**Not My Hands Challenge & Family Puzzle**

**Description**: Spending time together as a family is a great way to make nice memories and form stronger relationships with the ones we love most. Families should be prepared to have fun, communicate, and trust their teammates during this messy activity!

**Time**: 30 minutes

**Materials:**

* Paper bowls
* Microwave popcorn, popped
* Bandanas
* Paper towels
* Blank puzzle
* Crayons and markers

**Directions:**

1. Pair up in teams. If you have an uneven amount of family members, one person can be a timekeeper.
2. Arrange the paper bowls in a line along a counter or table. Use one bowl per team. Add 1 cup of popped popcorn to each bowl.
3. Decide which team member will be the “feeder”. This person will blindfold their partner with a bandana and feed them popcorn, standing behind them.
4. Once everyone is ready, start the challenge by saying “3, 2, 1, GO!” and feeders must feed their blindfolded partner popcorn. *Blindfolded partners must not use their own hands during the activity!*
	1. Make sure to communicate with each other during the challenge.
5. The team to finish the entire bowl first wins the challenge!
6. Take some time to reflect on the activity.
	1. What were some of the challenges your family encountered?
	2. What was your favorite part of the activity?
	3. How did you help your team member to eat all of the popcorn?
7. Next, grab the blank puzzle provided and on each of the 12 pieces, write one word or sentence about your family. Each family member can design their piece however they want!
8. As you are creating the puzzle, talk amongst yourselves and answer the following questions:
	1. My family is (blank)
	2. What does our family love to do together?
	3. We are at our best when (blank).
	4. As a family, how can we better help one another?
	5. How many people are in your family? Who are they?
	6. Do you have any pets? If yes, what are their names?
	7. What is your favorite thing about your family? (spending time together, bonding, mealtime)
9. Put the puzzle together as a family and take a picture!