

TRAILS MIX

VOLUME TWO ISSUE NO. 4



Hello.

Welcome to Trails Mix, an extra helping of Family Trails goodness. Each quarter, our #FamilyTrails community will receive a digital edition of the Trails Mix bundle packed with ideas and inspiration designed to spark more family adventuring and learning together. We'll also feature highlights from the best of Family Trails – the stories shared by our families around the world.

From recipes to activities to expert interviews, we hope you'll find that Trails Mix encourages your family to get out and get going – wherever the trail may lead you.

Have an idea for an upcoming edition of Trails Mix?

Email us at **community@familytrails.com**.

To connect with thousands of other families learning through adventure, join the **#FamilyTrails** conversation on Instagram by following us **@FamilyTrails**.

We'd love to hear from you!

TOYOTA FAMILY TRAILS

TOYOTA FAMILY TRAILS is an adventure brought to life thanks to a partnership between the National Center for Families Learning (NCFL) and Toyota. Since 1989, NCFL has helped more than two million families make educational progress. We believe that all parents can help their children succeed in school and in life. The family unit is the one constant across the educational spectrum, but family engagement in education doesn't happen on its own. NCFL pioneered Parent and Child Together (PACT) Time,[®] bridging the gap that often exists between school, home, and community.

At Family Trails, we believe your family is the best teacher your child will ever have. Together, we hope to inspire parents and kids to let their imaginations lead them on a daily exploration and adventure through the world around them and the classroom of life.



National Center for
Families Learning

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STORIES FROM THE TRAIL

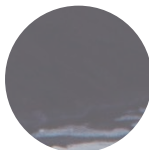
Family stories are the heart and soul of Family Trails. Check out these two amazing stories contributed by the Family Trails community and get to know the rest of our contributors by visiting familytrails.com/blog.

Interested in submitting your own family adventure story? Visit familytrails.com/share.

featuring

THE
CROMPTON
FAMILY

THE
CORTES
FAMILY





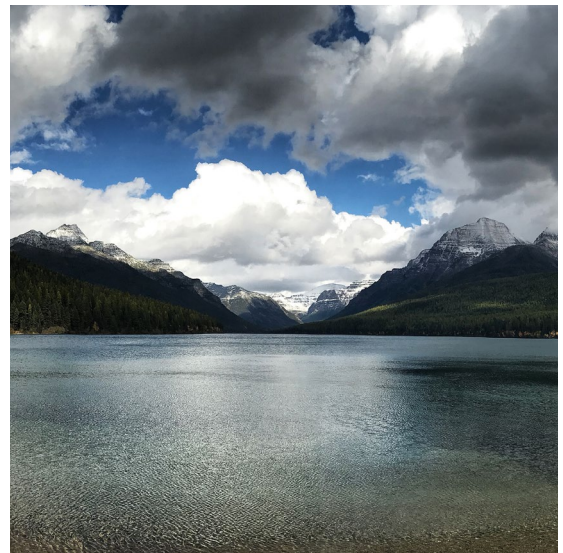
Off-season at
**GLACIER
NATIONAL
PARK**

as told by SHAWNA CROMPTON

We recently took a road trip to our cabin in Colorado, and always like to hit up a national park on our drive back to Washington state. This October we decided to stop by Glacier National Park in beautiful Montana. The drive alone is postcard worthy, but you won't be disappointed in visiting this park, even when everything is closed!


The main route through the park is called Going to the Sun Road. This road can close early in the season due to weather. This year, many parts of the park were closed due to early weather, but also due to the tragic wildfires Glacier has suffered through the summer. Some were still burning during our October visit. (But don't fret, there is still so much to see!)

We didn't have much time, so we started at the west entrance and admired Lake McDonald from its gorgeous lakefront. We walked out onto the dock, walked around the shore, took pictures, threw rocks, and took it all in. This is a gorgeous spot and requires no hiking, just a few steps from the parking lot, which is great for families with lots of little feet. Next we took to our map and checked out some other places. The ranger had given us info on all the closed areas so we wouldn't waste time.



“We just got a small taste and can’t wait to go back and spend more time
really exploring all this amazing national park has to offer.”

SHAWNA CROMPTON
@pnw.outdoor.family



We decided on Bowman Lake since it was a bit of a drive (30 miles from Lake McDonald) and we wanted a nice scenic drive with lots to see. The drive was so fun! Our 4WD helped, but wasn't required on this particular road. (FYI Glacier has a lot of bumpy, unpaved roadways to keep the park more in tune with nature and to not disturb the natural environment as much as they can. This road is one of those roads!)

We arrived at Bowman Lake, which has several hiking trails to choose from, camp sites, and amazing views. We chose a short, one-mile trail to stretch the kids legs and skipped rocks on the lake. Our kids took cover in some trees when a sudden hail storm passed through. I don't think I've ever heard so much giggling!

On the drive back to Main Street, we stopped at every lookout and view point we passed. The views were picturesque everywhere we turned. The gift shop was still open near the main entrance, so we stopped and purchased a few mementos; a little bird statue, some books on Glacier National Park, and huckleberry jam. (Everything here is huckleberry!)

If you're passing through Montana on a road trip and don't have a lot of time, don't be overwhelmed! You can still swing by and spend the day seeing some glorious sites at Glacier National Park.







Postcard worthy



Finding
BALANCE

as told by PAIGE CORTES

We all need balance in life. We need it in our everyday lives, with family, friends, and even on vacation! September marked one year of full-time RVing for our family. We're calling it our RV-versary. Although we are not on a interminable vacation (as many seem to think), we do treat each new place as though we are on vacation. (Mind you with a few key differences.) I take time to research the best places to go, as well as things to do, see and eat.

We don't (and can't) buy a ton of souvenirs from each location we visit. Instead, we allow our 11-year-old son to get a sticker for his laptop, our 10-year-old son gets a book every once in a while from a national park series he enjoys, and our three-year-old is typically too busy playing to even notice I bought something. Balance.

Our trip to Zion and subsequent parks (Bryce, Arches and Canyonlands) taught us more about balance as a family that enjoys a life of travel. Truth be told, it's a struggle for us. With ipods and video games at the center of so many kids' minds, we aim to be outside every day. I've longed for kids who crave hiking (although our little one is now asking to go) when seeing pictures of kids on Instagram who have climbed mountains or ran 57 miles. The reality is that my kids want to be surrounded by friends when they are outside playing. Hiking and doing more "work" to earn Junior Ranger status isn't necessarily their thing.

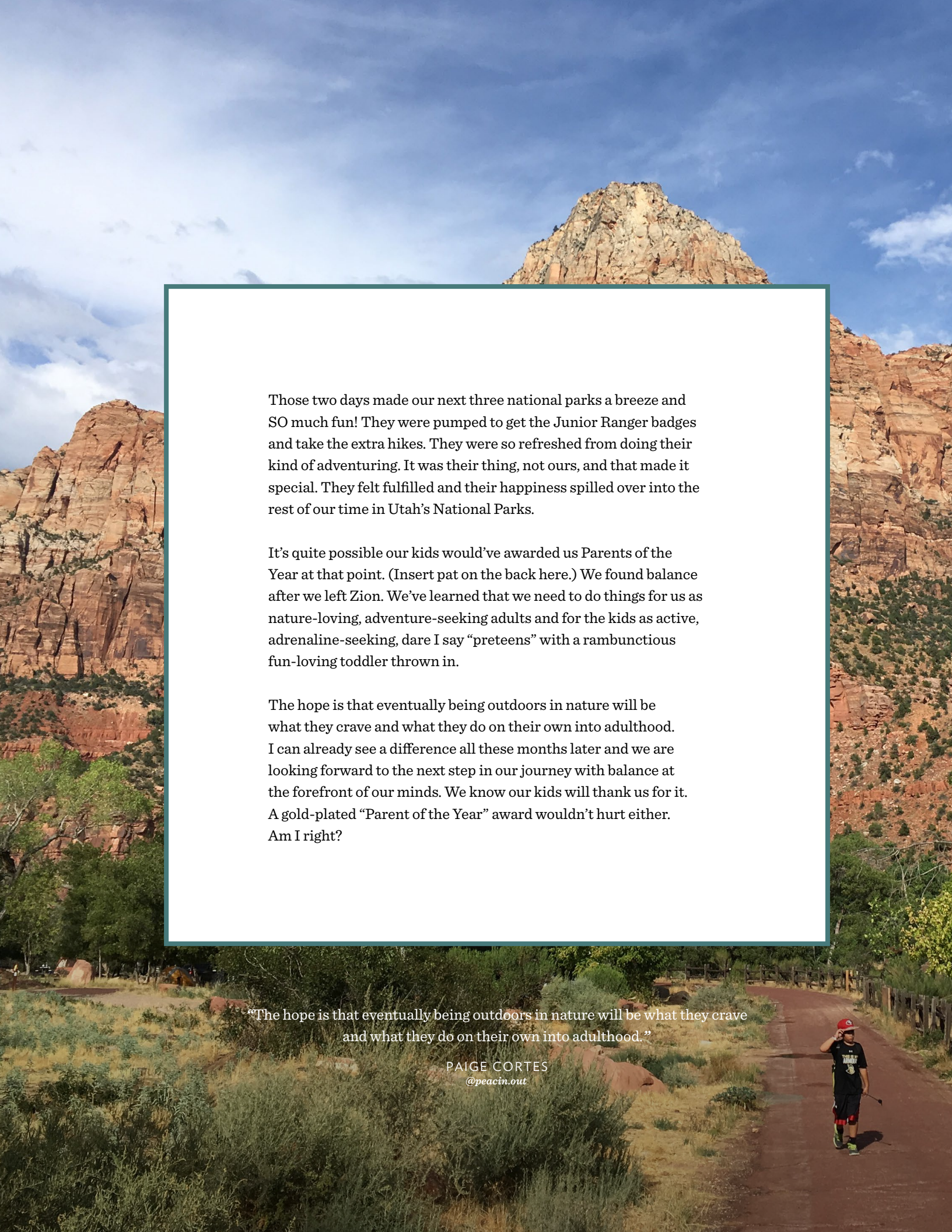
Before this journey, we weren't into hiking and were caught up in the day-to-day life of carting kids to different sports and activities. We took a week or two a year for vacation and it typically involved seeing family, not doing things for ourselves. Now, as parents who have had time to grow and learn what we enjoy and want for our family, we lean toward National Parks, nature, hiking, biking, and kayaking. Anything outdoors. Our kids, on the other hand, get the most excited about food or anything game-related (think Dave & Busters or go-carts). There is obviously a difference in how we prioritize our adventures there.

Zion National Park was where balance gave us a big slap in the face in regards to prioritizing. It is where we first realized its true value. We spent quite a few days at a campground near Zion; one we could walk to the bus and get a lot of hiking and exploring done that way. It was the typical, "Another Junior Ranger book?! Can't we take a break from them?" My usual response, "Nope! Let's get it done."

That being said, a "break" was in order. We decided to do something a little different from our normal RV ways. We went "glamping" at Zion Ponderosa Resort! The kids went rock climbing, paint balling and got in a ton of adventuring. It was their kind of adventure and happiness truly emanated from them.







Those two days made our next three national parks a breeze and SO much fun! They were pumped to get the Junior Ranger badges and take the extra hikes. They were so refreshed from doing their kind of adventuring. It was their thing, not ours, and that made it special. They felt fulfilled and their happiness spilled over into the rest of our time in Utah's National Parks.

It's quite possible our kids would've awarded us Parents of the Year at that point. (Insert pat on the back here.) We found balance after we left Zion. We've learned that we need to do things for us as nature-loving, adventure-seeking adults and for the kids as active, adrenaline-seeking, dare I say "preteens" with a rambunctious fun-loving toddler thrown in.

The hope is that eventually being outdoors in nature will be what they crave and what they do on their own into adulthood. I can already see a difference all these months later and we are looking forward to the next step in our journey with balance at the forefront of our minds. We know our kids will thank us for it. A gold-plated "Parent of the Year" award wouldn't hurt either. Am I right?

"The hope is that eventually being outdoors in nature will be what they crave and what they do on their own into adulthood."

PAIGE CORTES
@peacin.out



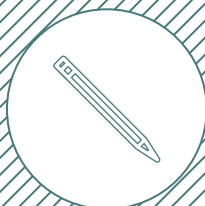
EXPLORE FURTHER

EXTENDED LEARNING *with* THE CROMPTON FAMILY

- 1. People love receiving handmade mail!** After your next family trip, work with your children to make your own postcards highlighting favorite sites and experiences. Cut pieces of cardboard to 4 x 6", the standard postcard size, and use markers and crayons to illustrate them. Use a ruler to create lines for text on the back, then add a message and a stamp. Address your postcard and it's ready to go!
- 2. Try this experiment from [study.com](#) to help children understand how glaciers move and form patterns.**
You will need: *A mixing bowl, plastic cup, measuring cup, and spoons | Borax | Two bottles of white glue | Blue food coloring*
Work with your children to mix one bottle of glue and half a bottle of warm water. Then, have them dissolve a heaping teaspoon of Borax in half a cup of warm water and add this to the glue. Mix all of these ingredients together and spread the resulting mixture on a cookie sheet. Next, repeat these instructions but add blue food coloring to their result. Finally, set the blue goo on top of the white to simulate a glacier. Watch to see how mixture moves and talk about your observations.
- 3. Explore Wonder of the Day® #1586 "Do Glaciers Still Exist?" with your family at [Wonderopolis.org](#).**

EXTENDED LEARNING *with* THE CORTES FAMILY

- 1. Long car trips can be a challenge when traveling with children.** Have your children create travel journals as a way to pass the time in the back seat. Using a blank notebook they can draw or write about what they see and do. Consider creating a pictorial travel timeline with your children in advance of the trip. Locating the timeline at the front of their journal will help them to know what is coming next.
- 2. Perhaps you aren't planning a road trip in the near future, but don't let that stop you from some fun!** Use cardboard boxes to build your own RV right in the backyard. While taking your pretend trip you can play travel games, sing songs and read books such as *Are We There Yet?* By Dan Santat. Don't forget to take photos of your travel adventure!
- 3. Explore Wonder of the Day® #1150 "Have You Ever Been on a Road Trip?" with your family at [Wonderopolis.org](#).**



MORE TRAILS & STORIES >



MORE TRAILS & STORIES>



> FALL BREAK IN UTAH
The Miller Family



FAMILY ROAD TRIP
The Antonio Family



MYSTIC HOT SPRINGS
The Cortes Family



PICNIC IN THE MOUNTAINS
The Shedd Family



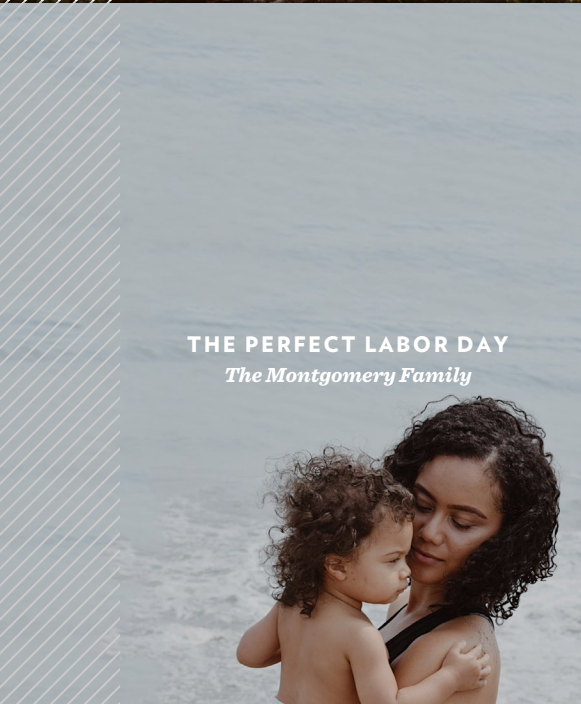
SUMMER LIVING
The Schlosser Family



IMPERIAL SAND DUNES
The Willink Family



ADVENTURE MEMORIES
The Eagar Family



THE PERFECT LABOR DAY
The Montgomery Family



BAGBY HOT SPRINGS
The Ficek Family



JUST KEEP WALKING
The Cortes Family

Winter ADVENTURING

The chill of the winter months can make this a slightly more challenging time of year to keep the curiosity, adventuring, and learning going. We recently asked the Family Trails community how you keep your kids curious and engaged during those cold, indoor months.

Here's what you had to say:





ERLINDA RAMOS
@exploring_with_five_kids

"My boys love the outdoors, even in the winter. Any chance they can get they will go outside, but to keep things interesting we drive out to the snow. If it's raining, we put on our rain boots and jump in the water. We still hike and play on the playground. Just gotta bundle them up (even though they remove their gloves and beanies)! I also try to educate them on the season – like why the trees are bare, why the ducks are gone, and why the bears are asleep."

"I try and switch it up and do different art projects with my girls. One of my favorites that we do every year is we make our own thank you notes and they send them to everyone. Hopefully it's teaching them to be grateful and we have fun doing it. Sometimes we do hand prints or they color cards for everyone. I try and keep projects simple so that it's not overwhelming to them or me!! I will use Pinterest for ideas sometimes but I'm careful to let them do the project. I will give guidance and I'm there with them, but I believe it's their project and chance to be creative. Our projects aren't always Pinterest worthy – and that's okay! The girls made them and they are proud of them!"



LYNZEE OUELLETTE
@lynzeeouellette



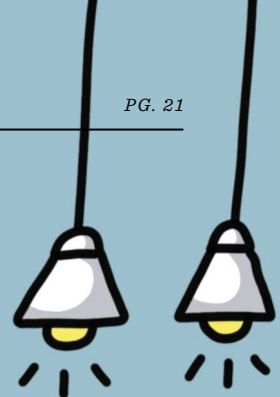
MEREDITH JAQUET
@amerryadventure

"The last trip we went on was all outdoor and hiking. It can often be stressful, but what worked sooo well for us was to make the hike into a treasure hunt for our daughter. She had to find all of the trail markers, find objects on a list we made and help direct us to our destination. Giving her these tasks gave her so much confidence and she was so driven to get us there and back. We ended up doing about 8k this way while we normally barely make 2!"

"Even when the cold hits we make sure that our kids get outside. Warm boots, gloves and a winter coat helps for winter snow hikes. And even around the house I will send my little one on a nature scavenger hunt, which often turns into imagination and play. As with summer, sidewalk chalk is a boredom breaker along with wood, nails and a hammer for my preteen. Indoors art is another lifesaver. I always pickup art supplies on clearance at the end of each holiday so that the longer days of winter are full of creating. We also love to hit one of our favorite spots: our local, indoor rock-climbing gym. We all get out our wiggles and get some exercise at the same time."



LANESSA PIERCE
@whattodoinsonthernoregon









GUEST TRAIL GUIDES AHEAD

Attention Hikers:

You are about to embark on a journey
that will impact your family activities
for generations to come.

Proceed with extreme excitement.



At Family Trails, we believe all families can learn and grow together through exploration and adventure. In this spirit, in each edition of Trails Mix you'll find feature pieces spotlighting a diverse range of adventurers from around the country, blazing their own trail.

featuring

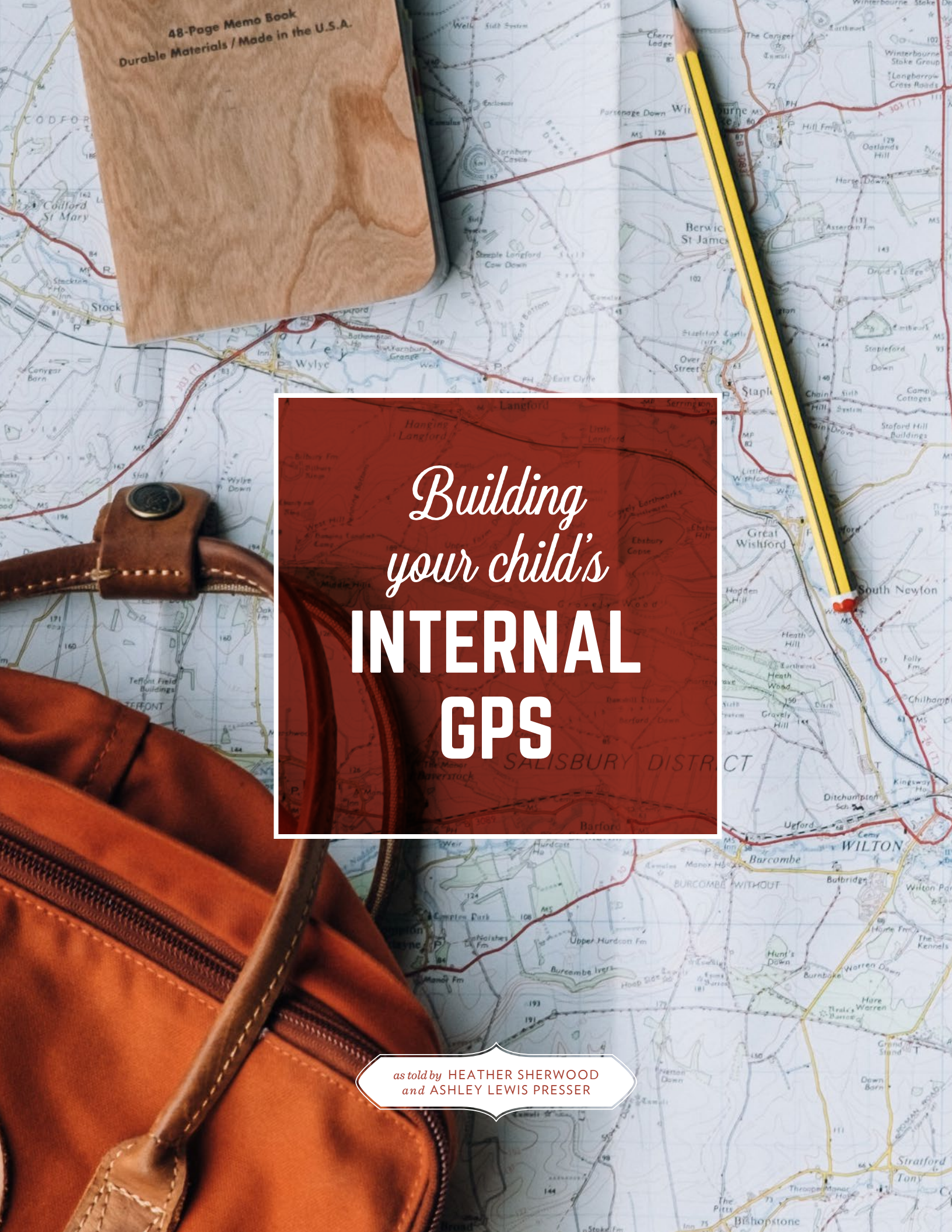
HEATHER
SHERWOOD

ASHLEY
LEWIS
PRESSER

JULIE
WEINZETTL



48-Page Memo Book
Durable Materials / Made in the U.S.A.

A topographical map of the Salisbury District is the background. A brown leather bag with a strap and buckle is in the bottom left. A yellow pencil lies diagonally across the map. A semi-transparent red rectangle is in the center, containing the title text.

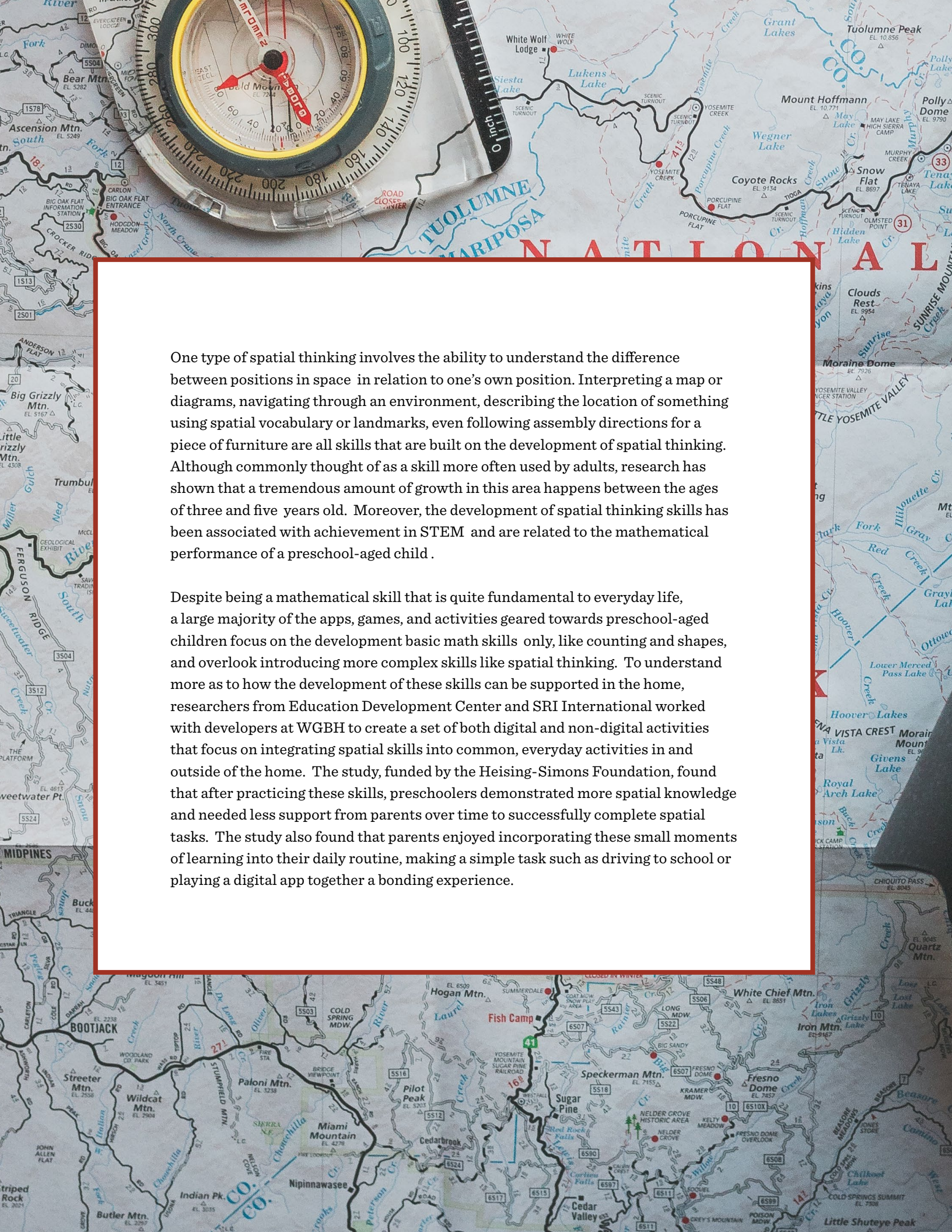
Building your child's **INTERNAL GPS**

as told by HEATHER SHERWOOD
and ASHLEY LEWIS PRESSER

Whether hiking in the woods, exploring a local zoo, or planning the perfect weekend getaway, no family trip could be completed without the simple task of figuring out how to get where you are going.

In today's digital age, practically every smartphone comes equipped with a handy GPS system designed to help even the most directionally-challenged easily get where they want to go. And beyond the standard GPS, there is also a large market of navigational apps available for download that is intended to pick up where the shortcomings of the standard GPS might leave off. This modern convenience makes getting from one place to another a bit easier, but it only represents one aspect of using one's spatial thinking abilities. In essence, GPS might tell you how to get to the zoo from your home, but it won't tell you how to read and interpret the zoo's map in order to navigate the environment to find your favorite animal exhibit.





One type of spatial thinking involves the ability to understand the difference between positions in space in relation to one's own position. Interpreting a map or diagrams, navigating through an environment, describing the location of something using spatial vocabulary or landmarks, even following assembly directions for a piece of furniture are all skills that are built on the development of spatial thinking. Although commonly thought of as a skill more often used by adults, research has shown that a tremendous amount of growth in this area happens between the ages of three and five years old. Moreover, the development of spatial thinking skills has been associated with achievement in STEM and are related to the mathematical performance of a preschool-aged child.

Despite being a mathematical skill that is quite fundamental to everyday life, a large majority of the apps, games, and activities geared towards preschool-aged children focus on the development basic math skills only, like counting and shapes, and overlook introducing more complex skills like spatial thinking. To understand more as to how the development of these skills can be supported in the home, researchers from Education Development Center and SRI International worked with developers at WGBH to create a set of both digital and non-digital activities that focus on integrating spatial skills into common, everyday activities in and outside of the home. The study, funded by the Heising-Simons Foundation, found that after practicing these skills, preschoolers demonstrated more spatial knowledge and needed less support from parents over time to successfully complete spatial tasks. The study also found that parents enjoyed incorporating these small moments of learning into their daily routine, making a simple task such as driving to school or playing a digital app together a bonding experience.

Next time you are out traveling the world with your family, try incorporating some of the suggested following activities to encourage the development of spatial thinking in your little explorer!

Play Spatial Simon Says: For this variation of the game, have the person being Simon give directions for how the other person should move using spatial vocabulary. Use words and phrases, such as “take four steps to the right”, “put your hands behind your head”, or “jump over the stone”.

Neighborhood iSpy: While on your next outing, have one person use spatial words to describe the location of the object they have spotted, instead of the classic description based on object attributes (i.e. color, size). Use words like next to, under, in front of, to the right, or behind to give clues as to where your object is.

Landmark Run: Parks or playgrounds make a great space to play landmark Run. To play, pick two locations nearby, such as a slide and a swing. Then, take different paths to get between the two landmarks, counting the number of steps you took each time. Then compare paths; did longer paths, such as going

around an obstacle, increase the number of steps needed?

Tour Guide: As you are traveling to a place, take turns listing landmarks that you see on the left and the right of you. To make it easier, start by naming landmarks only on one side of the vehicle. For a more challenging activity, name the landmark itself and have your child call out if the landmark is on the left or the right.

Scavenger Hunt: When outside in a yard, at a park, or a playground, play a scavenger hunt game that uses spatial vocabulary as the clues. Start by asking your child to cover or close their eyes, then hide a toy such as a ball or a stuffed animal in different places like on top of a slide or below a swing. Give hints that describe where you hid the toy using vocabulary like under or near. Then, play again, this time reversing roles so that the child hides the object and gives the clues and you are the seeker.

For more examples of common, everyday, free activities to use in the home, or to practice spatial thinking using digital apps, visit first8studios.org/gracieandfriends/family.

A scenic view of a mountain valley. In the foreground, a person is walking on a trail with a metal railing. The trail leads down a grassy slope. In the background, there are steep, rocky mountains and a dense forest of evergreen trees. The sky is blue with some clouds. A large red rectangle is overlaid on the center of the image, containing the title text.

Starting **FAMILY TRADITIONS**

as told by JULIE WEINZETTL

My family and I recently went on our third annual ten-day road trip. It all started three years ago when we decided to rent an RV for 10 days and hit the road together as a family, exploring the northern coast of California. It quickly became our family's favorite adventure. After our first trip, the question was not if we would go on our annual "10 Day Trip" (as they've officially named it), but when.

It was then that we decided this was something we had to keep up each year. We think it's important to start family traditions because it gives us all something to look forward to. It also gives us all something to come back to. The Annual Family Road Trip is by far the grandest tradition we have started. A much smaller one is family breakfast on Sundays, which includes putting a record on the record player, lighting my favorite candle and Papa making us all waffles. My hope is that through the years, as the kids grow older, this annual family road trip will be something they make room for in their lives and in their hearts because that's just what we do. We adventure together!

Last year we adventured through California, Nevada, Arizona, and Utah, taking in the amazing sights of Zion, The Grand Canyon, Arches, and Antelope Canyon. At that point, our love and appreciation for our National Parks grew and we decided we needed to see as many of them as possible. Which brings me to this year's trip: five National Parks in 10 days. It was a tall order, but where there is a will there is a way – and we made it happen! We visited Pinnacles, Sequoia, Yosemite, Lassen Volcanic, and Death Valley National Parks, and it was the trip of a lifetime!

One component of these trips the kids love is that each year I decorate the camper with a theme based on the areas we will be visiting. We spend so much time together in the actual RV as we are traveling and settling in each night, I feel like it needs to be a cozy place that fosters love. This year, we went with a “woodsy” theme. The kids help decorate and come up with ideas, and they’re always so excited when they see it all come together.

With the camper all loaded and decorated, we hit the road. Our first stop was Pinnacles National Park. We arrived on a Saturday and it was crowded. The line for the tram to get to the starting point of our short hike (Bear Gulch Caves) was an hour and a half long! I made the call to hike there instead, a “short” three miles. This decision was met with protests and moans from the kids, until we came up with a great idea. My daughter and I went up ahead with our walkie-talkie, leaving small treats and treasures for my husband and son, who were a ways behind us, to find with the help of clues we gave them along the way. (Little did I know what a success this would be!) The kids loved communicating on the walkie-talkies and it took their minds off the hills we were hiking. We continued to use this walkie-talkie trick throughout the rest of our trip.

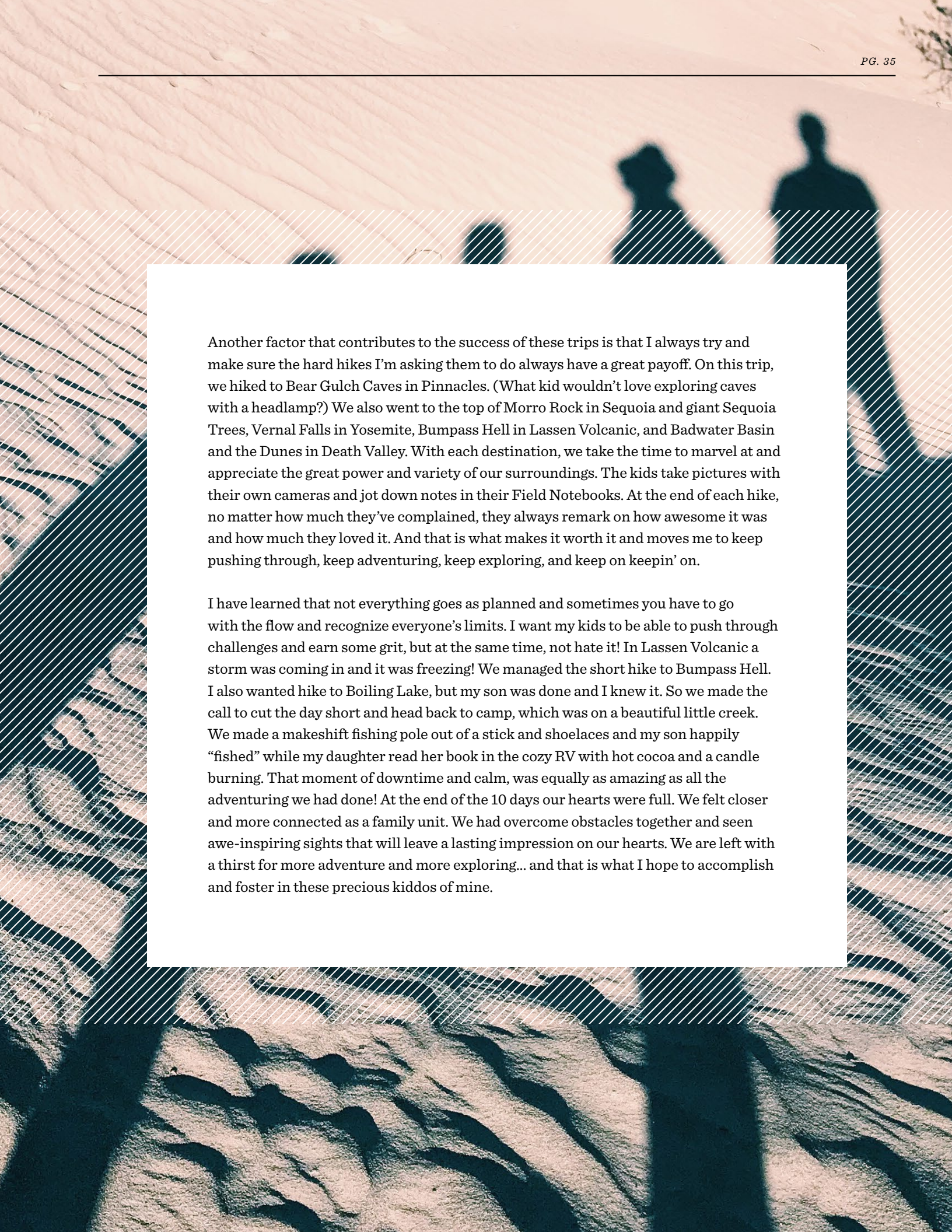
“We think it’s important to start family traditions because it gives us all something to look forward to. It also gives us all something to come back to.”

JULIE WEINZETTL
@withtheclickofabutton









Another factor that contributes to the success of these trips is that I always try and make sure the hard hikes I'm asking them to do always have a great payoff. On this trip, we hiked to Bear Gulch Caves in Pinnacles. (What kid wouldn't love exploring caves with a headlamp?) We also went to the top of Morro Rock in Sequoia and giant Sequoia Trees, Vernal Falls in Yosemite, Bumpass Hell in Lassen Volcanic, and Badwater Basin and the Dunes in Death Valley. With each destination, we take the time to marvel at and appreciate the great power and variety of our surroundings. The kids take pictures with their own cameras and jot down notes in their Field Notebooks. At the end of each hike, no matter how much they've complained, they always remark on how awesome it was and how much they loved it. And that is what makes it worth it and moves me to keep pushing through, keep adventuring, keep exploring, and keep on keepin' on.

I have learned that not everything goes as planned and sometimes you have to go with the flow and recognize everyone's limits. I want my kids to be able to push through challenges and earn some grit, but at the same time, not hate it! In Lassen Volcanic a storm was coming in and it was freezing! We managed the short hike to Bumpass Hell. I also wanted hike to Boiling Lake, but my son was done and I knew it. So we made the call to cut the day short and head back to camp, which was on a beautiful little creek. We made a makeshift fishing pole out of a stick and shoelaces and my son happily "fished" while my daughter read her book in the cozy RV with hot cocoa and a candle burning. That moment of downtime and calm, was equally as amazing as all the adventuring we had done! At the end of the 10 days our hearts were full. We felt closer and more connected as a family unit. We had overcome obstacles together and seen awe-inspiring sights that will leave a lasting impression on our hearts. We are left with a thirst for more adventure and more exploring... and that is what I hope to accomplish and foster in these precious kiddos of mine.

Thinking about starting a family tradition of your own? Julie has a few strategies to share:

- 1.** We set a goal as a family to visit as many National Parks as possible. We have a poster of the U.S. with a tree silhouette marking each National Park. When we visit a park, we get to place a tree sticker on the park we visited on the map. The kids know that at the end of each road trip they get to come home and place more tree stickers on their map and they love it! We also collect a patch from every National Park we visit and display those up on the wall as well.
- 2.** Another tactic for keeping kids excited about all the “adventuring” we do (that’s the word I use instead of “hiking”) is the Junior Ranger Program available at all the National and State Parks. We do it at each place we visit and the kids take so much pride in filling out their books, taking the Junior Ranger pledge and earning their badges.
- 3.** Since our trips are always the week of our anniversary, I have made a little tradition of getting each of the kids a gift each year, usually something adventure related: everything from a backpack filled with adventure gear to a polaroid camera for the kids to document the trip in their own way. This is a HUGE thing they look forward to each year.
- 4.** The research and planning you put into a trip like this is major – the more the better! First, pick your points of interest. For us, that’s usually as many National Parks as I can squeeze into one trip. Next, figure out the route you will take. Then decide what you’ll do in each place you visit. Thankfully, we have things like Pinterest that make it easier. I create a new board each year specific to that year’s trip and I just start pinning away with trip-related pins. Then I go back through and do more thorough research to decide on logistics and figure out what we can accomplish in the allotted time.

As I am researching and finding cool things to include in our trip, I show the kids pictures and talk to them about all the awesome things we’re going to see on our upcoming trip. Then, when we arrive at each destination, they already have some sort of idea of what’s in store. (And usually they can’t wait to experience it in real life!)

- 5.** The best advice I can give to other families looking to start a family tradition like this would be JUST START. Start the dreaming, start the research, start the planning. Know that not everything is going to go according to the plan, but that is all part of the adventure! In the end you’ll all roll with the punches and be better off for it. Before you know it, you’ll be making it a reality. And once you start... you won’t want to stop.





→ 30 DAYS OF ← FAMILY LEARNING

Whether you're out adventuring or enjoying a little R&R right at home, any day is a good day for family literacy! We've curated 30 ideas for making learning a part of your together time. Do one or two a week, or tackle an idea a day for a whole month! Be sure to use the hashtag #FamilyTrails to share your learning and literacy adventures with us.

▣ DAY 1: Take a family tour of your local library to learn about everything it has to offer.

▣ DAY 2: Draw pictures of your child's favorite book characters. Use them as puppets to act out scenes together – or create new scenes of your own!

▣ DAY 3: Talk to your child about traditions your family upheld when you were their age. Ask them to share their own favorite family memories with you.

▣ DAY 4: Launch your own imaginary restaurant. Create a menu with your child, and go to the grocery store to shop for ingredients together.

▣ DAY 5: Flip through a dictionary and write down new words and their definitions. Collect these new vocabulary words in a Word Jar. At dinner, pull words from the jar and create sentences together.

▣ DAY 6: Take turns pretending to be a newspaper reporter or detective. Ask your child important questions using “who,” “what,” “when,” “where,” and “why” and have them respond.

▣ DAY 7: Help your child write a letter to a friend or family member. Discuss what you might say or which fond memories you may share with the recipient.


▣ DAY 8: Watch a TV program together as a family. Afterwards, ask your child what part he or she liked best and why.

▣ DAY 9: Encourage your child to use chalk to write a poem or story about the weather or your neighborhood on the sidewalk.

▣ DAY 10: Take a photo or draw a picture of your child doing a favorite activity. Write a story together and use the pictures as illustrations.

▣ DAY 11: Create a family fairytale. One person starts the story and narrates one to three lines. Then the next person takes over and adds the next one to three lines. Continue until the story is complete.

▣ DAY 12: Find a newspaper article about someone who lives in a different part of the world. Talk about how that person's life may differ because of where they were born. What do they wear? What do they eat? What games do they play?



□ DAY 13: Did grandpa fight in a World War? Was your grandma born in a different country? Write a story together about an important event in your family's history.

□ DAY 14: Ask your child to tell you a favorite story. It can be a new story or an old one with new twists and characters. Write down what your child says. Read it back to your child.


□ DAY 15: Over breakfast, work together to choose a letter of the day. Everyone looks for objects that begin with that letter during the day.

□ DAY 16: Practice gratitude. Make a list in words and/or pictures of three great things you like about each person in your family. Hang your lists up for everyone to see!

□ DAY 17: Unwind together as a family before bedtime by trying out a few beginner yoga poses or deep stretching.


□ DAY 18: Look at your dinner table and name all the shapes you see as a way to practice shape recognition. Who can find the most?

□ DAY 19: Tell or write a story about an adult who is or was important in your life. Ask your child to do the same. Read your stories out loud.



□ DAY 20: Try different foods from all over the world. Keep a journal of what you're trying. Note how the food tastes (salty, sweet, sour, etc.). What did you like about it? How would you describe it to your friends?

□ DAY 21: Look for interesting shapes in the clouds with your child. Discuss what it would be like to fly. Where would you go? What would you do?



□ DAY 22: Have everyone choose a famous person from history and research that person's life. Take turns asking each other questions to learn

more about the other "famous people" at the table. Try to guess each other's identity!

□ DAY 23: Pretend you're camping without electricity and take turns reading by flashlight. Discuss what it would be like to go back in time and have no electricity.

□ DAY 24: Practice measuring out ingredients using different sizes of measuring cups. How many 1/3 scoops does it take to make one cup? How would you prepare a recipe for 24 guests?

□ DAY 25: Take turns sharing stories about what your schooldays were like. Discuss how your experiences are different or similar to your child's experiences.




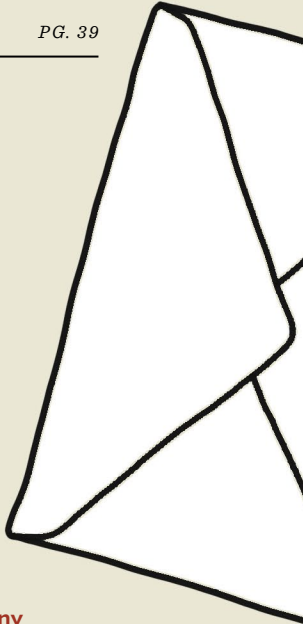
□ DAY 26: Take turns looking up and learning about your family member's birthstones. Does your birthstone have any special powers? Talk about which stone is your favorite.

□ DAY 27: Have everyone in your family keep a dream journal and compare notes. If you have a pet, you can even imagine what he or she dreams about!

□ DAY 28: Observe the night sky with your child. Notice the moon and how it changes. Map out a constellation or cluster of stars on aluminum foil by poking holes with a tooth pick.

□ DAY 29: Recite nursery rhymes or lullabies you and your child know by heart. Encourage your child to sing them with you. Change the words to make the songs about your family.

□ DAY 30: Imagine you are going on vacation today. Where will you go? What is the weather like and what will you do? What should you pack?



FAMILY NEWSLETTER

LET'S GET TALKING!

It's the perfect season to pause and reflect on your family's favorite moments and memories – from 2017, from the past month, or even from today. Grab a cup of hot cocoa and gather 'round the fireplace! We've put together a collection of questions designed to guide your family on a reflection journey. Once everyone has taken a turn sharing their answers, use your favorite responses to create a newsletter you can share with friends and family to update them on your adventures together.

The _____ Family

The past _____ (year, month, etc) was a _____ for our family!

We traveled to _____

We saw _____ and learned about _____

For the first time ever, we _____

Our favorite part of the year was _____

Our most memorable moment was when _____

Our silliest moment was when _____

As we reflect, the greatest lesson we learned was _____

Our next family adventure goal is to _____

We would like to visit _____ and learn about _____

Our family mantra is _____

EXPLORER'S GUIDE

10 SNOW DAY ACTIVITIES

Family Fun in the Mountains

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