

# Winter Break Resources



**IDEAS FOR A MEANINGFUL BREAK  
FOR THE WHOLE FAMILY**

**CARNEGIE MELLON UNIVERSITY  
CHILDREN'S SCHOOL  
WINTER BREAK 2020-2021**



## Children's School Playdough Recipe

1 cup flour

1 cup water

1/2 cup salt

1 tablespoon oil

2 teaspoons cream of tartar

1 teaspoon food coloring

Make it festive: add brown food coloring and spices like cinnamon, ginger, allspice, and nutmeg for gingerbread themed playdough



**Combine flour, salt, and cream of tartar (and any spices) in a saucepan. Mix water, oil, and food coloring in a separate bowl. Gradually stir liquids into dry ingredients until smooth. Cook over medium heat, stirring constantly until ball forms. Remove from heat. When cool enough of handle, knead until smooth.**

# Car Games



## **The Rainbow Game**

This observation game involves one person choosing a color and everyone else trying to find something outside the car that is that specific color. Once the first color is found, choose another color, without repetition, and keep playing until you can't think of any more color names. Feel free to play with shapes, numbers, or letters as well. You could also limit the objects searched by counting only colors on vehicles, houses, etc., depending on your surroundings.

## **Would You Rather ...**

This game of choices can easily be adapted to the age and interests of the players. One person starts by asking a simple "Would you rather ..." question, such as play Uno or Go Fish, eat an apple or a pear, take a bath or a shower, have a picnic with an anteater or a raccoon, wait in the car or wait in line, etc. You can play with each individual answering for him or herself, or you can have the whole group try to reach consensus on one answer by stating initial preferences and then trying to convince those with different opinions to change their minds

## **I'm Going on a Picnic ...**

This memory game involves progressively lengthening the list of items to be taken on the picnic (or to the park, on a hike, etc.). The first player says, "I'm going on a picnic, and I will take a \_\_\_\_\_." The second player then follows with a statement that she is going on a picnic and taking whatever the first person said, plus something else. The third player includes the first two items and adds one more. The game continues in this way. For the youngest children, just choose items related to the trip destination and play until you hit the memory limit. As children's capability increases, play with numerical cues (1 blanket, two cups, three oranges ...), use alliteration (a blanket, a basket, a banana ...), or *for a real challenge* follow the alphabet (an apple, a blanket, a cake ...).

## **This is not a ...**

This creativity game starts with the choice of any handy object, such as a string, a tissue, etc. Take turns describing and demonstrating the object as something else. For example, wiggle the string and say, "This is not a string; it is a long river." Or, fold the tissue and wrap it around a finger, saying "This is not a tissue; it is a bandage." Let everyone have a turn with the same object before changing objects.



# Let it snow, Let it snow, Let it snow!

Bundle up and ...

- shovel. If you are up for the challenge, be a kind neighbor and help shovel a neighbor's snow too!
- go sledding.
- make snow angels.
- have a snowball battle.
- build an igloo.
- make a snow family or other snow sculptures.
- fill spray bottles with food coloring and water to paint the snow.



# Dice Games



## High Dice Game

Played with two dice against a banker to teach the value of the dice and improve counting, comparing, and adding skills.

The banker throws the two dice first. He then adds the total of the two dice together and that is his score. The next players each throw the dice and see who throws higher than the banker. Each player who throws higher than the banker receives a point.

If the score is equal to the score of the banker, the banker earns a point. If none of the players throws higher than the banker, the banker gets one point.

The player who reaches 10 points first is the winner.

## Simple Dice Game

Choose a number and roll the dice (you can use any number of dice for this game).

You score a point every time you roll that number.

When you roll that number, you get another turn.

When that number is not rolled, the turn is over.

Mark the tally for each time you roll the number.

First one to a certain score of 10 points wins!

Variation: Set the point total lower for young children and higher for older ages.

# Staycation Inspiration

## Pajama Day

Declare a pajama day to do all the fun indoor things like read, watch a favorite TV show, throw a dance party, host a stuffed animal tea party, etc. Make staying in special again!



## Family Dinner

Work together to come up with a menu. Give everyone a job to bring the menu to life. Cook together. Eat together. Clean up together. Most importantly, simply be together.



# COVID-Conscience Pittsburgh Happenings



- The Pittsburgh Zoo: [Drive-thru Light Show](#)
- Phipps Conservatory: [Virtual Stories with Santa](#)
- Shadrack's @ Big Butler Fairground: [Christmas Wonderland](#)
- Hundred Acres Park: [ELFBurgh Christmas](#)