

FATHER'S DAY ACTIVITY KIT





DAD



His name is _____!

★ My favorite memory of my dad is:

★ My dad is _____ years old.

★ He is so good at:

★ This is what he ALWAYS says:

★ When he comes home from work, he likes to:

★ Here is his favorite thing to eat

(draw a picture!)

★ My dad's pockets are full of:

★ This makes my dad Laugh:

FATHER'S DAY TO-DO LIST

Complete this list to show Dad how much you love him!



TELL YOUR DAD HOW MUCH YOU LOVE HIM!



GET HIM HIS FAVORITE DRINK AND SNACK.



GIVE DAD 5 HUGS THE DAY.



TURN ON HIS FAVORITE TV SHOW.



GIVE DAD 30 MINUTES OF QUIET TIME.



HELP MOM MAKE DAD'S FAVORITE MEAL.



TAKE OUT THE TRASH.



CLEAN UP YOUR BEDROOM.



GET FOOD AND WATER FOR THE DOG OR CAT.



NO FIGHTING WITH YOUR BROTHERS OR SISTERS.



CHALLENGE DAD TO AN ARM WRESTLING CONTEST!

FATHER'S DAY OLYMPIC GAMES



1. TOILET PAPER DISTANCE GAME

Everyone in the family should take their own roll of toilet paper and stand on one side of a room. The goal is to see which family member's toilet paper roll can unroll the without breaking. The family member with the longest unbroken strand of toilet paper wins. When it's your turn, carefully unwind some toilet paper. Stand on or hold down the end in some way and then gently roll your toilet paper so that it will unwind but not break. Allow everyone to go twice before determining a winner.

Scoring: The three longest unbroken toilet paper strands score points.

2. GAME OF CHOICE

Fathers may choose a video game or board game of choice. Good luck.

Scoring: You can make up your own scoring system. But if you're playing a card game, the first 3 winners score points.

3. THE GREAT COOKIE CHALLENGE

Everyone in the family should place a cookie on their forehead, tilting their head back. Slowly try to inch the cookie toward your mouth with the goal of getting it into your mouth without it falling. Note: you're not allowed to touch the cookie with your hands in any way. If your cookie falls, you're out. Whoever's left should continue until there is a winner. If you don't have any cookies, try cereal pieces.

Scoring: The first three players to successfully move the cookie to their mouth score points.

4. TRICK SHOT CHALLENGE

This game can be played many ways. The idea is to set a container at a distance and try to throw something into it. The first one to make it wins. You can use cereal and a cup, or a ball and bucket. You can even get creative and use a paper airplane and a hula hoop. Anything will work. Everyone takes a turn and the first one who makes it into the cup/bucket wins.

Scoring: The first three players to complete the trick shot score points.

FATHER'S DAY OLYMPIC GAMES

SCORESHEET

SCORING:

3 Points for whoever completes the challenge first.

2 Points for whoever completes the challenge second.

1 Point for whoever completes the challenge third.

0 Points for completing the challenge fourth or more.

NAME	TOILET PAPER	VIDEO GAME	COOKIE CHALLENGE	TRICK SHOT	MAKE YOUR OWN GAME

WINNER: _____

FATHER'S DAY SCIENCE EXPERIMENT

PUT ON YOUR THINKING CAPS & DISCOVER SOMETHING NEW!



SAFETY NOTE:

When conducting this experiment it is very important that you do so outside. Also, make sure you are wearing old clothes as you may get soda on them. Finally, when the candy is placed into the soda bottle it should create a small eruption, so protective eyewear is suggested.

WHAT YOU NEED:

- 2 Liter Bottle of Diet Soda
- Package of Mentos
- Piece of Paper

WHAT TO DO:

1. Go outside.
2. Make sure your soda is settled. Set it on the ground and take off the lid.
3. Open the package of Mentos. Consider how you may pour the Mentos as quickly as possible into the soda bottle. Here's one idea - try folding a piece of paper like a taco and placing all the Mentos in the middle.
4. Pour the Mentos into the soda container as quickly as possible.
5. Enjoy the results!



WHAT YOU NEED:

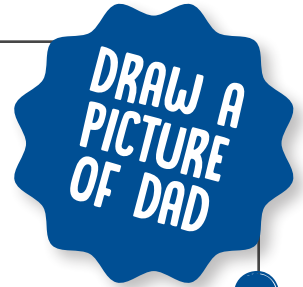
- Latex Balloon
- Funnel
- 1-Liter Plastic Bottle
- 1 teaspoon Baking Soda
- 3 Tablespoons of Vinegar

WHAT TO DO:

1. Using a funnel, add (1) teaspoon of baking soda to the bottle.
2. Place the small end of the funnel into the opening of the balloon. Hold carefully and pour the (3) tablespoons of vinegar into the balloon.
3. Carefully stretch out the open end of the balloon and place over the mouth of the bottle, while leaving the rest of the balloon hanging.
4. Hold on to the balloon at the point where it is attached to the bottle. Lift up the rest of the balloon to pour the vinegar inside the bottle, while continuing to hold the balloon at the seal. When the vinegar interacts with the baking soda on the bottom of the bottom, it will start to bubble and make the balloon blow up.

IF DAD WERE A SUPERHERO

If my dad was a superhero his power would be: _____



Dad, now you create a super power for each member of your family:

Spouse: _____

Child #1: _____

Child #2: _____

Child #3: _____

Now, think through the following scenarios and determine how your superhero family would work together to solve the presented problems.

Scenario #1: Two buses full of tourists have stopped along a very long bridge, high above a river to take pictures. Suddenly, the old bridge begins to crack. Luckily your family is also on the bridge and springs into action.

Scenario #2: Your family is visiting a large farm where hundreds of cats are playing in a field. Suddenly a powerful tornado appears, sucking up all the cats into the sky. Luckily your family is on the scene and quickly discusses how to help.

Scenario #3: A large herd of ducks waddle into a highway, stopping traffic. They appear to have no plans on moving. Traffic begins to pile up for miles. Your family is in the car heading toward the highway when you hear about the highway backup. Suddenly a newscaster announces that a fast-moving truck has lost power to its breaks and is barreling toward the stopped traffic. Your family knows it's time to take action.