Family Fun: Fifty Games and Activities for Families with Young Children

When our children were small, we kept a regular Family Games night to focus on fun. Many of the games we played had benefits for language development and creative thinking (and all sorts of other good outcomes!) but fun came first. Played in a calm and happy setting, games can build important bonds between children and adults—leading to strong lifelong connections.

Many of these games can be played with 2 or more people. Most embrace very young children as well as those old enough to be young at heart. Some can be adapted for distance use, such as playing over phone or skype. While competition is part of some of the games, this can be reduced somewhat by playing in teams or dropping the scoring part altogether.

We collected these games and activities over time from a variety of sources including one of our children's grandmother's, Myra Stilborn, whose teaching years in one-room-schoolhouses taught her the value of activities for all ages. Various ideas are recalled from an old anthology of games called *The Mothers' Book: Practical Ideas for Parenting* by Lenora Andres and Pat van Ness (1988). Other ideas are adapted from creative problem solving texts by Edward deBono and drama resources by Dorothy Heathcote, Brian Way, and Keith Johnstone. Many of the ideas listed here, such as the scavenger hunts, have multiple variations explained online.

The games can be played in any order. For a special Games Night, titles of favourite games can be written on slips of paper and children take turns drawing three or four to play, in order. A Games Night schedule can operate with other fillers in addition to the target games, unfolding something like the example below:

Sample Game Night Schedule

Hide 'n Seek: one round, Dad is "It"

Somersault: everyone does one forward roll on the rug

Game 1

Game 2

Game 3

Drawing Activity

Snack Time

Story Time

The inspiration for compiling these game ideas came from the idea of families in isolation due to the 2020 Coronavirus. We hope that alongside the terrible impact of this illness in our world, some light can shine. In sharing some of our game ideas with you, we send a message of love and support from our family to yours. *Beverley Brenna*, April 11, 2020, www.beverleybrenna.com

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Game One: Fill in the Blanks Story

For 2 or more players.

Instructions: Write a short 1-2 page story about your family, leaving blanks where describing words can be added later. After creating the shell of this story, ask the kids to give you describing words (adjectives) without seeing what you have written, and no words can be repeated. Juicy words like the following are always welcome: sticky, obstreperous, chilly, stinky, horrible, and handsome. Write these words into the blanks, and then read the story aloud.

For example: Once upon a	time, there was a	family whose last name	
was	Brenna. There were five of them, and they were all		
extremely	nely For breakfast, they liked to eat		
	bacon and	eggs. For fun, they	
liked to read	stories. One story was about a	···	

Game Two: Banish A Word

For 2 or more players.

Instructions: During a meal (or other set time frame), choose a common word to "banish" from the conversation. Give everyone 10 tokens to start with (dried beans or pieces of pasta work well). Every time someone says the banished word, a token must be given to the person to whom they spoke. At the end of the time limit, the person with the most tokens wins. Good words to banish include the following: Yes; No; The; or, You.

Game Three: How Many Birds in the Bush?

For 2 or more players.

Instructions: To start with, gather a bowl of small items (pebbles or buttons work well). Players take turns to secretly collect a number of the items in one hand. When it's your turn, show the player on your left your closed fist and ask, "How many birds in the bush?" That player must guess how many items are in your hand. The items are then shown, and the player receives a score according to the difference between the guess and the number of items. For example, if you have 6 items in your hand, and the other player guesses 7, they receive 1 point. If you have 0 items in your hand, and the other player guesses 6, they receive 6 points. At the end of a set time, the player with the lowest score wins.

Game Four: Group Story (A)

For 2 or more players.

Instructions: Each player, in turn, adds one word to a collaborative story. Draw topic ideas out of a hat, as an option. For example, a story might unfold like the following: *Once-upon-a-time-there-was-a-hat*. —*It-lay-in-the-snow-until-a-mouse-moved-into-it*...

Game Five: Group Story (B)

For 2 or more players.

Instructions: Pass a common object from one person to the other, and whoever is holding it gets to add on to the collaborative story. For example, a story might unfold like the following: *Last Monday a package was delivered to our front door. Elizabeth ran to open it and she was very surprised to see what was inside. When she opened the box, she found a.... (pass)*

Game Six: Pass the Object

For 2 or more players.

Instructions: Pass a common object around the circle of players, each showing what the object actually is without saying anything. For example, when passing a ruler around the circle, players might demonstrate how it is really a hair brush, a spoon, or a fishing rod. Ideas can't be repeated, and everyone gets to guess aloud what the other player is miming.

Game Seven: Fortune Telling

For 2 or more players.

Instructions: Players take turns telling a good fortune (not a misfortune) and then spin an empty pop bottle to see whose fortune this will become. Examples: "This person will invent a new machine someday" or "This person will be a champion athlete."

Game Eight: Talking on Topic

For 2 or more players.

Instructions: Players write topic words onto slips of paper and put them face down on a table. Take turns drawing a topic, reading the word, and then talking about the topic (without repeating ideas) for 2 minutes. Points are given for each successful turn.

Game Nine: Memory Party

For 2 or more players.

Instructions: Set out 10 or more small household objects. For each player's turn, they have 30 seconds to study the objects, and then they leave the room. While they are gone, the leader removes 3 of the objects. The returning player guesses what's missing.

Game Ten: Compliment Cards

For 2 or more players.

Instructions: Players write their name at the top of a sheet of paper. Pass these sheets around until everyone has written a set number of compliments on each person's list. Vote to see who gets a star for giving the most original compliment—something no one else has thought of. Players share which compliment they were the most happy to receive.

Game Eleven: Dance! Dance! Dance!

For 3 or more players.

Instructions: One player leaves the room and someone else is secretly chosen to be the leader. When the player returns, music is played and the leader demonstrates dance moves which the others follow. While dancing along, the first player must also figure out who is the leader. Then another player leaves the room and the game continues.

Game Twelve: Scavenger Hunt (Indoors)

For 2 or more players. Add a ruler for extra math practice.

Instructions: On the outside of a brown paper bag, draw five objects that must be found in the house. If players have a ruler, specify the size of some of these objects. Examples: a carrot less than 8 cm in length; something blue that is square. This hunt can work as a team, or all players can have their own age-appropriate bag. When all the items are found and checked off, the player must return them to their original spot before coming for a special prize (perhaps a drink of ambrosia, made from ginger ale and fruit juice).

Game Thirteen: Scavenger Hunt (Outdoors)

For 2 or more players.

Instructions: On the outside of a brown paper bag, draw objects that must be found For example, a brown leaf; a red leaf; a blade of grass; a berry; a pine cone. Older children may like more advanced clues, such as mystery items described by riddles: a flower lion (dandelion); a plant's straw (a stem); a bird's tool for flight (a feather); a promise of a new plant (a seed); a plant's weapon (a thorn); something with veins (a leaf); etc.

Game Fourteen: Treasure Hunt (Indoors)

For 2 or more players.

Instructions: Draw five or six clues that clearly resemble household objects. Place the first clue on the table, and use it to begin the hunt, while secretly you have hidden the other clues around the house. Players tell what the first household object is from the clue placed on the table, and then they go to that place to find the second clue. For example, start with a picture of a fridge. When the players go to the fridge, somewhere inside they will find a picture of a bed. Under one of the beds they will find a picture of... etc. Along with the very last clue, a small treasure can be hidden to end the game (for example, a plate of cookies).

Game Fifteen: High Status/Low Status

For 4 or more players.

Instructions: Start by listing unusual teaching topics on draw slips. These can be things like "how to drink tea"; "how to make the lightest cake"; "how to be a good jumper"; "how to be a friend to dogs." Three of the players sit in a row, facing the fourth and any others playing who sit observing. The player in the middle of the three is High Status. The two players on either side are Low Status. Without standing up, the High Status player goes about trying to teach the others something (determined by one of the draw slips). As the High Status player is talking, the other two players must try to mock in some way by making faces or shaking their fists at the High Status player. If the High Status player turns quickly enough to catch someone doing this, that Low Status player becomes the High Status player, and the High Status player sits out. The fourth player who's been observing swaps in for the empty Low Status spot.

Game Sixteen: Boating Down the River

For 2 or more players.

Instructions: A sturdy blanket becomes the boat, and one child sits in the middle. Others pull the child through the house on the blanket and the child calls out things he or she "sees" along the way (I see a riverbank. Now I see ducks. I'm seeing people swimming in the water). A variation is to blindfold the child who is riding in the "boat" and as the activity moves from room to room, the blindfolded child calls out what they hear or feel and what room they think they're in.

Game Seventeen: Animal Charades

For 2 or more players.

Instructions: The players decide on animals that will be in play; these animals are then written on slips of paper. Players take turns drawing an animal and acting it out for everyone (or their team) to guess.

Game Eighteen: Find the Button

For 3 or more players.

Instructions: One player leaves the room and a button is hidden by the others. When the player returns and begins looking for the button, the group responds "colder" or "warmer", depending on the direction taken by the searcher until ("warmest of all") the button is found.

Game Nineteen: Cat Wants a Corner

For 4 or more players.

Instructions: One player is the Cat. The Cat stands while the other players sit on chairs in a circle. Play begins when the Cat walks up to someone and says, "Cat wants a corner." The other player must answer "Go see my neighbor" and point at someone. Then the Cat goes to that person and says "Cat wants a corner." This continues until one of the seated players stands up. When this happens, all the seated players stand up, and everyone, including the Cat, tries to find another chair to sit on. The last person standing is the new Cat. Variations: Apply different styles to the statements, such as "Rock Band Style" or "Opera" or "Cowboy" or "Ghost."

Game Twenty: Pin the Tail on the "Animal of Your Choice"

For 2 or more players.

Instructions: Work together to draw a large animal. Stick it onto a wall with blue tac or other non-adhesive substance. Cut out a tail, and put a small amount of blue tac on the back. Blindfolded players in turn are spun around and asked to pin the tail onto the animal, with ensuing hilarity at where the tail was fastened.

Game Twenty-One: Nickel Toss

For 2 or more players.

Instructions: Use an empty plastic container, such as a yogurt cup. Players stand behind a line or on a piece of paper and take turns tossing a nickel into the cup.

Game Twenty-Two: Memory Cards

For 2 or more players.

Instructions: Create cards from paper squares, drawing identical objects (or words) on twin cards. Place ten of these "doubles" face down on a table top, shuffle them, and then take turns flipping over two at a time. Players whose two cards match keep them, and receive a point. Turn over cards that don't match to keep them in play. Game ends when all the cards are flipped.

Game Twenty-Three: Alligator, Alligator

For 2 or more players.

Instructions: This is a game for a tired adult. Lie face down on the floor. Children stand on one said and chant, "Alligator, Alligator, may we cross your bridge?" The adult responds by saying, "Yes, but only if you're wearing the color blue..." or some other criteria. All children who fit the criteria may jump over the adult. The remaining children ask again, "Alligator, Alligator, may we cross your bridge?" The adult responds by saying, "Yes, but only if... (and includes some other criteria). Game continues until all children are on the other side, and then begins again.

Game Twenty-Four: Potato Race

For 2 or more players.

Instructions: Individual or team relay players run carefully from one marker to another carrying a potato on a spoon. If the potato drops, they must go back and start again.

Game Twenty-Five: Accordion Game A (Pictures)

For 2 or more players.

Instructions: Fold a long, thin sheet of paper into an accordion shape (with wide creases like a fan). Player 1 draws the top of something, with the mid-section at the fold. Then Player 1 folds the paper over so that the next player can just see the bottom lines but not the full top. Player 2 draws the bottom of the figure from there and then uses the next fold space to begin another shape by drawing its top. After folding this down, the paper is passed to the next player, who continues until all the spaces are used up. Unfold and enjoy the mixed-up creatures that have been drawn. Try to name them. For example, one might be a girl-affe; another might be a manphant.

Game Twenty-Six: Accordion Game B (Stories)

For 2 or more players.

Instructions: Fold a sheet of paper into an accordion shape of three (with wide creases like a fan). Player 1 starts a story by writing the beginning of a story on one section of the paper. Then player 1 folds the paper over so that the next player can't see what has been written. Player 2 continues the story by writing the middle. The paper is folded and then the last player writes the end. Read the mixed up story together.

Game Twenty-Seven: Story Jars

For 2 or more players.

Instructions: Write ideas for *characters*, *settings*, and *problems* on slips of paper and sort them into three jars labelled with one of these words. Players draw one slip from each jar and tell a story from putting all three together, trying to include a solution to the problem. For example, "Once upon a time there was an **elephant** named Sleepy. He lived in our **back porch** and **couldn't find slippers.** We looked and looked, and finally found the slippers in our bedrooms. They had been used for beds!"

Game Twenty-Eight: Park Bench

For 2 or more players.

Instructions: A chair is placed in the middle of the room. Someone sits on the chair. Without repeating ideas, players offer reasons for why the person should get off the "park bench". After each suggestion is given, the person on the bench trades places with the person who spoke, and the play continues. For example, "There's a sign that says Wet Paint." "That bench is on fire!" "It's time for supper." "Is that your dog over there?" Rules apply as with other drama games: Keep it a Family Show, and No Blocking (players must agree with the speaker).

Game Twenty-Nine: The Wall

For 2 or more players.

Instructions: Establish an imaginary wall across the room. Players take turns showing how they can get through the wall. No action can be repeated once it's been given and guessed. For example, Player 1 might demonstrate kicking through the wall, and the other players call out, "She's kicking it!" Player 2 might show eating the wall with an imaginary spoon. Player 3 might show bouncing over it; etc.

Game Thirty: Button Race

For 2 or more players.

Instructions: Add body parts to draw slips placed in a container. Players line up with a button placed just in front of each of them and compete together (or perform individually using a timer). For each round of play, draw a body part and move the button to the finish line using that body part. For example, move it with your nose; your elbow; your heel; etc.

Game Thirty-One: Neighborhood Map

For 2 or more players.

Instructions: Work together to draw a map of your neighborhood. Label important places and then put duplicates of these labels onto slips of paper, which go into a hat. Using the character and problem jars, from **Game Twenty-Seven: Story Jars** (above), draw one of the

neighborhood settings along with one each of the characters and problems, and then take turns creating a story using all three story elements. After the storytelling is done, children can use toy cars to continue the play independently, taking individual trips through the familiar setting.

Game Thirty-Two: Home Made Play Dough

For 1 or more players.

Instructions: Play Dough

2 cups flour

2 cups water

1/3 cup salt

2 T cream of tartar

4 Toil

Food colouring--optional

Mix together in bowl and microwave for 5-7 minutes, stirring often. Cook until thick and forms a ball. *Can stir to cook in pot on stove, as well. Soak container for a few minutes to clean and residue easily peels right off. Store play dough in airtight container. Line table with wax paper for easy clean up after play time is finished.

After free play, various challenges can be set up for guessing: Create an animal; make a favorite meal; show your favourite book character.

Game Thirty-Three: Picnic List

For 2 or more players.

Instructions: Sit in a circle. Player 1 begins by saying, "I'm going on a picnic, and I'm taking a...picnic basket." Players continue, in turn, by repeating the item(s) already included and adding a new one. For example, "I'm taking a picnic basket and an apple pie." "I'm taking a picnic basket and an apple pie and a bowl of cat food."

<u>Variations</u> can require players to add new items in alphabetical order (I'm taking an $\underline{\mathbf{A}}$ pple, a $\underline{\mathbf{B}}$ ig blanket, a $\underline{\mathbf{C}}$ an of soup, and $\underline{\mathbf{D}}$ evilled eggs..." ... or using ascending numbers (I'm taking 1 picnic basket, 2 bananas, and 3 jars of jam...).

Game Thirty-Four: Last Letter First Letter

For 2 or more players.

Instructions: Player 1 says a word, and Player 2 says a word that starts with the last letter of the first word. Play continues until stuck. For example: cat; towel; line; elephant.

<u>Variations</u>: For younger children, use sounds instead of letters: For example, line; none; neck; Christmas or cake or kettle; etc. Other Variations: Categories can be used, such as animals, or Canadian place names.

Game Thirty-Five: Freeze Dancing

For 2 or more players.

Instructions: Players take turns as Leaders who select a song (from a CD, ipod, radio, etc.). Everyone dances, trying to demonstrate original moves. The player who chose the song uses a signal (hand clap, bell, etc.) to "freeze" the dancers. Enjoy the tableau and then continue until all players have had a turn to be the Leader.

Game Thirty-Six: Say One Thing/Do Another

For 2 or more players.

Instructions: Players sit in a circle. Player 1 begins by doing an action while saying they're doing something else. For example, Player 1 might mime bouncing a ball, while saying, "I'm tying my shoe." Player 2 changes places with Player 1, and does the action previously stated (e.g., tying my shoe) but says they're doing something else, (e.g., I'm brushing my teeth.") Play continues without repeating ideas until everyone has had a turn, or is exhausted!

Game Thirty-Seven: Invisi-Ball

For 2 or more players.

Instructions: This game might be launched using a small, soft ball or a beanbag. Once people practice tossing and throwing, remove the ball or beanbag and see if the action can be continued

with an invisible ball. Eye contact is important for a successful mime sequence! Variations include exchanging other invisible items for the invisible ball: an invisible... heavy sack of potatoes, a precious glass ornament, a peeled onion, an ice cube...

Game Thirty-Eight: Follow the Leader

For 2 or more players.

Instructions: Add everyone's name to a hat and, in turn, draw the name of who will be the leader. This person takes the others through the house or through a series of actions; after a set time limit, the next leader is chosen.

Game Thirty-Nine: Mirrors

For 2 or more players.

Instructions: Work with a partner or as Leader and a group of Followers. The Leader slowly does a series of actions, as if looking in a mirror, and the Follower(s) keep up by showing the mirrored actions. Switch until everyone has had a chance to be Leader.

Game Forty: If I Was...Identity Sharing Circle

For 2 or more players.

Instructions: Sit in a circle and pose a question that everyone has a turn to answer. For example, "If I was... an animal, I would probably be...a hummingbird because I'm fast like they are..." or "If I was... a tree...I would be...a pine tree because they don't seem to mind the winter..." or "If I was...a colour...I would be... because...."

Other ideas for sharing: favourite kinds of ice-cream; favourite book characters and why; birthday suppers; etc.

Game Forty-One: Dots

For 2 or more players.

Instructions: Make a game board by placing lines of dots equal distance from each other on a piece of paper until the page is full.

* * * * * *

Players take turns, joining two side-by-side dots horizontally or vertically (not kitty-corner), using a single line until eventually someone's line creates a perfect square. When this happens, the player puts their initials in the square, and then wins another turn to add a line until the new line they add does not make another perfect square. This signals the end of their turn. Play continues until all dots are joined and then players count their initials to discover their total points.

Game Forty-Two: Secret Ships

For 2 or more players; this is a more complicated game for older children.

Instructions: Use a number of completed **Dots Game Boards** (see above, Game Forty-One), or graph paper, one sheet for every player. Number the lines: start with number one on the vertical axis, and then number one on the horizontal axis. Players work in partners or groups of three. Players secretly use light pencil to color in their four ships of the following sizes: 1 square, 2 squares, 3 squares, and 4 squares (or more). Without showing each other their game boards, players take turns guessing where the battleship is on their opponent's board, using the proper co-ordinates (e.g., "Is there a ship on square 1:2?"). They somehow keep track of successful and unsuccessful guesses until someone knows where all four (or more) of their players ships are, and play ends.

Game Forty-Three: Inventions A (Shopping Cart)

For 2 or more players.

Instructions: Start with an outline of a shopping cart for everyone (or simply use out outline that is passed around). Take turns adding a new component to the shopping card outline, until as a

team you've created a super duper shopping cart. Enjoy everyone's great additions to the original cart! If activity is done independently, score one point for every new thing added to the cart within a set time limit.

Game Forty-Four: Inventions B (Running Shoe)

For 2 or more players.

Instructions: Start with an outline of a running shoe for everyone (or simply use out outline that is passed around). Take turns adding a new component to the original outline, until as a team you've created a super duper running shoe. Enjoy everyone's great additions to the original outline! If activity is done independently, score one point for every new thing added to the outline within a set time limit.

Game Forty-Five: Inventions C (Garbage Can)

For 2 or more players.

Instructions: Start with an outline of a garbage can for everyone (or simply use out outline that is passed around). Take turns adding a new component to the original outline, until as a team you've created a super duper garbage can. Enjoy everyone's great additions to the original outline! If activity is done independently, score one point for every new thing added to the outline within a set time limit.

Game Forty-Six: Problem Solving A (How To Stop a Dog and Cat from Fighting)

For 2 or more players.

Instructions: Draw a design for stopping a dog and cat from fighting. Explain to the rest of the group how your design works. Earn an originality star if your design is different from everyone else's.

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Game Forty-Seven: Problem Solving B (Invent a Playground)

For 2 or more players.

Instructions: Draw a design for a new playground. Explain to the rest of the group the ideas you have included. Earn a point for every idea that is is different from everyone else's.

Game Forty-Eight: Problem Solving C (How to Weigh an Elephant)

For 2 or more players.

Instructions: Draw a design for how to weigh an elephant. Explain to the rest of the group how your design works. Earn an originality star if your design is different from everyone else's.

Game Forty-Nine: Brainstorming

For 2 or more players.

Instructions: Each player writes down all the ideas they can think of, about a given topic, within a set time limit (try 2 minutes). Score one point for each idea to determine individual fluency scores. See whose score is the highest. Each player can circle one item on their list that they think nobody else will have thought of. If this item is indeed original within the group, the player earns an originality star. This activity can work independently or in teams. Topic Examples: blue things; sharp things; things that are white and fluffy; etc.

Game Fifty: Make Up Your Own Game or Activity to Play Together

For 2 or more players. Instructions...

Additional Activities

Fifty-One: Newspaper Beads

Instructions: Cut similar-sized long, thin isosceles triangles (wide end at the top) from pieces of newspaper. Starting at the wide end of each triangle, roll tightly around a toothpick

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or thin stick, using a tiny bit of glue to fasten the last section. Let dry on waxed paper. *Experiment with sizes to see what works best. Coloured catalogue paper works really well.

Fifty-Two: Magic Potion

Instructions:

- 1. Add milk to a shallow pan, just covering the bottom.
- **2.** Close together, near centre of pan, add one drop each of four different colours of food colouring.
- 3. Add a drop of liquid dish soap to the centre (with a cotton swab, or without).
- **4.** Watch the colours mix and make cool patterns.
- *Variations and explanations available online.

Fifty-Three: Potato Printing

Instructions: An adult cuts a potato in half. The child uses a pencil or other safe tool to create a design in the white flesh. Paint with watercolours, and press onto paper for prints.

Fifty-Four: Personal Storybooks

Instructions:

Fold a blank piece of paper in half. This will make a cover + a 3 page book. Additional pages add length. Children can plan their story by drawing pictures first and then printing or dictating sentences underneath. For emergent writers, encourage "magic writing" (invented, non-traditional spelling—advise them to say the word slowly, stretching it like an elastic band, and then print the sounds they hear; this is great phonics practice). Numbering pages can support math skills. Celebrate the project, not perfect spelling, and children will keep writing – the very best way to grow writers! If it's okay with the author, an adult can print standard spelling underneath for easy reading later. Make sure to date the work (that's the copyright!) to observe developmental growth over time. Including an "All About the Author and Illustrator" page is highly recommended! Enjoy the library of books that appear.

**If children are dictating about a real experience they've had while an adult scribes and then helps them re-read it, this is called the Language Experience Approach. It's a great way to support writing and reading development. Look for examples of this strategy online.

Fifty-Five: Animal Cookies

This is the best-ever recipe for rolled cookies—easy to make, and delicious!

1 cup margarine (soft)

1 cup sugar

2 teaspoons baking powder

1 teaspoon vanilla

2 3/4 cups white flour

Mix all together. Make balls of dough and roll with rolling pin (or pat thin) on floured surface. Cut with animal cutters into shapes (or create your own shapes freehand).

Bake 400 degrees F for about 6 minutes on top oven rack.

Cool and add icing, or decorate with sprinkles or chocolate chips before you bake them.

Enjoy!