



ACTIVITY BOOK

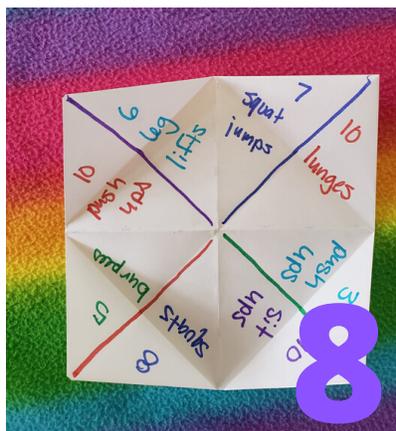
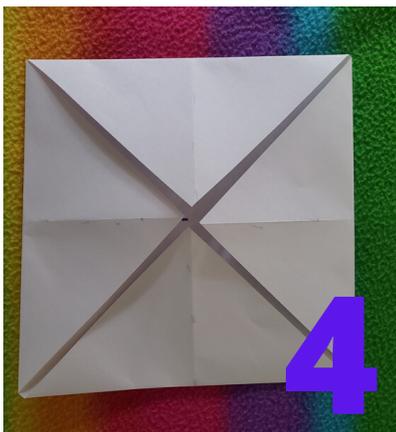
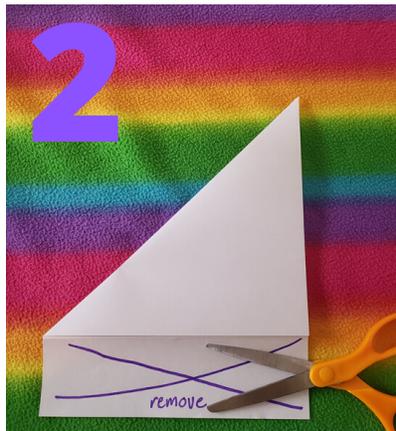
Staying Connected While Being Distant
Volume Four



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SPECIAL RECREATION ASSOCIATION OF CENTRAL LAKE COUNTY

Fortune Teller



Fortune Teller Continued

how to make

1. Start with a piece of plain paper. Fold bottom corner up so edges line up.
2. Cut to remove the extra rectangle to make your paper a perfect square.
3. Fold opposite corners together to create an X fold on the square.
4. Fold each of the four corners into the center.
5. Flip over and fold each of the remaining corners into the center.
6. Flip over and label each of the four square with the color of your choice.
7. On the opposite side label each of the eight triangles with a number.
8. Open up and label each of the eight sections with your fortunes. I made mine exercises to help me stay healthy.
9. Fold panels back in. Pop open so two fit your two thumbs and two index fingers.

how to play

1. Get a friend to choose one of the top four squares.
2. Spell the color out loud opening the cootie catcher up and down and left to right with each letter.
3. Show them the number inside and have them pick one. Open and close the cootie catcher the corresponding number of times.
4. When you've stopped counting, have them choose another number from the ones they see.
5. Open the panel of the chosen number, read the fortune under the panel, and do as the cootie catcher requests.

Which Disney Character Are You?

START HERE

Would you describe yourself as silly or serious?

Serious

Do you tend to be more of a quiet or loud person?

Loud

Silly

Would you rather be able to fly or breathe under water?

Fly

Do you prefer to plan ahead and follow a schedule or "go with the flow"?

Quiet

Breathe Under Water

If you were in a movie, would you play a hero or trusty sidekick?

Are you a responsible rule-follower or an adventurous risk-taker?

Go With The Flow

Plan

Do you prefer alone time or prefer to do everything with a buddy?

Sidekick

Hero

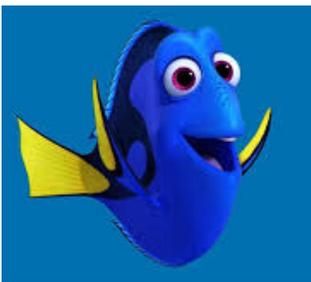
Risk-Taker

Rule-Follower

With a Buddy

Alone

Dory



You are silly, fun, and a great friend. People can always count on you to have their back.

Peter Pan



You are a leader. People love how friendly, outgoing, and spontaneous you are.

Mike Wazowski



You are a logical, confident, and hard working. People love having you as a best bud.

Elsa



You are strong, patient, and clever. People look up to you as a powerful role model.

10 Hobbies to Try While Social Distancing

Sewing

Try making a facemask!



Baking

Make a sweet treat for those at home



Journaling

Describe your day



Record Jokes

Help spread laughter



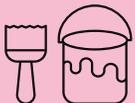
DIY

Make hand sanitizer or cleaning supplies



Redecorate

Start with just one room



Binge Watch

TV, movies, & YouTube



Cook

Learn how to make meals, desserts, & snacks



Indoor Garden

Create an herb garden



Thrift

Use old clothes from your own closet



The Best S'mores Puppy Chow

Ingredients

- 5 Cups honey graham cereal
- 3 Cups toasted rice cereal
- 1 Cup powdered sugar
- ½ Cup creamy peanut butter
- 1½ Cup Milk Chocolate Chips
- 2 Milk Chocolate Bars, broken
- 1¾ Cup mini marshmallows



Directions

1. In a large bowl, combine cereal. Set aside until step 6.
2. Add powdered sugar in a large gallon ziplock bag. Also, set aside until step 7.
3. In a large microwave safe bowl, combine peanut butter and Milk Chocolate Chips.
4. Microwave the peanut butter and chocolate chips 30-seconds at a time, stirring in between. Continue to melt in microwave until mix is melted and creamy.
5. Add 1 cup mini marshmallows to the chocolate/peanut butter mixture and stir to coat.
6. Working quickly, but carefully, pour chocolate mixture over the two cereals and stir together until cereal is fully coated.
7. Scoop the chocolate coated cereal into ziplock with powdered sugar, close, and shake. Cereal should be completely covered in powdered sugar.
8. Add the remaining ¾ cup mini marshmallows, ½ cup chocolate chips to mix, and broken up chocolate bar pieces. Stir to combine. Spread cereal mix on a baking sheet to "dry". Serve when ready.

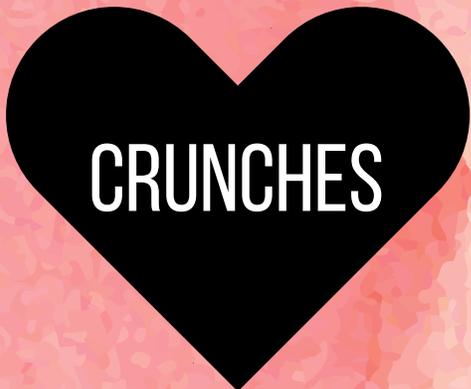
52 Card Pickup

WHEN YOU FLIP A CARD OVER, DO THE APPROPRIATE EXERCISE FOR THAT NUMBER OF REPS.

FOR EXAMPLE: 2 OF SPADES = 2 JUMPING JACKS



JUMPING
JACKS



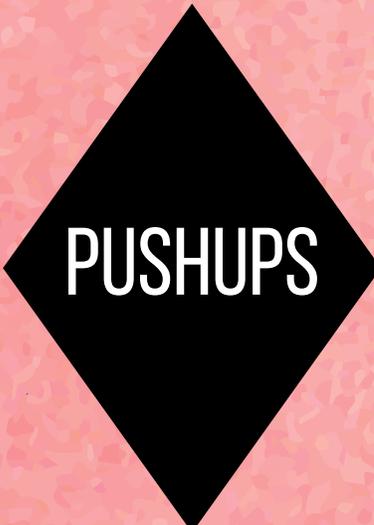
CRUNCHES

JACKS = 11

QUEEN = 12

KING = 13

ACE = 14



PUSHUPS



LUNGES

Heart Hunters

CUT OUT HEARTS AND TAPE THEM TO YOUR WINDOWS & DOOR, MAKE SIGNS, OR DRAW WITH CHALK ON YOUR DRIVEWAY!



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NATURE ROCKS





SRACLC

**WE'RE ALL IN THIS
TOGETHER**