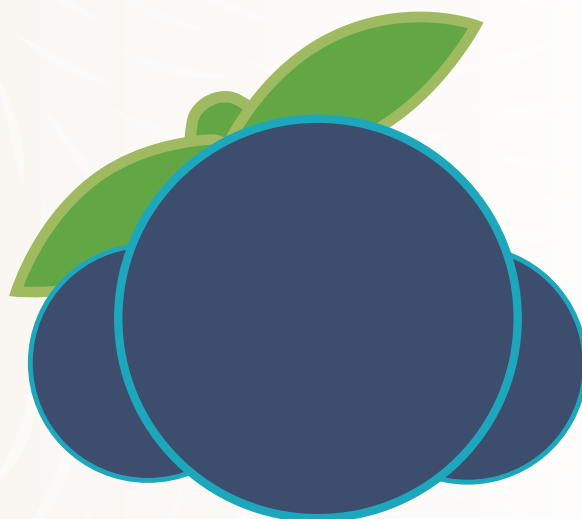
### **Lazy Mountain, Palmer:**

Cranberries, raspberries, rosehips, and blueberries

## Packing List:

- Sturdy walking shoes
- Berry buckets
- Ziplock bags
- Mosquito repellent
- Snacks and water

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**Remember to:** always be bear aware when outside in Alaska and practice responsible harvesting when picking wild plants.



# Design an Alaskan Board Game

## Instructions:

Tape or glue a sheet of construction paper on cardboard to create a firm surface.

With a ruler, draw and create spaces to move along as the dice is rolled.

Decorate each square with varying colors or animal stickers.

Optional: a boat or snow machine image can represent two spaces ahead and a raincloud or snow blizzard can represent two spaces behind.

The finishing space can be decorated with a symbol of your child's favorite place or activity.

Roll the dice, and take turns navigating through your Alaskan board game!

## Materials:

- Cardboard
- Construction paper
- Scissors
- Tape or glue
- Ruler
- Dice
- Stickers, crayons, markers, and creativity!





# Encourage Your Child's Creativity

1. Brainstorm weekend activities at the dinner table; encourage your children to think of things they haven't done before.
2. Celebrate creativity: choose a wall in your home where your child's creative art is hung, and add to it each week.
3. Tell your children about your favorite artists, singers, books, and characters, and encourage them to share their own!
4. Visit your child's favorite playground, and encourage them to talk about the equipment they enjoy the most. Talk about what would make the playground more interesting. When you return home, have your child design their dream playground on a sheet of graph paper.
5. With your child, cut a piece of an image out of a magazine, and paste it to a sheet of white paper. Have your child complete the image with their own drawing creativity (*it can be a piece of an animal, a plant, a person, or scenery*).
6. Have your child think of what kind of superhero they would be: ask them questions about their superhero name, their superhero powers, and what their superhero uniform would look like.



