



# Family Fun Activities

## Good Morning BOZ

Morning rituals are a special part of a child's day. Good Morning BOZ reminds us that every day with young children is filled with possibilities, adventure and joy.

## Book Extension Activities

### 1. Guessing Bag

Children love the suspense and intrigue involved in guessing games. To prepare for this activity, simply fill a brown bag, pillowcase, or other non-transparent bag with items that are a part of your morning routine (toothbrush, hairbrush, clothing items, breakfast utensils, etc.). Give your child clues about each item and him or her guess what is being described. After your child makes a correct guess, let him or her use the item to act out what it is used for. You could even prompt them with a song:

This is the way we brush our teeth  
Brush our teeth, brush our teeth.  
This is the way we brush our teeth  
So early in the morning.  
(Sung to tune of Here We Go Round The Mulberry Bush)

### 2. Pancake Breakfast

Host a pancake breakfast for your family as a way to enjoy the acts of cooking, eating and being thankful together. Pancakes are a simple treat usually requiring no more than a baking mix, milk or water (depending on mix), eggs and toppings (syrup, fruit, whipped cream). Using an electric frying pan means that all of the preparation can be done on a tabletop and provides a great way for children to safely observe the cooking process.

As part of your activity be sure to include a prayer thanking God for each of the ingredients and the ways they work together to make a special food that tastes yummy and gives our bodies energy to start the day.

### 3. Special Moments Book

Even when we do our best to slow down, days with young children can be very busy and hectic. With your child, brainstorm a list of special moments that are important enough to take time out for such as reading a book, a family hug, praying together, taking a walk, a bedtime cuddle or giving thanks. Use the list to create a book with each family member answering a prompt (Reading a book is special because\_\_\_\_\_, Praying together is special because\_\_\_\_\_.)

