

Family Fun Time



Read “The Parade Prize” (pages 4–5). Matthew learned that sharing could make a fun activity even better. What can you share? You can share your time by helping someone, or you can share a good day by making someone else smile. You can also make and share the fun necklace and treats below with your family! Be sure to get an adult’s help with this craft and recipe.

Friendship Necklace

Each person needs:

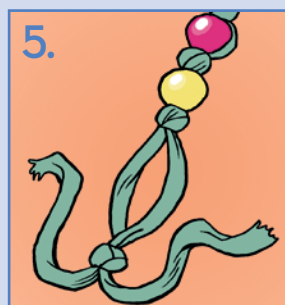
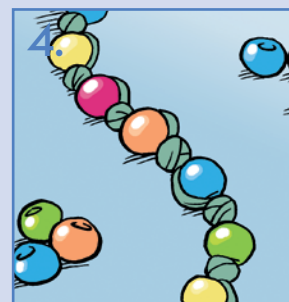
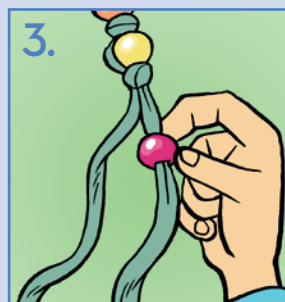
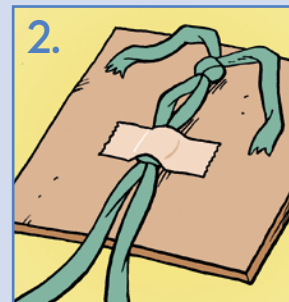
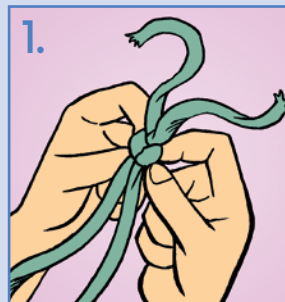
a bowl with one color of medium-sized plastic beads (at least 30)

2 pieces of thick cotton string, each about 4 1/2 feet (137 cm) long

scissors

tape

1. Put your two strings together and tie a knot at one end. Leave a 4-inch (10-cm) tail.
2. Make another knot 5 inches (13 cm) from the tail. Tape the knot to a book or piece of cardboard so it will stay in place while you work.
3. Ask for a bead from someone else. Thread your bead down one string. Tie the strings together twice after each bead (or tie a square knot).
4. Keep sharing beads, stringing them, and tying knots until you have about 30 beads. The more beads you share with others, the more colorful and fun your necklace will be.
5. Knot the strings about 5 inches (13 cm) from your last bead. Trim the string to make a 4-inch (10-cm) tail. Tie the two tails together to finish the necklace.
6. Now that your necklace is done, trade it with the person next to you. See the beautiful necklace they have to share!



Fruit and Yogurt Pops

1 large ripe banana

2 cups fresh or frozen berries

3/4 cup low-fat plain yogurt

2 tablespoons sugar



1. Combine all the ingredients in a blender or food processor, and blend until very smooth.
2. Spoon the fruit mix into ice cube trays.
3. Freeze for 1 1/2 hours. Then put a toothpick in the middle of each cube.
4. Freeze for at least 4 more hours. Enjoy!