

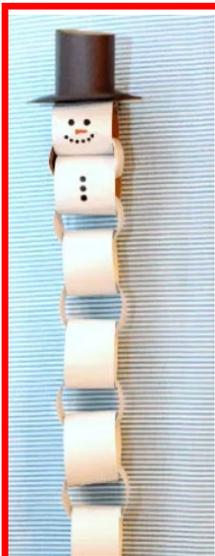
# Seasonal Activities for Fun and Learning



## Peppermint Rice Sensory Bin

Dying rice is really easy. Just pour some rice into a seal-able plastic bag, add a splash of rubbing alcohol and a squirt of food dye. Shake the rice until colour is evenly distributed, then pour out onto paper towel to dry. The more dye you use the darker the colour of the rice will be. If you are using an alcohol based extract, like peppermint then you really don't need to use the rubbing alcohol.

Add different decor and craft items to the bin, pompoms of varying sizes, colour and texture; red and green pine cones, golden snowflake ornaments and Christmas cookie cutters as well as spoons, funnels and cups for pouring and scooping.



## Snowman Countdown

Whether you celebrate Christmas, Hanukkah or Kwanzaa, a paper chain snowman can help you count down the days until the big event.

Make a chain link for every day depending on when you want to start the countdown. Try writing on a special activity for your child to look forward to each day such as baking cookies, decorating the house or a special outing.



## Sticky Wall Art

Taking clear contact paper and taping it to a wall sticky side out, you can draw a picture on the non-sticky side like the example, for you child to fill in or simply leave blank. Children can apply cotton balls, pompoms, small bits of paper or anything you may have around that is light enough to stick.

## Fingerprint Painting

Fingerprint painting can be used in many ways such as, creating a whole picture like the one on the left, or just using the tips of your fingers and different colours to following a line and create a colourful seasonal lights picture. Below centre is a negative image picture for another idea on what you can create. The possibilities are endless.





Baking with children can help develop some basic math skills by simply counting the eggs, measuring and pouring ingredients or discovering spatial sense when placing cookies on baking sheets.

It's also a great way for children to explore their senses by using their hands to mix the dough or smell all the wonderful spices and taste the mouth watering flavours of fresh baked cookies.

### Grandma's Sugar Cookies

Makes approximately 4 dozen medium cookies



- 1 cup butter, softened
- 1 1/2 cup white sugar
- 2 eggs
- 2 tsp vanilla
- 4 cups all-purpose flour
- 1 tbsp baking powder
- 1/4 cup milk or evaporated milk (evaporated milk will give cookies a richer flavour)

- In a large bowl, cream sugar, butter, eggs and vanilla together until fluffy.
- Mix dry ingredients together in another bowl.
- Add dry mixture alternately with milk into butter mixture until well blended (using your hands works best).
- Cover bowl and chill for 1 hour in refrigerator.
- Preheat oven to 350°F (180°C)
- Roll small batches of dough on a floured surface to a thickness of 1/4 inch (1.5cm)
- Cut with cookie cutters and place well spaced on cookie sheet (cookies will spread). You can decorate with sprinkles or colourful sugars at this point if you don't plan on icing.
- Bake for 10 minutes or until golden brown on the bottom
- Cool on cookie sheet for 5 minutes before removing to cool.
- Allow to cool fully before icing

### Gingerbread People

Makes approximately 18 large cookies



- 3/4 cup dark brown sugar, firmly packed
- 1/2 cup butter, softened
- 1 egg
- 1/4 cup molasses
- 2 2/3 cups all-purpose flour
- 1 tsp baking soda
- 2 tsp ground ginger
- 1/2 tsp each cinnamon, allspice & salt
- 1/4 tsp ground cloves

- Preheat oven to 350°F (180°C)
- In large bowl, thoroughly mix sugar and butter.
- Beat in egg and molasses.
- Stir in flour, ginger, baking soda and remaining spices until well blended.
- Roll dough on well floured board until 1/4 inch (1.5cm) thick.
- Cut into desired shapes. Place on parchment paper lined baking sheet. Bake for 10 minutes or until bottoms are browned. Cool completely before icing.