

Brick Boredom Buster Camp: Monday, March 30 Kid Chefs



Happy Monday! Today is all about food and teaching/learning to cook food together. Get your aprons on and wash your hands! It's time to get your chef on!

Use them all, use only one, or mix and match! On some activities, we've added a "make it extra" section to expand on the activity and make it more fun or last longer. And don't forget to take a picture or video, post it to Instagram or Facebook, and tag #brickboredombuster to be entered into the weekly drawing for a prize pack that we mail to your home!

Starting the Day Out Right: Cook Breakfast Together

1. Here is a silly video to watch before you start cooking to get you in the right mindset ☺
 - a. Video link: https://www.youtube.com/watch?v=6J5_r7-hcXc
 - i. Maybe you can use it to make a cake later with your little chefs!
2. Make sure you are prepared by having the proper utensils, wardrobe, and clean hands! Here are two different recipes you can use to cook with your little chefs:
 - a. Banana Pancakes: <https://www.bbcgoodfood.com/recipes/easy-banana-pancakes>
 - i. Ingredients:
 - 2 ripe bananas
 - 350 g/1.4 cups self-raising flour
 - 1 tsp baking powder
 - 2 medium eggs
 - 1 tsp vanilla extract
 - 1 cup milk
 - Butter
 - b. Egg-in-a-Hole: <https://www.foodnetwork.com/recipes/ree-drummond/egg-in-a-hole-recipe-1925587>
 - i. Ingredients:
 - Slice of your favorite kind of bread
 - 1 Tbs of butter
 - 1 egg
 - Salt & Pepper to taste

Get Outside: It's Picnic Time ☺

1. Before you cook breakfast as a family, pack a little basket (or whatever you want to use) and have it ready for when your food is done. You can either have your picnic on the living room floor or in your backyard for some fresh air (I would recommend outside if the weather is nice).
 - a. Things to pack in your basket:
 - i. Reusable or biodegradable plates and utensils
 - ii. Blanket for sitting on

- iii. Drinks
- iv. Napkins
- v. Anything else that you would like that hasn't been listed.

Get Creative: Let's Make Some Playdough!

1. Now let's have some more cooking fun! Here is a no-cook recipe that you can use to make some edible playdough!
 - a. Video link: <https://www.youtube.com/watch?v=oAIAm6BF0fs>
2. Make it extra: If you are feeling adventurous, the video below gives you **FIVE** recipes to try and figure out which one you like best. Have fun! (Note: there are recipes that involve peanut butter. You can use an alternative like almond butter.)
 - a. Video link: <https://www.youtube.com/watch?v=qF4T3NyNAGA>

Fun Game: Blind Taste Testing

1. This is a fun (and funny) game for everyone to play that will test your sense of taste and smell!
2. Have your kiddos sit blindfolded at the table (or wherever you want) and place the selected foods, sauces, or spices in front of them.
3. Have them write down their answers after each testing and see how many they get right at the end.
4. **Make it extra:** If you have more than one person playing, give them the prize of letting them give you something to taste blindfolded! Don't be scared!

Physical Activity: Football!

Many times after a big family meal, everyone goes outside to get some energy out by tossing the football back and forth. Make it more fun by adding some challenges to it! You can use any ball if you don't have a football.

1. Ring toss: lay down or hang up a hula hoop and throw the ball at it from increasingly farther distances. If you get it through (or in), do your best touchdown dance.
2. Interception. Identify a quarterback, receiver and defender. The defender begins downfield, receiver runs down the field and the quarterback must throw to the receiver such that they can reach the end zone without being tagged by the defender. The round ends either when the pass is incomplete, the defender tags the receiver or the receiver scores. Then players rotate. A new player becomes quarterback, quarterback becomes the receiver, receiver becomes the defender and the defender waits in line for their next turn.
3. Fake Out. Practice learning how to fake as players often do while running the football. In the game of Fake Out, one person attempts to run across a given space without being tagged by another person who begins on the opposite line. Then players switch places, waiting in line across the opposite side to wait for their turn to run and fake or defend and tag.
4. Ultimate Football. Ultimate football gives all players the opportunity to throw and catch. Two teams work to get the ball across the field without turning the ball over to the other team. Players on offense can pass to their teammates, but may not run with the ball. If the ball is dropped, blocked by the defense or a pass incomplete, the ball is turned over to the other team.