

SIB
BOX

What's Included?

{Click on the purple headings to take you directly to that page}

- **Conversation Starters**

Fun questions to get siblings talking. See the Conversation Starter pages for a few questions to ask each week.

- **Who's Most Likely to?**

Have siblings read these questions and determine who would be the most likely answer to each question. See the Who's Most Likely To bookmark for a few questions to ask each week.

- **Recipes**

10 kid friendly recipes. Pick a recipe each week for siblings to prepare together. See the 10 recipe cards for yummy treats.

- **Activities**

10 different activities are included in this section. Pick one for siblings to play together. A materials list and how to guide are also included.

- **For Parents Only!**

In the "For Parents Only" section you will find simple cards you can give your children to show your appreciation for completing the activities and working together.

CONVERSATION STARTERS

Conversation Starters

1

What are the top 3 exciting things you have done in your life?

What was your favorite part of the week? Why?

2

What magic power do you wish you had? Why?

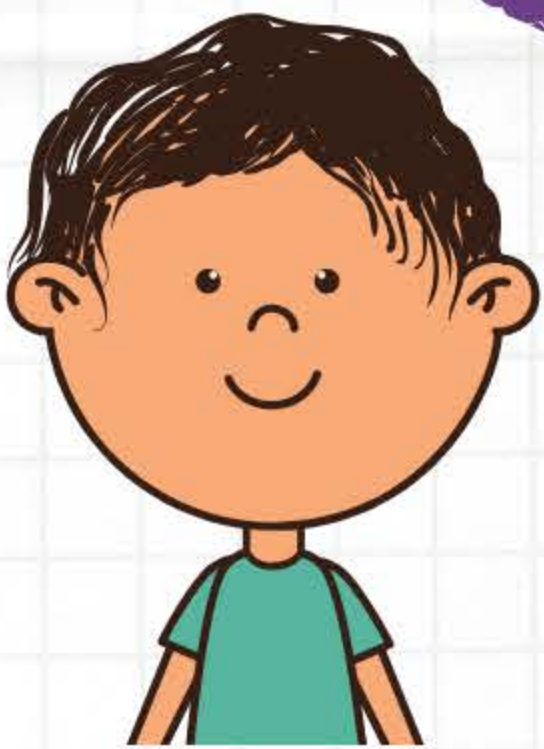
3

What is one thing you are really good at?

4

5

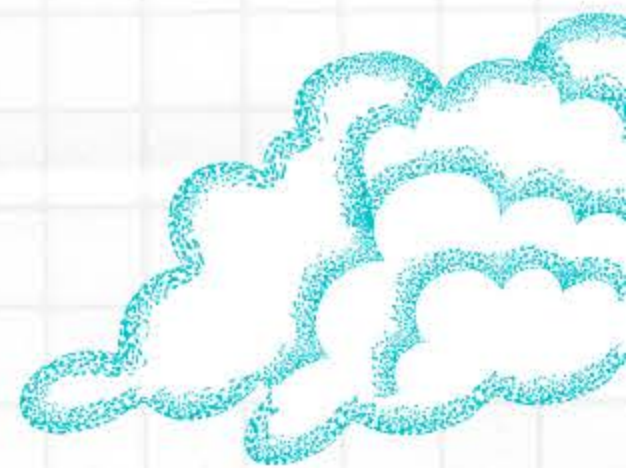
If you could go anywhere, where would you go? Why?



Conversation Starters

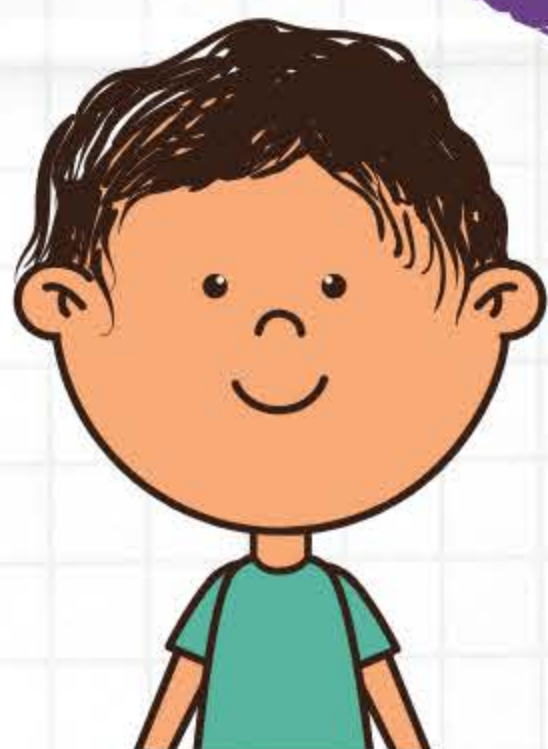
6

If you could have any animal as a pet, what would you chose? Why?



What do you want to be when you grow up?

7



8

If you could be invisible for one hour, what would you do?

What is something you have lost and wish you could find?

9



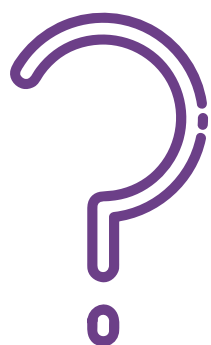
10

If a pizza was named after you, what would be on it?



WHO'S MOST
LIKELY TOP?

WHO'S MOST LIKELY TO?



HOW?

In this fun activity, have siblings decide who is most likely to be the answer to the listed questions.



WEEK 1

- Who is most likely to eat the rest of the ice cream?
- Who is most likely to trip and fall?

WEEK 2

- Who is most likely to become a millionaire?
- Who is most likely to get car sick?



WEEK 3

- Who is most likely to binge eat candy?
- Who is most likely to excel at laser tag?

WEEK 4

- Who is most likely to laugh at a bad joke?
- Who is most likely to fall asleep in the car?



WEEK 5

- Who is most likely to put their shirt on backward?
- Who is most likely to wear sunglasses inside?

"We didn't even realize we were making memories, we just knew we were having fun"

WINNIE THE POOH

WHO'S MOST LIKELY TO?



HOW?

In this fun activity have siblings decide who is most likely to be the answer to the listed questions.



WEEK 6

- Who is most likely to refuse to eat vegetables?
- Who is most likely to share their food?

WEEK 7

- Who is most likely to do a cartwheel?
- Who is most likely to memorize movie quotes?



WEEK 8

- Who is most likely to want breakfast for dinner?
- Who is most likely to eat cereal as a snack?

WEEK 9

- Who is most likely to drive too fast?
- Who is most likely to leave without saying goodbye?



WEEK 10

- Who is most likely to watch old reruns?
- Who is most likely to have read all the Harry Potter books?

"Sisters and brothers are the truest, purest forms of love, family, and friendship, knowing when to hold you and when to challenge you, but always being a part of you."

CAROL ANN ALBRIGHT EASTMAN

RECIPES



Banana & Peanut Butter Rollups

ingredients

- tortillas
- peanut butter
- banana

directions

- Spread peanut butter on the tortilla.
- Place banana in the middle of the tortilla. You might need to cut the banana in half so it will lay flat.
- Roll up the tortilla around the banana.
- Finish rolling and then slice.



Turkey & Ham Skewers

ingredients

- ham
- turkey
- apples
- grapes
- cheese cubes

directions

- Slice the turkey and ham into 1" strips.
- Cut the apple into chunks.
- Cut 1" chunks of cheese.
- Assemble the skewers.



Frozen Banana Yogurt Pops

ingredients

- 3 bananas
- 3/4 cup vanilla yogurt
- sprinkles
- popsicle sticks

directions

- Halve and peel each banana. Insert a popsicle stick into each banana half.
- Dip bananas into yogurt, using a spoon to coat each banana evenly. Let excess yogurt drip off.
- Add sprinkles or topping of your choice.
- Place bananas on a plate covered in wax or parchment paper. Freeze until the yogurt has hardened, about 2 hours.



Peanut Butter Cereal Bites

ingredients

- 1/2 cup honey
- 1/2 cup peanut butter
- 1/2 tsp vanilla
- 4 cups Cheerios

directions

- Add the honey and peanut butter to a large, microwave safe bowl.
- Microwave on high for 1 minute. Remove and stir until well combined.
- Return the bowl to the microwave for another 30 to 45 seconds.
- Add the vanilla extract and stir well.
- Add the Cheerios and stir until the cereal is well coated.
- Drop portions onto a parchment lined baking sheet.

Allow them to set.



S'mores Snack Mix

ingredients

- 6 cups Gold Graham cereal
- 3 cups pretzel sticks
- 1-10 oz bag mini marshmallows
- 1-11.5 oz bag chocolate chunks

directions

- In large bowl combine all ingredients together.
- Mix well and enjoy!



M&Ms

Energy Bites

ingredients

- 1 cup rolled oats
- 1/2 cup peanut butter
- 1/2 cup M&Ms
- 1/3 cup honey
- 1 tsp vanilla

directions

- Stir all ingredients together in a medium bowl until thoroughly mixed.
- Mix in M&Ms.
- Chill dough for at least 30 minutes.
- Roll into tablespoon-sized balls.



Ants On A Log

ingredients

- 3 celery sticks
- 1/4 cup peanut butter
- 1/4 cup raisins

directions

- Rinse off celery sticks and pat dry with a paper towel. Cut each stick in half.
- Spread peanut butter in the cavity of each celery stick.
- Press raisins on top of peanut butter.



Pancake Muffins

ingredients

- pancake mix
- toppings (chocolate chips, strawberries, frozen wild blueberries, blackberries, spinach, cheese, bacon, turkey)

directions

- Preheat oven to 400 degrees Fahrenheit.
- Mix batter well.
- Pour into a well-greased or lined mini muffin tin about 3/4 full.
- Add in toppings (or leave plain).
- Bake for 10-12 minutes.



Apple Peanut Butter Teeth

ingredients

- 1 apple
- peanut butter
- mini marshmallows

directions

- First start by cutting the apple into slices. Then cut them into smaller slices.
- Put about 1-2 teaspoons of peanut butter onto each slice.
- Then put a row of mini marshmallows across one apple slice. Then sandwich them together.
- Press firmly until they stick and you have your teeth!



Animal Faces Toast

ingredients

- bread
- nutella
- cream cheese
- peanut butter
- banana
- blueberries
- strawberries

directions

- Toast bread.
- Spread either nutella, cream cheese or peanut butter over toast.
- Cut banana and strawberries into appropriate shapes to mimic the animal faces in the photo.



ACTIVITIES

Activities

{Click on the purple activity names to take you directly to that page}

- [Spoons](#)
- [Scavenger Hunt](#)
- [Roll-A-Face Game](#)
- [M&M Science Rainbow](#)
- [Building with toothpicks and marshmallows](#)
- [Fireworks in a Jar](#)
- [I have, Who Has - Disney Edition](#)
- [Balloon Tennis](#)
- [Edible Pudding Slime](#)
- [Dragon Keeper](#)

Materials Needed

- pudding
- balloons
- plates
- Disney Cards
- toothpicks
- marshmallows
- M&Ms
- Scavenger Hunt Card
- Spoons
- cards
- blindfold
- small toy
- corn starch
- rulers or sticks
- food coloring
- vegetable oil
- dice

A top-down photograph of a wooden table. In the center, three silver spoons are arranged in a triangular pattern. Around the spoons are several playing cards, mostly with red patterned backs. Some cards are fanned out, while others are single. The text '4 PLAYERS, 3 SPOONS' is overlaid on the left side of the image in a bold, white, sans-serif font.

**4 PLAYERS,
3 SPOONS**

SPOONS

Game Rules

- Everyone sits around a table or in a circle on the ground.
- Dealer shuffles the cards and deals out four cards to each player. Dealer keeps the remaining cards in a draw pile to her right.
- Set the spoons (one fewer spoons than there are players) in the center of the table or circle.
- The dealer picks up one card from the pile to her right. She quickly adds the card to her hand and then discards one of her cards to the left, where the next person picks it up.
- The goal is to get four of a kind in your hand, so the dealer quickly decides as she picks up each new card whether to keep it (if it matches a card she already has) or discard it. If she keeps the card she picked up, she discards another card to her left, so she is always holding four cards.
- The person next to the dealer picks up the card the dealer discarded, and then discards one of his cards to the left.
- Play continues around in a circle, with everyone picking up one card from the right (where another player has discarded it) and discarding one card to the left (where the next player can pick it up).
- As soon as someone gets four of a kind in their hand, they grab one of the spoons from the center.
- When one spoon is grabbed, all the other players also try to grab one of the remaining spoons.
- Whoever does not get a spoon earns a letter in the word "spoons": first "S", then "P", etc. Someone earns a letter each round. Players are out of the game once they have spelled "spoons" and the winner is the one still in.

MATERIALS NEEDED

- Spoons
- Deck of Cards

SETUP

- Deal 4 cards to everyone
- Put spoons in the middle of circle (one fewer than the number of players)



the hunt
is on...

SCAVENGER HUNT




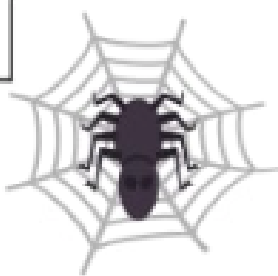






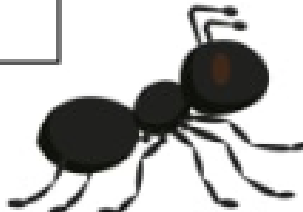


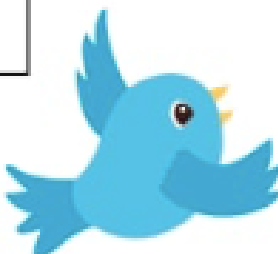


MATERIALS NEEDED

- Scavenger hunt card for each child

SET UP

- Give each child a scavenger hunt sheet and a paper bag to collect items
- Send them out individually or as teams to collect items

NATURE SCAVENGER HUNT

<input type="checkbox"/>  leaf	<input type="checkbox"/>  rock	<input type="checkbox"/>  flower	<input type="checkbox"/>  spider
<input type="checkbox"/>  squirrel	<input type="checkbox"/>  butterfly	<input type="checkbox"/>  twig	<input type="checkbox"/>  worm
<input type="checkbox"/>  snail	<input type="checkbox"/>  mushroom	<input type="checkbox"/>  ant	<input type="checkbox"/>  tree
<input type="checkbox"/>  bee	<input type="checkbox"/>  bird	<input type="checkbox"/>  tree stump	<input type="checkbox"/>  nest



ROLL-A-FACE

ROLL-A-FACE **Game Rules**











































- Find a dice.
- Go to the turn that you are on...so for example, if you are on your first turn, then go to the "1 st turn" on the first column.
- Roll the dice. Look for the number on the dice and match it to the dice pictured in the first row.
- Continue on to "Turn 2" (and then the next turn, etc) until your drawing is done.

Materials Needed

- Dice
- Doodle Card
- Paper



ROLL-A-FACE

						
1st Turn Face Shape						
2nd Turn Eyes						
3rd Turn Nose						
4th Turn Mouth						
5th Turn Ears						
6th Turn Hair						



M & M SCIENCE RAINBOW

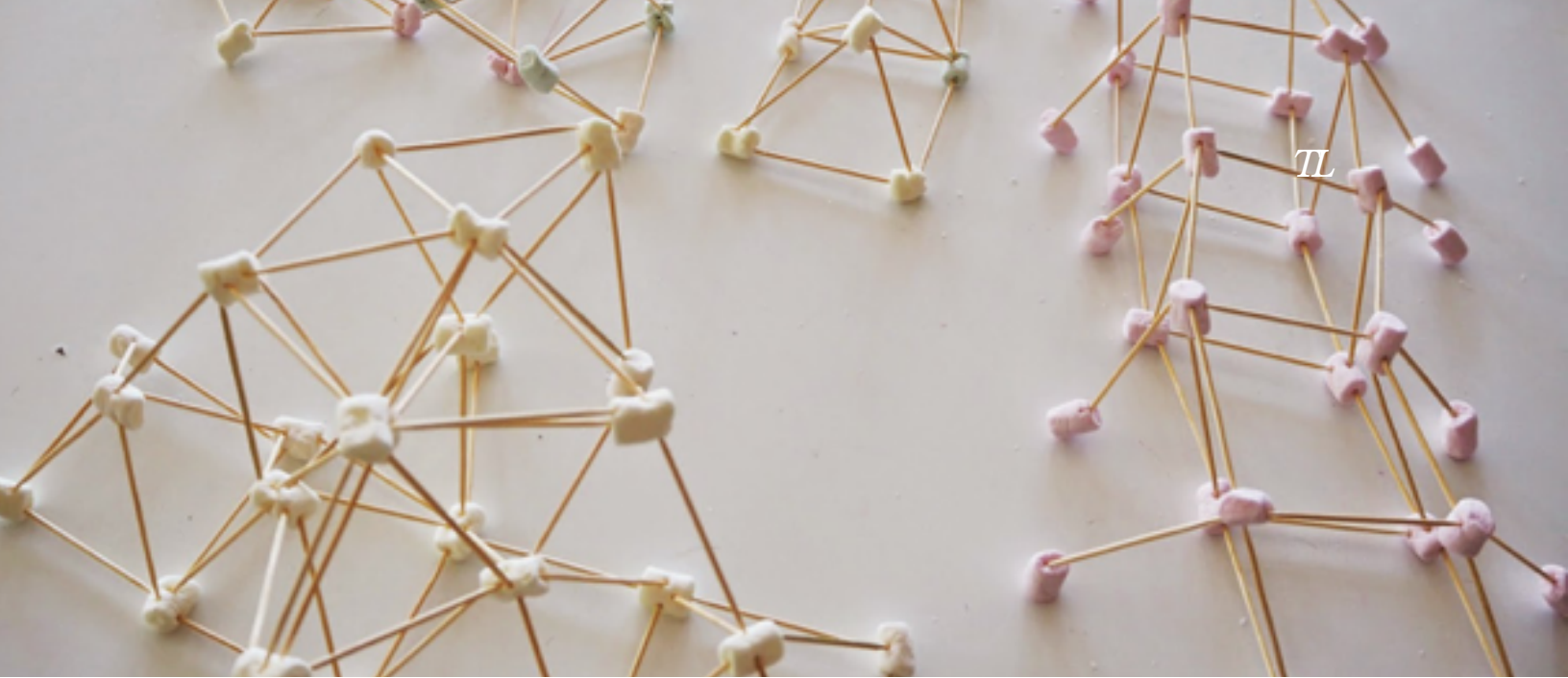
Materials

- M&Ms
- Plate
- Water

Directions

- Start by putting M&Ms on a plate.
- Gently add enough water to the middle of the plate until the water is touching all of the M&Ms. Be careful not to add the water too roughly or it will cause some of the M&Ms to move out of the circle.
- Then just watch. Over the next few minutes, a beautiful rainbow will form right before your eyes!





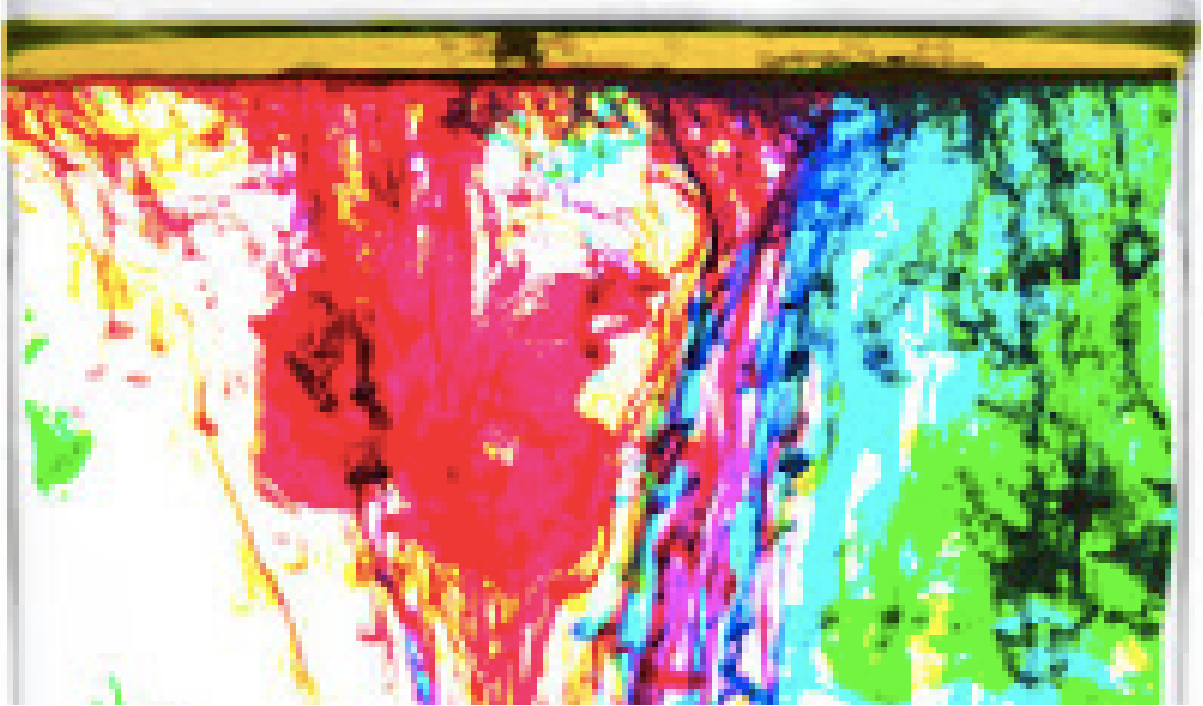
TOOTHPICKS & MARSHMALLOWS

Materials

- Toothpicks or raw spaghetti noodles
- Mini marshmallows

Directions

- Let them be creative and build!
- They can make shapes, towers, letters, anything they can think of.
- Have them work together to make a tall tower.
- Can they make a bridge?



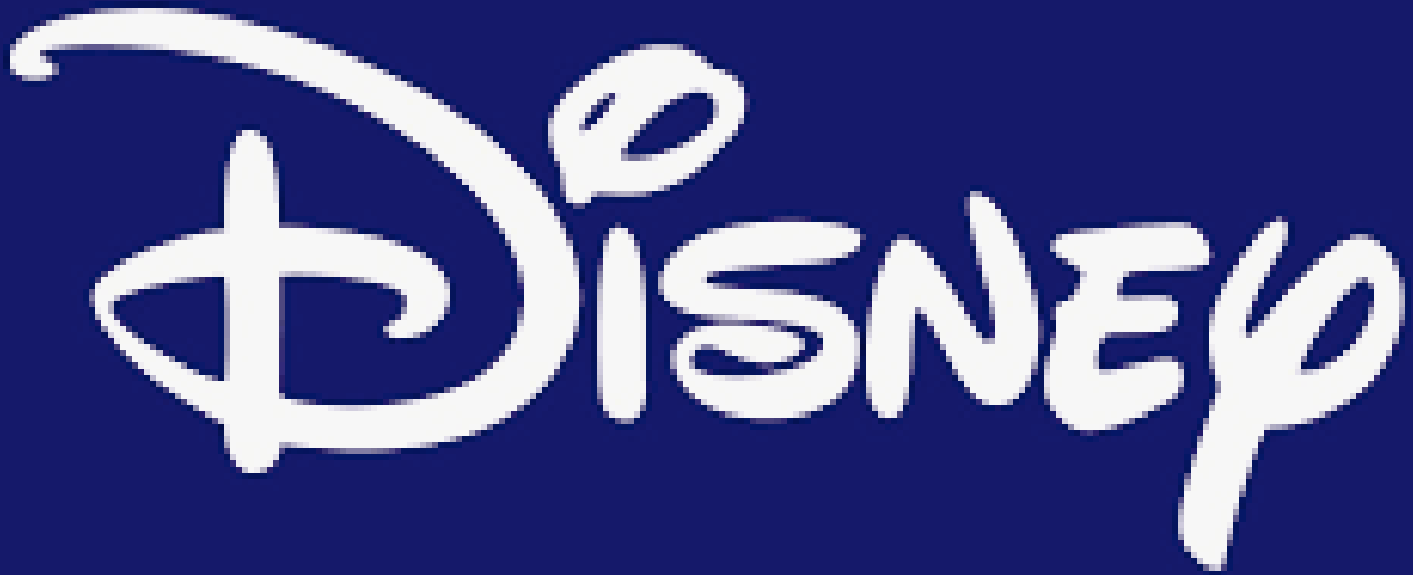
FIREWORKS IN A JAR

Materials

- Warm water
- Liquid food coloring
- Vegetable oil
- Tablespoon
- Large glass jar
- Small glass jar or bowl

Directions

- Fill a large mason jar 3/4 way full with warm water.
- Put 4 tbs of vegetable oil in a small glass bowl or jar.
- Add 4 drops of each food coloring to the oil and slowly mix to break up the drops of food coloring (they will not dissolve).
- Slowly pour the food coloring and oil mixture on top of the water.
- Watch the jar to see what happens! This may take a few minutes, but slowly the droplets will break through the oil and hit the water and start to spread out, creating a fireworks effect!



I HAVE, WHO HAS DISNEY EDITION

Materials

- Disney cards - cut apart

Directions

- Deal cards evenly among players.
- Players can lay cards in front of them so they can see them all.
- Youngest player goes first and reads one of their cards "I have ... who has?"
- Whichever player has the card that fits the clue will respond with "I have ... who has...?"
- Game continues until all cards have been used.
- Encourage kids to come up with other clues to have their siblings guess characters.

I have Simba.



Who has a girl that is drawn
to the water?

I have Moana.



Who has a forgetful fish?

I have Dory.



Who has a flying elephant?

I have Dumbo.



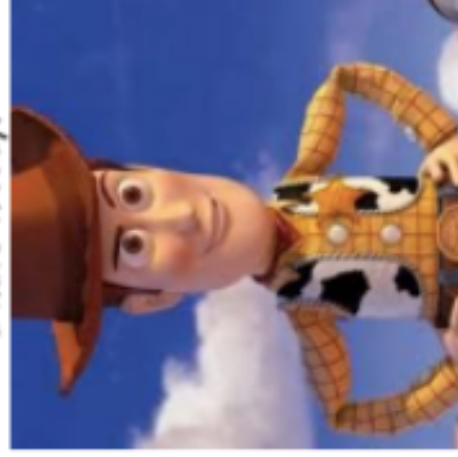
Who has a bear that loves
honey?

I have Pooh.



Who has a princess with very
long hair?

I have Woody.



Who has a snowman?

I have Olaf.



Who has a bouncy, striped
friend?

I have Nala.



Who has the girl that cleans
for 7 short men?

I have the 7 Dwarfs.



Who has Simba's father?

I have Snow White.



Who has a spaceman?

I have Buzz.



Who has a big creature that
locks Belle up?

I have Gaston.



Who has the sea witch that
steals Ariel's voice?

I have Beast.



Who has 7 short workers?

I have Ursula.



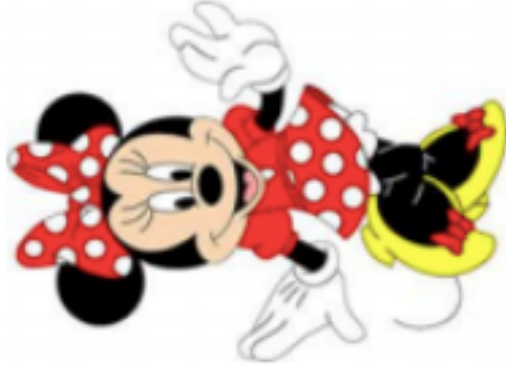
Who has a lion cub that just
can't wait to be king?

I have Pluto.



Who has a famous, girl mouse?

I have Minnie.



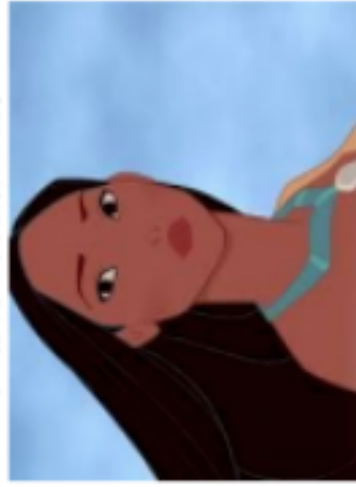
Who has a princess that owns a tiger for a pet?

I have Jasmine.



Who has a princess that has to clean for her evil stepmother?

I have Pocahontas.



Who has a dog that can talk and laughs a lot?

I have Goofy.



Who has a princess that loves to read?

I have Belle.



Who has someone that wants to build a snowman?

I have Anna.



Who has Simba's best lion friend?

I have Cinderella.



Who has a girl that paints with all the colors of the wind?

I have Tigger.



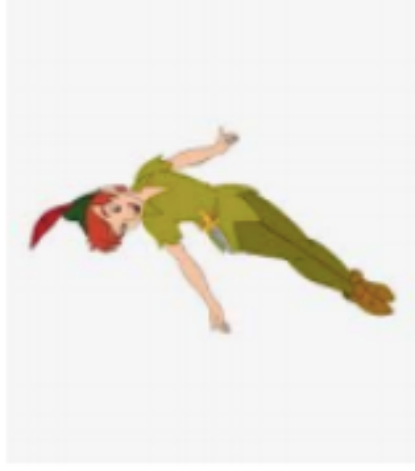
Who has an orange fish that needs to find his way home?

I have Nemo.



Who has a boy that can fly and never grew up?

I have Peter Pan.



Who has lots of spotted dogs?

I have 101 Dalmations.



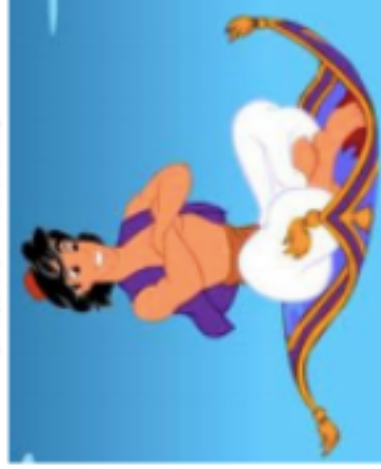
Who has a famous boy mouse?

I have Mickey.



Who has a boy that flies on a magic carpet?

I have Aladdin.



Who has a princess with ice powers?

I have Elsa.



Who has the little mermaid?

I have Ariel.



Who has Mickey's yellow dog?



BALLOON TENNIS

Materials

- Balloons
- Paper plates
- Ruler, paint stick, pencil, or sticks

Directions

- Hot glue or tape a ruler or stick to a paper plate (this becomes your tennis racket).
- Decorate the paper plates to add a personal touch.
- Blow up a balloon (this is your tennis ball).
- See how many times siblings can hit the balloon back and forth to each other.
- Have them be creative and add a net.
- Use the "rackets" to keep the balloon off the floor or "hot lava".



EDIBLE PUDDING SLIME

Materials

- 1/4 cup instant pudding mix
- 1 cup corn starch
- 1/3 cup warm water

Directions

- In a bowl, mix 1/4 cup instant pudding mix and 1/2 cup of corn starch.
- Add 1/3 cup of water and stir until slime begins to form (it will be really sticky at this point).
- Slowly add the rest of your cornstarch, stirring as you go.
- When the slime thickens and is hard to stir with a spoon, finish kneading it by hand.

Problem Solving

- If slime is dry add a little more water.
- If slime is too sticky add more corn starch.



DRAGON KEEPER

Materials

- A dragon (or any small toy)
- Blindfold

Directions

- Choose a Dragon Keeper and blindfold him.
- The Dragon Keeper sits on the floor in the middle of the room with the dragon at his feet.
- The Dragon Keeper's objective is to prevent the dragon (or toy) from being taken.
- The rest of the players try to steal the dragon (have one person go at a time).
- The Dragon Stealers start at the opposite side of the room and needs to tiptoe or crawl over to the Dragon Keeper as quietly as possible to steal the dragon.
- The Dragon Keeper has to use his ears to detect anyone coming. He can stop an attacker by saying his/her name or "STOP!" or by pointing at him/her.
- If the Dragon Stealer is caught, they must return to the starting point and it's another player's turn.
- The player who steals the dragon first becomes the next dragon keeper.

**FOR
PARENTS
ONLY!**

The background is a light cream color, decorated with a repeating pattern of small, stylized flowers and leaves. The flowers are in shades of yellow and pink, while the leaves are a muted green. They are scattered across the entire page, framing the central text.

You are a treasure!



***I BELIEVE IN
YOU!***



**You are fun to
be around.**





**YOU ARE SO
SPECIAL!**

A decorative floral pattern in the top-left corner, featuring stylized leaves and petals in white and light green against a teal background.

I'M
THANKFUL
FOR YOU



*You make
me smile*



**YOU ARE
IMPORTANT
TO ME!**



***I LOVE BEING YOUR
PARENT!***

A romantic beach sunset background. The sun is low on the horizon, casting a warm golden glow over the ocean and sky. Waves are breaking on a dark beach. In the center, the words "I LOVE YOU" are written in a white, thin, sans-serif font, enclosed within a white dashed circle.

I LOVE
YOU

Our family
wouldn't be the
same without you!