
Mommy Camp
2016 Christmas Edition

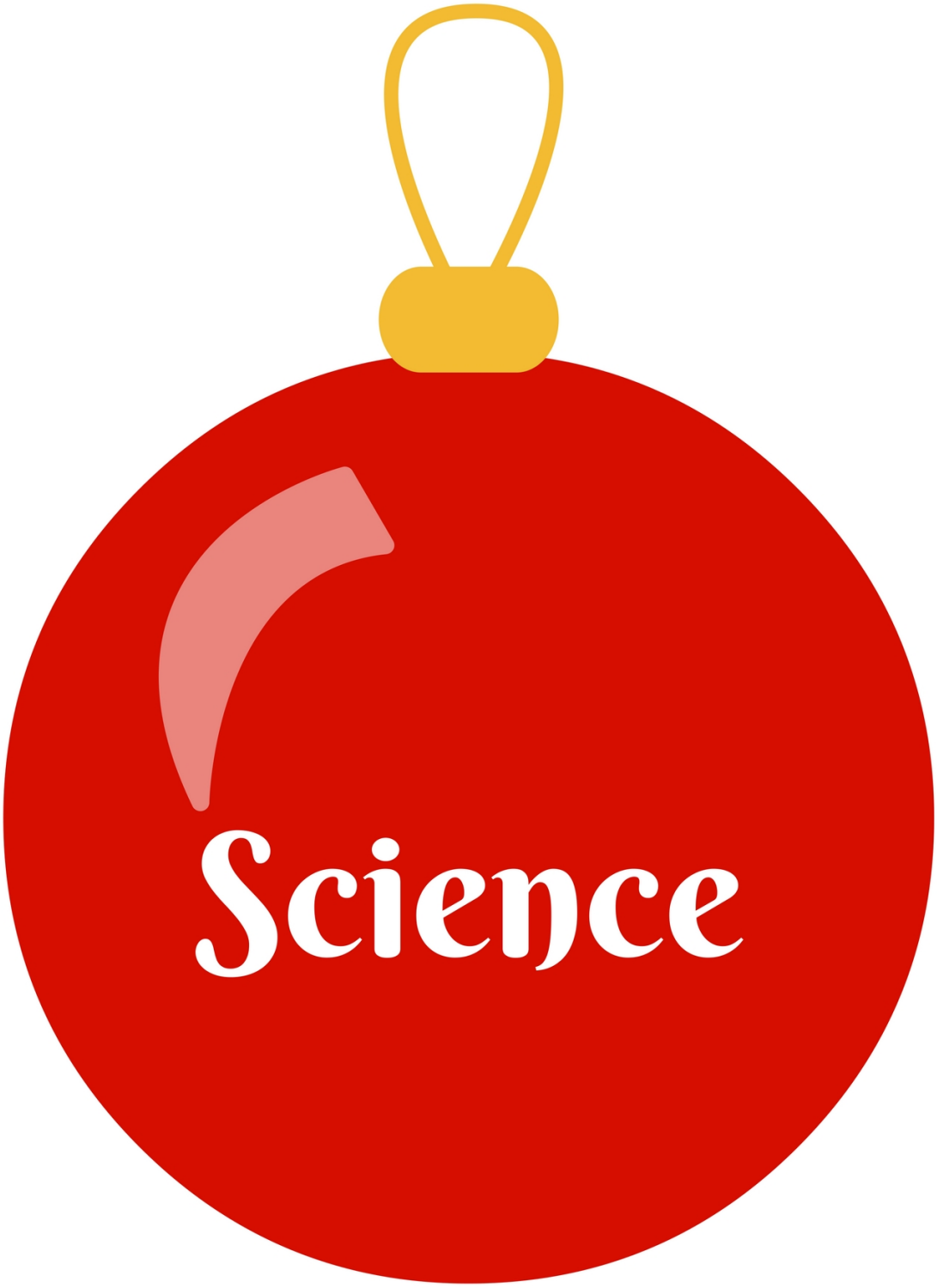
Hi!

Keep the kids happy and maintain your sanity with these Christmas themed activities! I've curated this collection of mom-friendly, inexpensive and kid-approved activities for ages 2-6!

I've broken this document down into three categories: Science, Art and Activities. All activities list their instructions and supply list and are sure to keep your kids interested for at least a few minutes but hopefully longer!

Enjoy!

- Rachel at Paint Covered Kids


Science

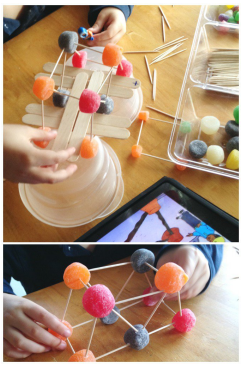
Glitter Eruptions - Baking Soda Science

- found at Little Bins for Little Hands

Supplies:
Small clear cups {shot glasses at dollar store}
Baking Soda
Vinegar
Glitter
Tray, baster, eyedropper

Directions:
Set out a try to catch the fizz! This mini Christmas baking soda eruptions activity can get a little messy! It is an eruption of course. Place as many cups as you like on the tray. Add baking soda {1/2 tablespoon or so} to each one. Add a few drops of food coloring to each one and sprinkle with glitter. Set put a bowl of vinegar and an eyedropper or baster. Use the baster or eyedropper to squeeze vinegar into the cups and see what happens!

Gum Drop Bridge Building - Engineering



- found at Little Bins for Little Hands

Supplies:
Gum Drops
Popsicle Sticks
Toothpicks
Tiny Figures (optional)
Plastic Containers (optional for extra building assistance)

Directions:
You can discuss how bridges are built and even watch this Magic School Bus episode. Then give your child the task of building a bridge for the tiny figures to cross using the materials provided.

Melting Gum Drops - Chemistry

- found at Little Bins for Little Hands

Supplies:

Gum Drops
Aluminum Foil
Metal Cookie Cutters or Mason Jar Lids
Cookie Sheet

Directions:

Lay the gum drops inside the cookie cutters on the cookie sheet. You can create patterns and use Christmas shapes. Then place the pan in the oven at 350 degrees for 10 minutes. Pull them out and you'll not notice much change until you get a spoon and mash them a bit. They'll be very soft. You can put them back in for about 5 minutes and take them out. When you remove the molds you can see that the underside is melted together and that you've created something that looks similar to stained glass. With this experiment you should discuss why you think things did/did not happen because it is not noticeable that anything has happened until you manipulate the gum drops.

Bake Cookies - Chemistry

- a Paint Covered Kids original

Supplies:

Cookie Mix/Pre-made Dough
Cookie Sheet
Chemistry of Cookies Video

Directions:

Learn about the chemistry of cookies by watching the video. Then Bake some. You can also learn about the variations to cookie recipes and how they create different types of cookies by reading Alton Brown's research about the science behind chocolate chip cookies here.

Frozen Santa Hands - Physics

- found at Little Bins for Little Hands

Supplies:

Latex/Rubber Glove
Water
Glitter, Sequins and Various Holiday Themed Trinkets
Dish for Freezing and Melting
baster/eyedropper

Directions:

Put water and glitter/sequins/trinkets in your glove and tie it off. Then freeze. It can take up to several days to freeze fully. Once frozen, remove and place in dish/pan. Give your child warm water and baster/eyedropper to slowly reveal the trinkets. You can also add food coloring to the water before freezing for extra fun.

Borax Snowflakes

- found at A Girl and a Boy

Supplies:

Borax
Water
Pipe Cleaners
String
Pencil/Chopstick
Jars

Directions:

Form your pipe cleaners into snowflake shapes. One long pipe cleaner can be cut into six pieces to make a simple star, or you can get fancier if you want. (Just remember that your snowflakes can't be taller or wider than the container you're going to pour your Borax solution into.) Use string to tie your snowflakes onto a pencil or chopstick—anything long enough to span the container you're using. Mix up a batch of Borax solution: 1/3 cup of Borax to 2 cups of boiling water. Stir the mixture until the Borax is dissolved, about 2 to 3 minutes.
Submerge your pipe cleaner snowflakes in the Borax solution, making sure they don't touch the sides or bottom of your container, or each other if you're doing multiple snowflakes in one pot. Then, let sit overnight and find your snowflakes in the morning!

The Science: Borax is an example of crystal - "a solid with flat sides and a symmetrical shape because its molecules are arranged in a unique, repeating pattern."
Every crystal has a repeating pattern based on it's unique shape. They may be big or little, but they all have the same "shape". Salt, sugar, and Epsom salts are all examples of crystals. Salt crystals are always cube-shaped while snow crystals form a six-sided structure.
How do the Borax crystals grow?
Hot water holds more borax crystals than cold water. That's because heated water molecules move farther apart, making room for more of the borax crystals to dissolve. When no more of the solution can be dissolved, you have reached saturation. As this solution cools, the water molecules move closer together again. Now there's less room for the solution to hold onto as much of the dissolved borax. Crystals begin to form and build on one another as the water lets go of the excess and evaporates.
This also applies to snowflakes - As water cools the molecules move closer together. Since all water molecules are shaped the same (H_2O) they align in a six sided crystal.

Christmas Tree Slime

- found at [Little Bins for Little Hands](#)

Supplies:
Clear washable glue
Liquid Starch
Water
Green food coloring
Measuring Cup
2 bowls and a spoon
Glitter
Confetti, sequins, mini ornaments, etc

Directions:
In one bowl mix 1/2 cup water and 1/2 cup of glue {really mix to combine completely}. Now's the time to add color, glitter, and confetti! In another bowl measure out 1/2 cup of liquid starch. Slowly mix the glue/water mixture into the starch with a spoon, make sure to get all glue out of bowl. Switch to mixing with hands for a few minutes until you feel it come together. Put in a clean, dry container or on a plate.

The Science: *Two main concepts for slime science are polymers and Non-Newtonian Fluids*

What is a polymer? A polymer is a large chain of molecules made up of smaller units that repeat themselves. The white glue in our slime is a polymer, a large chain of molecules that allows it to be poured. When we add the liquid starch it changes the structure of the chain making the polymer thicker which then makes our awesome slime. Read more about polymers.

Take a closer look at the glue {polymer} mixing with the liquid starch when making the slime. Check out the change that happens immediately. The mixture instantly becomes thicker or more viscous. The molecules are changing that made up the original chain of the glue and are making a new chain, our incredibly fun slime science play. The new formation of molecules allows for the awesome stretch and all the other fun ways to play with slime!

What is a Non- Newtonian Fluid? A Non-Newtonian Fluid is neither a true liquid or a true solid. You can pick it up like a solid. However, it will begin to flow like a liquid and will also take the shape of the container. It can also take on no shape at all as it spreads over the table. Technically slime would be a liquid since it eventually becomes the shape of the container. Depending on how thick or viscous the slime is will impact how long it takes to turn into a liquid. Often
Oobleck will be referred to as a Non-Newtonian Fluid because it will return to its original solid state before flowing like a liquid again. You can break Non-Newtonian fluids down further into 2 different categories one of which discusses. Read about shear thickening Non-Newtonian Fluid to see how slime fits!

Hot Chocolate Science - Physics

- found at Creative Family Fun

Supplies:

3 mugs
3 hot chocolate packets
water

Directions:

Fill three mugs with different temperatures of water: hot, room temperature and cold. Then pour a hot chocolate packet into each mug and time how long it takes to dissolve the powder. Before mixing, make predictions about which will take the shortest amount of time. You can also gather a notepad and pen to take notes during the experiment. After dissolving all packets, discuss why they dissolved at different rates.

The Explanation: Sugar dissolves faster in hot water than it does in cold water because hot water has more energy than cold water. When water is heated, the molecules gain energy and, thus, move faster. As they move faster, they come into contact with the sugar more often, causing it to dissolve faster.

Jumping Tinsel -

- found at Little Bins for Little Hands

Supplies:

Balloon
Tinsel

Directions:

Blow up the balloon and cut place a few bits of tinsel on the table. Then "charge" your balloon by rubbing it on different items and watch the static electricity cause the tinsel to "jump". You can experiment with different sizes of tinsel as well as different objects to rub the balloon on to create the charge. They you can discuss the reason the tinsel jumps.

The Explanation: Let's talk about some basic principles of static electricity. Talking about atoms, proton and electrons can be a bit tricky with young kids. Everything we see around us is made of atoms. Atoms have protons, electrons, and neutrons. Protons are positive, electrons are negative, and neutrons are neutral. Everything has the same amount of protons and electrons. When you create static electricity, you change the balance of protons and electrons.

Rubbing two different materials together like a balloon and hair creates static electricity. More negative electrons are transferred to the balloon and the hair has more positive protons. Positive and negative charges attract each other. Negative and neutral charges also can attract each other. The tinsel is a neutral charge so the balloon and tinsel attract each other!

A good example is when you remove your hat. The hat is negatively charged and your hair is positively charged. Since two positive or two negative charges will repel each other, your hairs move away from each other. They literally stand on end! Another good example is when you rub the balloon in your hair. You are about to test that out! You can also watch this video explaining static electricity.


Art

Dish Brush Wreath

- found at Crafty Morning

Supplies:
Paper
Dish Brush
Paint
Bow

Directions:
Have kids use the brush by dipping it into green paint and then pressing it in a circle on a the paper. Then, have them use their fingers to create red dots of "holly" on the wreath. When the wreath is dry, add the bow.

Paper Plate Christmas Tree

- found at Simple Living Mama

Supplies:
Paper Plate
Scissors
Glue
Paint
Stickers, Gems and other things for Embellising

Directions:
Paint the plate green. Then cut the plate into three equal triangles. Glue the three triangles together to create a tree. Then add stickers, gems and more paint to decorate the tree.

DIY Christmas Window Clings

- found at Growing a Jeweled Rose

Supplies:
Several Bottles of Glue
Food Coloring
Holiday Shaped Cookie Cutters
Essential Oils (optional)

Directions:
Mix a few drops of food coloring and essential oils into the glue bottles. Place the cookie cutters on some wax paper and fill them with a little of the glue mixture. After 24 hours of drying they should be ready to stick to the window!

Snow Paint

- found at Growing a Jeweled Rose

Supplies:

Shaving Cream
Peppermint Extract
White Glue
Iridescent Glitter

Directions:

Place shaving cream and glue in fridge until cold. Then, mix equal parts glue and cream in a bowl and add some glitter and a few drops of extract. Mix everything and then get to painting! When it dries it will be puffy!

Symmetry Trees

- found at Math Geek Mama

Supplies:

Green Paper
Stickers
Crayons/Markers
Scissors

Directions:

Cut out a Christmas tree shape from the green paper. Then, fold the tree in half lengthwise. Discuss the concept of symmetry with your child. Have them make a symmetrical decorated tree based on the fold down the center of the tree. When you're done decorating you can also count the number of decorations on the tree and add another math element by discussing if the number is even or odd and what that means. You can also watch this video about symmetry.

DIY Santa Beard

- inspired by Sayyes

Supplies:

White Craft Foam
Cotton Balls
Hot Glue and Gun
Elastic

Directions:

Sketch out a santa beard onto your white craft foam. Cut out the beard shape. Staple a piece of elastic to either side of the beard to create the part that holds it to your head. Place dots of hot glue covering the entire piece of white craft foam and allow your child to put a cotton ball on each glue spot.

Cinnamon Dough Ornaments

- found at Wholefully

Supplies:

1 cup unsweetened applesauce
1-1/2 cup ground cinnamon
2 tablespoons craft glue
Mixing bowl
Drinking straw
Rolling Pin
Plastic Wrap
Baking racks and baking sheets
Cookie cutters
Sandpaper
Oven
Glitter, puffy paints, rhinestones, etc. for decorating, optional
Ribbon/Stirng for Hanging

Directions:

Mix applesauce, cinnamon and glue together until dough is formed. You may need to add cinnamon/applesauce to get the correct dough consistency. Once you have the dough, form a ball and place it between two sheets of plastic wrap. Use the rolling pin to roll it flat. Then use the cookie cutters to create shapes. Once you have your shapes, use the straw to create a hole at the top of each shape (this will be for your string). Bake at 200 degrees for 2.5 hours. They may have rough edges, use the sandpaper to correct this. Once they are cool, decorate them and add the string/ribbon.


Activity

Candy Cane Play Dough Soap

- found at Steam Powered Family

Supplies:
Peppermint Castile Soap (like Dr. Bronners)
Corn Starch
Coconut Oil
Red Food Coloring
2 Mixing Bowls and Spoons

Directions:
Pour 1/4 cup of soap into each bowl. Add the red food coloring to one of the bowls. Add .5 tsp melted coconut oil to each bowl. Add cornstarch 1 tsp at a time to each bowl starting with the one without food coloring and mix until you get a play dough consistency. Then do the same with the red bowl. Once you have your red and white dough, roll the dough out into logs and twist together to form a candy cane. They make great gifts if put in clear bags with string or you can just have fun in the bath and smell minty fresh afterwards!

DIY Snow

- found at Adventures inWunderland

Supplies:
1 Cup Baking Soda
Glitter
¼ Cup Water

Directions:
Mix all ingredients and place in freezer for 15 minutes. You can also make this as a gift by mixing the dry ingredients and putting them in a bag with directions for adding water. Instant snow would make a fun gift for anyone!

Santa Says Game

- found at The Resourceful Mama

Supplies:
Santa Says Printable
At least 3 people

Directions:
Play the game like Simon Says. If they don't do the correct direction or they do it when the "Santa" doesn't say "Santa Says" they are out.

SANTA SAYS

Sit down

Stand up

Touch you head

Touch your ears

Touch your nose

Touch your mouth

Touch your eyes

Touch your knees

Touch your feet

Touch your elbows

Touch your shoulders

Jump up 3 times

Hope on one foot

Raise your hand

Take 1 step backward

Take 1 step forward

Pretend to cut down a Christmas tree

Say Merry Christmas

Clap your hands

Pretend to throw a ball

Say Ho-Ho-Ho

Hop like a bunny

Pretend to ride a horse

Pretend to kick a ball

Shake your whole body

Spin around in a circle

Dance

Say hi

Pretend to have snowball fight

Pretend to build a snowman

Shake your head yes

Shake your head no

Pretend to drink hot chocolate

Roll A Reindeer

- found at [Inspiration Made Simple]

Supplies:
Reindeer Printable
Dice
Scissors
Glue

Directions:
Give kids the print out, dice, glue and scissors. Then have them roll to create a reindeer. You can make it a race by giving each kid their own and taking turns rolling.

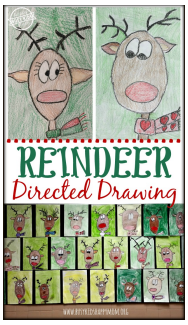
Candy Cane Fishing

- found at [Kindergarteners On the Go]

Supplies:
Stick/Dowel Rod
String
Candy Canes
Cup
Glue/Tape

Directions:
Glue/tape string to the end of a dowel rod/stick and attach a candy cane to the end of the string with the hook end of the cane down. Then, place several candy canes in a cup hook up. Have the kid(s) try to "catch" candy canes. You can make it a race with multiple children trying to collect candy canes from their own individual cups.

Reindeer Directed Drawing



- found at [Busy Kids Happy Mom]

Supplies:
Direction Sheet
Crayons
White Paper

Directions:
Read the direction sheet aloud while also demonstrating the direction. Have the kids follow the directions on their own paper. See how they turn out and how good your kids are at following directions when you're through.

ROLL A REINDEER

Roll a die to start building the Reindeer.
Follow the chart to know which piece to use.
The first person to complete the Reindeer wins!

⚀	head
⚁	antlers
⚂	ears
⚃	eyes
⚄	nose
⚅	mouth

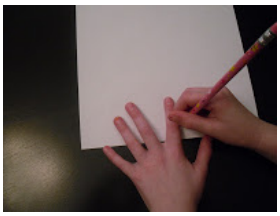
ROLL A REINDEER

Cut out all pieces before beginning game.
Follow the chart to build the Reindeer, piece by piece.
The first player to complete a Reindeer wins.
Don't have a die? Search Google for "Roll a Die" and it will roll one for you!

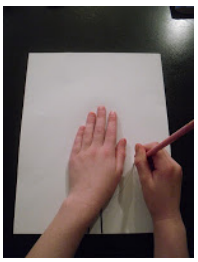
How to Draw a Reindeer

Materials Needed:

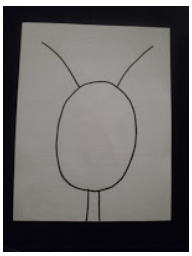
- Large sheet of white paper
- pencil
- Crayons: black, brown, red, tan, green



1. Using only a pencil, place a finger at the bottom of the paper and trace both sides to make the neck.



2. Use your opposite hand as a guide for size, draw a circle around your hand (not tracing) so that your oval is wider and taller than your hand.



3. Draw a line from the head towards the top corners of the paper.

4. Draw ears at the top of the head pointing to the sides of the paper.

5. Draw a large horizontal oval at the bottom of the face for the nose.

6. Draw 2 vertical ovals at top of the face for the eyes.

7. Add black dots for the eyes and finish the antlers. Draw a rounded square around the neck – there will need to be a bit of erasing here to hide the lines of the neck.

8. Finish the scarf with a pattern.

9. Outline the entire drawing with black crayon.

10. Color: Add tan color to the inside of the reindeers' ears, red to his nose, brown on his body, and color his antler's with thick black. Color the background green.

Credit: www.artventurous.com

Snowman Factory

- found at [Buggy and Buddy]

Supplies:

Homemade Playdough

1 cup flour
1 cup water
1/2 cup salt
1 tablespoon cream of tartar
1 tablespoon oil (we used sunflower oil)
white glitter

Ribbon
Googly Eyes
Twigs
Buttons/Sequins

Directions:

Make the playdough using the following recipe. Then set up the items with the playdough and let the kids get creative!!

Playdough Directions: Mix all of the ingredients together over medium-low heat until a ball forms. Then dump onto parchment paper and let cool.

DIY Life-Sized Ginger Bread House

- found at [Mrs. Goff's Kinders]

Supplies:

4 Large Cardboard Boxes
Paper Plates
Construction Paper and Other Decoration Items

Directions:

The detailed directions can be found at the above link. But, you can simplify it a bit by getting smaller boxes and making a slightly smaller version. You can purchase large boxes at Home Depot for only a few dollars. You can also use duct tape to connect sides instead of the cardboard rivets she used. Once you've made the house, you can let your kids decorate it!

Snowman Toss

- found at Green Kids Crafts

Supplies:
Clear Cups
Sharpie
Cottonballs

Directions:
Draw snowmen faces on each cup (she used 10 but I say use however many you want). Then give your kid some cotton balls and watch them try to make it into the cups.

Snowball Fight

- a Paint Covered Kids original

Supplies:
White Paper

Directions:
Form paper wads with your white paper and then have fun throwing them!

Christmas Bingo

- found at The Girl Creative

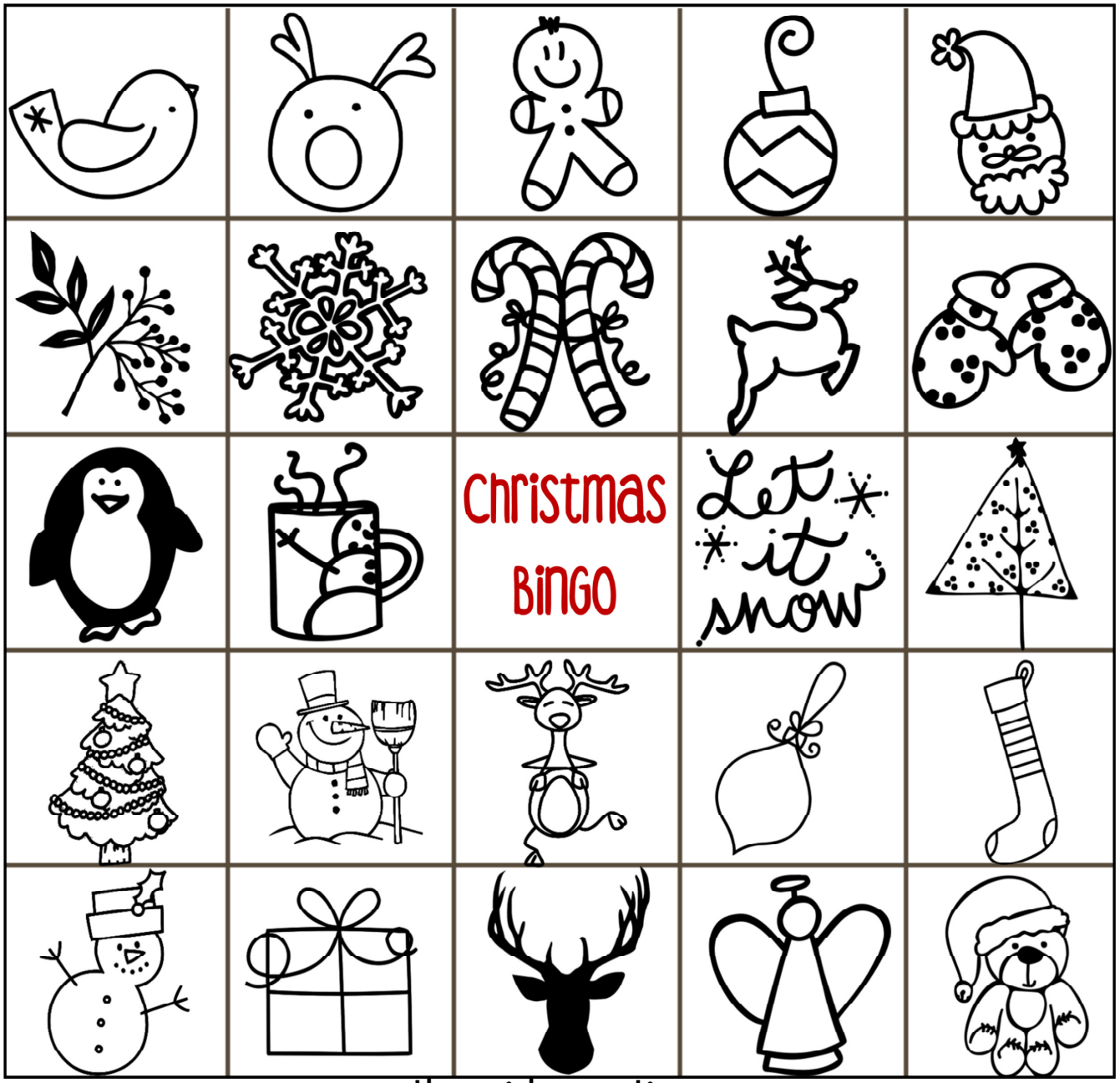
Supplies:
Bingo Printable
Hershey's Kisses (or other place markers)

Directions:
Draw snowmen faces on each cup (she used 10 but I say use however m ne cotton balls and watch them try to make it into the cups.

CHRISTMAS BINGO

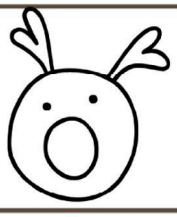
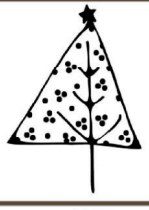
calling cards

{Print and cut}



www.thegirlcreative.com

Christmas Bingo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CHRISTMAS BINGO

				
				
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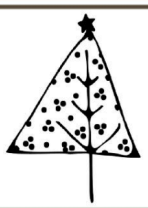	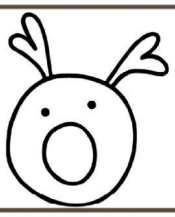			

Christmas Bingo

				
				
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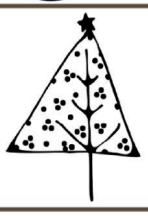		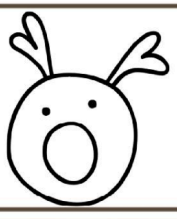		

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