



Enjoy this back-to-school toolkit filled  
with activities, tips, and tricks to get the  
kiddos ready to hit the books!



DREAM DINNERS.<sup>®</sup>  
THE ORIGINAL MEAL KIT COMPANY™

# GOODBYE SUMMER

BACK TO SCHOOL

## First-Day-of-School Waffle Bar

Whether made from scratch or frozen, a waffle bar is a perfect way to send them off to school with a full stomach. Show them that you love them a waffle lot!

1

Grab a Waffle

2

Choose a Spread

3

Add Some Fruit

4

Pile on the Toppings!

### Spread the Love

Chocolate Hazelnut  
Peanut Butter  
Butter  
Honey  
Caramel

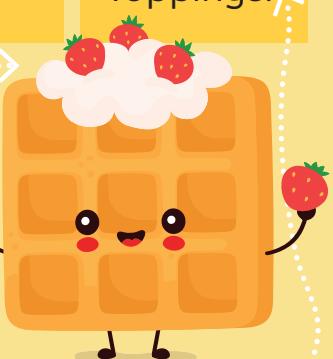


### Make It Sweet!

Bananas  
Blackberries  
Strawberries  
Raspberries  
Pineapple

Top It Off!

Crumbled Bacon  
Whipped Cream  
Chocolate Chips  
Granola  
Toasted Coconut  
Syrup  
Nuts  
Sprinkles!



## Show-N-Tell

### Your Tasty Combinations!

#### Monkey Around

Peanut butter,  
bananas,  
pineapple,  
whipped cream,  
and toasted  
coconut.

#### Berry Explosion

Butter, honey,  
blackberries,  
raspberries, and  
strawberries.

#### A+ Chocolate

Chocolate  
hazelnut spread,  
bananas,  
crumbled bacon,  
chocolate chips,  
whipped cream,  
and sprinkles.

#### Crunchin' Munchin'

Butter, granola,  
nuts, syrup,  
whipped cream,  
and toasted  
coconut.



## Bye Bye, Butterfly!

Fun phrases to send your kiddos off to school. Write these on a chalkboard, bathroom mirror, or breakfast napkin.

See you later, alligator.



Chop,  
chop,  
lollipop.



Gotta go,  
buffalo.

Out the door, dinosaur.

See you soon,  
baboon.



Gotta scat,  
kitty cat.

Hit

the  
trail,

tiny  
snail.

Better swish,  
jellyfish.



Toodle loo,  
kangaroo.

Give a  
hug,  
ladybug.



Blow a  
kiss,  
goldfish.



# READY 4 ANYTHING



## Capture the Moment

Create a time capsule on the first day of school to be sealed and opened on the last day of the school year.

- What you need:**
- Mason jar or shoebox
  - String
  - First-day photo
  - Drawn self-portrait
  - Q & A printable
  - Sidewalk chalk, bubbles, or water balloons

### How to make it:

- 1 Decorate the outside of the jar or shoebox and label it with "Time Capsule."
- 2 Complete the Q&A.
- 3 Measure the height of your child with string and place in capsule.
- 4 Have them color or paint a self-portrait.
- 5 Place all items in the capsule and store it on a shelf or in a closet for the year.
- 6 Include a fun summer activity to open at the end of the year, like sidewalk chalk, bubbles, or water balloons.
- 7 Open the box on the last day of school to see the changes!

What do you say to comfort a grammar teacher? They're, There, Their!



## First Day of School Q&A!

This is how I print my name \_\_\_\_\_.

Today, I am \_\_\_\_\_ years old.

I am in grade \_\_\_\_\_.

My teacher is \_\_\_\_\_.

My favorite song is \_\_\_\_\_.

My favorite movie is \_\_\_\_\_.

My favorite food is \_\_\_\_\_.

My favorite TV show is \_\_\_\_\_.

My favorite game is \_\_\_\_\_.

My favorite book is \_\_\_\_\_.

My favorite color is \_\_\_\_\_.

My favorite subject in school is \_\_\_\_\_.

My best friend is \_\_\_\_\_.

I want to be \_\_\_\_\_ when I grow up!

I'm excited this year for \_\_\_\_\_.

Three goals I have for this school year:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

My favorite summer memory is:

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# TASTE TEST

## We All Scream for Ice Cream

Squeeze in a summer treat before heading back to school with homemade ice cream! Or pull together this easy recipe for a frozen, after-school treat.

### No-Churn Vanilla Ice Cream

1 can sweetened condensed milk (14 ounces)

2 teaspoons pure vanilla extract

Pinch of salt

2 cups of heavy cream

Whisk together condensed milk, vanilla, and salt; set aside.

Whip the cold cream with a mixer on medium-high speed until peaks form. Gently fold about one cup of whipped cream at a time into the condensed milk mixture with a spatula. Line a 9x5 metal loaf pan with wax paper. Pour mixture into pan, cover, and freeze. After about 2 hours, the mixture will be soft and creamy to swirl in any desired add-ons.

Go for Extra Credit! Swirl in added Flavors like crushed cookies, favorite candy, crunchy cereal, caramel sauce, or brownie bites! MMMMM!



### Play with Your Food

For an after-school snack, create funny faces out of food. Using a tortilla as a base, spread with either peanut butter or cream cheese. Add fruit slices, raisins, nuts, or chopped vegetables to make an edible portrait.

Who is the king of the classroom?  
The ruler.

Ha Ha!

### Mark Your Calendars

with this year's dates

**Aug** - Book Lovers Day

**Aug** - Tell a Joke Day



What do you get when a cow laughs?  
A milkshake!

**Aug** - Dog Day

**Sept** - Cheese Pizza Day

Want to hear a joke about a pizza? Never mind, it's too cheesy!

**Sept** - Teddy Bear Day

**Sept** - Make Your Bed Day

**Sept** - Grandparent's Day

**Sept** - Play-Doh Day

**Sept** - Talk Like a Pirate Day

What is a pirate's favorite subject? AAARRRT

**Sept** - Daughter's Day

**Sept** - Chewing Gum Day



What do you call a bear with no teeth?  
A gummy bear.

# PROBLEM SOLVED



What do you call bears with no ears? **B**

## After-School Boredom-Busters

### Shadow Drawings

While the sun is still shining, prop up an easel outdoors to trace the shadow of an item or a friend's profile. First, pick a subject to draw—a favorite toy, something with an interesting shape, or even a good friend. Make sure the subject is in the sun and casts a shadow onto the paper to trace.



### Balloon Tennis

If the weather isn't great, this is the perfect indoor game. Pick up a few extra fly swatters from the grocery store and a bag of balloons. Using the swatter, don't let the balloon touch the ground. The game can be played with a friend or solo.



### Nature Art

Paint objects from nature. Have your children find objects in different shapes and sizes to paint and decorate with glitter—pinecones, rocks, leaves, paint will highlight the different textures and patterns for a colorful effect!

## Word Search!

Look forward, backward, and at an angle!

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

|            |          |          |            |
|------------|----------|----------|------------|
| Pencils    | Math     | Grades   | Books      |
| Ruler      | Alphabet | Library  | Lunch      |
| Calculator | Backpack | Art      | Principal  |
| Teacher    | Crayons  | Recess   | Bus        |
| Apple      | Desk     | Homework | Quiz       |
| Classroom  | Friends  | Scissors | Blackboard |

## Fresh, Summer Scents

Capture the sweet essence of summer in lemon, orange, or cherry with scented play-doh.

### What you need:

- 1 T. cream of tartar
- 1 cup flour
- 1/4 cup salt
- 2 T. vegetable oil
- 1 cup water
- 1 package flavored Jell-O

### How to make:

Place all the ingredients in a medium pot and whisk until blended. Place on medium heat and cook for 5-7 minutes, stirring constantly. When the liquid is absorbed and the dough forms a ball, transfer to waxed paper. Allow to cool until warm to the touch. Knead until smooth. Store in an airtight container.



# A CLASS ACT

Why is the  
math book so  
unhappy?  
It's full of  
problems



## Lunch Box Notecards

Add a sweet note to your little's lunchbox to brighten their day!



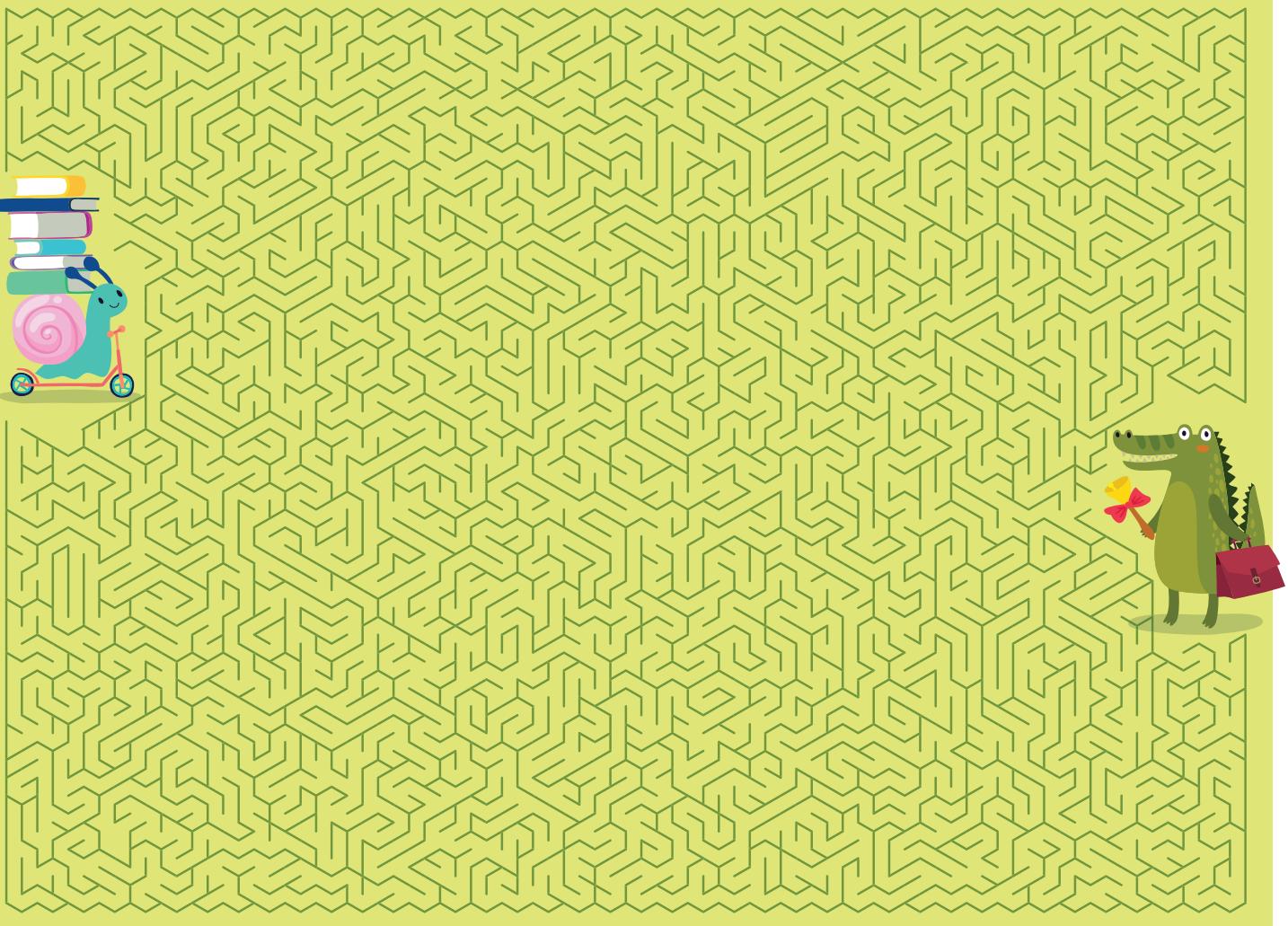
# GO TO RECESS

Why did the student eat his homework?  
Because the teacher said, it was a piece of cake!



## A-Mazing!

The bell is ringing, THE BELL IS RINGING! Get this silly snail to school PRONTO!



## Chase Away the Clouds

Perfect game for a rainy day inside. Get ready, set, and blow the clouds away!

### What you need:

Cotton balls  
(4 balls per player)

Paper straws  
(1 per player)

Washi or colorful tape

Primary color markers  
(1 per player)

### Set up the game:

Each player selects a single marker color and colors a dot on four cotton balls so they know which balls are theirs. Create a finish line with a long strip of tape at the end of a countertop or table. Next, create a starting line a few feet away from the finish line and mark with another strip of tape.

### How to play:

Each player takes a straw and lines their cotton balls up at the starting line. The object of the game is to be the player to get all four of their cotton balls over the finish line first, using only the wind from blowing through the straw. No hands! If a ball falls off the table, they need to begin again from the starting line.