

ACTIVITY PACK





Walkie Talkie

There are different types of love and ways to express it, and children first learn about love within their own family. Familial love differs from your typical Feb. 14 hearts and candy. It's a special type of love — a bond characterized by deep affection, healthy attachment, loyalty and respect.

Family and familial love are highly important influences in a child's life. The family relationships and dynamics formed now will impact them for the rest of their lives, giving them a model for future relationships. In fact, research shows that people from close-knit families go on to enjoy close relationships later in life. Not only that, but family is where children learn their values and important life lessons. The time and love you pour into your kids now affects the adults they become!

DISCUSSION QUESTIONS

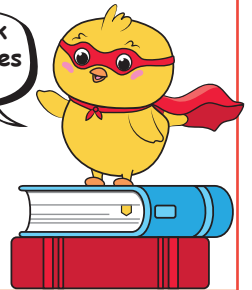
1. How do you show love to others in your family?
2. What words would you use to describe your family?
3. What are some of your family's values?
4. Do you think your family spends a lot of quality time together?



READ TO FEED

Join Hatch and download the Read to Feed® app today!

Earn digital badges and unlock donations to help hungry families with every book you read.



HEIFER.ORG/HATCH



ACTIVITY

Admiration. The first experience we have with love and admiration is with our family! How does your family make you feel loved and valued? Have each person in your family write down one thing you love most about each other.

BONUS! Turn family time into fun time with a scavenger hunt! Hide paper hearts or valentines around your home. The one who finds the most wins a box of chocolates as a prize!

MONTHLY CHALLENGE

Create lasting memories with your family!

Pack a picnic, go to a local park, build a fort and have a movie night ... Make this Valentine's season a memorable one with your kids!

3



The Chocolate Lady

Happy Valentine's Day! We hope you get to enjoy this day with your favorite chocolates. Did you know the average person in the U.S. eats about 10 pounds of chocolate every year? That's a lot of chocolate! But where does it all come from? A special tree called the **cacao tree**, of course!

Cacao trees grow big pods filled with seeds that turn into the chocolate we all know and love to eat! These trees grow in places like Central and South America. In Ecuador, two farmers named Digna and Roberth work hard to grow the cacao pods and sell the chocolate at a local market. But life wasn't always easy for them.

Before they learned about Heifer International, Digna and Roberth had to work really hard every day. They didn't get to spend much time with their daughters, Angie and Lina. Growing the cacao trees was tricky, and they didn't always make enough money to buy things like food, clothes and medicine.

But thanks to Heifer and kind people like you, Digna and Roberth learned how to take better care of their cacao trees and found the best places to sell their chocolate. Now, Angie and Lina's mom is called "The Chocolate Lady" at the **local market**, and the family is able to spend more time together.

By helping people like Digna and Roberth, you're making the world a sweeter place for everyone!

"It's beautiful, because not everyone has that good fortune — they have to go away for work; they have to be separated. But we're together."
— Digna

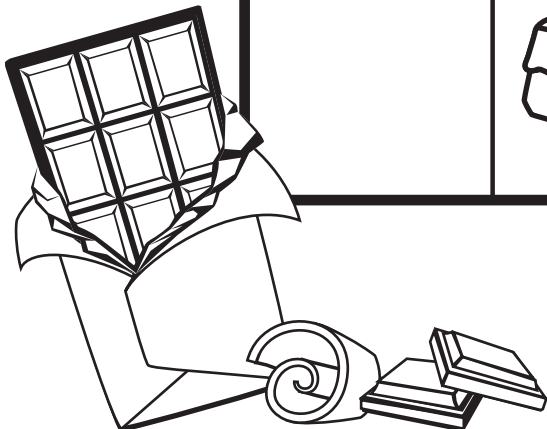
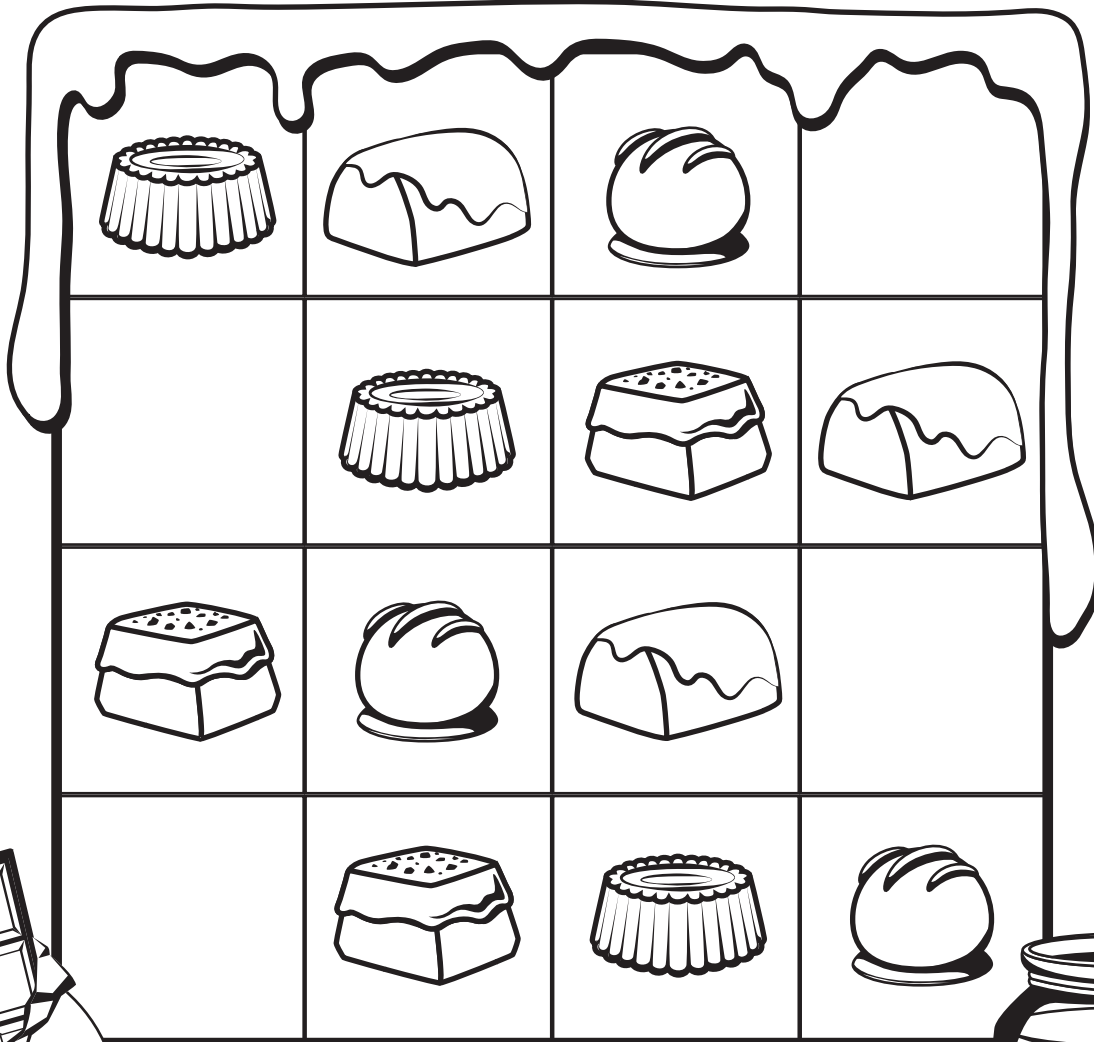
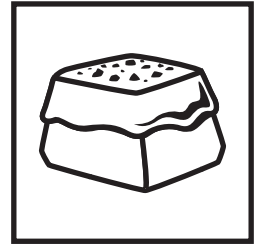
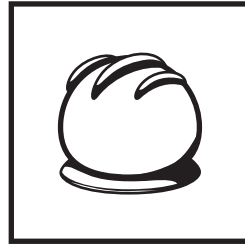
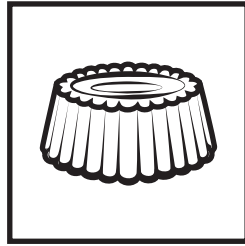
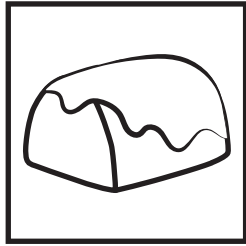
DEFINITIONS

- **Cacao Tree:** A tree that grows seeds, called cacao beans, which are used to make chocolate
- **Local Market:** A local store in your community where people buy and sell items



Chocolate Sudoku

Fill in the blanks using the four pictures below. When you finish, there should only be one of each picture per row and per column.





ECUADOR

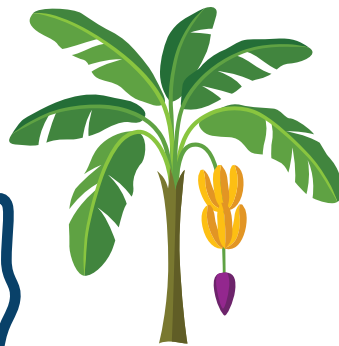
Charles Darwin developed his theory of evolution at the Galapagos Islands.

Heifer's work in Ecuador began in **1948**.

Ecuadorian garbage trucks play music, kind of like ice cream trucks in the United States!



With more than 4,000 orchid species, Ecuador is known as one of the orchid capitals of the world.



Around 300 types of bananas grow in the country.

The equator runs through Ecuador, practically splitting the country in two. The country's official name is "**República del Ecuador**," or the Republic of the Equator.



Ecuador has been in the chocolate business for a long time — research shows more than **5,000 years!** Cacao is a staple of Ecuador, and the country produces the highest quality cacao in the world.



Ecuador is home to the closest point on earth to space. The Earth is not a perfect sphere, and it bulges on the equator — right where Ecuador is! Mount Chimborazo, the country's highest mountain, at its peak is the furthest from the Earth's center. That makes it the closest to the stars! (Mount Everest is still the tallest based on sea level.)








Touchdown Garland

It's almost time for the BIG GAME! Add some team spirit to your home with a football garland.

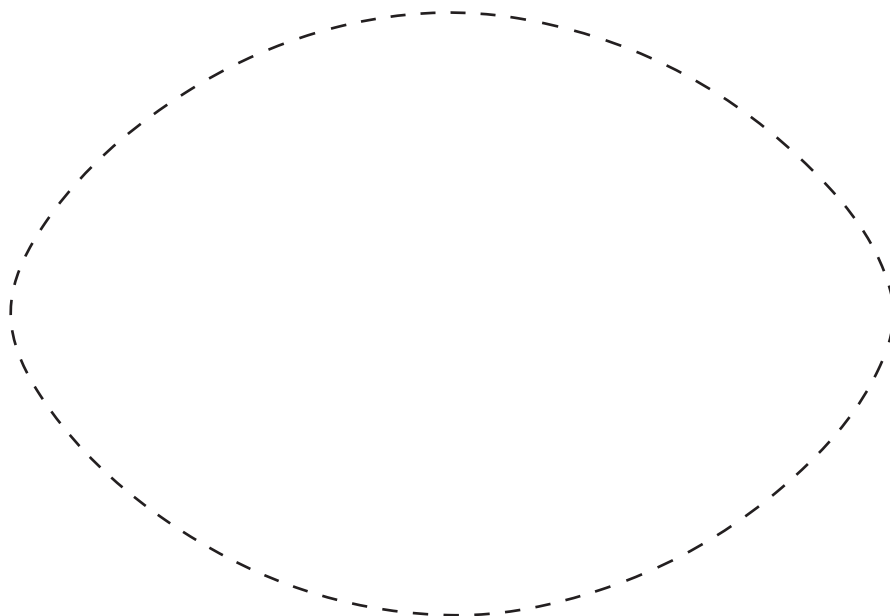
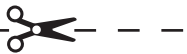


SUPPLIES

-  **Scissors**
-  **Construction paper** or **regular printer paper**
-  **Glue** or **tape**
-  **Twine** or **string**
-  **Markers** or **crayons**

INSTRUCTIONS

- 1** Use the template included to trace footballs onto construction or printer paper.
- 2** Color and decorate your traced footballs with markers or crayons.
- 3** Cut each football out.
- 4** Use glue or tape to place twine or string in between each football, attaching your garland together.
- 5** Hang your garland wherever you'd like.





Big Game BINGO: Card 1

Score some touchdowns in this special game of bingo. Print the two different bingo cards below to play multiple rounds with friends and family.



B		I		N		G		O	
10	A Team Huddles	A Fan Eats a Snack	Blocked Punt/Kick	Confetti Falls from the Sky	Fumble	10			
20						20			
30	Punt	Cheerleaders Dancing	Touchdown	Players Dump the Cooler on the Coach	Coin Toss	30			
40						40			
50	Trick Play	2-Point Conversion	 FREE SPACE	Halftime Show	Timeout	50			
40						40			
30	First Down	Funny Commercial	Interception	Quarterback Sack	Field Goal	30			
20						20			
10	Singing of The Star-Spangled Banner	Flag on the Play	A Fan with a Painted Face	Touchdown Dance	Overtime	10			
	O	G	N	I	B				



Big Game BINGO: Card 2

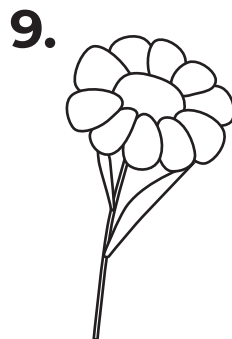
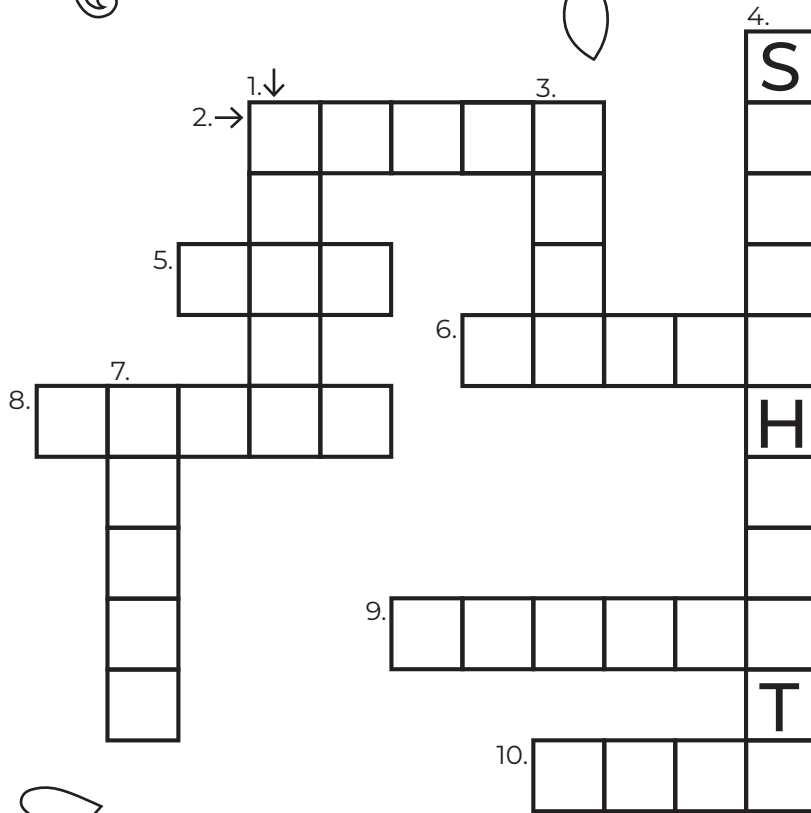
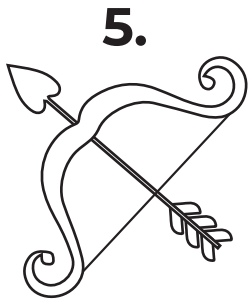
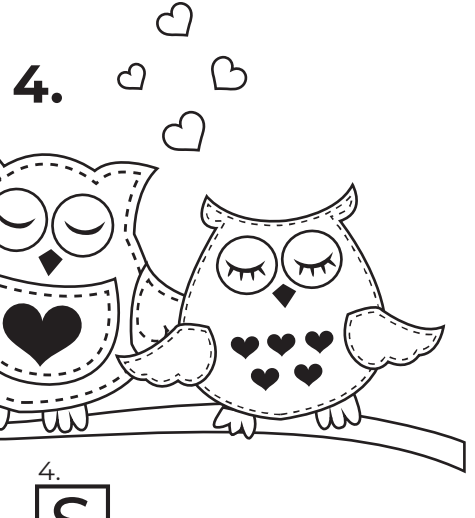
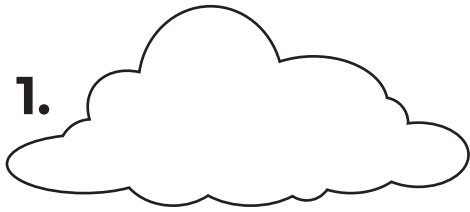


	B	I	N	G	O
10	A Fan Eats a Snack	Touchdown	Funny Commercial	Cheerleaders Dancing	Flag on the Play
20					
30	Fumble	Blocked Punt/Kick	Interception	2-Point Conversion	Trick Play
40					
50	Field Goal	Players Dump the Cooler on the Coach	 FREE SPACE	A Fan with a Painted Face	First Down
60					
70	Timeout	Touchdown Dance	Coin Toss	A Team Huddles	Punt
80					
90	Overtime	Confetti Falls from the Sky	Quarterback Sack	Singing of The Star-Spangled Banner	Halftime Show
	O	G	N	I	B



Valentine Crossword: Crush Version

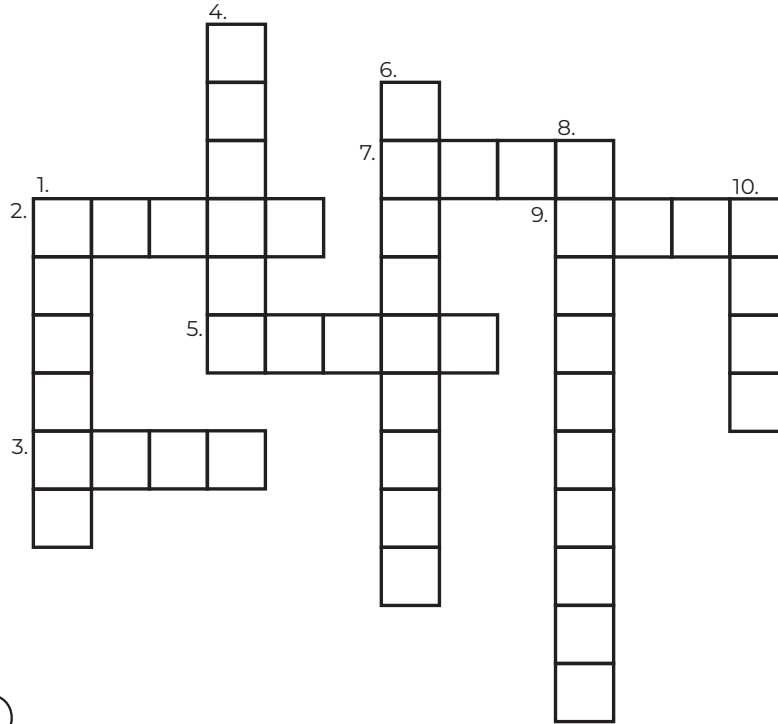
Love is in the air! Can you solve the crossword below?





Valentine Crossword: Love Version

Love is in the air! Can you solve the crossword below?

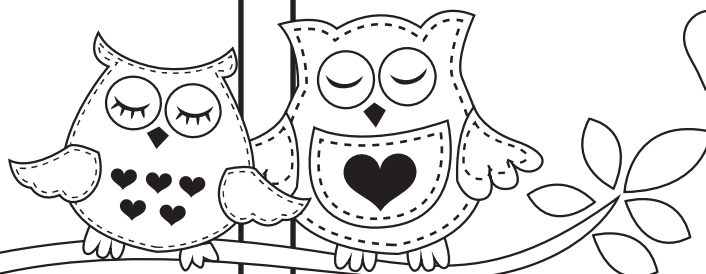


ACROSS

2. A feeling you have when you really like someone in a special way
3. An action or a feeling that you show when you're being kind to your loved ones, sharing happy moments with others or giving hugs
5. A feeling of being so happy and excited or even starstruck that you nearly faint
7. When you wrap your arms around someone and give them a big squeeze
9. An action when you close one eye and open it again quickly, usually to be silly or friendly

DOWN

1. When you hold someone you love close to snuggle in a warm and gentle way
4. When you press your lips onto someone's cheek or lips to show love and affection
6. A sweet treat that couples usually give to one another for Valentine's Day
8. Someone who makes you feel happy and special, who is equally sweet and loving
10. A big part of showing love by being caring and nice to others





Chocolate Quiz & Jokes

Time for some SWEET questions. Put your chocolate knowledge to the test.

1. Cacao trees grow in _____ regions of the world.

- A. tropical
- B. cold
- C. all

2. Chocolate was first created in the form of a:

- A. drink
- B. bar
- C. chip

3. Farmers typically have to wait _____ for cacao pods.

- A. 5 days
- B. 5 months
- C. 5 years

4. Chocolate is made from:

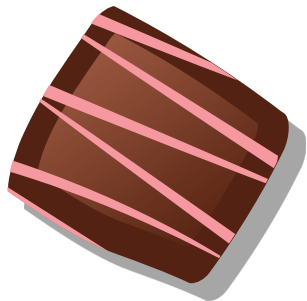
- A. flowers
- B. fruits
- C. beans

5. The chocolate source grows on:

- A. bushes
- B. vines
- C. trees

6. It takes _____ beans to make one pound of chocolate.

- A. 100
- B. 400
- C. 600



Q: What do you call a sheep covered in chocolate?

A: A candy bar

Q: How does a cow confess his love?

A: With udder charm

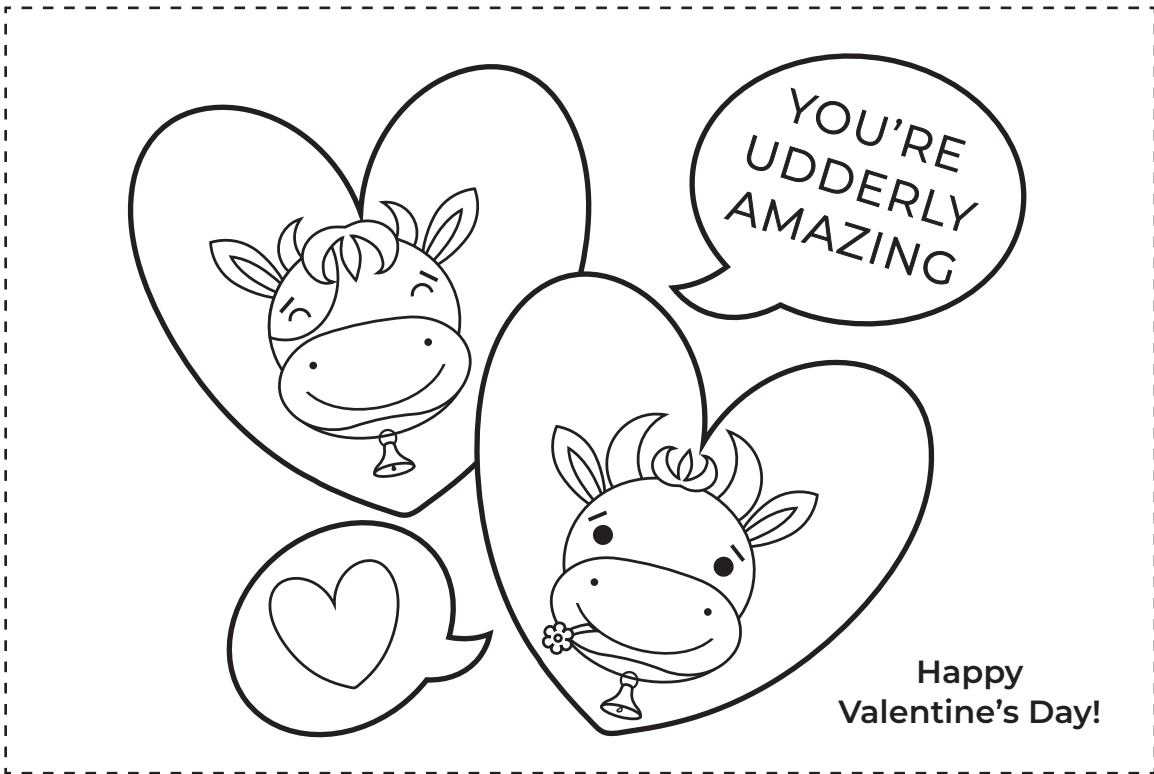
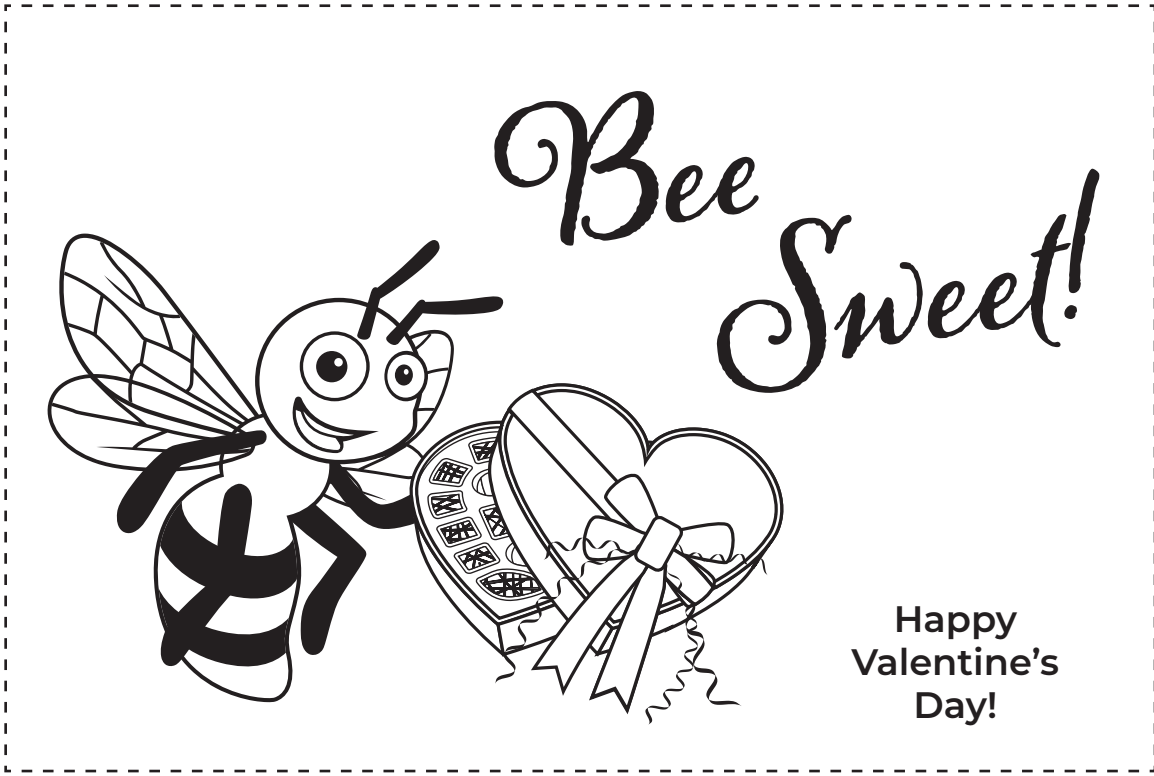
Q: What did the pig say to his Valentine?

A: Hogs and kisses!



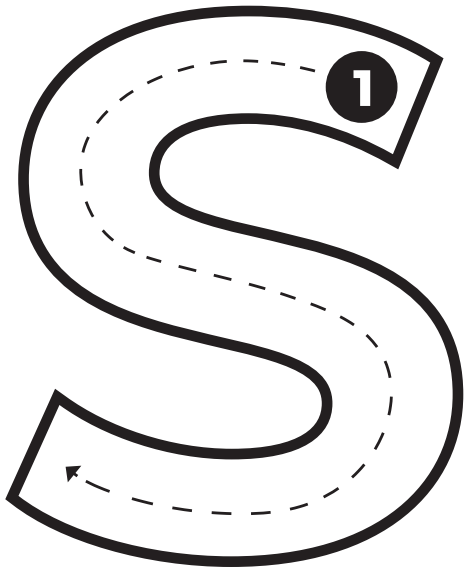
Valentine's Day Cards

In honor of Valentine's Day, share some valentines with your friends and family. Add a note about what you appreciate about the person receiving the card.

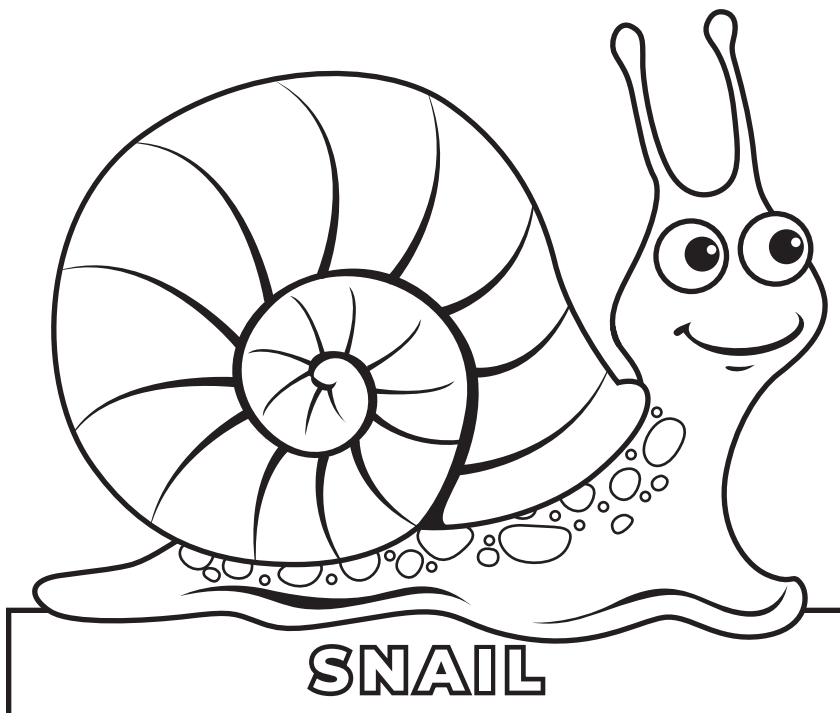
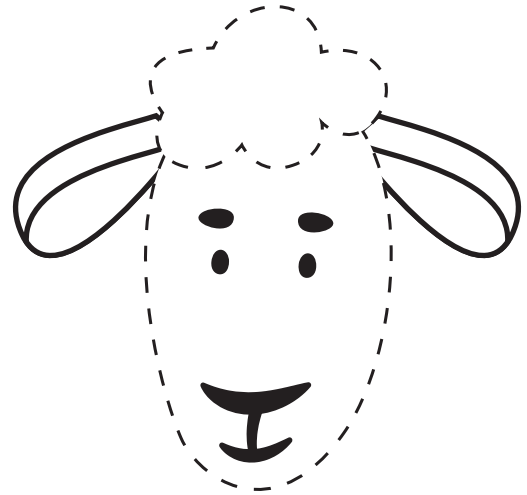


The Letter S

Let's celebrate sheep and put your skills to the test by tracing, coloring and writing the letter S below.



SHEEP



—
- - -
— mart

—
- - -
— limy

—
- - -
— pace

—
- - -
— pecial

Sheep-tacular Finger Puppets

Prepare to create the *baa*-st finger puppets ever. Bring your imagination to life — right at your fingertips!



SUPPLIES



Scissors



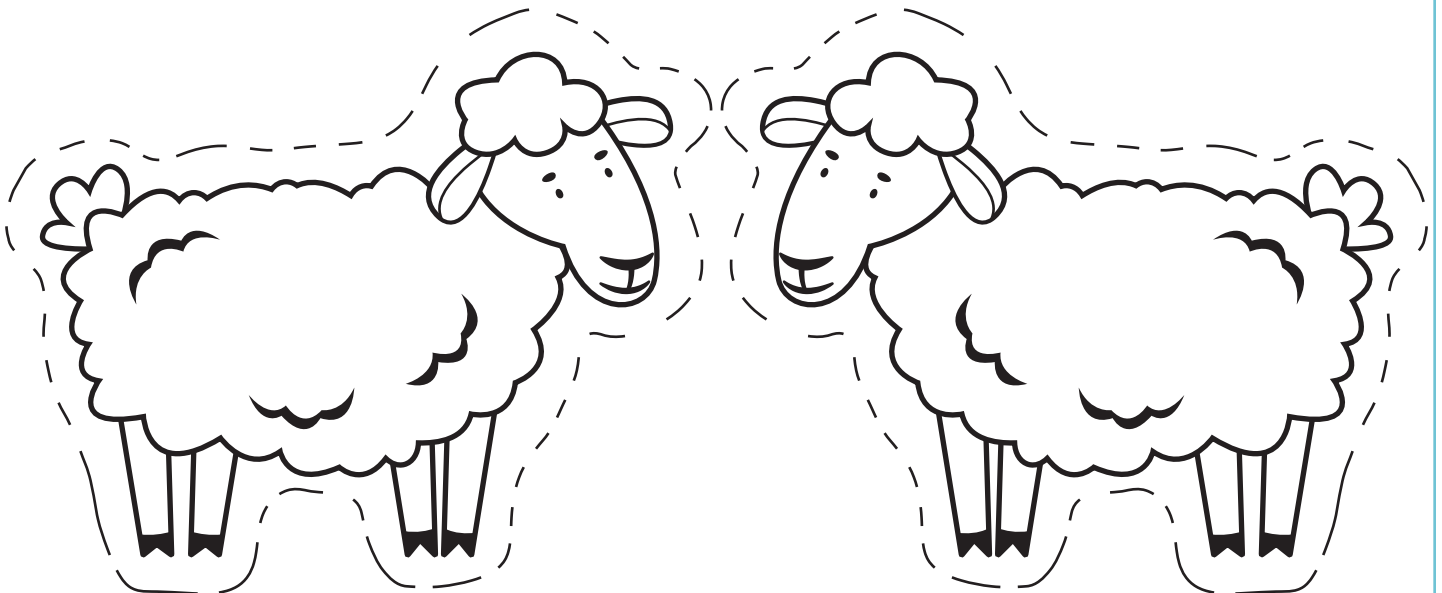
Markers or crayons



Glue or tape

INSTRUCTIONS

- 1 Begin by coloring the sheep any way you like using your favorite coloring tools.
- 2 Ask an adult or parent to help you cut out the sheep.
- 3 Attach the edges of the sheep using glue or tape, leaving a small opening at the bottom of the sheep for your finger.



Shine Bright Crystal Experiment

Sparkle and shine with this crystal craft. Make beautiful crystals (of all shapes and sizes) to keep for yourself or give as a gift.

SUPPLIES

- Glass jars or vases
- Borax
- Pipe cleaners
- String
- Popsicle sticks

INSTRUCTIONS



- 1 Form your pipe cleaners into the shapes you would like (heart, circle, triangle, etc.).
- 2 Wrap and tie the string around the popsicle stick and attach each shape to one.
- 3 With an adult or parent's assistance, prepare your borax mixture by combining three tablespoons of borax powder per one cup of boiling water.
- 4 Pour equal amounts of the mixture into your jars.
- 5 Place each shape into a jar and let the popsicle stick balance across the top of each jar.
- 6 Allow the shapes to sit for 24 hours and watch your crystals change and grow.



Writing Prompts

February is FULL of many different holidays and special occasions. Celebrate this time of year with some clever writing prompts inspired by the month!



GROUNDHOG DAY - FEBRUARY 2

Gertrude the groundhog just woke from a deep slumber, ready to start her day. What does a normal day for Gertrude look like? What does she like to do? Does she have a family? What does she look like? Let your creativity flow and tell her story!



RANDOM ACTS OF KINDNESS DAY - FEBRUARY 17

Being kind is essential, especially when you show it in yourself. How do you hope to show acts of kindness not just today but all year long?



NATIONAL PANCAKE DAY - FEBRUARY 28

Time to experience the JOY of pancakes. To celebrate this special day, write a pancake recipe. Include the ingredients, preparation and cooking method you would use to create your very own fluffy stack!



Share the Love Recipes

Share the love on Valentine's Day with some tasty treats.



CHOCOLATE DIPPED STRAWBERRIES

INGREDIENTS

- **20 strawberries with stems** (washed and dried very well)
- **6 ounces semisweet chocolate** or **dark chocolate**
- **3 ounces white chocolate**

INSTRUCTIONS

- 1** Place chocolates in separate heatproof medium bowls.
- 2** Fill 2 medium saucepans with 1–2 inches of water and simmer over medium heat.
- 3** Turn off heat, set bowls of chocolate over each saucepan and stir chocolate until smooth.
- 4** Hold strawberry by stem, dip into semisweet chocolate; lift and gently twist to remove excess chocolate.
- 5** Set on a parchment paper-lined baking sheet. Repeat with remaining strawberries.
- 6** Using a fork or spoon, dip into white chocolate and drizzle over dipped strawberries. Set aside until chocolate sets.



PIZZA HEARTS

INGREDIENTS

- **1 can biscuits**
- **1 jar pizza sauce**
- **Toppings of choice** (cheese, pepperoni, sausage, green peppers, etc.)

INSTRUCTIONS

- 1** Preheat oven to 350 degrees.
- 2** Open biscuits, stretch each one into a heart shape and place on cookie sheet.
- 3** Pinch the edge of the dough to create a border and spoon on the sauce.
- 4** Add toppings of choice.
- 5** Bake for 12–15 minutes.



HONEY CUPCAKES WITH HONEY BUTTERCREAM FROSTING

CUPCAKE INGREDIENTS

- **1/2 cup whole milk***
- **1/2 cup vegetable oil**
- **1/4 cup honey**
- **2 eggs***
- **1 teaspoon vanilla**
- **3/4 cup sugar**
- **1 3/4 cups flour**
- **1 teaspoon baking powder**

*Let sit at room temperature

INSTRUCTIONS

- 1** Preheat oven to 350 degrees and line 12 cupcake tins with paper liners.
 - 2** In large bowl, whisk milk, oil, honey, eggs and vanilla.
 - 3** Slowly add flour, sugar and baking powder; gently mix.
 - 4** Fill cupcake liners 2/3 of the way full.
- TIP:** Create heart-shaped cupcakes by adding beans (behind liner) to one side of each cupcake.

- 5** Bake for 15 minutes or until toothpick inserted comes out clean. Cool on wire rack.
- 6** Frost and decorate as desired. Can add red sugar sprinkles, candy hearts, etc.

FROSTING INGREDIENTS

- **1/2 cup butter** (softened)*
- **1/4 cup honey**
- **2 1/2 cups powdered sugar**
- **1 teaspoon vanilla**

INSTRUCTIONS

- 1** In large bowl, beat butter and honey until well combined.
- 2** Slowly add powdered sugar and vanilla.
- 3** Beat until light and fluffy.

OPTIONAL Transfer into piping bag.

17

Badge & Answers

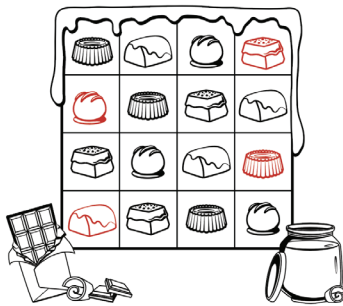
CONGRATULATIONS! You've completed this month's Family Fun Pack. Print a badge for everyone in your family, and let each person color theirs. You can print multiple copies as needed.



Answers

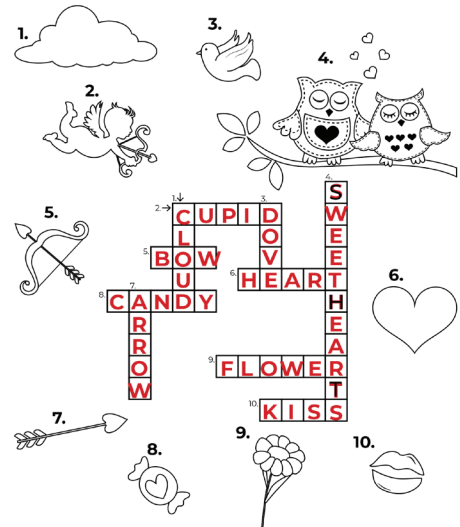
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Chocolate Sudoku



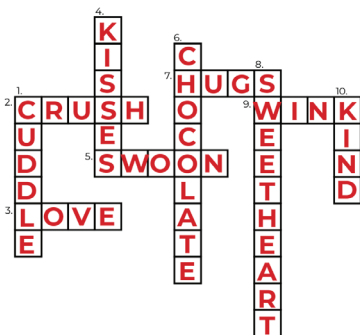
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Valentine Crossword: Crush Version



9

Valentine Crossword: Love Version



10

Chocolate Quiz

1. **A** | 2. **A** | 3. **C** | 4. **C** | 5. **C** | 6. **B**