Sheet 63

Family Fun!

Fun ideas for the family this holiday season!

Red Nose Snack

It can be a battle sometimes getting children to eat more fruit and vegetables. However, getting them involved is one of the best ways to get them to at least try. Get kids involved in preparing simple, healthy Christmas treats. It's a great way to teach them about nutrition, teamwork, and fine motor skills. Fill in slices of celery or apple slices with your choice of nut better. Use fruits and pretzels to decorate. Enjoy!



Christmas Letter Writing: Gratitude and Giving

Help your kids write letters to Santa or even to family members and friends. This encourages writing skills, gratitude, and the importance of kindness and thoughtfulness.

Letter Writing Ideas:

Write a letter to Santa expressing what they love about the holidays and how they've been good this year.

Write a thank-you letter to a family member for their support or gift during the holiday season.

Have them draw pictures or create cards to send to elderly family members or neighbours who may be by themselves during Christmas.

This activity promotes literacy while fostering gratitude and empathy.

Snow in a Jar

Make it a white Christmas by turning your home into a mini lab with this simple yet fascinating science experiment. With a few basic ingredients, kids can create their own "snow" and learn about the concept of crystallization and chemical reactions.

What you need: Baking soda, water, shaving cream, glitter (optional)

How to do it:

Fill a jar with a layer of baking soda. Add a generous amount of shaving cream on top. Slowly add a little water and watch the "snow" form. Optional: Add glitter for extra festive fun!



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