Dear Community,

Happy Spring! We have put together this printable packet of simple, fun activities and games to stay busy, active, and creative at home! See the table of contents below for more information.

If you do any of these activities, please share them with us! Post to Instagram and tag us at @trashforpeace, or email us at info@trashforpeace.org with a photo!

More resources are available at our website, at www.trashforpeace.org/resources. As always, feel free to email us anytime (at info@trashforpeace.org) with any questions or to request more activities!

Take care,

The Trash for Peace Team

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Querida comunidad,

¡Feliz Primavera! Hemos creado otro paquete imprimible de actividades y juegos divertidos para mantenerse ocupado, activo y creativo en casa! Puede ver el índice abajo para más información.

Sí hace algunas de las actividades, por favor, ícompartelas con nosotros! Puede compartir por Instagram (etiquétanos--@trashforpeace), o mándanos un correo electrónico a info@trashforpeace.org con una foto.

Para encontrar más recursos, visite nuestro sitio de web, www.trashforpeace.org/resources y/o siganos por Instagram, @trashforpeace). Por favor, ino dude en mandarnos un correo electrónico (info@trashforpeace.org) para cualquiera pregunta o para solicitar más actividades!

Cuídase,
El equipo de Trash for Peace

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EGG CARTON MASKS
The possibilities are endless!

Materials needed:
- Egg carton
- Scissors
- String/yarn
- Paint (or markers will work!)

Instructions:
1. Start by cutting the shape of your mask! This step can be a little tricky, so it’s best done by an adult with some sharp scissors. Cut off a section of the egg carton that is one and a half egg holes in length (to maintain the spike below the two holes).

2. Then trim the half egg holes to form a spike at the bottom. You should now have two egg sections and a spiky part—what looks like two eyes and a beak! You can trim your carton however you’d like to form whatever shape looks best to you.

3. Use your scissors to carefully make a hole at the bottom of each of the two egg sections and cut out a circle to form eye holes.

4. Now comes the fun part—decorating! Decorate your mask using paint or markers. Feel free to get creative here by adding feathers, eyebrows, hair made from paper, or whatever you’d like! Let it dry before proceeding to the next step.

5. Using tape, a stapler, or a hole punch and tying, attach string to either side of your mask! Tie on your mask and have fun!

Photo and instructions adapted from https://picklebums.com
Materials needed:

For bubbles
- 2 cups water
- ¼ cup liquid soap (detergent or dish soap will work)
- 1/4 cup light corn syrup or sugar

For wands
- Pipe cleaners (2-3 per bubble wand)
- Beads (optional, for decoration)

Instructions:

1. Make the bubble solution! Mix all the ingredients above in a bowl or container big enough to dip your wand into.

2. Set aside and let the mixture sit. Waiting a couple hours (or even overnight) will make the bubbles work better. If you can’t wait, that’s okay! The solution will still work, your bubbles just might pop more easily.

3. Now make your bubble wand. Start by forming a shape out of one pipe cleaner—circles or hearts work well! The bigger the shape the bigger bubbles you can blow.

4. Use another pipe cleaner as the base and attach it to your initial shape by twisting the two pipe cleaners together.

5. If you wish, add beads to the base of your wand for decoration. If you do, make sure to twist the end to keep the beads from falling off.

6. Go outside, dip your bubble wand into the solution, and make some bubbles!
CEREAL BOX CROWNS

Materials needed:

- Cereal box (or other pliable cardboard)
- Scissors
- Paint, markers, stickers, etc.
- Stapler, glue, or tape
- Hole punch (optional)
- Yarn or string optional

Instructions:

1. Using your cereal box, cut a thick strip of cardboard (about 3 inches high and 8 inches long). Cut triangles out of one side to create the spikes for your crown.

2. Cut two long thin pieces of cardboard to form the sides that will wrap around your head.

3. Use a stapler or glue to attach the small cardboard pieces to the main crown piece.

4. Now decorate your crown! Use paint, markers, stickers, or whatever you have on hand. Let dry before proceeding.

5. Fit your crown! Cut the thin cardboard pieces to the right length for your head, and staple/glue/tape them together so your crown fits comfortably. You can also punch holes in each of these pieces and use a piece of yarn to tie your crown around your head. Now you’re ready to wear!
POPSICLE STICK (or CARDBOARD) PICTURE FRAMES

These frames make a great Mother’s Day gift!

Materials needed:

- Thin cardboard box (cereal boxes work well!)
- Photograph or artwork to frame (about 4x4 inches)
- Scissors
- Popsicle sticks (or more cardboard)
- Glue
- Tape
- Paint, markers, glitter glue, puzzle pieces, or stickers for decoration
- Ribbon or yarn for hanging

Instructions:

1. Begin by cutting a piece of cardboard big enough for your photo plus the popsicle sticks to go around the photo.

2. Attach your photo to the middle of the cardboard using glue. A glue stick works really well for this.

3. Use popsicle sticks to create a frame around the photo in any pattern or way you like. You can use as few as 4 popsicle sticks overlapping to frame your photo, or use more for a thicker frame. Use glue to attach the sticks to the cardboard. If you don’t have popsicle sticks, simply cut another piece of cardboard with the middle cut out (so you can see your photo). Glue this on top to create a raised frame.

4. Decorate your frame with markers, stickers, glitter, painted puzzle pieces (like in the picture above) or whatever craft supplies you have on hand! Allow to dry before proceeding.

5. Cut a piece of ribbon or yarn to hang your frame. Using tape or glue, attach each end of the string to the back to create a loop for hanging.

6. Display your creation or give the frame to someone you love! These frames are a great Mother’s Day gift, but are fun to make all year long!
THANK YOU BANNER

Say thank you to all the essential workers on the front lines during the COVID-19 crisis by decorating and hanging a banner in your window!

Materials needed:

- Scissors
- Hole punch
- Yarn or string for hanging
- Decorating materials (markers, colored pencils, crayons, tissue paper, etc.)

Instructions:

1. Cut out the triangles (on the next pages) and punch holes where the circles are.

2. Decorate your banner how you’d like!

3. Thread the yarn or string through the holes and hang in a window!
Family Talking Points:
Discuss together and write or draw your answers in the space provided.

What beverages can you choose instead of soda that would be a healthier option?

List some healthy snacks other than bananas:

Rules:
Humans eat bananas (and bananas are good for humans) so humans BEAT bananas.
Bananas are healthier than soda, so bananas BEAT soda. Soda is full of empty calories and/or sugar, so soda BEATS humans.

Instructions:
1. Find a partner and stand back to back with at least one foot (one arm's length) of space between you.
2. One partner will yell “human, banana, soda pop” and then both players will jump and spin to face each other. Before you land, do the movement for human, banana, or soda pop and hold it!
3. The winner does ten star jumps (one foot hops, jumping jacks) and your partner does ten squats (calf raises, frog jumps).

✓ No Equipment Needed

Human, Banana, Soda Pop
Get Ready!
This game is like rock, paper, scissors except we move our whole body!
Instead of rock, paper, scissors we use:
HUMAN: flex arms overhead like a body builder and say “Oh, yeah!”
BANANA: stand on tippy toes, put both arms straight up in the air and say “banana”
SODA POP: Squat down and make arms into a circle shape in front of your chest (like a basketball hoop) and say “Fizzzzzz”

For more fun activities visit: https://extension.oregonstate.edu/bepa