

Family Fun Packet 1

2020 Stay-At-Home

Field to Front Office Solutions...



EAGLE RESEARCH[®]
CORPORATION

1076 State Route 34 | Hurricane, WV 25526
1.877.757.6565 | www.eagleresearchcorp.com

Eagle Research Corporation is carefully monitoring the ongoing Coronavirus (COVID 19) status. The health and well-being of our employees, loved ones and community are of paramount concern. To help with your sanity at home, we have created a Family Fun Packet for our 2020 Stay-At-Home. This packet includes ideas and games to do with your children at home.

You can print this packet, copy from this packet or use this packet to come up with ideas to do with your family.

Game Ideas

- Easter Egg Hunt (If you do not have eggs, use something else)
- To keep kids off electronics try playing games you did when you were kids; Tag, Hide and Seek, Ring around the Rosie, etc
- Board Games - Monopoly, Cards, Puzzles, etc.
- Building with blocks or legos - make this a game and have your kids build a house or animal
- Arts and Crafts - Easter is around the corner so have them make decorations. Egg design/coloring sheet included in this packet

Other Ideas

- Our kids are suppose to be learning in school, why not play school together, maybe let them be the teacher.
- This could be a time for you to teach your child a hidden trait you use to do when you were younger
- If it is a nice day, get outside, you can play games or take a walk
- See how much loose change the kids can find around the house
- You can get them to clean their rooms
- Teach them to cook a family dish
- If you have girls, have a Spa day and paint nails and crazy hair styles
- Movie Night

Adult Ideas

- Start on that house project you have been planning
- Clean out drawers and go through your clothes, getting rid of what you don't wear anymore
- Read a book or catch up on a TV Show

SCAVENGER HUNT 1

Find the below around the house. Time yourself if you would like.

- ☐ _____ Something BLUE
- ☐ _____ Something hard
- ☐ _____ A stuffed animal
- ☐ _____ Something you use to write with
- ☐ _____ Something that makes noise
- ☐ _____ A superhero or a villain
- ☐ _____ Something round
- ☐ _____ Something used for arts and crafts
- ☐ _____ Something that keeps you warm
- ☐ _____ Something you wear on your head
- ☐ _____ Something that bounces
- ☐ _____ Something you use to cook
- ☐ _____ Something you decorate with
- ☐ _____ Something old
- ☐ _____ Something to help block the sun
- ☐ _____ Something that makes you happy

Don't forget to put everything back once you are finished.

Time: _____

BIRD WORD SEARCH

Find the words below in the word search. Time yourself if you would like

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

BLACKBIRD

BLUE JAY

CROW

EAGLE

GOOSE

HAWK

OSTRICH

OWL

PELICAN

PUFFIN

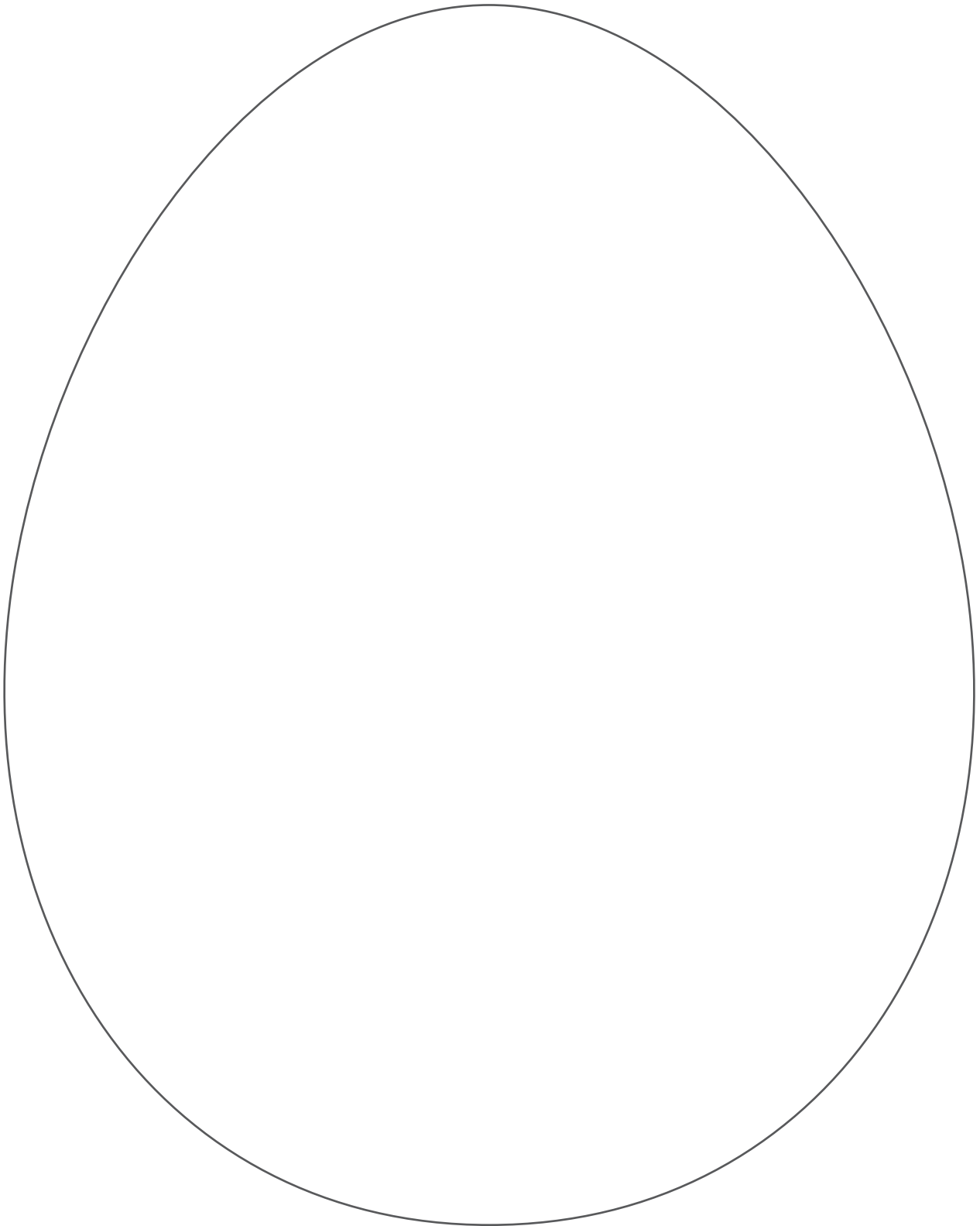
ROBIN

SPARROW

Time: _____

EGG COLORING SHEET

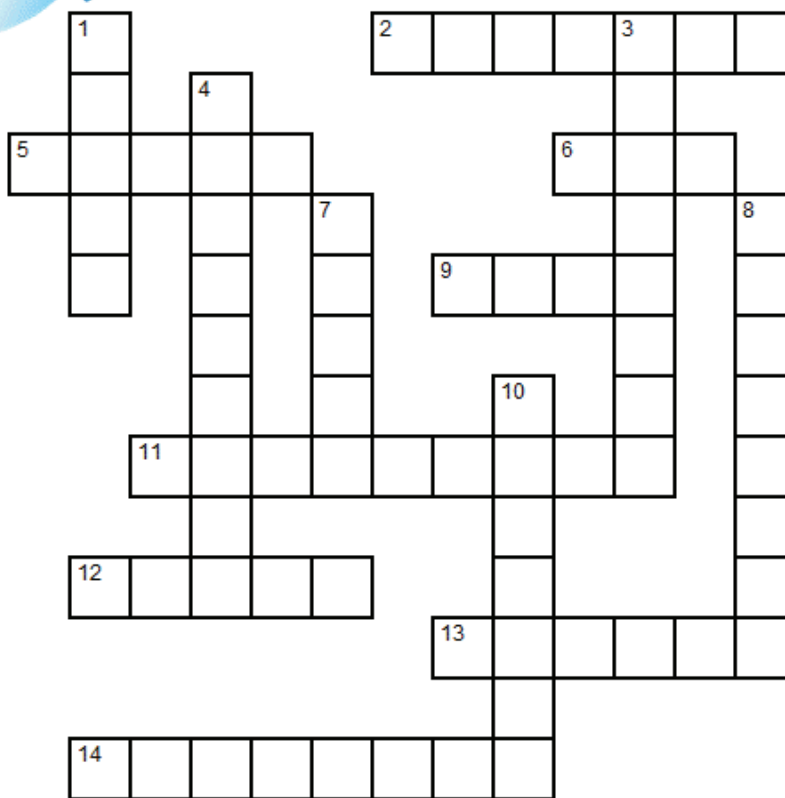
Design your own Egg



CROSSWORD



Ocean Animals



ACROSS

- 2. fat layer that keeps some marine mammals warm
- 5. fish use these to breathe oxygen from the water
- 6. name for a group of whales
- 9. ocean dwellers that lay eggs and have bones
- 11. what a shark has instead of bones
- 12. a shark has several rows of these
- 13. what younger whales are called
- 14. marine animals with soft bodies and no backbones

DOWN

- 1. small creatures that look like shrimp
- 3. how a whale or dolphin breathes
- 4. largest animal in the world
- 7. bioluminescent animals make their own
- 8. clams, oysters and scallops are all...
- 10. ocean dwellers that birth live babies and nurse their young

<https://www.puzzles-to-print.com/crossword-puzzles-for-kids/>

Time: _____

SCAVENGER HUNT 2

Find the below around the house. Time yourself if you would like.

- | | |
|---------------------------------------------|-------------------------------------------------------|
| <input type="checkbox"/> A Hairbrush | <input type="checkbox"/> Gloves |
| <input type="checkbox"/> A Spoon | <input type="checkbox"/> Your Favorite Toy |
| <input type="checkbox"/> A Scarf | <input type="checkbox"/> TV Remote |
| <input type="checkbox"/> A Toy Animal | <input type="checkbox"/> Pair of Sunglasses |
| <input type="checkbox"/> A Pair of Socks | <input type="checkbox"/> A Photo |
| <input type="checkbox"/> A Piece of Paper | <input type="checkbox"/> A Bowl |
| <input type="checkbox"/> Your Favorite Book | <input type="checkbox"/> A Snack |
| <input type="checkbox"/> A DVD/CD | <input type="checkbox"/> A Washcloth |
| <input type="checkbox"/> A Crayon | <input type="checkbox"/> A Pencil |
| <input type="checkbox"/> A Ring | <input type="checkbox"/> A Straw |
| <input type="checkbox"/> A Hat | <input type="checkbox"/> Something Orange |
| <input type="checkbox"/> A Quarter | <input type="checkbox"/> A Flashlight |
| <input type="checkbox"/> A Ball | <input type="checkbox"/> Something that starts with E |
| <input type="checkbox"/> An Old Key | <input type="checkbox"/> Chapstick |
| <input type="checkbox"/> A Rubber band | <input type="checkbox"/> Hand Sanitizer |

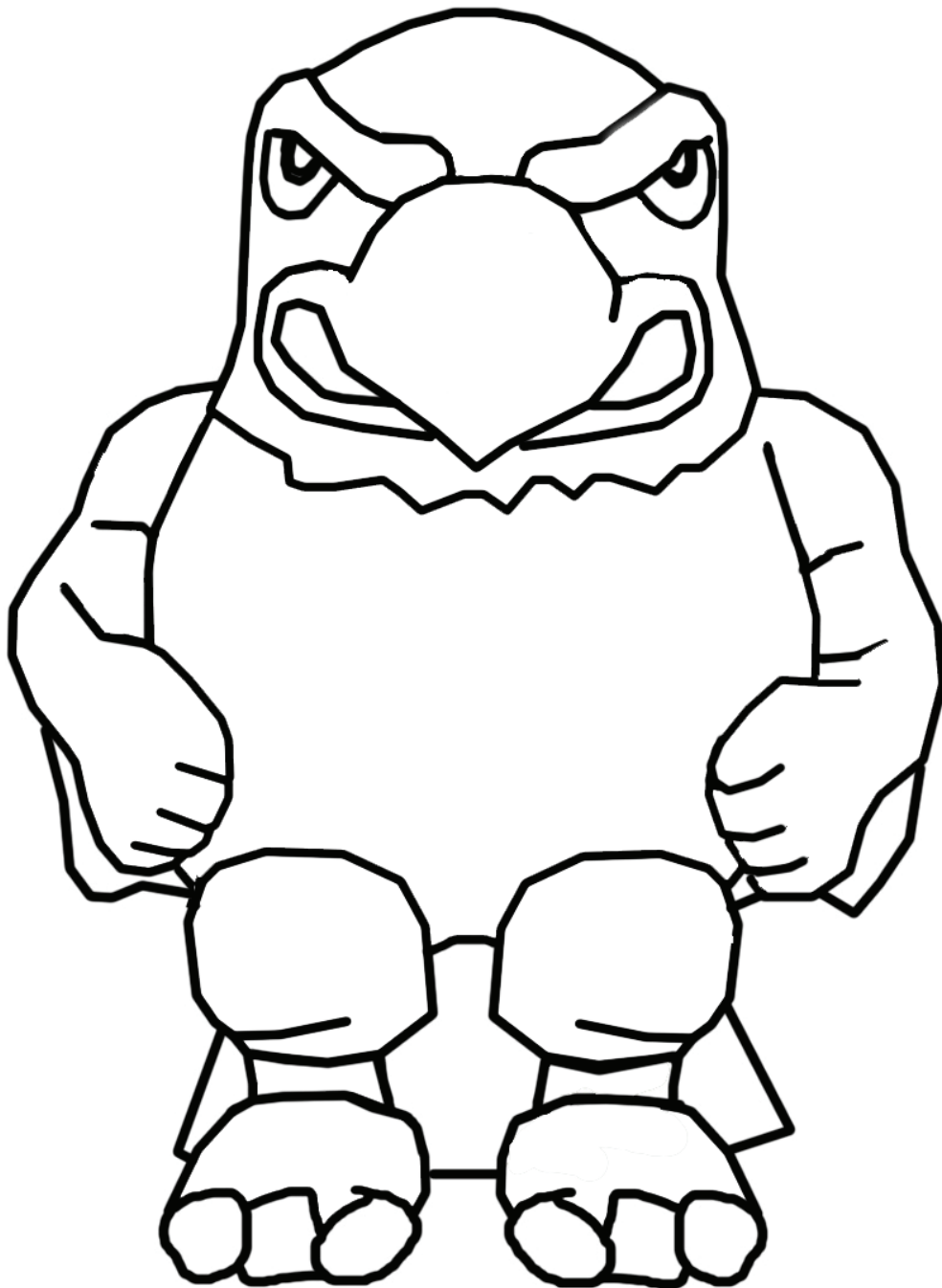
Don't forget to put everything back once you are finished.

Time: _____

EAGLE COLORING SHEET



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Handwashing: Keeping Your Family Healthy

Handwashing is an easy, cheap, and effective way to prevent the spread of germs and keep kids and adults healthy. When your family is healthy, you don't have to worry about missing school, work, or other activities.

Help your child develop handwashing skills

Parents and caretakers play an important role in teaching children to wash their hands. Handwashing can become a lifelong healthy habit if you start teaching it at an early age. Teach kids the [five easy steps for handwashing](#)—wet, lather, scrub, rinse, and dry—and the key times to wash hands, such as after using the bathroom or before eating. You can find ways to make it fun, like making up your own handwashing song or turning it into a game.

Lead by example

Young children learn by imitating the behaviors of adults in their lives. When you make handwashing part of your routine, you're setting an example for your children to follow.



LIFE IS BETTER WITH

**CLEAN
HANDS**



www.cdc.gov/handwashing

This material was developed by CDC. The Life is Better with Clean Hands Campaign is made possible by a partnership between the CDC Foundation, GOJO, and Staples. HHS/CDC does not endorse commercial products, services, or companies.



CS310275-A

Handwashing can prevent

1 in 3
cases of diarrhea



1 in 5
respiratory infections,
such as a cold or the flu



Give frequent reminders

Building handwashing skills takes time. At first, your child will need regular reminders of how and when to wash hands. It is especially important to remind children to wash their hands after using the bathroom, before eating, after touching pets, after playing outside, and after coughing, sneezing, or blowing their nose. But once handwashing becomes a habit and a regular part of your child's day, they will practice it throughout their lives.

What if soap and water aren't available?

Washing hands with soap and water is the best way to get rid of germs. If soap and water are not readily available, use an alcohol-based hand sanitizer that has at least 60% alcohol.

Did you know?

Baby wipes may make your hands look clean, but they're not designed to remove germs from your hands. CDC recommends washing hands with soap and water when possible.



Remember to make handwashing a healthy habit at home, school, and at play!

Five Easy Steps for Handwashing

Wash Your Hands Often to Stay Healthy

You can help yourself and your loved ones stay healthy by washing your hands often, especially during these key times when you are likely to get and spread germs:

- **Before, during, and after** preparing food
- **Before** eating food
- **Before** and **after** caring for someone at home who is sick with vomiting or diarrhea
- **Before** and **after** treating a cut or wound
- **After** using the toilet
- **After** changing diapers or cleaning up a child who has used the toilet
- **After** blowing your nose, coughing, or sneezing
- **After** touching an animal, animal feed, or animal waste
- **After** handling pet food or pet treats
- **After** touching garbage

Follow Five Steps to Wash Your Hands the Right Way

Washing your hands is easy, and it's one of the most effective ways to prevent the spread of germs. Clean hands can stop germs from spreading from one person to another and throughout an entire community—from your home and workplace to childcare facilities and hospitals.

Follow these five steps every time.

- **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
- **Scrub** your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
- **Rinse** your hands well under clean, running water.
- **Dry** your hands using a clean towel or air dry them.



1. Wet hands

← **START**

HAND WASHING STEPS



2. Soap
(20 seconds)



3. Scrub backs
of hands, wrists,
between fingers,
under fingernails.



4. Rinse



6. Turn off
taps with
towel



5. Towel dry