

# Parents Page



## DECEMBER 2015

### WINTER BREAK ACTIVITY IDEAS

During this busy time of year it is easy to let the Winter Break slip by without doing FUN things with your children. While not necessarily a "break" for parents, this is your holiday season too. Simply keeping kids busy may be one important goal, but try to get the most out of your Christmas break with these ideas.

Many families look forward to lazy mornings, no school lunches and the flexibility to do thing with their children when they want. But remember, there is always an adjustment period, when children are settling into a new routine. It typically takes families about three days for everyone to adjust.

The trick to fun school holidays is to keep the kids busy but also plan for down-time so parents don't get worn out! Have you kids pick some of these ideas that you would like to do over break and create a Winter Break Activity calendar.

#### 100 Things to do to prevent your kids from saying "I'm Bored!"

1. Make popcorn and watch a movie.
2. Make play dough.
3. Take a walk around your neighborhood and play "I Spy".
4. Write letters.
5. Go to the library and check out books, books on tape and movies.
6. See how long you can keep a balloon (or several) in the air.
7. Have coloring contests.
8. Plan a picnic indoors.
9. Have breakfast food for dinner.
10. Hold cooking classes in your own kitchen, invite friends.
11. Go biking or sledding.
12. Share favorite birthday and vacation stories.
13. Hide written compliments about your child where they can find them.
14. Paint and/or redecorate bedrooms.
15. Learn magic tricks together and put on a show.
16. Rent dance videos and hold a dance contest.
17. Have a photo taking contest. Share cameras.
18. Create books using pictures from magazines. Write the story together.
19. Visit nursing homes, bring musical instruments or practice a song and put on a show.
20. Volunteer at a food bank.
21. Make cupcakes and have a decorating party.
22. Make your own banana splits with all kinds of toppings and sprinkles.
23. Make smoothies.
24. Create awards at awardwinner.com
25. Download free e-books and read, read, read.
26. Play online games together.
27. Make bubbles.
28. Hold a family game night.
29. Have kids make decorations and let them "deck the halls".
30. Design a family website.
31. Fill website with family pictures and essays.
32. Ride bikes.
33. Go rollerblading.
34. Attend free festivals, events, bazaars.
35. Attend movies at Grantville Theatre.
36. Press flowers and make cards.
37. Decorate thank-you notes; write messages, put stamps on envelopes & use when needed.
38. Decorate placemats on construction paper and cover with contact paper.
39. Play charades.
40. Decorate small notebooks and begin a daily journal.
41. Organize dresser drawers.
42. Clean bedrooms.
43. Draw pictures and mail to other family members.
44. Finger paint with pudding.
45. Collect rocks and paint them.
46. Tie dye T-shirts and matching socks.
47. Share daydreams.
48. Rent a yoga video for kids.
49. Read a book together.
50. Make a bird house.
51. Wash the family cars together.
52. Make macaroni jewelry and art.
53. Visit playgrounds and local parks.
54. Host a "sleepover".
55. Take nature walks, pick up interesting objects and make a collage.
56. Go fishing at 7th Street Complex.
57. Arrange photo albums.
58. Play flashlight tag.
59. Practice musical instruments.
60. Do brain teasers.
61. Make gift cards.
62. Make birthday cards.
63. Trace cookie cutters, decorate and cut out.
64. Write stories about past family events you have in photo albums.
65. Play card games.
66. Decorate clay pots.
67. Plant flowers in the decorated pots.
68. Do jigsaw puzzles.
69. Go outside after dark, sip hot chocolate and look at the stars.
70. Research a new hobby at the library.
71. Play a family memory game like "What are the names of your great-grandparents?"
72. Make a collage of what you are thankful for.
73. Make paper bag puppets.
74. Write love and appreciation letters to each other.
75. Cut out coupons together.
76. Read to each other from joke books.
77. Make friendship pins.
78. Make potato stamp art.
79. Play scrabble.
80. Do science experiments.
81. Create a secret family code.
82. Plan next summer's vacation.
83. Bake batches of cookies and share with friends.
84. Write an old fashioned letter and mail to a friend or relative.
85. Play broom ball.
86. Practice and become good at hackysack.
87. Have child collect things they don't use anymore. Play bingo and use things for prizes.
88. Have a fashion show.
89. Study a topic and hold a debate.
90. Catch snowflakes on your tongue.
91. Put bird feeders in your yard and keep them filled. Enjoy watching the bird come in.
92. Gather friends and go singing Christmas Carols door to door.
93. Make snow angels on a hill. Add some branches and food coloring to make them pretty.
94. Put antlers or a Santa hat on your dog or cat and take a Holiday photo.
95. Watch a sporting event you've never seen before.
96. Learn how to use a compass and practice your skills.
97. Try to break a world record.
98. Go camping. Indoors. Set up a tent in your house and do all the fun camping activities.
99. Have a Frisbee contest.
100. Hide things around the house or your property and go on a scavenger hunt.



## BIOSMILE

Family, Cosmetic & Implant Dentistry

165 NW 1st St., | Open Monday-Thursday  
John Day | **Kids ad...Free Orthodontic screening for children 7-17**  
541-575-0363

DrJ@BiosmileDental.com

**ADVERTISE HERE**

Call the

# EAGLE

today

541-575-0710

**Strawberry Wilderness  
Community Clinic**

Geriatrics • OB  
Minor Surgery



Bob Bomengen, M.D.  
Zachary Bailey, M.D.  
David Hall, M.D.  
Emily Lieuallen, M.D.  
Shawna Clark, FNP  
Nora Healy, FNP



Pediatrics

**ADVERTISE HERE**

Call the

# EAGLE

today

541-575-0710

**Families First**  
PARENT RESOURCE CENTER

• Creating Great Beginnings  
• Inspiring Possibilities  
• Ensuring Bright Futures

• Healthy Start and Parents as Teachers Home Visiting  
• Classes • Workshops • Parent-Child Playgroups  
• Car Seats • Parent Resource Library

401 S. Canyon Blvd., John Day • 541-575-1006  
ffedta@gmail.com • www.familiesfirstofgrantcounty.com

You don't have to face  
your problems alone.

• High Quality Services include:  
- Mental Health  
- Alcohol and Drug Services  
- Developmentally Disabled  
• Highly Trained Clinicians and Consulting Psychiatrist  
• Services can be self-referred or required due to court order  
• Accept Oregon Health Care Plan and most major insurances.  
• Services to children regardless of ability to pay

**COMMUNITY COUNSELING SOLUTIONS**  
528 E. Main • John Day • (541) 575-1466

**ADVERTISE HERE**

Call the

# EAGLE

today

541-575-0710

**OLD WEST**

Where people are more  
important than money.

650 W. Main • John Day  
575-0264  
162 NW Front • Prairie City  
820-4601  
2036 Broadway • Baker City  
523-5535  
800 SW Dorian • Pendleton  
278-6805

**Federal Credit Union**

Working together for a safe, healthy  
and drug-free community.

GRANT  
COUNTY  
**Safe  
Communities  
Coalition**

541-575-1799  
ext. 29