



# ***STUDENT ACTIVITY***

# ***GUIDE***

## ***HELLO PARENTS!***

Here are 10 activities you can do in your home with your students and anyone else who might be staying with you for an extended period of time.

***READY, SET, GO!***

**GAME #1:****“FAMILY LANDMINES” ( RELAY RACE/BONDING )**

**QUICK EXPLANATION:** Parent and child partnerships will run out to the playing area and grab one plate and do the silly “landmine” assignment written on the plate together.

**SUPPLIES:**

- Paper plates
- Markers

**BEFORE THE GAME:**

- Write a variety of silly assignments on the front side of your paper plates, making sure there are enough plates for every parent-child partnership.
- Spread the plates out over a large playing area, facedown so that the assignments cannot be seen until the plate is picked up and turned over. Creating a landmine field!
- Define a starting area outside the landmine field!

**GAME PLAY:**

- Divide the group up into equal teams of at least 2 teams for parent-child partnerships
- Have everyone line up in teams with their partner behind the starting line
- Explain the simple rule...
- On “Go!” each parent-child partnership will take turns running out, grabbing a plate and doing ALL of the silly assignment on the plate, before going back and tagging the next partnership to go.
- The first team of partnerships to have everyone successfully to one “landmine assignment” wins!

**RULES:**

- Each partnership must do all of what their “landmine” plate says, no switching/pick up another plate.
- Partnerships can not go and tag the next partnership on their team until they have successfully and completely completed their task.

**HINTS/HELP:**

*Examples of “Landmine” assignments:*

- Sing Happy Birthday
- Parent gives child a piggy back ride around for 30 “Mississippi’s”
- Hug for 20 “Mississippi’s”
- Tell each other one thing you like most about each other
- Lay down on the ground and make “snow angels” for “10 Mississippi’s”
- Do the complete “chicken dance”
- Do 10 sit ups
- Each stand on one leg while holding hands, and not fall for 20 “Mississippi’s”
- Play a duet on your stomachs of “Mary Had a Little Lamb”
- Both Do an “Arm Pit Fart”
- Each tell the other 5 things you are most thankful for about your family

**TEACHABILITY:** Families face a field of landmines, through sickness, divorce, money problems and more. The best way to face these landmines is to do it together not by ourselves. We need to be prepared for whatever land mines we face!

## GAME #2: "THE NEWLY-FAMILY GAME" ( RELAY RACE )

**QUICK EXPLANATION:** Like the old newlywed game, families will come up and see how well they know each other by answering a set of questions, seeing if the child/children's answers match up!

### BEFORE THE GAME:

- Write down a series of questions on note cards- half for the child/children to answer about the parent(s) and half for the parent to answer about their child/children.
- Set up 2 sets of chairs. 4 on each side of the front of the room.

### GAME PLAY:

- Ask for volunteers of 4 families or parent-child teams
- Have everyone come up to the front and divide up children and parents on either side of the space
- Explain the simple rule...
- Player will be asked a question either about the parent or the child, they will then write their answer on their paper.
- Each matching answer gives each "team" a point.

### SUPPLIES:

- Note Cards
- 8 Pieces of paper
- 8 Markers or pens
- Chairs

### RULES:

- Teams can not talk to each other, signal or otherwise communicate

### HINTS/HELP:

*Sample questions about parents:*

- What is your parent's favorite (food, restaurant, tv show, movie star, color...)
- Where did your parent go to college?
- What is your parent's official job title at work?
- Who was your parent's first kiss?
- What was your parent's first car?
- How old is your parent and when is their birthday including year?
- If your parent were an animal what would they want to be?

*Sample questions about children:*

- What is your child's favorite (food, restaurant, tv show, movie star, band..)
- Who is your child's favorite teacher?
- What is your child's homeroom #?
- What does your child want to do when they grow up?
- How is your child "interested" in?
- What was the last book your child read?
- If your child were to have dinner with someone dead or alive who would it be?

**TEACHABILITY:** Surprisingly, we as families often do not know each other very well. Friends come and go, but your family is always your family. How we define ourselves our likes and dislikes are defined by our peers but should also be defined by our family.

**GAME #3:****“GAME #8: “PUPPET MASTER CHARADES”**

**QUICK EXPLANATION:** Parents will be using their child as a puppet to play charades, to get their team to guess the answer in the time allowed with the parent(s).

**SUPPLIES:**

- Note Cards
- Egg Timer or Countdown Clock

**BEFORE THE GAME:**

- Write down a variety of clues or go and purchase a pre-made charades/charades-like game

**GAME PLAY:**

- Divide the group up into 2 equal teams
- Explain the simple rule...
- A parent and child will come to the front. Parent will stand behind their child and use them as a puppet to act out the assigned charade clue. Their group will have only a certain amount of time (30-60 seconds?) to correctly guess the clue.
- Switch back and forth between teams.
- Play as many rounds as you like and time allows for

**RULES:**

- Usual charades rules apply.
- No speaking
- No acting out letter of numbers

[CLICK HERE](#)

**HINTS/HELP:**

List of Charades ideas online

[CLICK HERE](#)

Charade puzzle and worksheets

[CLICK HERE](#)

Online Word Generator

[CLICK HERE](#)

- Switch around having child puppet parents at some point during the game.

**TEACHABILITY:** Parents can try to puppet every move their child makes, but eventually they are going to have to let go and allow their child to “get a clue” on their own.

## GAME #4

# “PIGGYBACK PARENT POLO” ( GROUP GAME )

**QUICK EXPLANATION:** Children will be riding piggyback on their parent’s back while playing “hockey”/”polo”

### BEFORE THE GAME:

- Define your playing area and your goals.
- Make sure you have enough hockey sticks for every parent-child partnership

### GAME PLAY:

- Divide the group into 2 equal teams of parent-child partnerships
- Give every partnership a hockey stick, making sure to do do creating 2 separate teams
- Explain the simple rule...
- Children will be riding piggyback on their parent’s back while they play a game of hockey, creating “Parent Piggyback Polo”.
- Assign direction and goals.
- Divide the teams up to sides.
- Do a face-off, ball drop to start the game and Go!
- Resetting to sides after each goal.

### RULES:

- No pushing or body checking
- No high-sticking
- You can decide if you want goalies or not

### HINTS/HELP:

- To slow the game down and to make it bit more fun, replace the small ball with a larger ball like a beach ball or soft dodgeball.
- If your hockey sticks/pool noodles are more than 2 colors, use 2 different colored bandanas to identify teams. Parents (horses) can wear them to help identify teams

**TEACHABILITY:** Parents are the support and the transport for children to work to reach their goals.

### SUPPLIES:

- ☐ Large playing area (indoor or out)
- ☐ 2 sets of different colored hockey sticks/ or pool noodle (enough for every parent-child partnership)
- ☐ 2 Goals or a way to define 2 goal areas (cones, chairs)
- ☐ 1 small ball (street hockey ball, tennis ball)

## GAME #5

### “FORK-SPOON-KNIFE”

**QUICK EXPLANATION:** This is a dinner time, seated version of the classic paper-rock-scissors. The object and game play is similar with players revealing 1 of 3 things with 1 beating another and a point being given to the winner(s) of each round.

#### GAME PLAY:

Make sure everyone has a place setting of a fork, spoon and knife. Pair everyone off. If there are an odd number allow one person to wait until the next round. Have everyone secretly in their mind choose which utensil they will be holding up. On “Go!” everyone should grab and hold up their utensil. The winner continues or gets a point. If you “tie you die”, or get no points.

#### SUPPLIES:

- ❑ Large playing area (indoor or out)
- ❑ 2 sets of different colored hockey sticks/ or pool noodle (enough for every parent-child partnership)
- ❑ 2 Goals or a way to define 2 goal areas (cones, chairs)
- ❑ 1 small ball (street hockey ball, tennis ball)

#### RULES:

- Fork beats Spoon
- Spoon beats Knife
- Knife beat Fork

## GAME #6

### “TAP-TAP TAPPING”

**QUICK EXPLANATION:** This a simple and fast paced game to play around the dinner table after dinner is over. Set up the game by having everyone place both hands on the table directly in front of them.

#### GAME PLAY:

Starting off the game, each person will tap the table once in front of them in order clock-wise around the table. After everyone has gone once explain a “single tap” continues the direction and order, but a double tap reverses the direction and order.

Continue the game for a couple times around the table before speeding up the game starting “elimination”. **Elimination happens when a player taps out of order or misses their turn.** Only one hand is eliminated at a time. If both hands are eliminated the player is eliminated as well.

**Play until only one player remains!**

**GAME #7****“BUILD YOUR OWN DROID”-STARWARS ( TEAM BUILDING )**

**QUICK EXPLANATION:** Each family will have 10 minutes to create a family droid that they will be naming and then presenting to the rest of the families.

**BEFORE THE GAME:**

- Collect all supplies, separating them out into large 1 gallon freezer bags.

**GAME PLAY:**

- Hand out supply bags to every family.
- Give quick explanation and rules.
- On “Go!” families will find a spot to work.
- Families will have 10 minutes to create their droid

**SUPPLIES:**

- 4-5 Tin Foil Sheets
- 5-6 Craft/Popsicle Sticks
- 1 Empty Toilet Paper Roll
- 2 Googly Eyes
- 5 Paper Clips
- 1 Pair of Safety Scissors
- 1 Permanent Marker
- 1 Glue Stick

**RULES:**

- Building time is only 10 minutes. At the end of the time, whatever is built is the final product.
- Families must use the supplies provided, but they do not have to use all of them.
- Families ARE allowed to use whatever is “on their person” (in their pockets or in their purse) to help them create their droid.
- At the end of 10 minutes, each family will present their droid to the rest of the group of families:
  - The Family Name: Introduce themselves
  - The Droid’s Name
  - The Droid’s Function/Job in their home



God has not given us the spirit of fear but of power, love and a sound mind!

## GAME #8

# “LIGHT SABER Pictionary” ( GROUP CHALLENGE )

**QUICK EXPLANATION:** Player will attempt to draw a picture with their special “light saber” while their team attempts to guess the clue correctly.

### BEFORE THE GAME:

- Insert a marker into the end of the pool noodle, and duct tape it securely with the ink end exposed.
- Set up large paper pad and easel in the front.
- Write out clues on index cards.

### SUPPLIES:

- 1 full length pool noodle
- 1 marker
- A large presentation pad of paper
- Easel
- Roll of Duct Tape
- Index Cards
- Optional: Use a white board and a dry erase marker

### GAME PLAY:

- Have parents and students divide up to 2 groups in the play area, facing forward.
- Give the quick explanation and rules to the whole group.
- Have the first parents come up. Show them the first clue.
- On “Go!” hold only the end opposite of the pool noodle of the marker. They will have 60 seconds to try to draw their picture for the other parents to try to guess.
- Next, the first student comes up, doing the same things.
- The game continues as teams take turns for as many clues as there are or until time allowed runs out.

**WINNERS:** The team that gets the gets the most answers correct.

### RULES:

- Teams can not talk to each other, signal or otherwise communicate
- Upfront players cannot speak or act out anything; they may only attempt to draw.
- The drawing may not include letters or numbers; nothing may be spelled out.
- After 60 seconds, if the current team does not get the answer correct, the opposing team may have 1 guess to steal the point.

### HINTS/IDEAS:

- |                  |                   |
|------------------|-------------------|
| • Deathstar      | • A Storm Trooper |
| • X-wing         | • A Porg          |
| • Dark Vader     | • Star Fighter    |
| • Princess Leia  | • Jar Jar Binks   |
| • Jabba the Hutt | • BB-8            |
| • Yoda           | • Laser Blaster   |
| • Chewbacca      | • Darth Maul      |
| • R2-D2          |                   |



## GAME #9

### “SIGNS”

#### GAME PLAY:

Start by sitting everyone in a circle facing inwards. Each person should choose their own unique ‘sign’ which is a movement or motion such as touching their nose, brushing their hair, giving two thumbs up etc. Go around the circle and give people the chance to demonstrate their sign to the rest of the group.

Choose someone to be the ‘guesser’. Get them to close their eyes whilst you choose someone in the circle to start the game. The guesser can then open their eyes. This person you choose to start then has to secretly ‘pass’ the sign onto another player without being caught by the ‘guesser’. To pass, you must make your sign followed by the sign of the player you are passing to. The game continues until someone is caught, then they become the guesser.

## GAME #10

### “BATTLE CHAIRS”

**QUICK EXPLANATION:** The object is to win “Rock, Paper, Scissors” AND get your team across to the other side first

#### SUPPLIES/SETUP:

- 8-10 Chairs lined up in a row
- Chairs without arms are ideal

#### GAME PLAY:

This game is REALLY FUN, it will have everyone laughing endlessly. Can be played with just 4 people. Don’t exclude your kids. They are fast movers and will be a great asset to your team. Even a 5 year old can play!

- Split everyone into 2 teams.
- Each team stands at opposite ends of the row of chairs in a single file line.
- On the count of 3, one person from each group sits down on the chair closest to them and QUICKLY moves down the line of chairs: Sitting on every chair as they work their way down the row. \*Their bottoms MUST touch each chair.\*
- Theoretically, the 2 people should meet in the middle (the two middle chairs). When they meet, they play “Rock, Paper, Scissors” as fast as they can. Tie, play again.
- The WINNER of “Rock, Paper, Scissors” gets to proceed down the line of chairs while the loser runs back to his team and the back of the line.
- While the winner continues “bouncing” down the line of chairs trying to get to the other side, the next player from the losers team needs to jump on the first chair fast and start moving down the line to meet them. When they meet, they play “Rock, Paper, Scissors”. And the game continues.
- Only one person from each team can be sitting on the chairs at a time.
- Move fast and keep going until your whole team gets to the other side of the row of chairs
- Remember, the object is to get your team across the chairs and to the other side. That happens by moving fast and winning “Rock, Paper, Scissors” as you go.