

Ice Cream and Nature Scavenger Hunt Family Activity

Make ice cream and explore a park or trail as a family

Each kit makes two batches of ice cream

What you will need:

This family fun kit (each kit makes two ice cream bags/recipes, 4 to 6 servings)

1/2 tsp vanilla

Measuring cups

Ice (10 lbs is enough for 3 bags of ice cream)

Newspaper or old towel

Plastic grocery store bag

Tape (packing tape or duct tape preferred)

Bottle of water if making the ice cream away from a water source (for rinsing)

Spoons and bowls

Recipe:

3/4 cup whole milk (flavored whole milk works too and is a fun flavor variety)

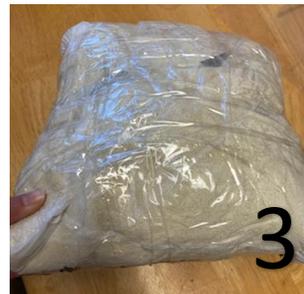
1 cup heavy whipping cream

1/2 cup sugar

1/2 tsp vanilla

1. Stir milk, whipping cream, sugar, and vanilla together until sugar is dissolved. Pour mixture into bag 1. Remove all air possible and seal the bag. Put bag 1, that has the mix, inside the bag 2, remove air, and seal.
2. Fill bag 3 about a third of the way with ice. Sprinkle half of one bag of rock salt on the ice (1/4 cup). Place bag 2, with mix, in the middle of the ice and fill ice around and over the top of bag 2. Bag 2 should be surrounded fully by ice within bag 3. Sprinkle the rest of the rock salt (1/4 cup) on the mixture, remove all air, and seal bag 3. Put bag 3 into bag 4, remove air, and seal.
3. Wrap bag 4 with an old towel or newspaper and put into a grocery store bag. Place tape around the entire bag – the bag will have 15 minutes of activity, so tape well.
4. Toss or kick the bag for 15 minutes to freeze and mix the ice cream. Check the ice cream to make sure it is ready. Rinse off the small bags of ice cream before opening to avoid having salty ice cream.

Enjoy the ice cream together while chatting. Each bag makes 2 to 3 servings. You might talk about the science of the liquid turning into a solid and the ice temperature changing due to the salt. Additional questions to help discussion might include: What is exciting in your life? Who makes you laugh? What are 3 things you are grateful for? What is something new you'd like to try? What is an accomplishment you're proud of?



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Park or Trail Nature Scavenger Hunt

Instructions:

- 1) Write a word or draw a picture in each square (examples include: pine cone, trash, stick, bench, ant hill, ant, leaf, dandelion, something plastic, something wood, something blue, spiderweb, good place to hide, water, rock, flower, butterfly, worm, lady bug, bird, tree stump, nest)
- 2) Visit a park or hike a trail as a family and see how many you can find

*Variation: If you want to add in activities, you can list in each square what activity you will do when you find each item (ex: 5 jumping jacks when you find a pine cone). Ideas include jumping jacks, lunges, run in place, twirl, dance, relax, etc.

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