



# 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 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.

The following activities should be done under adult supervision. Small objects required for some of the activities may be a choking hazard for children ages 0-3 and are not intended for unsupervised children.

# Attachment

**A caring response today can help build relationships for life.**

The first relationship a child experiences shapes their understanding of love for the future. Children need a trusting, secure, and reliable relationship with their parent(s) and caregivers to be able to explore their environment and learn.

## Materials:

- Chairs
- Music

## Activity:

### Musical chairs

1. Choose music to play.
2. Set up chairs in a circle. You should start with one less chair than the number of players.
3. When the music starts, the players walk in a circle around the chairs.
4. When the music stops, find a chair to sit in. There will be one player left without a chair to sit in.
5. The player who didn't find a chair to sit in is out of the game.
6. Remove one chair and play again.
7. Continue playing rounds until there is one person left.



# Learn to Make Akutaq Together

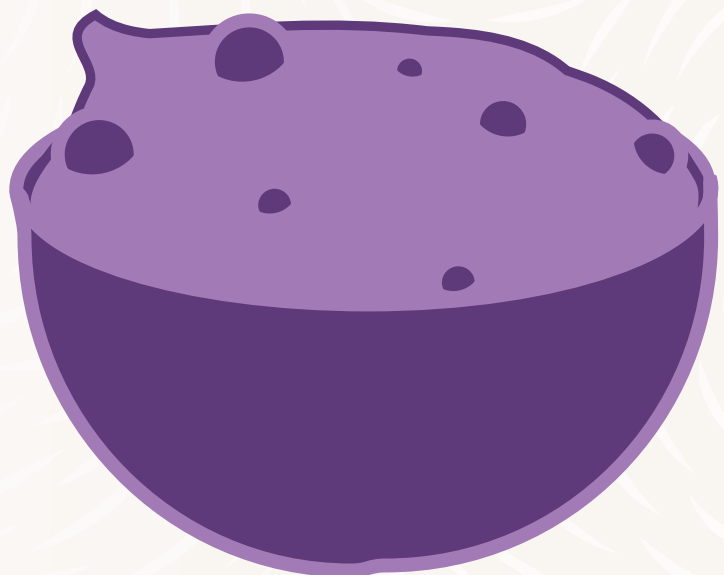
Here is a fun activity the entire family can do! This cultural activity has been practiced among Alaska Native people for countless generations. Here is one recipe variation for akutaq.

## Instructions:

1. Combine lard 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 1 gallon of berries, stir until mixed.
6. The akutaq is ready to eat.

## Ingredients:

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



**Recommended portion size:** 1/2 cup

# Family Strength/ Resilience

## Building resilience in children

Encouraging children to try new things, make mistakes, and learn from their mistakes will help build resilience. Strong parents model resilience for their children when they ask for help and offer to help others.

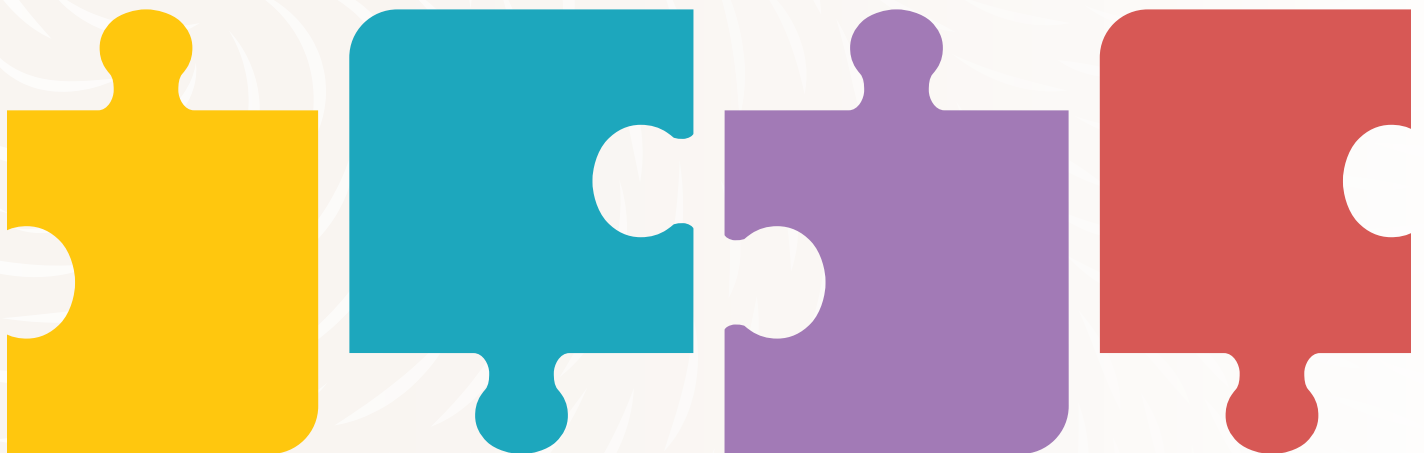
### Materials:

- Paper
- Tape
- Safety scissors
- Pencil

### Activity:

#### Puzzle

1. Trace the shapes on the bottom of the page.
2. Cut out the shapes and help your child find ways to connect the shapes.
3. Tape the shapes together.



# 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, dried beans, or macaroni
- Beads, buttons, charms, glitter, or other small toys
- Small paper funnel
- Craft glue



# Brain Development

## Brain development

What happens during pregnancy and early in life shapes a child's brain. Brains are built over time through experience and interactions with others. The basic things a child is learning today are the building blocks for more complex learning later in life. Helping a child learn, explore, and create early in life will help them be a stronger learner for the rest of their life.

### Materials:

- Sheets/blankets
- Pillows
- Chairs
- Flashlight (*optional*)

### Activity:

#### Building forts

1. Plan out a design for the fort.
2. Use the materials to build an indoor fort.





# 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



# Relationships

## Relationships last a lifetime

Children learn through relationships. Through back-and-forth interactions with caregivers (like peek-a-boo or passing a ball) they learn who they are and how they fit into this world. This shapes their understanding of family, community, language, and culture. Feeling a sense of belonging as a child lays a solid foundation for future health and wellbeing.

### Activity:

#### Peek-a-Boo

1. Sit face to face or with your child on your lap facing you.
2. Cover your face with both hands and say “Peek-a...” and then reveal your face and say, “boo!”
3. Your baby will usually react by giggling or covering their face to show they are meeting some objectives.



# 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!

## Materials:

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

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



# Emotional and Self-Regulation

## Learning to manage and express emotions

Children feel lots of emotions, but do not always know what to do with them. Children watch what their parent(s) or caregivers do with their own emotions, to learn what to do with theirs. Parents or caregivers can help children find healthy ways to express their emotions by staying close and connected. Children who learn these tools at an early age are better able to manage their emotions during challenges.

### Activity:

#### Create a calming jar

1. Remove label from water bottle.
2. Fill half way with water.
3. Add a few drops of food coloring to the bottle.
4. Add a tablespoon of glitter glue or clear school glue.
5. Add a few shakes of glitter.
6. Seal close with hot glue or super glue.

### Materials:

- Plastic water bottle
- Water
- Food coloring
- Glitter glue or clear school glue
- Hot glue or super glue



# 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



# Make 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*)

**Recommended portion size:** 1/4 cup for frybread as you portion out the dough to get ready to stretch and fry it.

\***Oil Alternates:** peanut, canola, or vegetable oil



# Make Paper Bag Puppets with Alaska Animal Themes

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

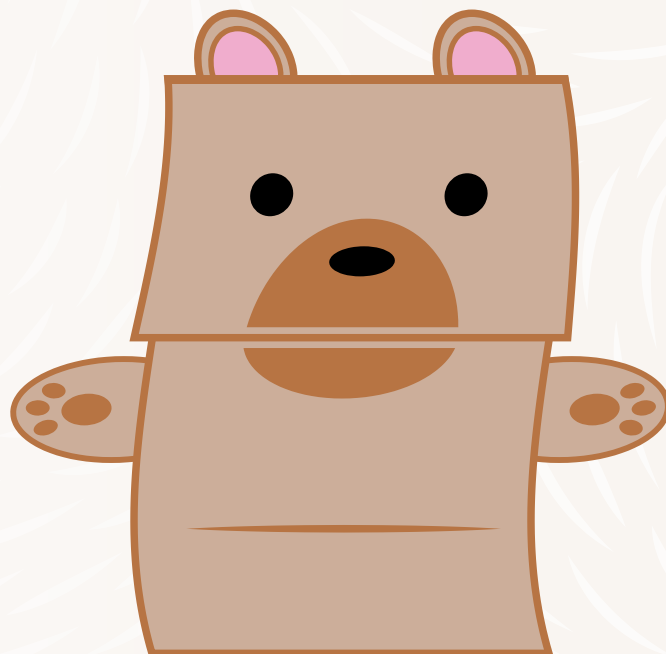
## Instructions:

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



# 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

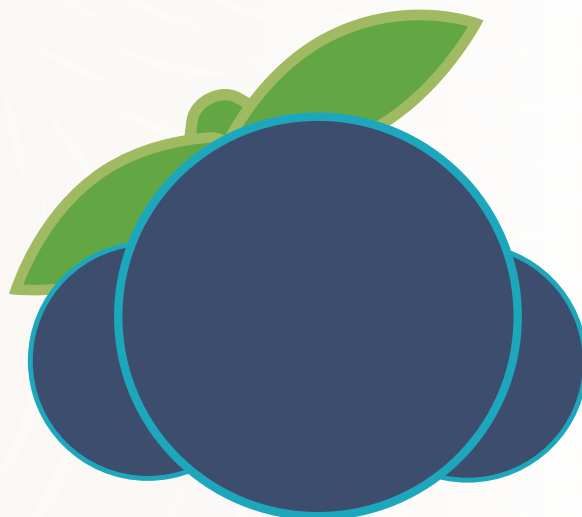
### **Lazy Mountain, Palmer:**

Cranberries, raspberries, rosehips, and blueberries

## Packing List:

- Sturdy walking shoes
- Berry buckets
- Ziploc 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:

1. Tape or glue a sheet of construction paper on cardboard to create a firm surface.
2. With a ruler, draw and create spaces to move along as the dice is rolled.
3. Decorate each square with varying colors or animal stickers.
4. Optional: a boat or snow machine image can represent two spaces ahead and a rain cloud or snow blizzard can represent two spaces behind.
5. The finishing space can be decorated with a symbol of your child's favorite place or activity.
6. Roll the dice, and take turns navigating through your Alaskan board game!

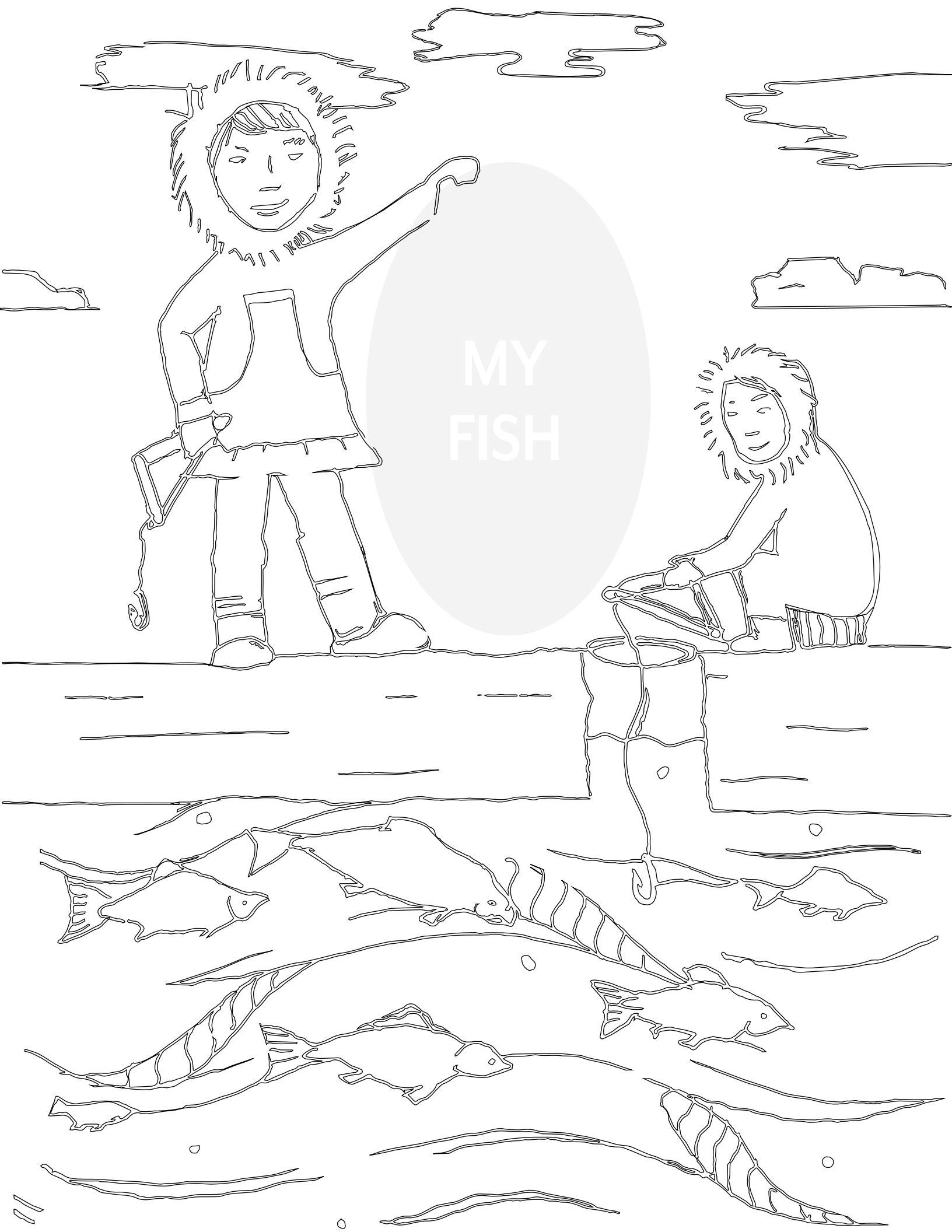
## Materials:

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

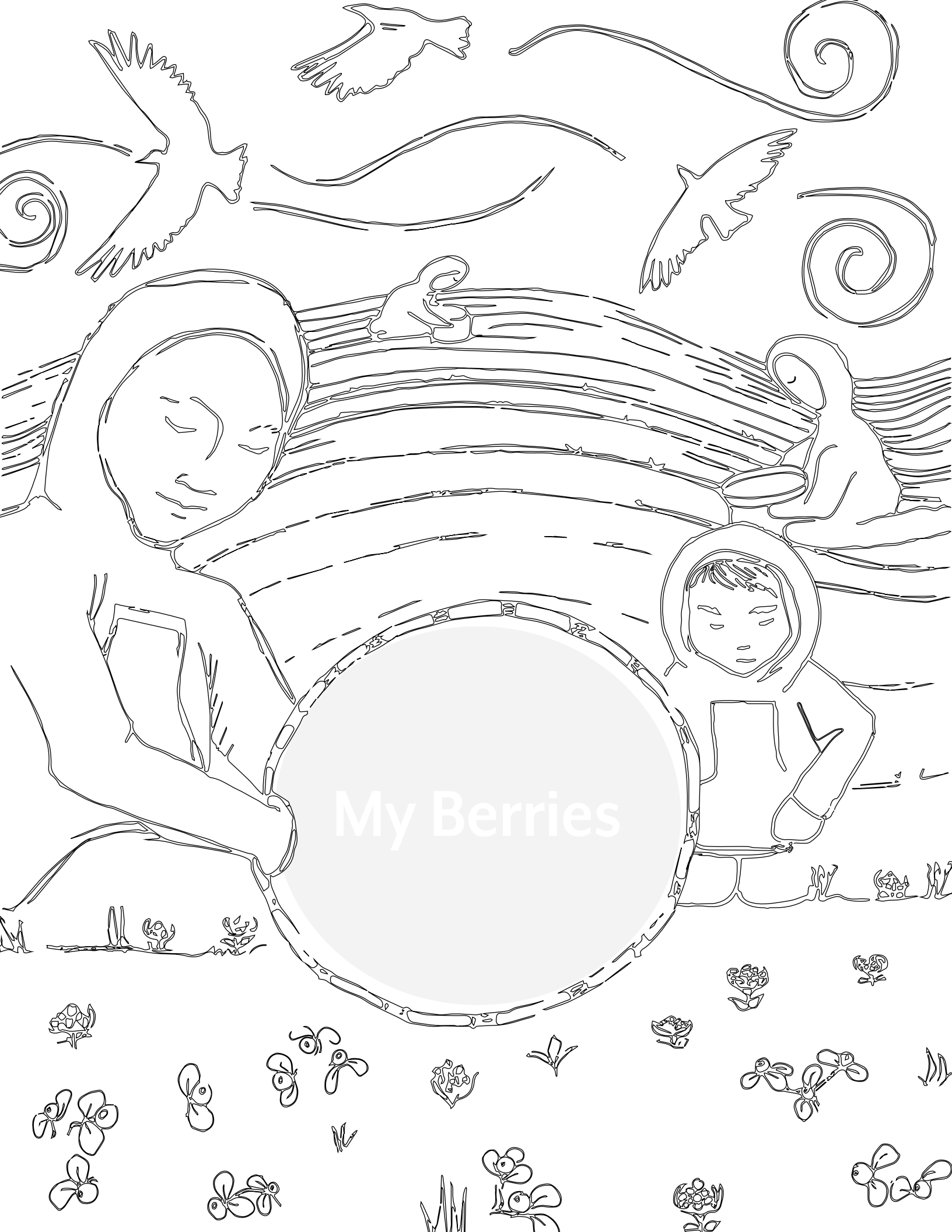


# Encourage Your Child's Creativity

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.



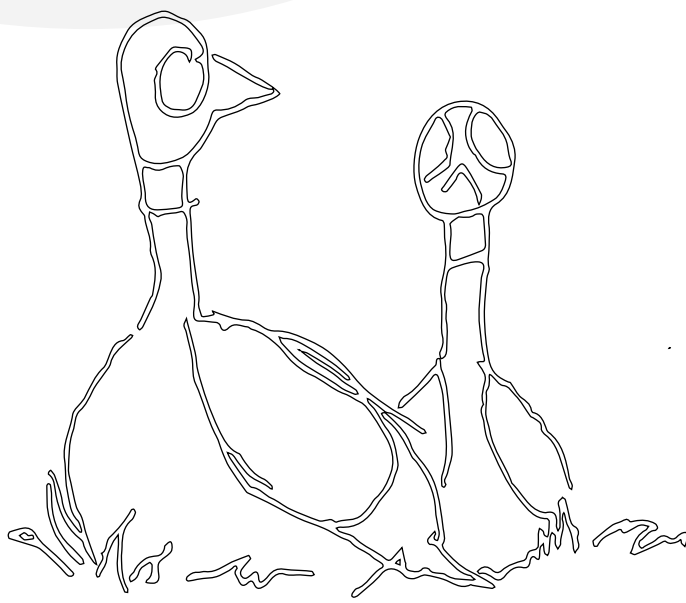
MY  
FISH



My Berries



MY  
BIRD



# My SEA BIRD





MY

ANTLERS

