

## GiGi's Playhouse- Fantastic Friends

### **Meal or Snack**

Participants prepare and eat a healthy meal or snack. Wash hands, sit together in chairs, help set-up & prepare, encourage independence, clean-up.

### Vanilla Chia Pudding

#### Ingredients

- 8 tablespoons chia seeds
- 2 cup coconut milk
- 1/4 teaspoon vanilla extract, or to taste
- a pinch of sea salt \*optional
- 1 tablespoon honey
- Favorite nuts, fruits, seeds

#### Preparation

- In a bowl, combine the chia seeds, coconut milk, vanilla extract and sea salt if desired
- Give it a good stir until well blended
- Refrigerate for at least one hour
- Once you're ready to eat, stir in the honey (Use less honey if you don't prefer sweet things)
- Top with your favorite fruits, nuts, or seeds.

Discussion during this time should be focused and engaging.

What were some Best of All moments from today

What activities could we plan for in the future? What does each person enjoy doing?

Give examples if needed!

Participants should clean up the area after themselves.

## Craft



Grab a canvas and paint! Be creative!!

## Play a Game: Focus on good sportsmanship

- Jenga
- Uno
- Connect Four
- Old Maid