



WE LEARN EVERYWHERE



The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.



Co-funded by
the European Union



Make
Mothers
Matter



UNIVERSITÀ
DEGLI STUDI
DI TORINO



UNESA



acción
familiar

syplexis

ReadLab
RESEARCH INNOVATION AND DEVELOPMENT LTD



Contents

Nature activities	4
Shopping activities	9
Cooking activities	12
Sports activities	30
Gardening activities	33
Games	37
Scientific experiments	45
Arts and crafts	48

SET OF PEDAGOGICAL AND DIDACTIC ACTIVITIES AT HOME AND IN EVERYDAY LIFE

In complement to the booklet on parenting in time of crisis, developed by the We Learn Everywhere project to provide resources and tips to parents and carers to deal with difficult times, we have developed pedagogical activities for children.


This set of activities, doable at home and in everyday life, aims to enable parents and carers to support children's learning needs and to promote common learning activities as a means for family bonding in challenging times.

Indeed, shared activities are crucial for the bond between parents/carers and children, and are vital for the development of children. As they are eager to learn about the world around them, and can treat any new experience as a learning opportunity, these activities capitalise on children's innate curiosity to engage them more deeply.


Adding a didactic component to the activities also helps children understand new concepts more easily, as well as develop new skills, both social (like teamwork), and physical (like hand-eye coordination). Based on daily life, the activities also aim to connect children with their immediate environment, giving them a new appreciation of how entertaining and interesting their world can be.

We have sorted them into different categories: Nature activities, Shopping activities, Cooking activities, Sports activities, Gardening activities, Games, Scientific experiments, and Arts and crafts.

These activities are designed to be fun, and serve various age groups, as well as require little to no equipment to carry out. Feel free to adapt them to your needs, and share them around!

Nature activities	
Name of Activity	A sensory walk in nature
Short Description	A walk in nature with the child/children, exploring the world around them with their senses (hearing, seeing, touching, smelling)
Target Age Group of Children	0 – 8 years-old
Number of participants	At least one child and one adult, no maximum number
Location and expected duration of activity	Location: Any place easily accessible, with nature: a park, a forest, or a beach. Expected duration of activity: depending on the child's age, ranging from 30 minutes to one hour
Tools and material needed	No material needed
Learning Objectives	Develop vocabulary based on the senses, develop observation skills
The Activity Step by Step	 <p>While walking, ask the child to describe what they see/hear/smell/touch, encouraging them to use descriptive words, and be curious: touch the bark of the trees, look under rocks, etc. If the child can read and write, they can fill in a "I spot" sheet, such as this one: https://www.teachstarter.com/au/teaching-resource/nature-walk-senses-worksheet/</p>
Expected Results & Benefits	The child develops their vocabulary linked to their senses The child gets interested in nature, seeing the world around them with a new appreciation
Recommended Frequency of Activity	Once a month
Precautions to take & Things to keep in mind	Teach the child what is safe to touch and what isn't; keep the planned path short enough for the children depending on their age; bring a hat and sunscreen if the weather is sunny, as well as water and snacks.
More Info	A variant of this activity, with older children who read and write, can be to spot things starting with a specific letter, for example, with the letter O, "I spot an oak tree", "I spot an orange tree", etc. This activity can be repeated across seasons, in order for the children to understand how nature changes over time.

Nature activities	
Name of Activity	A treasure hunt in nature
Short Description	Children need to find a certain number of plants/animals during a nature walk
Target Age Group of Children	3-12 years-old
Number of participants	At least one adult and one child
Location and expected duration of activity	Location: Any place easily accessible, with nature: a park, a forest, or a beach. Expected duration of activity: around one hour
Tools and material needed	A sheet of paper and a pen/pencil for each participating child
Learning Objectives	Develop knowledge of animals and plants, develop observation skills
The Activity Step by Step	Prepare the sheets with the “treasures” the child needs to find, depending on the local flora and fauna, and depending on the child’s age for the level of detail (for example, “a bird” for a smaller child, “a sparrow” for an older child). Here is an example. Decide with the child how to count the spotting: does the child show what they’ve seen to you? If they are older and have a phone, do they take a picture? Go on the walk, and fill in the treasure sheet yourself!
Expected Results & Benefits	The child gets to know the local flora and fauna The child gets interested in nature, seeing the world around them with a new appreciation
Recommended Frequency of Activity	Once a month
Precautions to take & Things to keep in mind	Teach the child what is safe to touch and what isn’t; keep the planned path short enough for the children depending on their age; bring a hat and sunscreen if the weather is sunny, as well as water and snacks.
More Info	This activity can be repeated across seasons, in order for the children to understand how nature changes over time.

Nature activities	
Name of Activity	Adopt a Tree
Short Description	Each child “adopts” a tree, watching it grow and change with the seasons
Target Age Group of Children	6 – 17 years-old
Number of participants	No minimum or maximum number
Location and expected duration of activity	Location: any place with a tree, close to the home Expected duration of activity: Initial “session”: 30 minutes, then a few minutes whenever the child wishes to update their tree journal
Tools and material needed	The “Tree journal”(https://files.dnr.state.mn.us/education_safety/education/plt/activity_sheets/my-tree-journal.pdf), pencils and coloured pencils, measuring tape
Learning Objectives	Learn about how trees change, what the different parts of them are
The Activity Step by Step	<p>Help the child choose a tree to “adopt”, close to home, and help them fill out the first pages of the journal, depending on their age.</p>  <p>Activities include drawing the tree as seen from a short distance, drawing the tree as we imagine a bird flying above it see it; drawing a leaf, flower, seed/fruit; listing major traits about the tree (a bird’s nest, a large hole, moss or vines growing on it, etc); describing the tree with words as precise as possible...</p> <p>Continue observing the tree throughout the year, noting the changes it goes through with the seasons.</p>
Expected Results & Benefits	The child will learn about trees, their life cycle, and will sharpen their observation skills. The child will form a greater connection with nature, and have a project to work on over a long period of time
Recommended Frequency of Activity	Update the journal every week or every two weeks, depending on the changes of the tree
Precautions to take & Things to keep in mind	
More Info	Source: https://www.dnr.state.mn.us/plt/curriculum.html

Nature activities	
Name of Activity	Nature clean-up
Short Description	Cleaning up the beach or the forest
Target Age Group of Children	5 - 17 years-old
Number of participants	As many as possible
Location and expected duration of activity	Location: Beach or forest Expected duration of activity: depending on the children's age, between 30 minutes and two hours
Tools and material needed	A thick pair of gardening gloves for each participant Trash bags
Learning Objectives	Learn about the environment and its fragility Learn about trash, recycling, and zero-waste principles
The Activity Step by Step	Choose a part of a beach or a forest to clean, and pick up as much trash as possible from there While cleaning, explain to the children how trash collection works, the importance of not littering and recycling, as well as ways for everyone to reduce their waste. You can use this as an opportunity to brainstorm with the children how to reduce waste in your own household.
Expected Results & Benefits	Children gain a greater appreciation of nature, and are more careful to protect it
Recommended Frequency of Activity	Every two or three months
Precautions to take & Things to keep in mind	Explain to children the precautions when manipulating sharp objects, stressing the importance of wearing the gloves; bring a hat and sunscreen if the weather is sunny, as well as water and snacks. Before attempting a nature clean-up, check local laws for any restrictions against this kind of activity.
More Info	If there are several teenagers, you can turn this into a friendly competition, with a reward for the one filling in the most trash bags.

Nature activities	
Name of Activity	Weather calendar
Short Description	Track the weather and its changes across seasons
Target Age Group of Children	1 - 10 years-old
Number of participants	No maximum number
Location and expected duration of activity	Location: Home Expected duration of activity: 5 minutes per day
Tools and material needed	A calendar, and pencils and/or stickers
Learning Objectives	Learn about the weather, and how it changes according to the days and seasons
The Activity Step by Step	<p>Each morning, ask the child to tell what the weather is like on that day: sunny, cloudy, rainy, or snowy, and what the temperature is like. Then, have them draw it on the corresponding day on the calendar (if the child is very small, help them with the drawing). If the child is very young and has a hard time drawing, you can also use stickers.</p> <p>After assessing the weather where you live, look up the weather in an other European city with the child, and search on a map where the city is. This will help the child get a better sense</p> <p>If you have several children who want to participate, either get a calendar for each, or alternate which child fills in the calendar each day.</p>
Expected Results & Benefits	The child will pay more attention to their surroundings and the natural world against them. After a few weeks, they will also be able to notice trends as the weather changes and thus learn about weather patterns and seasons.
Recommended Frequency of Activity	Every day
Precautions to take & Things to keep in mind	
More Info	If you have teenagers, you can put them in charge of helping their smaller siblings with this activity, to add a family-bonding dimension.

Shopping activities	
Name of Activity	Making a shopping list
Short Description	The child chooses a recipe, and makes the shopping list for it, as well as an estimated budget
Target Age Group of Children	12 - 17 year-olds
Number of participants	One child per recipe
Location and expected duration of activity	Location: Home and supermarket Expected duration of activity: 30 minutes
Tools and material needed	Access to the Internet or recipe books, sheet of paper and pen or pencil
Learning Objectives	Learn how to make a shopping list based on a recipe Use mathematics to calculate how much of each ingredient is needed depending on the number of persons eating
The Activity Step by Step	Help the child choose a recipe, then look up what ingredients are needed. Use this opportunity to talk about what makes a meal healthy, and the food groups that are needed throughout the day (fruits & vegetables, grains, proteins). Let the child check what ingredients are already available at home, then calculate how much of each ingredient is needed, as well as how much it is going to cost.
Expected Results & Benefits	The child will get a better grasp of how to plan a meal.
Recommended Frequency of Activity	Once or twice per month
Precautions to take & Things to keep in mind	Ensure that, if someone in the household has allergies, the ingredients purchased will not trigger these allergies
More Info	This activity can be combined with a cooking activity (see below).

Shopping activities	
Name of Activity	Shopping for food
Short Description	Go to the supermarket with the child, and shop for food following a shopping list
Target Age Group of Children	6 – 17 years-old
Number of participants	Depending on the age of the children and their autonomy, between 1 and 3 children per adult
Location and expected duration of activity	Location: supermarket Expected duration of activity: 45 minutes
Tools and material needed	Shopping list
Learning Objectives	Learn how to shop for food
The Activity Step by Step	<p>Go to the supermarket with the child, and let them take the lead in choosing the ingredients according to the shopping list, explaining to them how to choose quality products and read ingredients, as well as decipher pricing (unit price vs price per kilogram, for example).</p> <p>Show the child the different labels shown on the items (the nutritional value score, the fair trade label, the organic label, etc), and what they represent.</p> <p>Finally, once you are home, help the child identify on the food items you purchased where they were produced, and find on a map where these countries are.</p>
Expected Results & Benefits	The child will get a better grasp of how to shop for food.
Recommended Frequency of Activity	Once or twice per month
Precautions to take & Things to keep in mind	
More Info	<p>For smaller kids, a shopping list with pictures can be established. This activity can be combined with the “Making a shopping list” activity.</p> <p>Smaller children can be associated to this activity by asking them to taking products off the shelves, or to arrange them in the shopping cart.</p>

Shopping activities	
Name of Activity	Fun while shopping!
Short Description	Add an observation game to shopping
Target Age Group of Children	1 – 6 years-old
Number of participants	No minimum or maximum number
Location and expected duration of activity	Location: supermarket Expected duration of activity: as long as the shopping takes
Tools and material needed	None
Learning Objectives	Develop observation skills, mobilize vocabulary around food
The Activity Step by Step	Decide on a colour or colours that the child needs to find in the supermarket, and ask them to point it out when they see it, while naming the object that is that colour. For example, in the fruits and vegetable aisle, find the colour orange; the child can find carrots, oranges, pumpkins, sweet potatoes, etc.
Expected Results & Benefits	The child enjoys their time at the supermarket, works on their observation skills, and gets more enthusiastic about food.
Recommended Frequency of Activity	Once a month
Precautions to take & Things to keep in mind	
More Info	With older children who can read, the activity can be done with letters (“find food that start with the letter S”)

Cooking activities	
Name of Activity	Cantaloupe popsicles
Short Description	Make healthy popsicles with cantaloupe
Target Age Group of Children	1 - 12 years-old
Number of participants	Maximum two children
Location and expected duration of activity	Location: home Expected duration of activity: 20 minutes to prepare the popsicles, and at least 5 hours of freezing
Tools and material needed	Blender, measuring cup, popsicle mould, popsicle sticks 320 of cantaloupe, 190 grams plain or vanilla yogurt, 2 tbsp freshly squeezed lemon juice, 2-3 tbsp sweetener (optional)
Learning Objectives	Learn how to follow a recipe
The Activity Step by Step	Place the cantaloupe, yogurt, lemon juice and sweetener (if using), into a blender. On medium-high speed puree the cantaloupe mixture for 1-2 minutes or until the mixture is completely smooth. Using your favourite popsicle mould, pour the cantaloupe mixture into the moulds until the fill line. Place in the popsicle sticks. Place the popsicle mould into the freezer and let freeze for at least 5 hours but preferably overnight. Take a popsicle out of the freezer and take out of the mould. Eat and enjoy.
Expected Results & Benefits	The child will gain a better understanding of the skills involved in cooking, and a new appreciation for eating healthy foods.
Recommended Frequency of Activity	Whenever you want a frozen treat!
Precautions to take & Things to keep in mind	
More Info	Source: https://babyfoode.com/blog/cantaloupe-popsicles/

Cooking activities	
Name of Activity	Lentil burgers
Short Description	Prepare lentil burgers from scratch
Target Age Group of Children	12 - 17 years-old
Number of participants	Maximum two children
Location and expected duration of activity	Location: home Expected duration of activity: one hour
Tools and material needed	Large pan, mixing bowl, food processor (optional) For four burgers: 1 tbsp Oil, 1/2 onion, 1/2 tsp Minced Garlic, 1/2 Celery Stalk, 1 Medium Carrot, 250g Sweet Potato, peeled and cut into 1cm cubes, 1 tbsp Curry Powder, 1 tsp Smoked Paprika, 1/2 tsp Cumin, 115g Dry Green Lentils (or one 400g can of lentils), 350 ml Water, 1 Egg, 24g Dried Breadcrumbs, 1 tbsp Oil (for frying patties)
Learning Objectives	Learn how to follow a recipe Learn how to cook different ingredients
The Activity Step by Step	Heat oil in a large pan over a medium heat. Add the onion, garlic, celery and carrots then reduce the heat to low and cook for approx. 5 mins (until softened.). Add the sweet potato, curry powder, smoked paprika & cumin then stir for a further minute. Add the lentils & water. Bring to the boil, then reduce the heat to low and allow to simmer until cooked, soft and water absorbed (approx. 25 mins) (OPTIONAL) You can blend the mixture at this stage. Add to a food processor and blend until smooth. Transfer the mixture to a mixing bowl and allow to cool. Add the egg and breadcrumbs then stir until combined. Divide the mixture to form 4 patties. Heat the oil in a large pan over a medium heat. Cook the patties for 4-5 minutes each side or until golden and warmed through.
Expected Results & Benefits	The child will gain a better understanding of the skills involved in cooking, and a new appreciation for eating healthy foods.

Cooking activities

Recommended Frequency of Activity

Once a month

Precautions to take & Things to keep in mind

Supervise the child during the use of the stove, and manipulation of sharp or hot objects

More Info

Depending on the child's age, let them take the lead in the kitchen. Add a mathematics component by calculating the quantities needed for a different number of burgers.
Source: <https://www.healthylittlefoodies.com/lentil-burgers/>
This activity can be combined with the shopping activities.

Cooking activities	
Name of Activity	Chocolate cake in a cup
Short Description	Bake a quick, moist chocolate cake in a cup
Target Age Group of Children	1 – 12 years-old
Number of participants	One child per mug
Location and expected duration of activity	Location: home Expected duration of activity: 10 minutes
Tools and material needed	A coffee mug, a microwave 3 tablespoons unbleached all-purpose flour 2 tablespoons sugar 2 teaspoons cocoa powder 1/4 teaspoon baking powder 3 tablespoons milk 1 tablespoon oil (neutral taste, like sunflower) 1 drop vanilla extract 10 semisweet chocolate chips (1 teaspoon)
Learning Objectives	Learn how to follow a recipe
The Activity Step by Step	In a coffee cup, combine the flour, sugar, cocoa powder, and baking powder. Add the milk, oil, and vanilla. With a fork, gently stir until the batter no longer has lumps. Sprinkle with the chocolate chips. Cook the cake in the microwave for 45 seconds. Let cool for 5 minutes to allow for the cake to finish cooking.
Expected Results & Benefits	The child will gain a better understanding of the skills involved in cooking, and a simple way to have a quick snack.
Recommended Frequency of Activity	Once a month
Precautions to take & Things to keep in mind	The mug might be hot when coming out of the microwave.
More Info	Source: https://www.ricardocuisine.com/en/recipes/5769-moist-chocolate-cake-in-a-cup

Cooking activities	
Name of Activity	Crepes from Belgium
Short Description	Make crepes for the whole family while learning about Belgium
Target Age Group of Children	1 - 17 years-old
Number of participants	All the family's children can contribute, and take turns cooking the crepes, depending on their age
Location and expected duration of activity	Location: home Expected duration of activity: one hour
Tools and material needed	A globe or world map, a device with an Internet connection Large non-stick pan, mixing bowl, whisk, ladle For eight crepes: 200g of flour, 2 eggs, 500ml of milk, 1 tablespoon of oil (preferably a neutral oil), a pinch of salt, a pat of butter or oil for cooking And whatever you want to put on them! (sugar, maple syrup, jam, peanut butter, chocolate spread, etc)
Learning Objectives	Learn about the country of Belgium Learn how to follow a recipe Learn how to mix and cook different ingredients
The Activity Step by Step	<p>Before starting to cook, look on a globe or a map where Belgium is. Then, together with the child/children, look up some information on the country: see what the flag looks like, what the capital city is called, how many inhabitants the country has, what language(s) is/are spoken there, etc. Use the image search function to see important monuments/landscapes of the country (if doing this with very small children, focus on pictures).</p> <p>Then, move on to cooking: in a big mixing bowl, pour together all the ingredients, except for the butter or oil for cooking. Mix the ingredients well, ensuring there are no lumps in the dough, and that it is quite thin.</p> <p>Then, put the pan on the stove, on medium-hot heat, and add the butter or oil.</p> <p>Once the pan is hot, pour one ladle full of dough on the pan, and swirl it around to have a thin, round crepe. Once one side is cooked, flip it around to cook the other side.</p> <p>Serve hot with whatever topping you like!</p>

Cooking activities

Expected Results & Benefits	<p>The child will learn about Belgium, getting an understanding of how big the world is, and about tastes and foods from other countries.</p> <p>The child will gain a better understanding of the skills involved in cooking, and a new appreciation for home-made foods.</p>
Recommended Frequency of Activity	<p>Once a month</p>
Precautions to take & Things to keep in mind	<p>Supervise the child during the use of the stove, and manipulation of hot objects. Cooking the crepes is not suitable for very young children, who can however participate in mixing the dough and watching the cooking.</p>
More Info	<p>Depending on the child's age, let them take the lead in the kitchen. Add a mathematics component by calculating the quantities needed for a different number of crepes.</p> <p>This activity can be combined with the shopping activities.</p>

Cooking activities

Name of Activity	Waffles from Belgium
Short Description	Make waffles for the whole family while learning about Belgium
Target Age Group of Children	1 - 17 years-old
Number of participants	All the family's children can contribute, and take turns cooking the waffles, depending on their age
Location and expected duration of activity	Location: home Expected duration of activity: three hours (including two hours of letting the dough rest)
Tools and material needed	A globe or world map, a device with an Internet connection Waffle iron, 2 mixing bowls, whisk, ladle For eight waffles: 400g of flour, 2 eggs, 333ml of milk, 75g of sugar, 100g of butter, 1 pack of yeast, 1 pinch of salt And whatever you want to put on them! (powdered sugar, maple syrup, jam, peanut butter, chocolate spread, etc)
Learning Objectives	Learn about the country of Belgium Learn how to follow a recipe Learn how to mix and cook different ingredients
The Activity Step by Step	In a mixing bowl, whisk the eggs, sugar, and pinch of salt. In another mixing bowl, pour the flour and yeast, then create a pit where you pour the eggs and sugar mix. Then, add the milk and melted butter, and mix the dough well, until there are no lumps in it. Then, cover the bowl and let the dough rest for two hours on the fridge. Heat up the waffle iron, and pour a ladle of dough inside for four to six minutes. When the waffle is golden, it is ready. Serve hot with whatever topping you like! While the dough is in the fridge, look on a globe or a map where Belgium is. Then, together with the child/children, look up some information on the country: see what the flag looks like, what the capital city is called, how many inhabitants the country has, what language(s) is/are spoken there, etc. Use the image search function to see important monuments/landscapes of the country (if doing this with very small children, focus on pictures).

Cooking activities	
Expected Results & Benefits	<p>The child will learn about Belgium, getting an understanding of how big the world is, and about tastes and foods from other countries.</p> <p>The child will gain a better understanding of the skills involved in cooking, and a new appreciation for home-made foods.</p>
Recommended Frequency of Activity	Once a month
Precautions to take & Things to keep in mind	Supervise the child during the use of the waffle iron, and manipulation of hot objects. Cooking the waffles is not suitable for very young children, who can however participate in mixing the dough and watch the cooking.
More Info	<p>Depending on the child's age, let them take the lead in the kitchen. Add a mathematics component by calculating the quantities needed for a different number of waffles.</p> <p>This activity can be combined with the shopping activities.</p>

Cooking activities	
Name of Activity	Stuffed vegetables from Greece
Short Description	Make stuffed vegetables for the whole family while learning about Greece
Target Age Group of Children	0 – 17 years-old
Number of participants	No maximum number
Location and expected duration of activity	Location: home Expected duration of activity: one and a half hour
Tools and material needed	A globe or world map, a device with an Internet connection Knife, cutting board, mixing bowl, box grater or blender, oven, large oven pan, aluminium foil For ten vegetables: 5 tomatoes, 5 green bell peppers, 1 onion, 1 clove of garlic, 1 bunch of mint, ½ bunch of parsley, 200g round rice, 1 kilo potatoes, 2 tbsp butter, 2 tbsp tomato paste, 250ml water, 6 tbsp olive oil, 100g dry breadcrumbs, salt, pepper To serve: bread, feta cheese (optional), pepper, mint
Learning Objectives	Learn about the country of Greece Learn how to follow a recipe Learn how to mix and cook different ingredients
The Activity Step by Step	Before starting to cook, look on a globe or a map where Greece is. Then, together with the child/children, look up some information on the country: see what the flag looks like, what the capital city is called, how many inhabitants the country has, what language(s) is/are spoken there, etc. Use the image search function to see important monuments/landscapes of the country (if doing this with very small children, focus on pictures). Then, move on to cooking: Cut the tomatoes on the bottom side and use a spoon to carefully remove the flesh without tearing the skin. Put the flesh of the tomatoes into a bowl and set it aside. Cut the top “lid” of the peppers, remove the seeds, and set them aside. Put the tomatoes and the peppers into a baking pan and set it aside. Grate the big tomato pieces in a box grater or mash them in a chopper blender.

Cooking activities

	<p>Grate the onion and the garlic into the bowl and add the mint and parsley finely chopped, some salt and pepper, and mix well. Put the rice into the bowl and mix.</p> <p>Put one piece of butter in each tomato and pepper. Season the tomatoes with salt and pepper and divide the filling among the vegetables. Put one more piece of butter over the filling.</p> <p>Preheat the oven to 180 ° C set to fan.</p> <p>Cut the potatoes into wedges and put them in the pan.</p> <p>In a bowl add the tomato paste, water, 2 tablespoons of olive oil, salt, and pepper, and mix them well. Pour the sauce over the pan, add 3-4 tablespoons of olive oil, and spread the dried bread-crumbs over the tomatoes.</p> <p>Cover the pan with aluminium foil and bake the vegetables in the oven for 30-40 minutes. Remove the aluminium foil and bake them for another 30-40 minutes.</p> <p>Serve the veggies with bread, feta cheese, pepper, and mint.</p>
<p>Expected Results & Benefits</p>	<p>The child will learn about Greece, getting an understanding of how big the world is, and about tastes and foods from other countries. The child will gain a better understanding of the skills involved in cooking, and a new appreciation for home-made foods.</p>
<p>Recommended Frequency of Activity</p>	<p>Once a month</p>
<p>Precautions to take & Things to keep in mind</p>	<p>Supervise the child during the use of the oven, and manipulation of sharp and hot objects.</p>
<p>More Info</p>	<p>Depending on the child's age, let them take the lead in the kitchen. Add a mathematics component by calculating the quantities needed for a different number of vegetables.</p> <p>This activity can be combined with the shopping activities.</p>

Cooking activities	
Name of Activity	Chickpea stew from Greece
Short Description	Make a chickpea stew for the whole family while learning about Greece
Target Age Group of Children	0 – 17 years-old
Number of participants	No maximum number
Location and expected duration of activity	Location: home Expected duration of activity: one hour
Tools and material needed	A globe or world map, a device with an Internet connection Knife, cutting board, large pot For four servings: 2 sticks of celery, 2 onions, 2 cloves of garlic, 2 carrots, 2 table- spoons of thyme, 2 sprigs of rosemary, 2 lemons (zest and juice), 1 vegetable bouillon cube, 800 g water, salt, pepper, 600 g of chick- peas (frozen, canned, or pre-cooked), 1/3 bunch dill, 4-5 table- spoon(s) olive oil
Learning Objectives	Learn about the country of Greece Learn how to follow a recipe Learn how to mix and cook different ingredients
The Activity Step by Step	<p>Before starting to cook, look on a globe or a map where Greece is. Then, together with the child/children, look up some information on the country: see what the flag looks like, what the capital city is called, how many inhabitants the country has, what language(s) is/are spoken there, etc. Use the image search function to see important monuments/landscapes of the country (if doing this with very small children, focus on pictures).</p> <p>Then, move on to cooking: Cut the celery, onions, garlicks, and carrots into small cubes and add them into a pot. Add the thyme, rosemary, lemon zest, bouillon cube, water, salt, pepper, chickpeas, and place the pot over medium heat. As soon as it starts boiling, close the lid, and boil for 30 minutes. Remove from the heat and add the dill finely chopped, lemon juice, olive oil, and pepper. Serve with lemon slices, olive oil, and pepper.</p>

Cooking activities

Expected Results & Benefits	<p>The child will learn about Greece, getting an understanding of how big the world is, and about tastes and foods from other countries. The child will gain a better understanding of the skills involved in cooking, and a new appreciation for home-made foods.</p>
Recommended Frequency of Activity	<p>Once a month</p>
Precautions to take & Things to keep in mind	<p>Supervise the child during the use of the stove, and manipulation of sharp and hot objects.</p>
More Info	<p>Depending on the child's age, let them take the lead in the kitchen. This activity can be combined with the shopping activities. Source: https://akispetretzikis.com/en/recipe/4445/revithada</p>

Cooking activities	
Name of Activity	Pizza from Italy
Short Description	Make pizza for the whole family while learning about Italy
Target Age Group of Children	8 - 17 years-old
Number of participants	A parent and 1 to 4 children
Location and expected duration of activity	Location: home Expected duration of activity: three hours (including two hours of letting the dough proof)
Tools and material needed	250 g Flour 3,5 g dry brewer's yeast 5 g sugar 200 ml water 25 ml olive oil 3,25 g salt 150 g tomato sauce 125 g mozzarella cheese
Learning Objectives	Learn how to follow a recipe Learn how to cook different ingredients
The Activity Step by Step	<p>Mix the flour with the brewer's yeast and sugar. Separately, in a large bowl, pour the warm water. Add the olive oil, start mixing and incorporate the flour one handful at a time.</p> <p>After using half the flour, add a teaspoon of salt and continue mixing.</p> <p>Cover with plastic wrap and let rise in a warm place until doubled in volume. This will take about 2 hours.</p> <p>Grease a baking sheet with olive oil. Pour the dough onto the baking sheet. Add the tomato sauce.</p> <p>Let rise for another 10 minutes and then bake for about 25 minutes.</p> <p>After 25 minutes, add the mozzarella cheese and then let bake for another 5 minutes.</p> <p>While waiting for the dough to rise, look on a globe or a map where Italy is. Then, together with the child/children, look up some information on the country: see what the flag looks like, what the capital city is called, how many inhabitants the country has, what language(s) is/are spoken there, etc. Use the image search function to see important monuments/landscapes of the country (if doing this with small children, focus on pictures).</p>

Cooking activities

Expected Results & Benefits	The child will gain a better understanding of the skills involved in cooking, while also developing teamwork within the family.
Recommended Frequency of Activity	Once a week
Precautions to take & Things to keep in mind	Supervise the child during the use of the stove, and manipulation of sharp or hot objects
More Info	<p>Depending on the child's age, let them take the lead in the kitchen. Add a mathematics component by calculating the quantities needed for a different number of pizzas.</p> <p>This activity can be combined with the shopping activities.</p>

Cooking activities	
Name of Activity	Chocolate cake from Spain
Short Description	Make chocolate cake while learning about Spain
Target Age Group of Children	1 – 17 years-old
Number of participants	No maximum number
Location and expected duration of activity	Location: home Expected duration of activity: one hour
Tools and material needed	Mixing bowl, whisk, round baking tin, oven 4 eggs 175 g sugar 200 ml of whipping cream 100 g sunflower oil 1 teaspoon vanilla essence 50 g unsweetened cocoa powder 200 g flour 16 g baking powder or 1 sachet of chemical yeast
Learning Objectives	Learn how to follow a recipe Learn how to cook different ingredients
The Activity Step by Step	First, beat the eggs with the sugar and the vanilla essence until the mixture becomes whiter and doubles in volume. Add the cream and the oil, mix gently. Finally, incorporate the cocoa, the flour and the baking powder or yeast, little by little. Mix until there are no lumps. Put the dough in a greased baking tin, with the bottom lined with baking paper. Bake with circular heat at 180° for about 30 minutes. Check that it is done by poking a toothpick into the center. If it comes out clean, the cake is done! Let it cool for 10 minutes, then remove it from the tin and let it cool completely before eating.

Cooking activities

	<p>While waiting for the cake to bake, look on a globe or a map where Spain is. Then, together with the child/children, look up some information on the country: see what the flag looks like, what the capital city is called, how many inhabitants the country has, what language(s) is/are spoken there, etc. Use the image search function to see important monuments/landscapes of the country (if doing this with small children, focus on pictures).</p>
Expected Results & Benefits	<p>The child will gain a better understanding of the skills involved in cooking, while also developing teamwork within the family.</p>
Recommended Frequency of Activity	<p>Every two weeks</p>
Precautions to take & Things to keep in mind	<p>Supervise the children during the use of the oven, and manipulation of hot objects</p>
More Info	<p>Depending on the child's age, let them take the lead in the kitchen This activity can be combined with the shopping activities.</p>

Cooking activities

Name of Activity	Potato omelette (tortilla) from Spain
Short Description	Make omelette for the whole family while learning about Spain
Target Age Group of Children	1 – 17 years-old
Number of participants	Maximum two children
Location and expected duration of activity	Location: home Expected duration of activity: 45 minutes
Tools and material needed	Two mixing bowl, whisk, large pan & lid, spatula For 4 persons: 5 eggs, 500g of potatoes, 1 onion, salt, olive oil
Learning Objectives	Learn how to follow a recipe Learn how to cook different ingredients
The Activity Step by Step	<p>Before starting to cook, look up on a globe or a map where Spain is. Then, together with the child/children, look up some information on the country: see what the flag looks like, what the capital city is called, how many inhabitants the country has, what language(s) is/are spoken there, etc. Use the image search function to see important monuments/landscapes of the country (if doing this with small children, focus on pictures).</p> <p>Then, move on to cooking! Peel and wash the potatoes, cut them and the onion in thin slices.</p> <p>Put both in a frying pan and add olive oil.</p> <p>Let them cook over medium-low heat until they begin to brown. You will know the potatoes are done when they start to break, with the paddle. For the omelette to be juicy, it is important that the potatoes are well done.</p> <p>Remove from the pan and drain well. Put in a large bowl.</p> <p>In another bowl, beat the eggs, add them to the potatoes and onion, add a little salt and mix. Let the potatoes soak for a few minutes.</p> <p>Put a couple of tablespoons of oil in the pan and add the potatoes and eggs mix.</p> <p>With the spatula, shape the omelette around the edges while it is cooking.</p>


Cooking activities

	<p>When you see that the bottom of the omelette is set, put a plate or a lid on top of the pan and quickly turn it over.</p> <p>Put the pan back on the heat and slide the omelette from the plate to the pan, to cook the other side.</p> <p>Leave the pan on the stove a few more minutes, while rounding the edges with the spatula (2 or 3 minutes if you like it more curled, less if you like it juicy) to finish cooking. Serve hot!</p>
<p>Expected Results & Benefits</p>	<p>The child will gain a better understanding of the skills involved in cooking, while also developing knowledge about another European country.</p>
<p>Recommended Frequency of Activity</p>	<p>Every month</p>
<p>Precautions to take & Things to keep in mind</p>	<p>Supervise the children during the use of the stove, and manipulation of sharp and hot objects</p>
<p>More Info</p>	<p>Depending on the child's age, let them take the lead in the kitchen. Add a mathematics component by calculating the quantities needed for a different number of servings.</p> <p>This activity can be combined with the shopping activities.</p>

Sports activities	
Name of Activity	Planning a run
Short Description	Plan a run with the child, then go running
Target Age Group of Children	8 - 17 years-old
Number of participants	No minimum or maximum number
Location and expected duration of activity	Location: easily accessible from home Expected duration of activity: 30 minutes to plan the itinerary, 15 minutes to one hour, depending on the age of the child and the physical level of the participants, for the run
Tools and material needed	A map, analogue or digital, of the area where the run will take place Running shoes for all participants
Learning Objectives	Learn how to create an itinerary, based on the time available and the estimated speed of the run Learn how to run correctly and safely
The Activity Step by Step	Agree with the child on how long you want to run, and map an itinerary to follow in order to run for that amount of time. Go on the run, starting slow to warm up, and leaving the lead to the child if they are old enough to know their way around. After the run, make sure to stretch and drink a lot of water.
Expected Results & Benefits	The child will get to know their surroundings more, while learning how to plan a run. The child will also get physically active.
Recommended Frequency of Activity	Twice per month
Precautions to take & Things to keep in mind	Be mindful of the weather while doing this activity, and avoid really hot or cold days for running.
More Info	This activity can also be done with cycling. In that case, you can add a sub-activity of learning how to care for a bicycle (putting air in the tires, oiling the chain, and checking the brakes).

Sports activities

Name of Activity	Jumps!
Short Description	Long jumps
Target Age Group of Children	5 - 12 years-old
Number of participants	No minimum or maximum number of participants
Location and expected duration of activity	Location: home or park Expected duration of activity: 30 to 45 minutes
Tools and material needed	Tape measurer, chalk
Learning Objectives	Calculate distances Learn what impacts the distance of a jump
The Activity Step by Step	Have each child do a small long jump, starting on a defined starting line, and mark on the ground where they land. Then, have them try and jump farther, while trying different techniques (running before jumping, bending the knees more, etc). Mark where they land each time!
Expected Results & Benefits	The child gets more active, while learning how to measure distances
Recommended Frequency of Activity	Once a month
Precautions to take & Things to keep in mind	Monitor the children to ensure they don't get injured
More Info	This activity can also be done with high jumps.

Sports activities	
Name of Activity	Hopscotch
Short Description	A jumping and coordination game
Target Age Group of Children	3 - 12 years-old
Number of participants	At least two participants
Location and expected duration of activity	Location: Home or park Expected duration of activity: 30 minutes
Tools and material needed	Chalk if playing outside, masking tape if playing inside; a small stone
Learning Objectives	Follow game rules Improve hand-eye coordination
The Activity Step by Step 	<p>Help the child draw a traditional hopscotch diagram like this one (https://justbeslower.life/wp-content/uploads/2016/05/IMG_3771.jpg).</p> <p>Throw a small stone into the first square. (If it lands on a line, or outside the square, you lose your turn. Pass the marker to the following player and wait for your next turn.)</p> <p>Hop on one foot into the first empty square, and then every subsequent empty square. Be sure to skip the one your marker is on. At the pairs (4-5 and 7-8), jump with one foot on each square. At 10, hop with both feet, turn around, and head back toward the start. When you reach the marked square again, pick up the marker—still on one foot!—and complete the course. If you finished without any mistakes, pass the marker to the next player. On your next turn, throw the marker to the next number. If you fall, jump outside the lines, or miss a square or the marker, you lose your turn and must repeat the same number on your next turn. Whoever reaches 10 first, wins.</p>
Expected Results & Benefits	The child will be active physically, and improve their precision motor skills.
Recommended Frequency of Activity	Every two weeks
More Info	With older children, a maths dimension can be introduced, by using only even numbers, or increasing them by five instead of one. Different shapes can also be used, to make the game easier or harder.

Gardening activities	
Name of Activity	Making a herb garden
Short Description	Grow herbs for the kitchen
Target Age Group of Children	0 – 17 years-old
Number of participants	No minimum or maximum number
Location and expected duration of activity	Location: Home Expected duration of activity: 30 minutes for the start, a few minutes each day afterwards
Tools and material needed	Seeds, pots and dirt if there is no access to a garden
Learning Objectives	Learn how plants grow
The Activity Step by Step	Depending on what herbs you like, and the growing conditions where you live (temperature, sun exposition), choose seeds to grow. With the child, put the seeds in the dirt, explaining how deep they need to go, and water them carefully. During the following weeks, monitor the growth of the plants, watering them when needed. For older children, they can be responsible for this. With the child, observe the changes, logging them in a journal, and/or taking a picture each day. When the herbs are ripe, taste them with the child!
Expected Results & Benefits	The child will get enthusiastic about growing food, learn about plants lifecycle, and develop their sense of responsibility by taking care of a plant.
Recommended Frequency of Activity	Two or three times a year (depending on whether the plants grow inside or outside)
Precautions to take & Things to keep in mind	If you have pets and they have access to the plants, make sure they are not toxic to them.
More Info	If you have the space, this activity can be done with more plants whose foods the children enjoy eating. This activity can be done in tandem with the activity “Painting pots”.

Gardening activities

Name of Activity	Growing plants
Short Description	Growing the same plant in different conditions
Target Age Group of Children	6 – 12 years-old
Number of participants	No minimum or maximum number
Location and expected duration of activity	Location: home Expected duration of activity: 30 minutes for the start, a few minutes each day afterwards
Tools and material needed	Seeds, pots and dirt
Learning Objectives	Learn what plants need to grow
The Activity Step by Step	<p>With the child, put the seeds in the dirt, explaining how deep they need to go, and water them carefully. Plan seeds for the same plant in different pots.</p> <p>Place the pots in different places in the house, with different sun exposition, temperature, and humidity. For example, place one in the bathroom, one on a window ledge with a lot of sun, and one in a colder room with less or no sun. If there is room, place two pots in each location, and water them differently.</p> <p>During the following days, monitor the plants' growth, keeping a journal to note in what conditions the plants grow best.</p>
Expected Results & Benefits	The child will learn what parameters make plants grow, or stunt their growth.
Recommended Frequency of Activity	Once per trimester
Precautions to take & Things to keep in mind	If you have small children and/or pets, and they have access to the plants, make sure they are not toxic to them.
More Info	This activity can be replicated with different plants, who will respond differently to the different growing conditions.

Gardening activities	
Name of Activity	Painting pots
Short Description	Painting pots for growing plants
Target Age Group of Children	0 - 12 years-old
Number of participants	No minimum or maximum number
Location and expected duration of activity	Location: Home Expected duration of activity: 30 minutes + cleaning up time
Tools and material needed	Pots, paints & brushes, aprons for the younger children
Learning Objectives	Develop the child's creativity
The Activity Step by Step	Have each child choose a pot and paint over them as they wished. Once the pots are painted, let them dry, and use them to grow plants.
Expected Results & Benefits	The child expresses their creativity, and gets to see their painted pot in the home/garden.
Recommended Frequency of Activity	Every two or three months
Precautions to take & Things to keep in mind	
More Info	This activity can be combined with "Making a herb garden". It can also be done after one of the nature activities, with a theme for the paintings (for example, trees, birds, insects, flowers, etc).

Gardening activities

Name of Activity	Mirror box for insects
Short Description	Craft a mirror box to observe insects and spiders from all angles
Target Age Group of Children	6 – 12 years-old
Number of participants	No minimum or maximum number
Location and expected duration of activity	Location: Home and nature (garden, park, forest) Expected duration of activity: 30 minutes to create the box, one hour to observe insects
Tools and material needed	A small cardboard box (the size of a 1L milk carton), self-adhesive mirror roll, scissors, double-faced tape
Learning Objectives	Learn to follow instructions for crafts Learn about insects
The Activity Step by Step	<p>Open the box out flat & cut it in half, then cut a section of mirror roll and attach it to one side of the flattened box. Once it is covered cut around the previous folds at the bottom of the box to create the flaps (these will form the base of the box).</p> <p>To recreate the box shape, add the double-sided tape to three of the flaps, & to one of the outer sides of the box.</p> <p>Once the sides are stuck together, create the bottom of the box. Using the other half of the box, cut out a square the same size as the base of the box, cover it with self-adhesive mirror, and secure to the base of the box with double-sided tape.</p> <p>The outside of the box can be decorated however the child wants it.</p> <p>Once the box is ready, go to the garden, the park, or the forest, and catch insects (ants, ladybugs, woodlice, etc) with the box, letting them wander into it. Observe them from all angles, before releasing them.</p>
Expected Results & Benefits	The child will learn about insects, getting enthusiastic about them. They develop their fine motor and observation skills.
Recommended Frequency of Activity	Once a month
More Info	Depending on the child's age and skills, let them take the lead on building the mirror box. Source: https://www.sunhatsandwellieboots.com/2011/06/mirror-discovery-box.html

Games	
Name of Activity	Memory
Short Description	A classic game of memory, where players need to find pairs
Target Age Group of Children	3 - 12 years-old
Number of participants	At least two players
Location and expected duration of activity	Location: home Expected duration of activity: one hour for the preparation of the game, and around 30 minutes for playing, depending on the number of cards in play
Tools and material needed	Sheets of paper, scissors, coloured pencils
Learning Objectives	Improve memory
The Activity Step by Step	<p>To create the game cards, cut each sheet of A4 paper into 8 squares, and have the child(ren) come up with ideas for objects/animals to put on the cards (for example, cats, bananas, chairs, trees, etc).</p> <p>Draw each object/animal on two cards.</p> <p>To play the game, place the cards face down, in a random order, on a flat surface.</p> <p>Each player, on their turn, turns two cards to reveal their hidden face. If both cards have the same object on them, the player takes both cards in their hand, and plays again. If the two cards show objects from different pairs, the player puts them face down again, and the next player plays.</p> <p>The game is finished once all pairs have been found, and the player with the most cards in their hand wins.</p>
Expected Results & Benefits	The child will use their creativity to create the game, and be more enthusiastic to play it. They will improve their memory, as well as their ability to wait for their turn to play.
Recommended Frequency of Activity	Once a week
Precautions to take & Things to keep in mind	
More Info	<p>To adjust the game's difficulty to the players' age, add or remove pairs from the game.</p> <p>For older children who can read, difficulty can additionally be increased by replacing the drawings by the names of the objects.</p>

Games	
Name of Activity	Head full of numbers
Short Description	A mathematical game with dice
Target Age Group of Children	6 – 17 years-old
Number of participants	At least two players
Location and expected duration of activity	Location: home Expected duration of activity: 15 minutes
Tools and material needed	Six dice, sheets of paper, pencils
Learning Objectives	Developing mental arithmetic skills
The Activity Step by Step	<p>One player rolls the six dice onto the table. The six dice are then placed into a tray with the numbers rolled facing up for all to see. A timer is started and the players need to write as many equations as possible using the numbers. For example, the numbers rolled out of the head are 7, 2, 2, 3, 6 and 4. Some possible equations are below:</p> $4 + 2 = 6$ $7 - 3 = 4$ $2 = 2$ $6 - 4 = 2$ <p>The player with the most correct equations wins.</p>
Expected Results & Benefits	The child works on their mental arithmetic skills, while the competitive element adds more fun.
Recommended Frequency of Activity	Once per week
More Info	For older children, the difficulty can be increased by using dice with more sides, thus increasing the numbers used (for example, a 20-sided dice)

Games	
Name of Activity	Check the fridge
Short Description	A card game with bluff and maths
Target Age Group of Children	8 – 17 years-old
Number of participants	Three to six players
Location and expected duration of activity	Location: home Expected duration of activity: 30 minutes for building the game 20 minutes to play the game
Tools and material needed	The Check the fridge game Or, if prepared DIY, sheets of paper and pencils to create the cards
Learning Objectives	Mental arithmetic Bluffing Reading facial expressions
The Activity Step by Step	<p>Building the game: Create 48 food cards: - 3 smelly cheese cards - 9 cauliflowers cards - 9 carrot cards - 9 eggplant cards - 9 peas cards - 9 radishes cards</p> <p>The nine cards in each of the five non-cheese foods (suits) are numbered in such a way that each such suit contains three triplets that add up to twenty-five, eg, 4, 6, and 15, or 7, 8, and 10.</p> <p>Playing the game: Each player is dealt five cards The first player looks at their cards and then asks the group for one type of food. (“May I please have cauliflower?”) Other players assess their hand and place one of the requested card face down in the center of the playing space. If a player does not have the requested card, that player may “bluff” and place any card(s) face down on the playing space.</p>

Games

	<p>The player who requested the vegetable selects one card/cards offered and adds them to their hand.</p> <p>Players whose cards were not chosen return played cards to their hands. Play continues clockwise.</p> <p>Players make sets of 25. A set is three cards of the same vegetable that add to 25.</p> <p>Smelly cheese cards will result in one-point deductions at the end of the game. Players will want to "bluff" and send these cards to other players when the opportunity arises.</p> <p>The game ends when all sets of 25 are made and only the smelly cheese cards remain in play.</p> <p>Players receive one point for each set of 25. Each smelly cheese card is worth -1 point.</p>
Expected Results & Benefits	<p>The children will work on their mental arithmetic skills while having fun, and getting a more positive view of vegetables. Additionally, they will gain social skills, learning how to bluff and how to detect someone is bluffing.</p>
Recommended Frequency of Activity	<p>Once every two weeks.</p>
Precautions to take & Things to keep in mind	
More Info	<p>If you make the game yourself, you can get creative, and decide with the children what vegetables you will put on the cards.</p>

Games	
Name of Activity	Collaborative story writing
Short Description	The children write a story
Target Age Group of Children	10 – 17 years-old
Number of participants	At least three players
Location and expected duration of activity	Location: home Expected duration of activity: 45 minutes
Tools and material needed	Sheets of paper, pens or pencils
Learning Objectives	Developing creativity and vocabulary
The Activity Step by Step	<p>Each player writes a sentence on the top of their sheet of paper, then fold it so that it is not visible. Once everyone has written a sentence, each player passes their sheet of paper to the player on their left, then writes a second sentence to the sheet they have received. They fold it so that it is not visible, then pass the sheet to their left again.</p> <p>This continues until the page is full, or after a number of sentences agreed upon.</p> <p>Each player then reads aloud one of the stories that have been thus collectively created.</p>
Expected Results & Benefits	The children work on their writing skills, while collaborating with other players and mobilizing their vocabulary.
Recommended Frequency of Activity	Once a month
More Info	To get more consistent stories, the players can agree on a theme for the sentences, and/or structures for them – for example, starting the first sentence with “once upon a time”. They can also agree on a list of words they either have to use or avoid.

Games	
Name of Activity	Taboo
Short Description	Guessing game based on vocabulary
Target Age Group of Children	10 – 17 years-old
Number of participants	At least two, but the more, the merrier!
Location and expected duration of activity	Location: home Expected duration of activity: one hour
Tools and material needed	Sheets of paper and pens and pencils
Learning Objectives	Developing vocabulary
The Activity Step by Step	<p>Preparing the game: Put together a set of cards with the target vocabulary on the top and the list of “taboo” words below.</p> <p>Playing the game: To play, one player tries to communicate a concept or word to the others without using a specific list of related words. For example, they must make their partner say “cake”, yet they are not allowed to use the words “bake,” “flour,” “oven,” “cupcake,” “sugar,” or “dessert”. Once someone finds the word, they switch roles with the first player.</p>
Expected Results & Benefits	The children will expand their vocabulary, learning to express themselves in creative ways, and have fun with language.
Recommended Frequency of Activity	Once a month
More Info	Depending on the players’ school level, this game can be played in a foreign language the children are studying.

Games	
Name of Activity	Categories
Short Description	A game mobilizing vocabulary
Target Age Group of Children	6 – 17 years-old
Number of participants	At least two, no maximum number
Location and expected duration of activity	Location: home Expected duration of activity: 30 minutes to one hour, depending on the players' motivation
Tools and material needed	Sheets of paper, pens or pencils
Learning Objectives	Mobilize vocabulary
The Activity Step by Step	<p>The players agree the categories they will have to complete. Examples include: fruits, vegetables, animals, objects, historical figures, songs, countries, cities, etc.</p> <p>Once the categories have been agreed upon, one player recites the alphabet in their head, and the others stop them at a random time. The first player says the letter they were on when they got interrupted, and the players must all fill all categories with a word starting with the letter, during a short time (one or two minutes, depending on the number of categories and the level of the players).</p> <p>Once the time is up, the scores are calculated: 2 points if the word found was not found by any other player, 1 point if it was found by one or several other players, and -1 point if the word is wrong (either it does not fit the category, or it does not actually start with the letter).</p>
Expected Results & Benefits	The children mobilize their vocabulary and spelling skills, along with their general knowledge about the world.
Recommended Frequency of Activity	Every two weeks

Games	
Name of Activity	Guess the smell
Short Description	A game mobilizing vocabulary and the sense of smell
Target Age Group of Children	1 – 6 years-old
Number of participants	No minimum or maximum number
Location and expected duration of activity	Location: home Expected duration of activity: 15 to 30 minutes, depending on the players' age and capacity to focus
Tools and material needed	Different objects/foods from around the house, with a distinctive smell A piece of fabric
Learning Objectives	Mobilize vocabulary, improve sense of smell
The Activity Step by Step	First, tie the fabric over the first player's eyes, to ensure they cannot see. Then, have them smell the different objects, and guess what they are.
Expected Results & Benefits	
Recommended Frequency of Activity	Every two weeks
More Info	A variant of this is “guess the taste”, where the players have to guess what it is they are tasting. If playing the taste variant, make sure the participants don't have any allergies and/or dietary restrictions.

Scientific experiments

Name of Activity	Volcano
Short Description	Simulating a volcano eruption
Target Age Group of Children	6-11 years old
Number of participants	No maximum number
Location and expected duration of activity	Location: home Expected duration of activity: 30 minutes to one hour
Tools and material needed	Small bowl, baking soda, food colouring, vinegar or lemon juice
Learning Objectives	To initiate children into the study of chemistry and also the elements found in nature
The Activity Step by Step	Fill a small bowl with baking soda mixed with red food colouring, then quickly add vinegar or lemon juice. To make the experiment more striking and scenic, you can build a cone of potting soil or sand in the garden and place the small bowl with baking soda on top.
Expected Results & Benefits	The child will gain an insight into natural phenomena and chemical processes while having fun at the same time
Recommended Frequency of Activity	
Precautions to take & Things to keep in mind	Adults' supervision needed
More Info	

Scientific experiments

Name of Activity	Non-Newtonian Fluids
Short Description	Creating a non-Newtonian fluid using items commonly found around the house
Target Age Group of Children	3 - 17 years old
Number of participants	No maximum number
Location and expected duration of activity	Location: home Expected duration of the activity: 15 to 30 minutes
Tools and material needed	30g of corn starch, 60 ml of water, a mixing bowl measuring cup or spoons, newspaper or paper towels
Learning Objectives	Learning about the properties of matter
The Activity Step by Step	<p>Cover your work area with newspaper or paper towels to facilitate cleaning up afterward.</p> <p>Measure 30g of corn starch, and pour it into the mixing bowl. Add 2 tablespoons of water to the bowl and stir slowly. Continue to add water to the mixture slowly while stirring constantly at a slow pace. It may help to have one person stir the mixture while the other adds the water.</p> <p>Stop adding water when all of the corn starch is mixed with water into a thick, sticky mixture. If it becomes too watery, add more cornstarch. Use your hands to scoop up a handful of the mixture. Close your hand around the mixture and form it into a ball. Be sure to keep pressure on the mixture. After forming the mixture into a solid ball in your hand, hold your hand out flat and watch the mixture fall back into a puddle in your palm.</p> <p>You can also try pouring the mixture onto the newspaper or paper towel. Slowly and gently move your fingers through the mixture. Then, use a moderate amount of force to tap or slap the mixture.</p>
Expected Results & Benefits	Learn the concept of viscosity and its difference with that of fluidity
Recommended Frequency of Activity	Depending on the interest of the children, every two months
Precautions to take & Things to keep in mind	Adults' supervision needed
More Info	https://www.scienceisforkids.com/non-newtonian-fluid-its-super-stuff-science-kids/

Scientific experiments

Name of Activity	Lightning at home
Short Description	Learn about static electricity in this fun mini experiment!
Target Age Group of Children	3-12 years-old
Number of participants	No maximum number of participants
Location and expected duration of activity	Location: home Expected duration of activity: 15-25 minutes
Tools and material needed	One aluminium pie pan A small piece of wool fabric A styrofoam plate A pencil with a new eraser A thumbtack
Learning Objectives	Learn about static electricity
The Activity Step by Step	<p>Push the thumbtack through the centre of the aluminium pie pan from the bottom.</p> <p>Push the eraser end of the pencil into the thumbtack.</p> <p>Put the Styrofoam plate upside-down on a table.</p> <p>Quickly, rub the underneath of the plate with the wool for a couple of minutes.</p> <p>Pick up the aluminium pie pan using the pencil as a handle and place it on top of the upside-down Styrofoam plate that you were just rubbing with the wool.</p> <p>Touch the aluminium pie pan with your finger.</p> <p>You should feel a shock. If you don't feel anything, try rubbing the Styrofoam plate again.</p> <p>Once you feel the shock, try turning the lights out before you touch the pan again. You should see a spark!!</p> <p>EXPLANATION: Why does this happen? It's all about static electricity. Lightning happens when the negative charges, which are called electrons, in the bottom of the cloud or in this experiment your finger are attracted to the positive charges, which are called protons, in the ground or in this experiment the aluminium pie pan. The resulting spark is like a mini lightning bolt.</p>
Expected Results & Benefits	Increased insight into electricity and how lightning works
More Info	Source: https://www.weather.gov/safety/lightning-experiments

Arts and crafts	
Name of Activity	Beads
Short Description	Making bracelets or necklaces according to a pattern
Target Age Group of Children	2 – 6 years-old
Number of participants	Maximum 3 children per adult
Location and expected duration of activity	Location: home Expected duration of the activity: 30 minutes
Tools and material needed	Colourful beads, string
Learning Objectives	Learn how to follow a pattern
The Activity Step by Step	<p>Agree with the children on a pattern they have to follow to make the bracelet. For example, one blue bead, then one green bead, then one white bead.</p> <p>Make the pattern simpler or more complicated, depending on the children's age.</p> <p>Then, cut a piece of string for each child, and let them make a bracelet or necklace by reproducing the pattern.</p> <p>Once the bracelet or necklace is ready, help them tie it up and put it on!</p>
Expected Results & Benefits	<p>The children will learn how to follow a pattern, and develop coordination skills as they put the beads on the string.</p> <p>They will also develop a sense of pride in what they can do, as they wear or offer what they have made.</p>
Recommended Frequency of Activity	Once a month
Precautions to take & Things to keep in mind	Be very careful with very small children, who may swallow beads; in that case, use large beads, and watch the children at all times.
More Info	

Arts and crafts	
Name of Activity	Stamp painting
Short Description	Painting using potato stamps
Target Age Group of Children	0 – 6 years-old
Number of participants	No maximum number
Location and expected duration of activity	Location: home Expected duration of the activity: 30 minutes to one hour
Tools and material needed	Paint, paper sheets, 4 – 5 potatoes, knife and/or cookie cutters, one apron for each child
Learning Objectives	Learn how to paint using stamps
The Activity Step by Step	First, cut the potatoes in different, fun shapes, either with a knife or with cookie cutters. Then, give the potatoes to the children, to paint and then use as stamps to draw on the paper sheets.
Expected Results & Benefits	The child will improve their fine motor skills, as well as develop their artistic sensibilities.
Recommended Frequency of Activity	Once a month
Precautions to take & Things to keep in mind	
More Info	Older children can help cutting the potatoes into fun shapes.

Arts and crafts	
Name of Activity	Paper plates crafts
Short Description	Creating animals from paper plates
Target Age Group of Children	0 – 6 years-old
Number of participants	No maximum number
Location and expected duration of activity	Location: home Expected duration of the activity: 30 minutes
Tools and material needed	Paper plates, coloured paper sheets, glue, colouring pens, scissors (adapted to use by small children)
Learning Objectives	Learn how to create a shape decided upon with the available material
The Activity Step by Step	First, decide on what shape you want to create with the paper plates (for example, a cat, a dog, a horse, etc). Then, together with the child/children, decorate and/or cut the plate to create the shape you want. Add details either by drawing them, or by cutting the shapes in coloured paper sheets, and gluing them on.
Expected Results & Benefits	The child develops their creativity, as well as their hand-eye coordination. They also learn how to execute a design after thinking of it, or seeing it as an example.
Recommended Frequency of Activity	Once a month
Precautions to take & Things to keep in mind	
More Info	You can find many ideas of shapes on the Internet. This activity can also be used to make decorations for specific events, like Halloween or Easter.

Arts and crafts	
Name of Activity	Toilet paper roll bunnies
Short Description	Create cute bunnies out of toilet paper rolls
Target Age Group of Children	0 – 6 years-old
Number of participants	No maximum number
Location and expected duration of activity	Location: home Expected duration of the activity: 30 minutes
Tools and material needed	Glue, toilet paper rolls, paint, paint brushes, googly eyes, cotton balls, black marker and white pen
Learning Objectives	Learn how to create a shape decided upon with the available material; learn how to follow instructions while also expressing their creativity
The Activity Step by Step	First, cut 1cm thick strips from the toilet paper rolls - two for each of the bunnies you will make, as they will be used as the ears. Paint the toilet paper rolls and strips, and let dry. Glue the ears together by pair, then glue them on top of each toilet roll bunny. Glue two googly eyes on each bunny. With the black marker, draw a nose, a mouth, and whiskers. With the white pen, add two teeth coming out of the mouth. Finally, glue a small cotton ball to the back of the bunny.
Expected Results & Benefits	The child develops their creativity, as well as their hand-eye coordination. They also learn how to execute a design after thinking of it, or seeing it as an example.
Recommended Frequency of Activity	Once a month
Precautions to take & Things to keep in mind	Please careful with very small children, to ensure they don't ingest the googly eyes. Watch them at all times.
More Info	Source: https://ecoscrapbook.blogspot.com/2012/04/easter-kids-craft-toilet-paper-roll.html