

Brick Boredom Buster Camp:

Wednesday, March 18

Me and My Family



Today is a day for exploring your family history, looking at old photos, and learning more about each other. We've also included a non-theme game just for fun, along with a link to a video so you can get some exercise. We have "make it extra" under most activities in case you want to do even more with it. Use them all, use only one, or mix and match! 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!

Brings you Closer: Tell Me the Story

1. Sit down with old photos and photo albums (physical and digital) and go through them. You don't have to tell kids why, just pull them all out and start looking. You'll be amazing at how long this can last sharing memories and telling stories.
2. Remind each other of the stories about your own family's memories: great trips, school events, pets, friends, etc.
3. Make it extra: write down some of the family stories you tell so you don't forget them. Or write down stories of your own childhood and save them for your kids. You can even write an ongoing story about this time together as a family, which will be very interesting to read later.

Takes time: Photo Search Family Tree

1. Using the same old photographs and family albums, write out (or lay out on the floor) your family tree, and use the photos to put names to faces. If you have a printer, print out recent photos from your phone to add younger family members to the tree. Don't have a photo? It's ok, add the name by itself or draw a picture of the family member.
2. Take a picture (or draw out a smaller version) of your family tree and send it to members of your extended family just for fun!
3. Make it extra: If you have the time, patience, and ability, make a family tree using this tool: <https://www.familyecho.com>

Takes time: Make Albums & Print Pictures

1. No one prints pictures anymore! Download FreePrints (<https://fpus.app.link/mobileredirect>) and/or FreePrints Photobooks (<https://www.freephotobooksapp.com>) on your phone, which are both free programs that give you a set amount of printed pictures and albums each month for the cost of shipping.
2. Think of a recent event (or two) the family shared, and make an album with those pictures, or just choose some to print! The prints or albums will be mailed to you.
3. Make it extra: print additional copies to send to grandparents!

Quick Activity: All About Me

1. Print the "All About Me" PDF and use it to learn more about your child! Kids love to talk about themselves!! Parents and older siblings should do it too. It's a great way to get to know each other better (PDF attached to email).

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Fun Game: Do You Know Your Family?

1. Hand write a favorite at the top of a piece of paper, one for each family member. You can use things like favorite color, favorite food, video game, sport, song, place to go, celebrity, etc. You pick the subjects and do as many as you want. For example, if you have four family members, you'll have four favorite song sheets, one with each of their names on it. Make sure one sheet is "My favorite thing about {this family member}."
2. Give each family member a different color marker or pen and have them write down what they think is each person's favorite. For example, if you have four family members, mom will have a guess written down from each of the other three members (keep track of who had was color).
3. After everyone is done, sit down with the sheets and go over the answers, keeping track of who got the most correct. They win!

Just for Fun Game: One to Ten

1. This can be done inside or outside in the grass.
2. The leader gives one instruction (i.e. bump elbows with someone). On "GO" everyone performs the task and then sits down.
3. The leader then gives the same instruction and then adds another. On "GO" everyone performs the tasks in order and then sits down.
4. You will continue to add one more instruction to each round until you reach ten. By the time they reach ten and sit down, they'll be worn out!
 - a. Sample list (you can make the instructions anything fun)
 - i. Bump elbows with someone
 - ii. Lie down on your back and put your feet in the air
 - iii. Run around the leader
 - iv. Do a somersault
 - v. Clap your hands five times
 - vi. Yawn once
 - vii. Play leap frog over the other people
 - viii. Do a cartwheel (or star jump if you don't have the space)
 - ix. Jump up and down 10 times
 - x. Shout hurray
5. Make it extra: get some friends on video chat and everyone play together.

Get Physical: Learn a karate form

1. Learn TaeGuk 1, which is a karate form that we teach here at The Brick. Don't worry if it's not perfect, just replay the video and pause as you need to while you learn. We recommend 10-15 minutes working on it will be just fine, then move on. Or keep going, it's up to you
2. Make it a goal to do the whole thing all the way through along with the video.
3. Click here to view the video: https://youtu.be/JPD_aveGvOs