

These games and activities require:



no props

a little energy

I WENT TO THE MARKET

Player 1 starts off:

"I went to the market and I bought... some jam."

Player 2 continues:

"I went to the market and bought some jam and an apple."

Player 1 (or additional players):

"I went to the market and I bought some jam, an apple and some fish." And so on.

Items must be repeated in the correct order.

You can have different types of lists.

"I went to a party and I ate..."
"I went to the hospital because..."



SING SONG FUN

Take a song your child knows and try to make up new lyrics. Include LOTS of nonsense words.

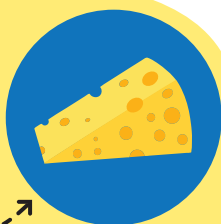


CONNECTIONS

Start off with a single word (for example: cat).

Ask your child to say the first word they think of related to "cat" (example: mouse).

You then say the first word you think of connected to "mouse" (example: cheese) and so on. You can keep on playing this game over and over again!



ROCK



PAPER



SCISSORS

ROCK PAPER SCISSORS

This is a hand game where you and your child simultaneously form one of three shapes with an outstretched hand.

Rock beats scissors. Scissors beats paper. Paper beats rock.

if you both choose the same shape, the game is tied.



FUNNY FACES

Put your hands over your face, wait a couple of seconds and then slowly reveal your newest funny face.

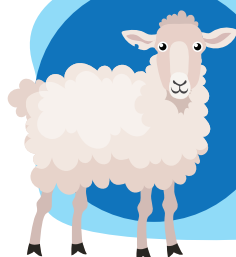
AND THEN WHAT HAPPENS?

Start a story and after 30 seconds, the next person adds to the story for 30 seconds before going back to the first (or next) person. Keep going as long as you want.



ANIMAL GUESSING GAME

Describe an animal, what it eats, and what noises it makes as your child tries to guess the animal.



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FUN WITH TOYS AND ORDINARY OBJECTS

THE TRAY MEMORY GAME

Place up to 10 items on a tray (pen, brush, spoon etc). Allow your child to memorize as many items as possible, then cover the tray.

Either ask your child to try and recall as many items as possible, or make it harder by removing one of the items and asking them which one is missing.



THE LISTENING GAME

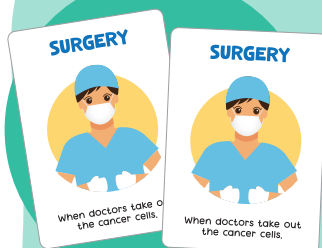
Choose several items. Have your child look at all the items, and then take the items away. Next, ask your child to close their eyes and listen as you pick up an item and make sounds with it. Have them guess which item it is.

TREASURE HUNT GAME

Draw a treasure map of your house with pictures of **easy-to-find** things, like a favorite toy or the big chair in the front room. Your child then has to find all the things on the map.

FEEL AND GUESS

Choose some of your child's toys and get them to close their eyes and feel a toy you give them. They have to guess which one it is.



MEMORY

This game can be played with your Angel Pack™ Silly Lion Matching Game cards or any standard deck of cards.

Shuffle and spread cards face down on a table or floor. Take turns turning over two cards and letting everyone see them.

If they are **not** a matching pair, turn them back over. If they are a matching pair, remove the matching pair from the table and keep them; then take another turn.

When all of the cards have been paired up, the player with the most cards wins.

PLAY COOKING

Get your child to set up a play kitchen with their toys. They can pretend to cook and feed their toys—and you!



EYE SPY

Play with a favorite book that has lots of pictures.

AROUND THE WORLD

Simply pretend that you and your child are going on a trip around the world (choose places that your child has heard of). You could ask them what to pack, what they'll see, or what food they will eat.



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EASY CRAFTS

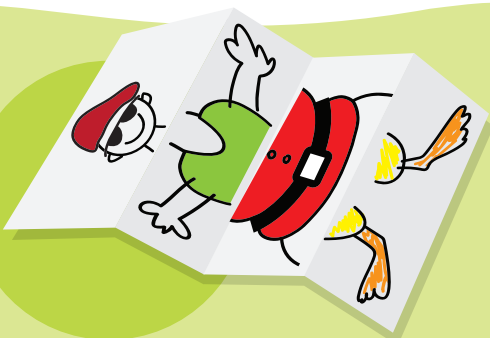


PORTRAITS

Draw portraits of one another. You draw them and they draw you.

COLLAGES

Cut-out magazine photos and glue them on paper. You could even make a story about them.



FOLD-OVERS

Give everyone a piece of paper. On the top section, draw a head. It can be an animal head or a person's head. Now fold that section back, so that it's hidden, and slide it across the table to the next person.

Without looking at the hidden drawing, the next person draws a chest and arms, folds it back as well and returns it.

Again, without looking at the previous pictures, the next person draws the stomach and hips and makes the final fold-over. The next person draws the legs and feet.

Unfold your paper and laugh at the silly creature you have created.



BUILD A SNOW GLOBE

Helpful in moments of frustration.

Use a clean, empty jar. Add some water and glitter.

To make it last longer (the water will go moldy by day 4), you can add some glycerine or baby oil. You can float plastic things in it. The idea is that they shake it and by the time the glitter has settled they feel calmer.

PUZZLE MAKING

Have your child make their own puzzles. They can either draw a picture on a sturdy piece of cardboard, like an empty cereal box. Using a pencil, outline the puzzle pieces directly on their drawing. Cut out the pieces, mix them up and start puzzle solving.



PAPER CHAIN PEOPLE

Fold paper in an accordion-fashion. On the top piece of the folded paper, draw a person whose hands extend to touch the folds of the paper on each side. Cut around the person, making sure **not** to cut where the hands meet the folds. Open up the paper and your child will have a chain of several people holding hands.

These activities and games require:



INDOOR BOWLING

A great way to reuse empty water bottles! Line 6-10 water bottles up at the end of your hall or living room—or even at the end of your bed!

Place a line of tape at the starting line, or lay down a scarf. Make an indoor ball by scrunching up newspaper and start bowling!



MAKE A BALANCE BEAM

Take a long piece of tape or some string, or even a scarf. Lay it down on the floor and cheer your child on as they walk along it with perfect balance!



PUT ON A SHOW AT HOME

First, decide on a story—perhaps one of your child's favorite picture books. Be the narrator as your child acts out all the parts. Add to the fun by including props and costumes.

PAPER PYRAMID

Set up 6 paper cups in a pyramid and have your child roll a ball (or scrunching up newspaper) to knock them down.



INDOOR PICNIC

Change up things by serving lunch on the floor in the living room or bedroom. Place a sheet on the floor and set all the food on top.



MINI CAR WASH OR DOLL BEACH PARTY

If your child has lots of cars and other vehicles, load them all into the bath and give them a cleaning with empty squeeze bottles or plastic cups. If your child has plastic dolls, pretend they are at the beach (in the bath!) and sailing on a boat (Tupperware!)



Angel Pack™

This book is a part of the Angel Pack kit for children ages 4–18. Angel Packs are filled with tools to help families discuss cancer in an age-appropriate and comforting way. Angel Packs are meant to assure families impacted by cancer that they are not alone.

For more information about Angel Packs, please visit www.mnangel.org.

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