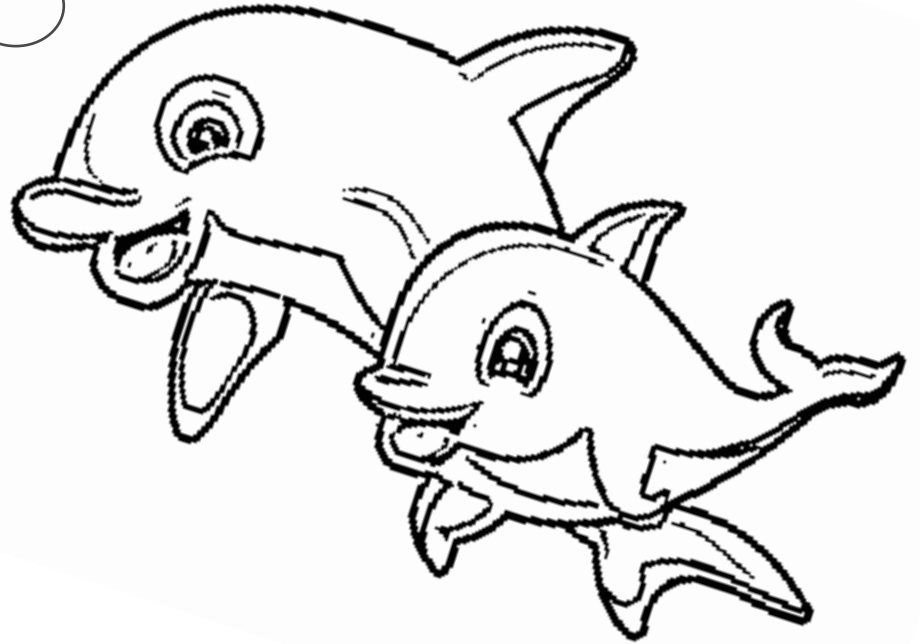


Family Activity Book





Word Search



Y	T	K	L	R	F	I	S	H	K	T	D	R
D	H	R	A	O	S	T	R	N	O	S	O	K
S	N	A	E	C	O	T	F	E	R	W	L	W
M	M	M	M	T	P	Q	A	K	N	I	P	A
N	A	E	C	O	R	T	R	R	D	M	H	T
Q	T	N	G	P	D	A	B	L	F	M	I	E
R	G	T	N	U	H	P	H	F	M	I	N	R
Q	W	B	F	S	P	L	A	S	H	N	S	W
F	T	V	K	M	N	O	C	R	F	G	N	H



Can you find....

WATER

FISH

OCTOPUS

STARFISH

OCEAN

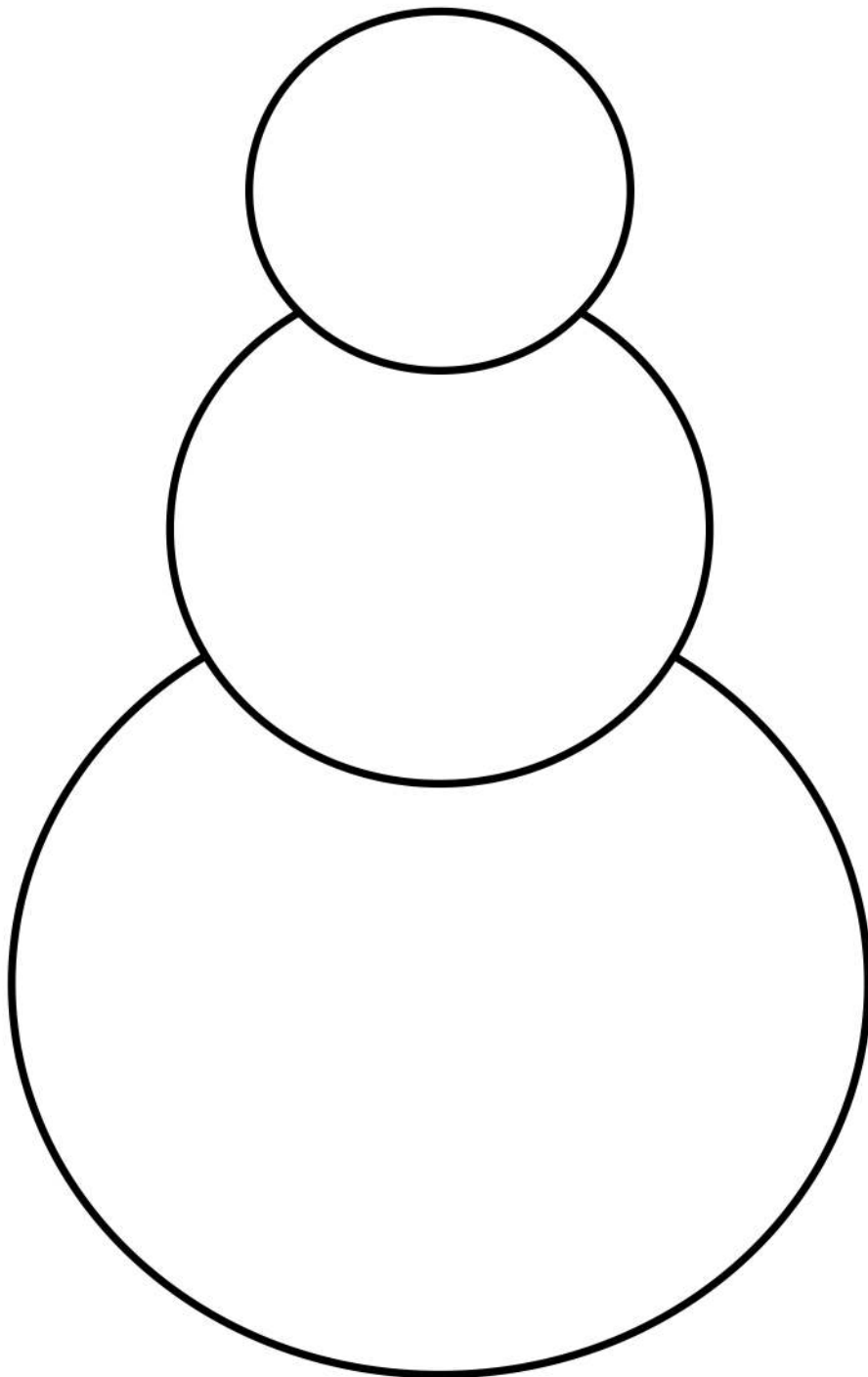
SWIMMING

SPLASH

SHARK

DOLPHIN

Create your own snowman!



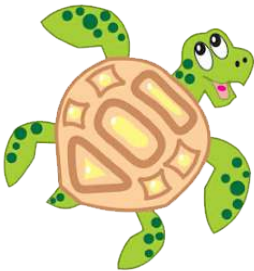
Match the Picture to the Word!



fish



octopus



turtle



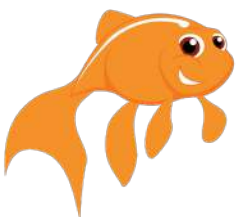
dolphins



starfish



bubble



shell

Miniature Ice Hockey

You'll Need:

- Rectangular casserole dish or roasting pan
- Water
- Lego
- Spoons
- Bottle cap
- Freezer space!



Instructions



1. Fill the casserole dish with water until half an inch to an inch from the top.
2. Place the cassrole dish in the freezer, ensuring it sits completely flat. Allow it to freeze for 24-48 hours, until frozen solid.
3. In the meantime, use Lego to build two “hockey nets”. A great starting point is to build to rectangles and then remove one side. From there, get creative and decorate it however you’d like! Don’t have lego? You can use pipe cleaners, popsicle sticks or straws!
4. When you’re ready to play, remove the frozen “rink” from the freezer, place the nets on either side of the dish and place the bottle cap on the ice. Use the spoons as your hockey sticks and enjoy some friendly competition!



Scavenger Hunt

Head outside and see how many of these items you can find!

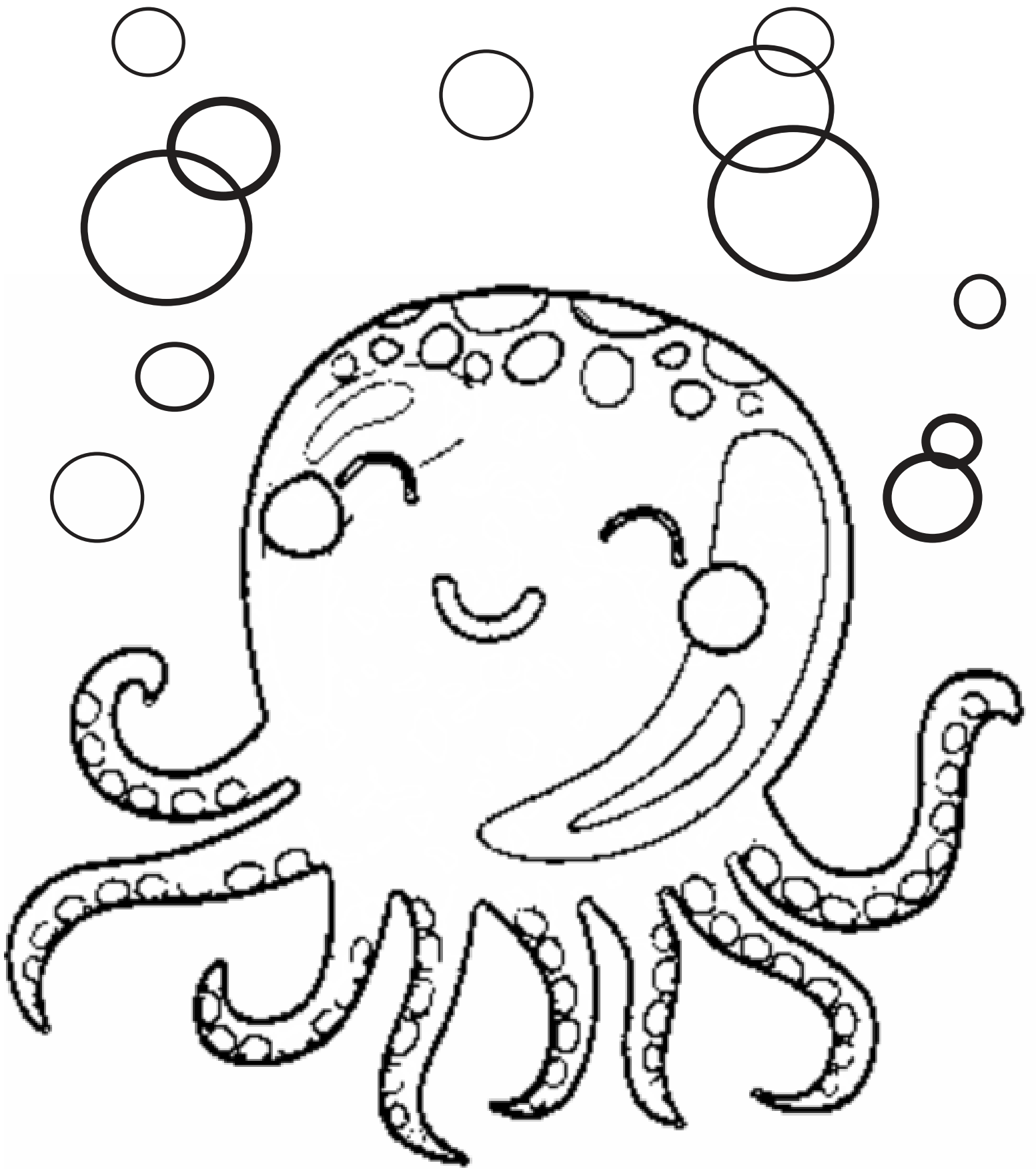
1. Pinecone
2. Heart shaped rock
3. Squirrel
4. Animal tracks
5. Feather
6. Twig
7. Puddle
8. Maple leaf
9. Icicle
10. Snowman
11. Bird
12. Sled



Patterns at the Pool!

Can you guess what comes next in these patterns?
Draw it in the box provided!



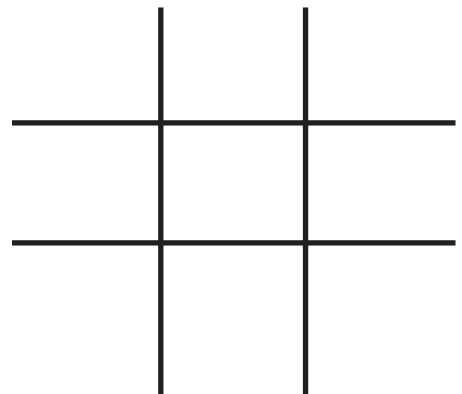
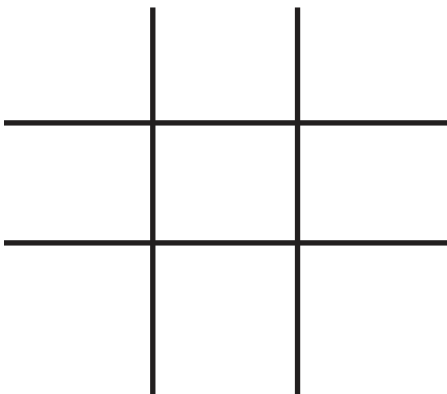
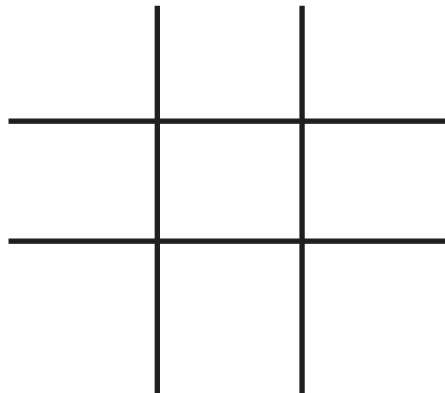
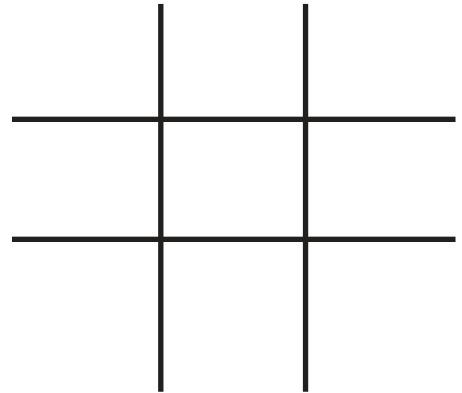
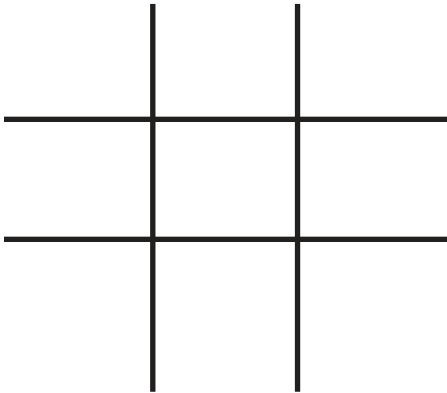
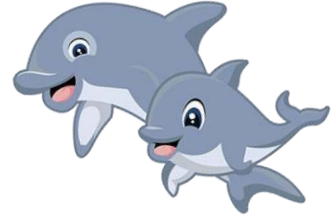


RUSSELL
AQUATICS
SWIM SCHOOL

Tic Tac Toe!

Challenge a family member to a game or two of tic tac to!

Who do you think will win?





Russell's Easy Rice Crispy Squares



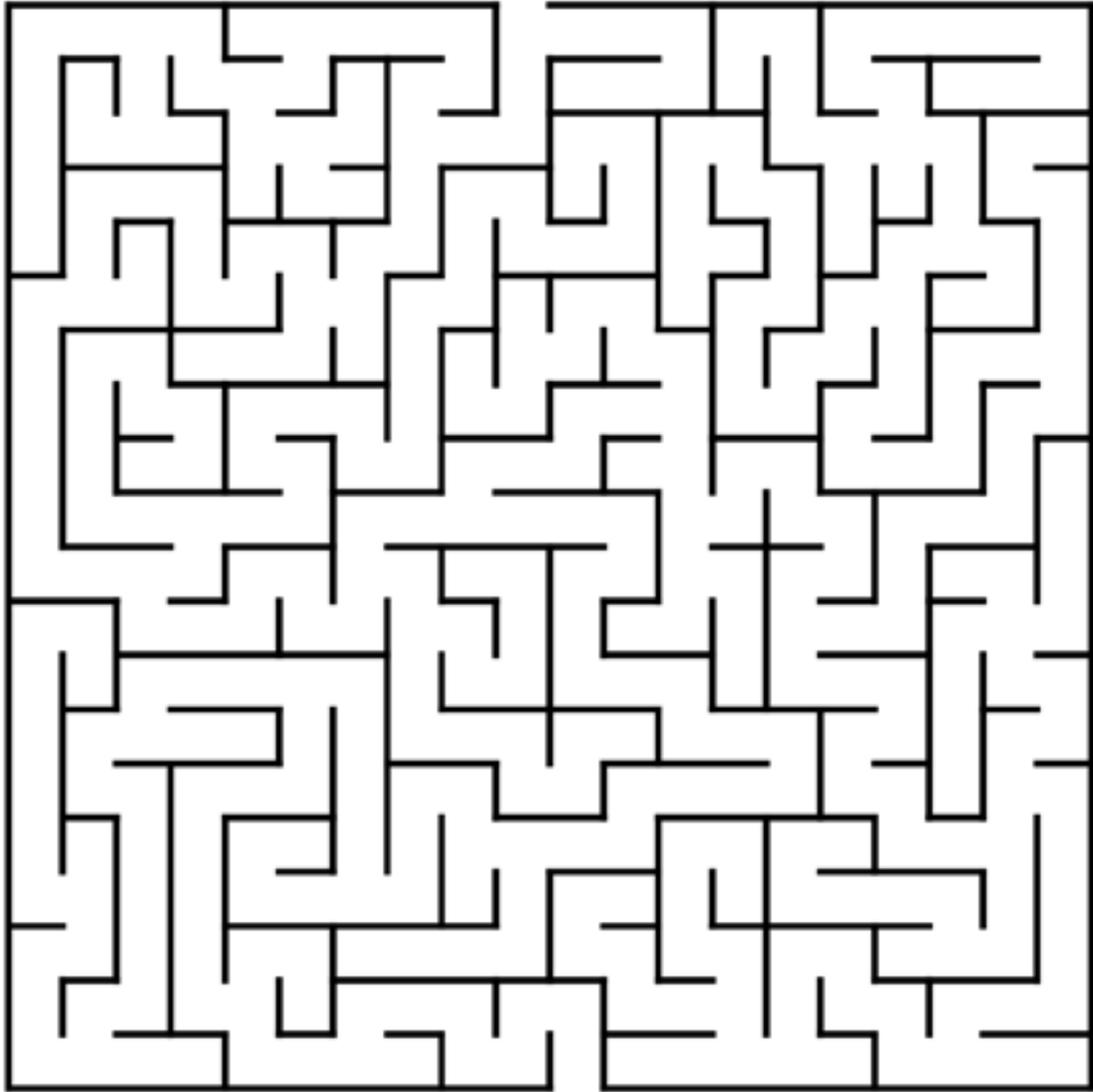
You'll Need:

- 12 tbsp - unsalted butter
- 3/4 tsp - vanilla
- 2 bags - mini marshmallows
- 8.5 cups - rice cereal

Instructions

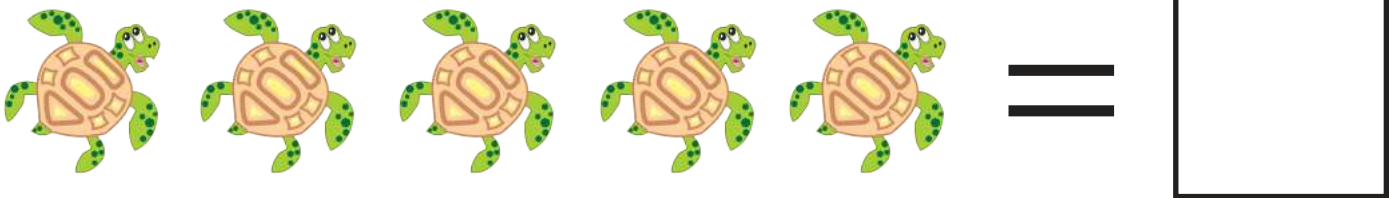
1. In a large pot, melt the butter on medium heat, using the butter wrapper to grease a 9x13 casserole dish.
2. Once the butter is fully melted, add in 1.5 bags of marshmallows and the vanilla, stirring until fully melted.
3. Remove the pot from the heat and stir in all of the rice cereal using a spatula or wooden spoon. Add remaining marshmallows and mix until combined.
4. Scoop the mixture into the 9x13 dish. Use the spatula to push the rice crispies down to form a bar. Spatula sticking? Spread a small amount of butter on it!
5. Allow the treats to sit at room temperature for an hour or in the fridge for 30 minutes before cutting and serving.
6. Enjoy!

Help Russell Get to His Friends!

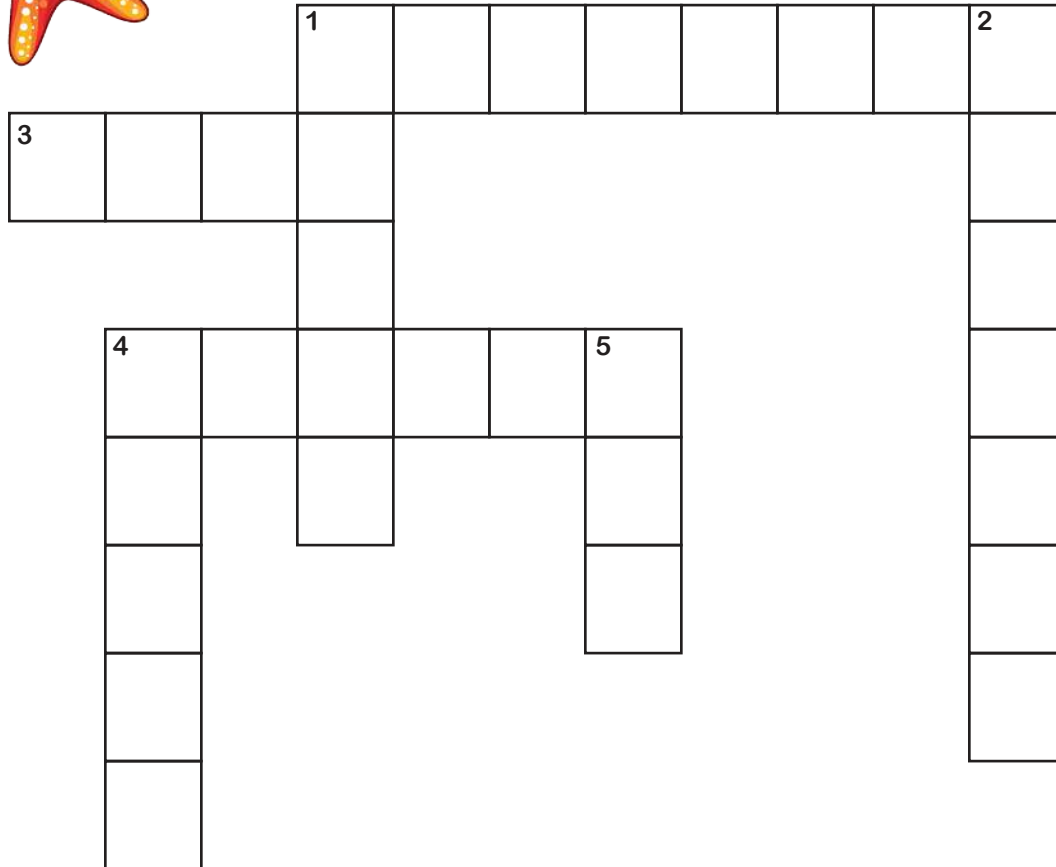


1, 2, 3....

Count how many that you see!



Crossword Puzzle



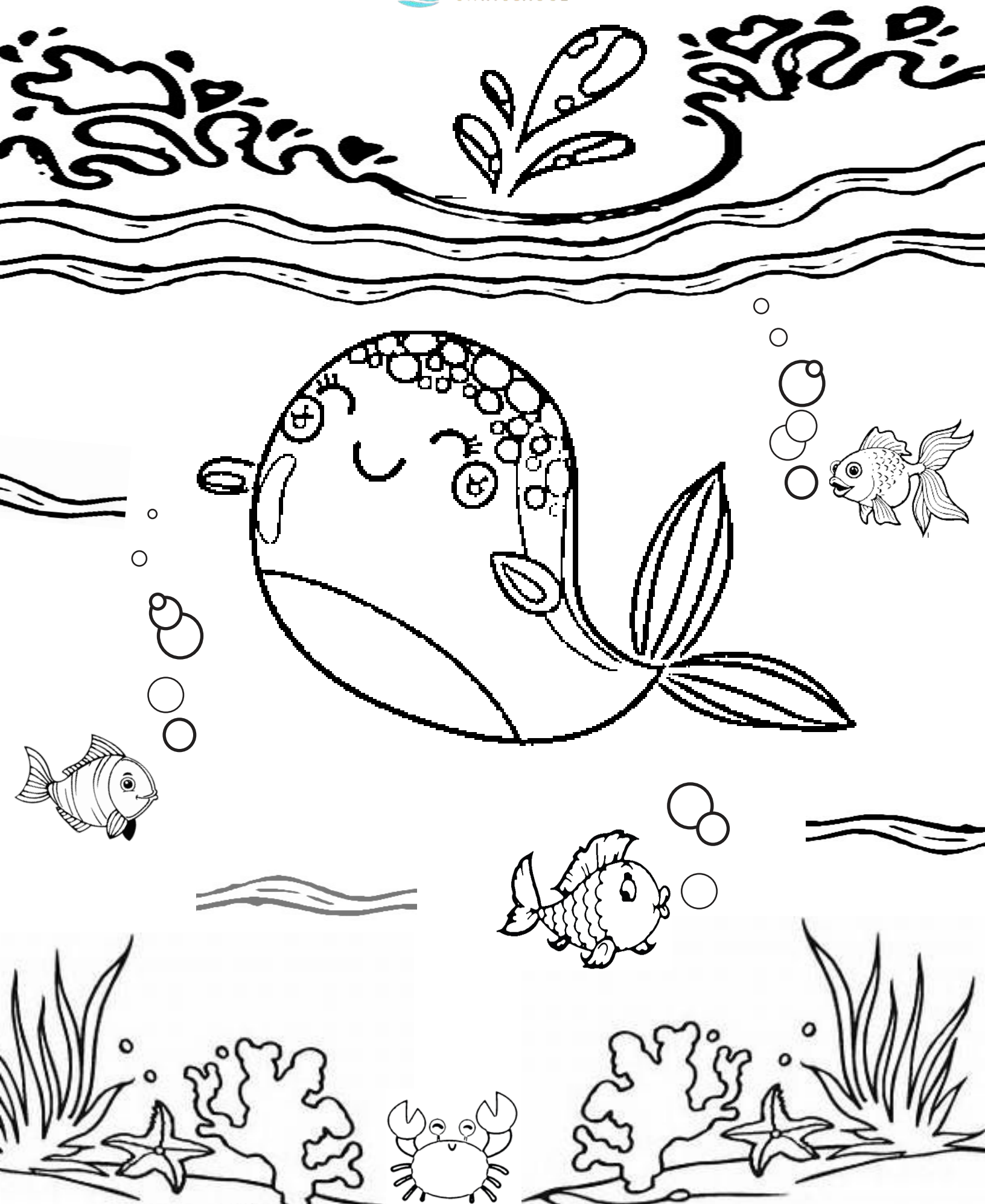
Across

1. How you get from place-to-place in the water
3. A creature that lives in the water
4. A creature with four legs and a shell



Down

1. A sharp-toothed ocean creature
2. Put these over your eyes to see under water!
4. Wrap up with this after you swim!
5. A long, snake-like creature that lives in the sea





How to make Ocean Dough



You'll need:

- 2 cups, flour (All purpose works best!)
- 2 tablespoons, vegetable or canola oil
- 1/2 cup, salt
- 2 tablespoons, cream of tartar
- 1 cup, boiling water
- food colouring (we like gel food colouring!)
- Glitter (optional)

Instructions

1. In a large bowl or roasting pan, combine the flour, salt, cream of tartar and oil.
2. In a separate pitcher or bowl, add the food colouring to the boiling water.
Remember that once combined, your colour will appear much lighter than in the water so add the colouring accordingly!
3. Pour the boiling water into the flour mixture and stir with a spoon or spatula to combine. Be careful - The dough will be very hot!
4. Once the dough has cooled, knead it on a lightly floured surface until no longer sticky, gradually adding in the glitter (optional). This can take a while but keep going until it's a soft, non-sticky texture. Add flour and water as necessary to reach the desired texture.
5. Have fun! Be sure to store in an air-tight container so you can play with it again and again!

We hope you
have fun!

Be sure to tag us with
all your creations!

@RussellAquatics

