



# CHILDRENS LIGHTHOUSE ACTIVITY GUIDE

At Childrens Lighthouse, our mission is to nurture and develop every child at our school. With many families working and learning from home, we want to continue that mission through a fun an educational activity guide. We encourage you to download and print this guide and share photos of your family enjoying it together!



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# SUGGESTED SCHEDULE

## MORNING

### BEFORE 9 A.M. – WAKE UP

Eat breakfast

Make the bed

Get dressed

Put PJ's in laundry

### 9 – 10 A.M. – EXERCISE

Family walk

If raining or cold, try indoor exercises  
*e.g. hula hoop and jumping jacks*

### 10 – 11 A.M. – ACADEMIC TIME

Flash Cards

Journal

Crossword Puzzles

Reading

### 11 A.M. TO 12 P.M. – CREATIVE TIME

Coloring/crafts

Cook/bake

Play music

### 12 P.M. – LUNCH

## AFTERNOON/EVENING

### 12:30 P.M. – CHORE TIME

Tidy up

Wipe kitchen counters and table

Wipe bathroom counters

Wipe door handles, light switches

Pick up room

Vacuum

### 1 – 2:30 P.M. – QUIET TIME

Reading

Puzzles

Nap Time

### 2:30 P.M. TO 4 P.M. – ACADEMIC TIME

Educational TV show

Educational games on tablet

### 4 P.M. TO 5 P.M. – EXERCISE

Family walk

Indoor exercises

### 5 P.M. – DINNER

### 6 P.M. TO 8 P.M. – FREE TIME

Kid baths/showers

Reading

Coloring

### 8 P.M. – 9 P.M. – BEDTIME



# RECIPES TO MAKE AS A FAMILY

## ENGLISH MUFFIN PIZZAS

### Ingredients:

1 tablespoon olive oil  
1/4 teaspoon garlic powder  
1/4 teaspoon dried oregano  
6 English Muffins separated into halves  
1/3 cup tomato sauce  
8 ounces mozzarella cheese shredded

### Directions:

Preheat oven to 425 degrees.  
Separate the English Muffins into halves and place onto a baking sheet, nook and cranial side up.  
Mix together olive oil with garlic powder and oregano. Brush on each English Muffin half. Alternatively, just drizzle with olive oil and sprinkle with seasonings.  
Toast in oven for 5 minutes, or until just browned.  
Remove toasted English Muffins from oven. Top each half with 1/2-1 tablespoon tomato sauce and cover with cheese.  
Return to oven and bake until cheese is melted and bubbly, about 5 minutes.

## CRUNCH GRANOLA PRETZEL STICKS:

### Ingredients:

1 package (12 ounces) dark chocolate chips  
24 pretzel rods  
1 cup granola without raisins

### Directions:

In a microwave, melt chocolate chips in a 2-cup glass measuring cup; stir until smooth. Pour into one side of a large shallow dish.  
Roll each pretzel halfway into chocolate. Allow excess coating to drip off, then sprinkle pretzels with granola. Place on waxed paper until set. Store in an airtight container.

*If any peanut allergies exist in your house, any other nut butters can be used in place such as Almond Butter or Cashew Butter.*

*If anyone in your family has an allergy to any ingredient in any of these recipes, do not use that ingredient, and read all ingredient labels and allergy warnings included on the ingredient package. Always provide adult supervision when making these recipes.*

# RECIPES TO MAKE AS A FAMILY

## CHOCOLATE CHIP, PB AND BANANA SANDWICH:

### Ingredients:

- 1/4 cup creamy peanut butter
- 2 tablespoons honey
- 1/4 teaspoon ground cinnamon
- 2 tablespoons miniature semisweet chocolate chips
- 4 slices whole wheat bread
- 1 medium banana, thinly sliced

### Directions:

Mix peanut butter, honey and cinnamon; stir in chocolate chips. Spread over bread. Layer two bread slices with banana slices; top with remaining bread. If desired, cut into shapes using cookie cutters.

## CHICKEN AND BACON ROLL-UPS

### Ingredients:

- 1 can (9-3/4 ounces) chunk white chicken, drained
- 1 carton (8 ounces) spreadable garden vegetable cream cheese
- 1 cup salsa, divided
- 4 pieces ready-to-serve fully cooked bacon, crumbled
- 6 flour tortillas (8 inches), room temperature

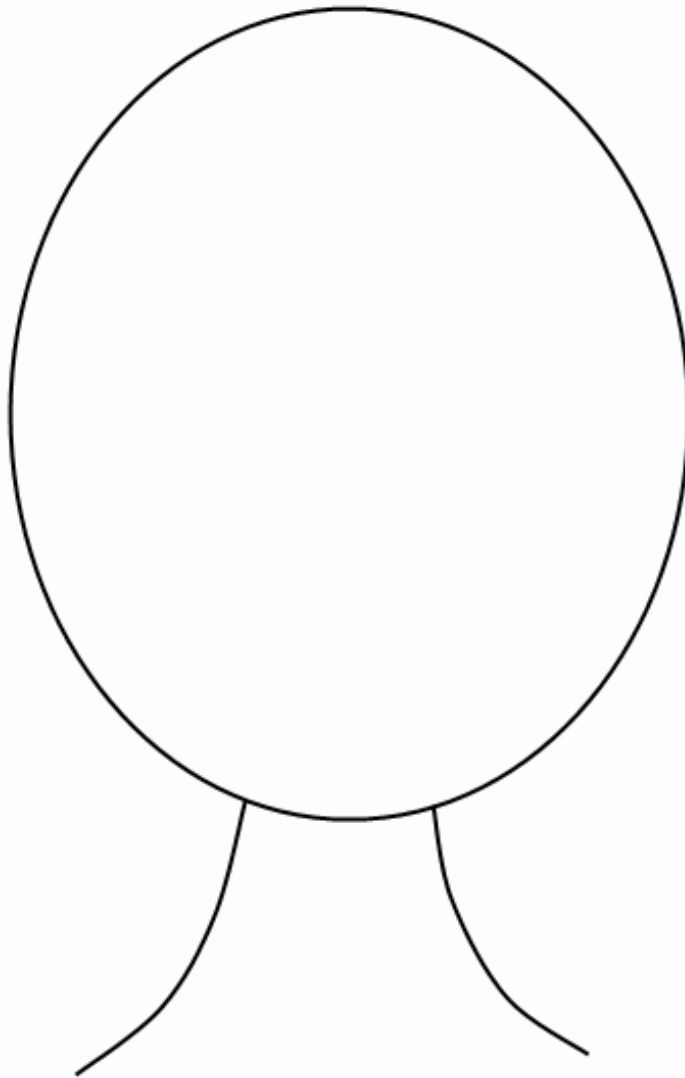
### Directions:

Mix chicken, cream cheese, 1/2 cup salsa and bacon; spread over tortillas. Roll up tightly; wrap in plastic. Refrigerate at least 1 hour. Just before serving, unwrap and cut tortillas into 1-in. slices. Serve with remaining salsa.

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# This is Me

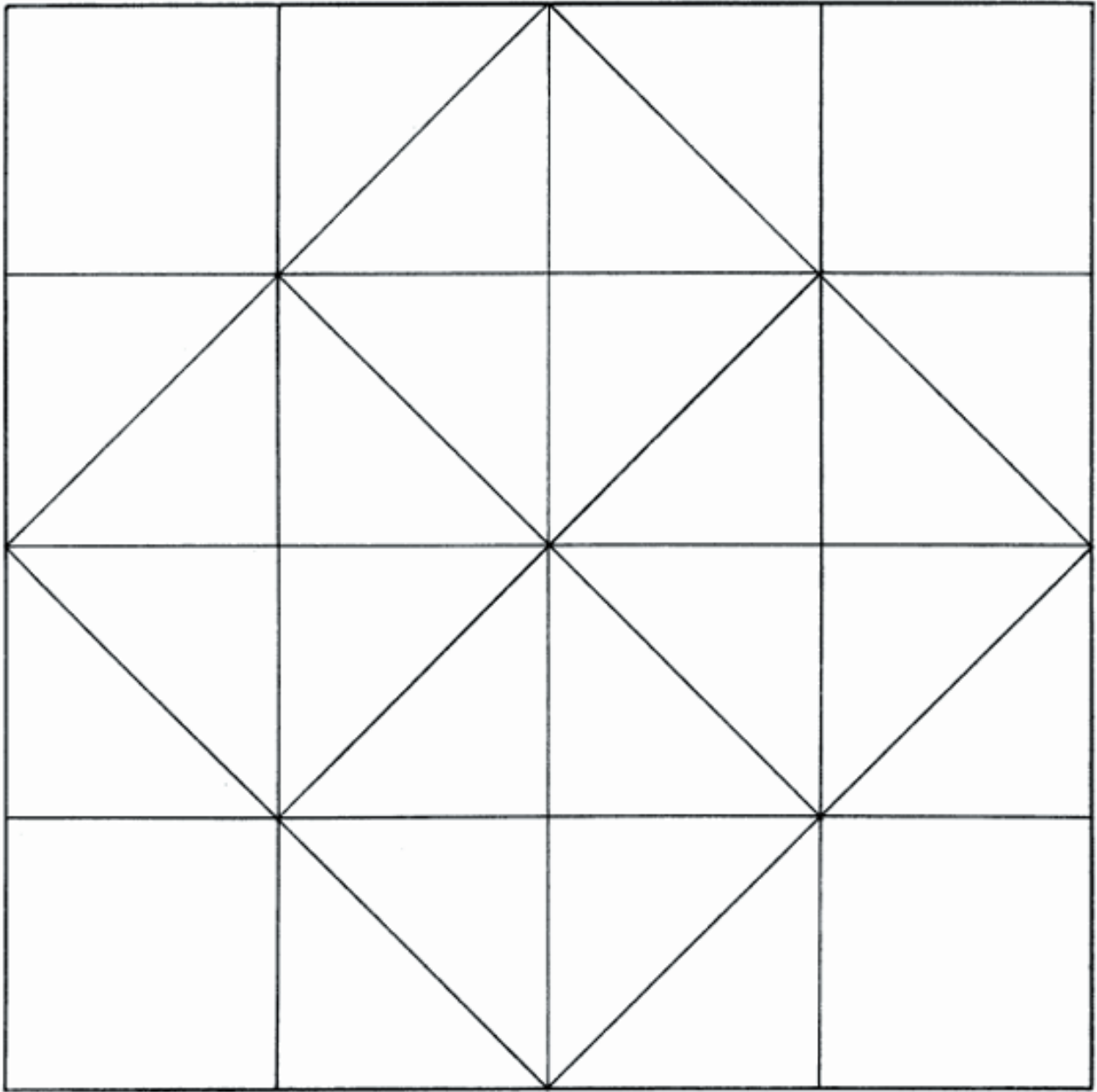


My name is: \_\_\_\_\_

## MAKE YOUR OWN FORTUNETELLER

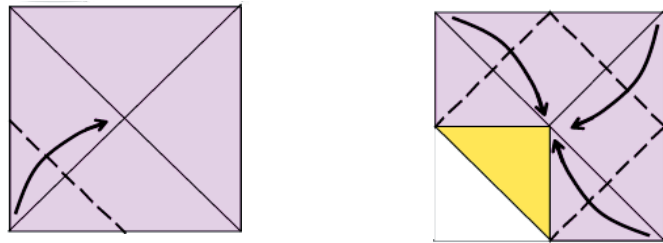
Follow the steps on the next page to create

STEP 1: Cut out the square below ignoring the inner lines

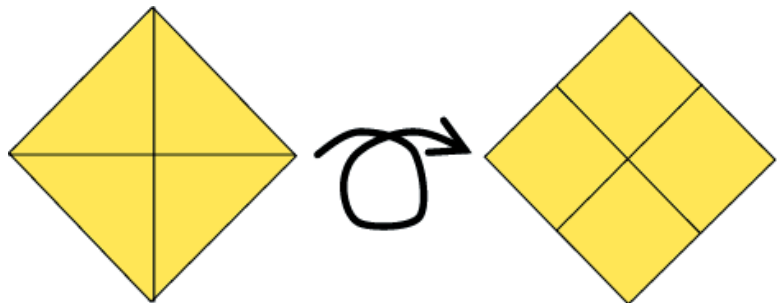




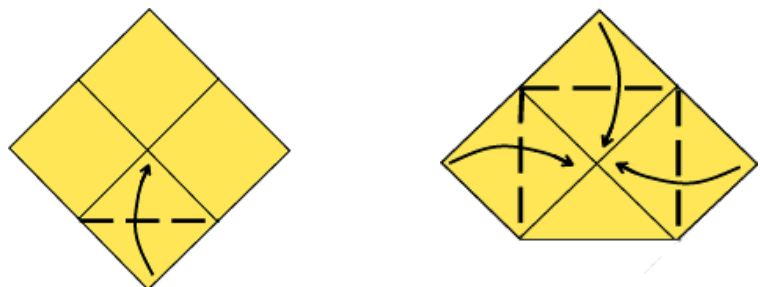
Step 2: Fold each corner point into the centre.  
You should have four flaps.



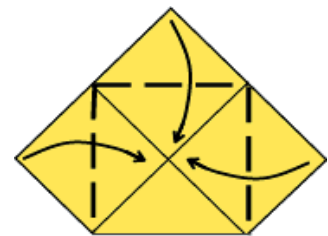
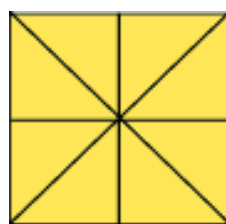
Step 3: Flip the paper over  
And place it flap side down.



Step 3: Again, fold all four corner points into the centre.  
You should have four flaps  
With eight small triangles.



Step 4: Write the numbers 1-8  
on each of the triangles.



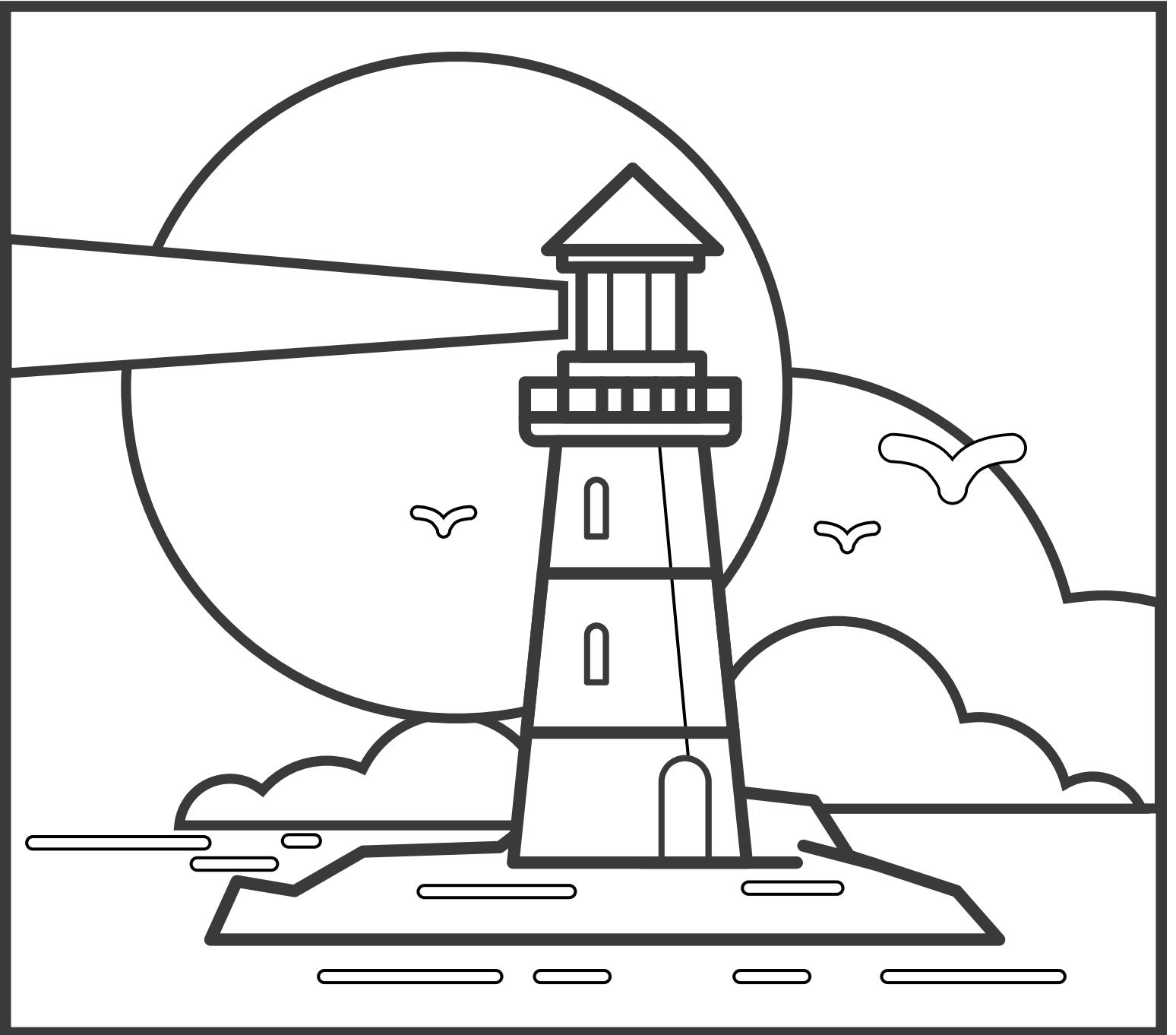
Step 5: Lift each flap and write a fortune on the under side of the small triangle. Do this until you have a fortune for each small triangle. Then close flaps and fold paper in half. Using both hands slide your thumb and index fingers underneath flaps to open your paper fortuneteller. Ta da!





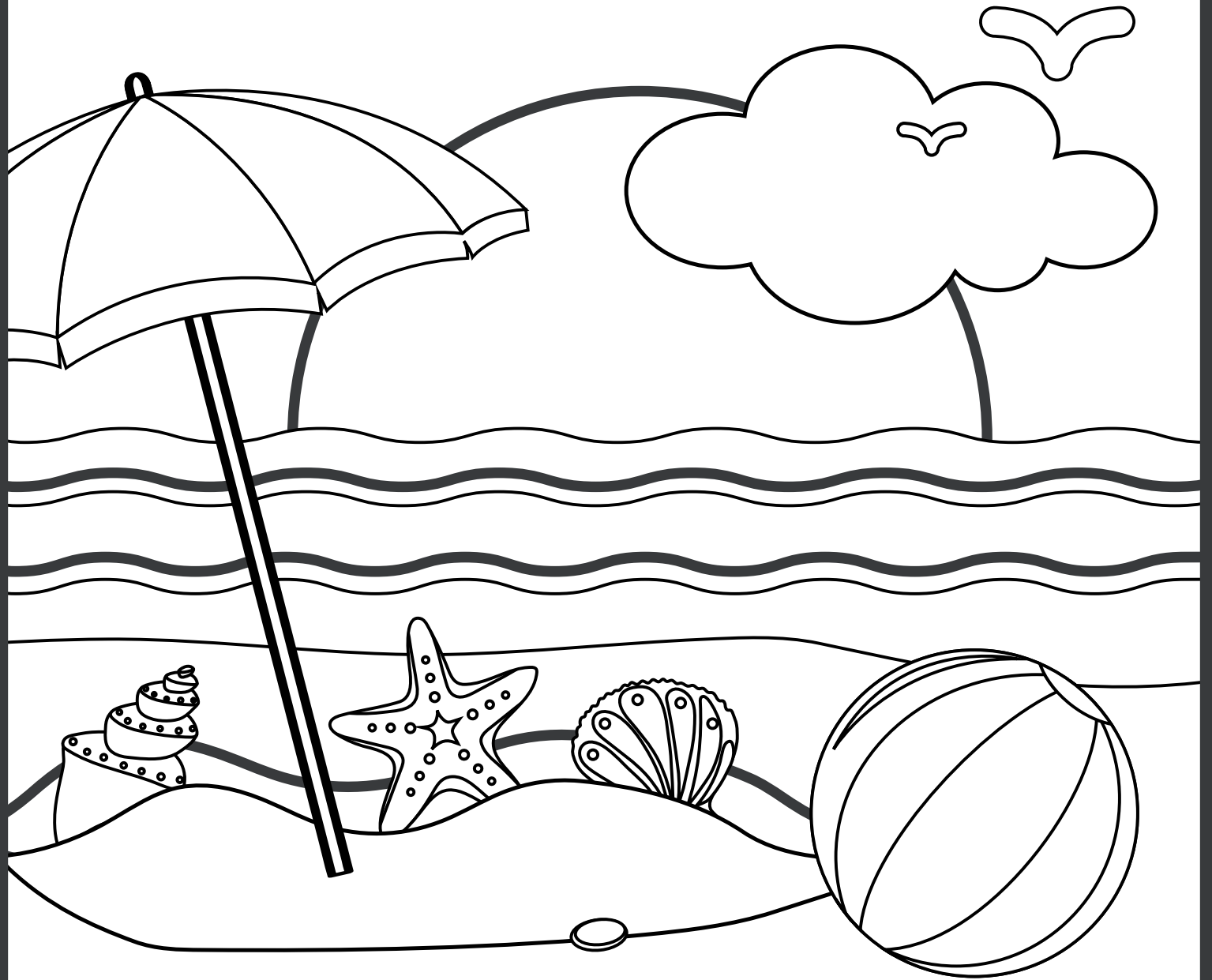
CHILDRENS  
Lighthouse

# COLORING SHEET



Find more coloring sheets at: [www.justcolor.net/kids](http://www.justcolor.net/kids)

# COLORING SHEET





# WORD SEARCH

**FIND THESE  
WORDS!**

**CHILDRENS  
LIGHHOUSE  
CARES**

**RESPECT**

**FAIRNESS**

**HONESTY**

**FUN**

**LEARN**

**GROW**

**PLAY**

H	F	T	I	V	V	Q	L	I	C	V	B	E	B	G
U	H	A	D	V	N	V	V	J	K	X	S	M	T	P
T	B	B	I	N	Q	V	V	N	Y	U	A	D	D	X
G	J	Z	X	R	S	X	S	V	O	X	K	I	Z	N
U	Q	S	N	Y	N	F	E	H	Y	F	U	N	R	Q
N	W	L	A	Y	Y	E	T	T	R	M	R	I	D	A
N	R	L	W	P	P	H	S	X	E	H	T	H	D	S
C	P	A	W	G	G	B	Y	S	S	Y	O	P	O	B
Y	U	Q	E	I	F	K	X	F	P	N	V	Z	J	W
N	C	S	L	L	Q	J	U	E	E	Q	K	A	A	O
C	H	I	L	D	R	E	N	S	C	B	U	E	Q	R
C	F	M	I	M	V	K	T	M	T	Q	V	M	D	G
A	Y	P	R	A	K	Y	B	S	E	R	A	C	X	T
D	I	H	K	Y	T	N	N	M	T	D	X	T	B	V
H	Q	J	H	X	Z	C	D	Q	K	M	K	U	C	Y

# WORD SEARCH

**FIND THESE  
WORDS!**

**DOG**

**CAT**

**FARM**

**CHICKEN**

**COW**

**ROOSTER**

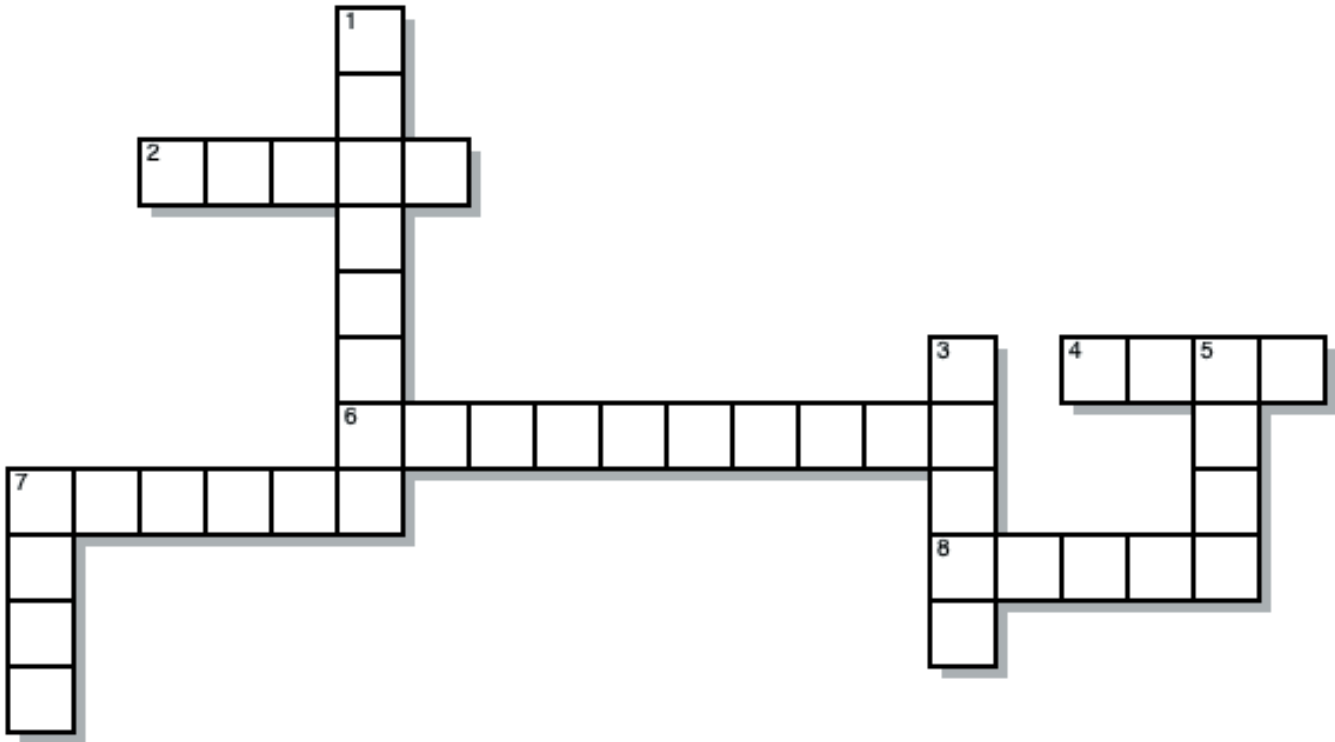
**HORSE**

**HOUSE**

C	H	I	C	K	E	N	M	R	A	F	Z	T	N	R
K	I	J	M	H	H	G	I	M	N	Z	D	P	B	A
E	G	A	K	O	M	D	D	F	X	R	M	N	E	H
K	P	T	O	R	U	C	T	M	T	K	Z	T	N	T
E	S	B	W	S	V	B	A	H	P	R	R	I	C	Q
U	J	K	U	E	F	O	C	O	M	D	J	Q	H	P
R	E	J	M	D	T	S	M	J	P	V	J	O	E	A
J	P	G	S	U	Z	G	M	G	N	E	U	I	I	R
T	Q	R	W	L	Q	N	T	C	Z	S	T	R	V	P
T	E	O	O	X	W	Q	Y	T	E	Y	V	G	F	M
N	C	P	L	O	M	R	R	R	N	U	W	N	Y	T
N	L	T	R	V	S	L	I	O	U	Z	P	O	Q	D
L	C	A	G	G	K	T	R	E	K	L	K	Q	L	F
L	Q	I	J	Z	O	N	E	J	E	C	T	B	M	J
O	Y	W	E	O	Z	D	Y	R	R	B	U	B	X	V



# CROSSWORD PUZZLE



## ACROSS

- 2 - large body of water
- 4 - animal that has fins and gills
- 6 - structure that provides light for fishermen
- 7 - used to scoop sand
- 8 - bring to the beach to sit in

## DOWN

- 1 - left behind shell from marine animals
- 3 - large body of sand to have fun on
- 5 - bright light in the sky at night
- 7 - what the beach is made of

ACROSS  
2 - ocean  
4 - fish  
6 - lighthouse  
7 - sand  
8 - chair  
DOWN  
1 - seashell  
3 - beach  
5 - star



# FLASHCARDS

**DOWNLOAD FLASHCARD CUTOUTS IN THE BELOW LINKS:**

**ADDITION:**

[https://www.masterschool.org/pdf/SummerPDFs/Addition\\_Flash\\_Cards.pdf](https://www.masterschool.org/pdf/SummerPDFs/Addition_Flash_Cards.pdf)

**SUBTRACTION:**

[https://www.masterschool.org/pdf/SummerPDFs/Subtraction\\_Flash\\_Cards.pdf](https://www.masterschool.org/pdf/SummerPDFs/Subtraction_Flash_Cards.pdf)

**MULTIPLICATION:**

<https://www.multiplication.com/sites/default/files/files/BWFlashcards0-12.pdf>



# JOURNAL ENTRY PAGE

**NAME:** \_\_\_\_\_

**DATE:** \_\_\_\_\_

**MY GOAL FOR TODAY IS...**

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**THE WEATHER TODAY IS...**

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**ONE THING I AM GRATEFUL FOR TODAY IS...**

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**TODAY I FEEL...**

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# INDOOR FAMILY EXERCISES

- Freeze dance
- Dance party
- Balloon volleyball
- Hula hoop
- Wheelbarrow, crab and bear-walk races
- Jump rope
- Jumping jacks
- Hopscotch with tape

# WEEKLY CHORE CHART

CHORE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

# INTERVIEW QUESTIONS

**Call and ask the below interview questions to your grandparents over the phone:**

- What did you and your friends do for fun when you were a child?
- What was your favorite subject in school?
- Did you have a favorite toy as a child?
- What did you want to be when you grew up?
- How did you meet grandma/grandpa?
- What was your first job?



# JUST FOR FUN

## Activities to do while you're stuck at home:

- Make slime (*see instructions on next page*)
- Complete puzzles
- Have a movie night
- Play board games
- Camp indoors with blankets and pillows
- Indoor scavenger hunt
- Teach your dog a new trick  
<http://tiny.cc/o8jslz>
- Play with Legos
- Learn origami  
<https://origami.me/beginners-guide/>
- Make puppets from socks or paper bags  
<http://tiny.cc/rbkslz>
- Make a comic book  
<https://www.creativebloq.com/comics/guide-create-publish-comic-book-71515975>
- Video chat with relatives

# HOW TO MAKE SLIME

In one bowl mix 1 oz. glue (about  $\frac{1}{4}$  of the glue bottle) and  $\frac{1}{4}$  cup water. If you want colored slime, add food coloring to the glue and water mixture. Lift some of the solution out of the container with the stir stick and note what happens.

Add  $\frac{1}{4}$  cup of Sodium Tetraborate (Borax) Solution to the glue and water mixture and stir slowly.

The slime will begin to form immediately. Lift some of the solution with the stir stick and observe how the consistency has changed from Step 1.

Stir as much as you can, then dig in and knead it with your hands until it gets less sticky. This is a messy experience but is necessary because it allows the two compounds to bond completely. Don't worry about any leftover water in the bowl; just pour it out.

When not in use, store the slime in a plastic bag in the fridge to keep it from growing mold.