



In light of the cold winter season we are having, here are some ideas for:

Curing Cabin Fever

It's 10:00 a.m. and the children are already bored with their toys. The weather is still dealing a blow to your spirits, and you've spent more hours indoors than you care to admit. In short, everyone has cabin fever.

But not for long! Here are some suggestions for parents or providers to help overcome the cabin fever blues.

GETTING PHYSICAL

These simple games and activities can help create a fun atmosphere while working on your children's level of physical coordination.

Mary's and Jim's Obstacle Course:

Create a personal obstacle course for them by tagging with name cards.

Use pillows or cushions to roll on, tables to crawl under and small easy-to-jump-over objects such as small stuffed animals or a soft doll. After a few minutes change the game to Follow the Leader.

Toss the Bean Bag:

Here's an enjoyable way to test your kid's ability at tossing a beanbag or other safe object into a wastebasket or box. You can create a carnival atmosphere by covering the targets with clown faces with mouths that have large enough openings to toss the beanbags through.

PUTTING ON YOUR THINKING CAP

House Walk:

The parent takes the children on a tour of the house. In each room he/she has the child name things that are big, small, round, square, red, blue, yellow or green. Anything the parent knows children can identify will encourage their memory skills while mimicking a game.

Name That Thing:

Mom or Dad, put several objects in a shoebox or a small paper bag. The items should have different textures and shapes such as an apple, a block, a piece of yarn, an unsharpened pencil, etc. If using a shoebox cut a hole large enough for the child's hand to fit through. Put one object in the box or bag to see if they can identify it. If not, they can ask questions about the shape or texture. Is it round, hard, soft?

Now You See It – Now You Don't!:

Mom or Dad, place four objects on a table. Have your child look carefully at the items and then ask her to turn her back to the table. Take one object off the table and hide it from view. See if

the child can guess which object was removed. For positive reinforcement you may give a small reward for each correct answer.

COOKING CLASS



Children are never too young to experience the fun of baking! They can learn to measure and pour while becoming your assistants.

Create-a-Treat: Frosted Cone Cakes

Using your favorite cake recipe or mix, follow the directions to make the batter. Fill ice cream cones with flat bottoms until they are each $\frac{3}{4}$ full. Bake the cone cakes in muffin tins at about 350°F for 30 minutes. Place the cone cakes on a rack until they are cooled. Frost cone cakes with your favorite home made recipe or prepared canned frosting. Encourage the kids to exhibit their creativity by decorating the cone cakes. Use prepared tube icing, colored sprinkles, M&M's, mini chocolate chips or candy bits to make a face or anything else their minds can create..

Surprise Muffins

Follow the directions of your favorite muffin recipe or mix. Next, choose one or several of these suggestions:

Fruit or Coconut Muffins: Add $\frac{3}{4}$ cup of fruit or coconut to the batter. Fill muffin cups $\frac{3}{4}$ full and bake according to directions.

Jam Filled Muffins: Fill the muffin cup half way, then put a teaspoonful of jam in the center, leaving an edge of batter all around. Add about a teaspoonful of additional batter to completely cover jam. Bake according to directions.

Fortune Muffins: Half the fun of this recipe is writing the fortunes to place in the muffins. This can be accomplished as a group effort or each person can devise his own fortunes. Write fortunes with ballpoint pen on small pieces of paper. Fill the muffin cup half way. Lay the fortune on top so that part of it sticks out. Add more batter on top of fortune, but don't fill more than $\frac{3}{4}$ full. Bake according to directions or bake 20 – 25 minutes in a 400° F. oven.

PAINTING POWER

If your child loves to paint, let him go wild with a brush. Grocery bags, wrapping or shelf paper can be turned into usable original placements. Painted rocks make a colorful rock garden dish. Painted pinecones can be hung in the child's room or decorate the front door. With your help, he can even make a replica of himself. Have him lay on butcher's paper while you draw his outline from head to toe. Let him fill in the outline by painting his favorite t-



shirt and jeans on his self-portrait.

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