



# Fall Family CARE PACKAGE

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To help your family relax, rejuvenate, and  
spend time together



You can also find us online: [alaskachildrenstrust.org/carepackage](https://alaskachildrenstrust.org/carepackage)



# Dear Parents,

In a year that has asked so much of parents and children alike, we at Alaska Children's Trust wanted to offer something for you and your family to use to relax, rejuvenate, and bond together. Many of us at ACT are parents ourselves, and we know how hard the beginning of the school year can be for families. As your family settles into new routines and healthy habits during this transitory time, reserve some time for play-some time to look around, take a few photos, and enjoy quality time spent with your kids.

This family care package is designed to mirror the exciting changes happening in your family- just as your child transitions to a new grade, Alaska transitions to a new season. Fall colors paint the tundra in reds and oranges, yellow leaves fill the trees, and berries of all sorts dot the landscape. Find fun fall things to do with your children, recipes to enjoy together, and suggestions of movies to watch, books to read, and even a playlist!

Caring for one another is one of the grounding values here at Alaska Children's Trust. Caring is one important way that we can build relationships within our families, strengthen parents, and create resilience in Alaska children.

We hope you enjoy this small gift!



In this back to school family care package you will find:

**Recipes** for bonding

**Art & culture** for quality time together

**Words** for inspiration and learning

**Activities** to foster connection

This collection is made up of contributions from Alaska Children's Trust. We especially want to thank the incredible supporters, partners, and artists whose words, recipes, and care we are honored to share within these pages.

With love and care,

*Alaska Children's Trust Team*

P.S. The plant drawings in this booklet were chosen with intention. Just like Alaska's children, they too are going through transition.

## *Fireweed*

symbolizes growth, change, and innovation. Many Alaskans look at fireweed as a 'clock'- as summer ticks on, the flower blooms higher and higher up its stalk. By fall, the stalk turns a brilliant red and the flower turn to wispy tendrils that float away in the breeze.



# Back to School Jams



Scan to listen!

Happy **by Pharrell Williams**

You're Welcome **by Disney's Moana**

Un Poco Loco **by Disney's Coco**

Somewhere Over the Rainbow **by Israel "IZ" Kamakawiwo'ole**

Don't Stop Believin' **by Journey**

Can't Stop the Feeling! **by Dreamwork's Trolls**

Don't You Worry 'Bout A Thing **by SING the movie**

Kill Em With Kindness **by Selena Gomez**

Boom Boom Pow **by Black Eyed Peas**

I'm Still Standing **by SING the movie**

Prince Ali **by Disney's Aladdin**

I Gotta Feeling **by Black Eyed Peas**

Born This Way **by Lady Gaga**

Magic **by B.o.B (Bobby Ray)**

Music has a way of centering me when I'm looking to refocus or relax. Putting on a certain song or album can change my mindset, whether it's to tune out to run that race, finish that project, or complete that chore I've been avoiding!

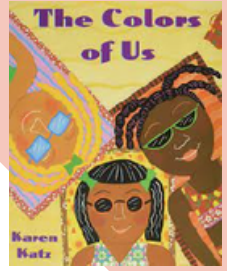
- Anna, ACT Staff with the  
Afterschool Network



# Books for your soul

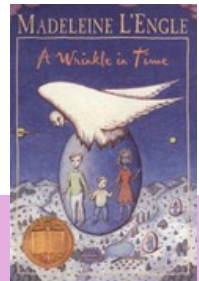
## K-4th Grade

- Think Big, Little One by Vashti Harrison
- I Promise by LeBron James
- The Colors of Us by Karen Katz
- We Are Water Protectors by Carole Lindstrom & Michaela Goade
- Mama, Do You Love Me? by Barbara M. Joosse
- The Snowy Day by Ezra Jack Keats



## 5-8th Grade

- A Wrinkle in Time by Madeleine L'Engle
- Strong Man: a Tlingit Story by Ishmael Hope
- The Proudest Blue by Ibtihaj Muhammad
- Blended by Sharon Draper
- I Wish You All the Best by Mason Deaver
- Saving Shiloh by Phyllis Reynolds Naylor



## Devil's Club

or S'áxt' in the Alaska Native language of Tlingit, symbolizes healing and protection. This plant may be spiky and look unfriendly, but it is used by many Indigenous people for its powerful medicinal properties!



# Nature Bingo

Spend time together outside and hunt for as many as you can. Get 3 in a row for a bingo!



A berry



A pollinator insect



Signs of an animal



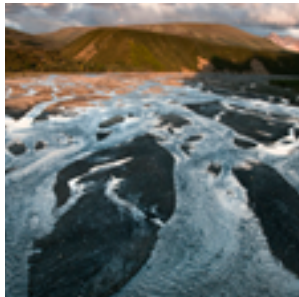
A tree that doesn't lose its leaves



A bird taking flight



A mushroom



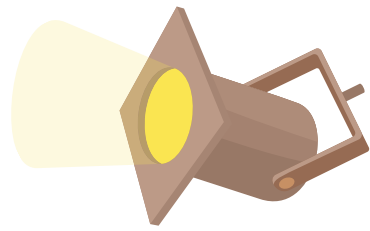
A river or lake



A cool rock



# Spotlight on ACT Recommendations



Watching TV shows and movies together and then talking about them is a good way to bond with your kids! Enjoy our hand-selected picks with your family.



## Movies to Watch Together

### LITTLE KIDS

Ferdinand  
Kubo and the Two Strings  
Luca  
Pan  
Peter Rabbit  
Boss Baby  
Paw Patrol the Movie  
Raya & The Last Dragon

### BIG KIDS

Holes  
Finding Ohana  
Space Jam: A New Legacy  
The Fault in Our Stars  
Jungle Cruise  
Karate Kid  
The Sandlot

Film has always had a special place in my life. When I was a kid snacks, popcorn, and going to the movies with my mom helped us connect. It also helped me appreciate art, learn about the past, and even learn about my own mom!

*- Jared, Operations Manager at ACT*



## TV to Watch Together

### LITTLE KIDS

PJ Masks  
Molly of Denali  
Wild Kratts  
The Hollow  
StoryBots  
Sofia The First

### BIG KIDS

Raising Dion  
Family Reunion  
The Babysitting Club  
A Series of Unfortunate Events  
Alexa & Katie  
Free Rein

# Coloring Page



## Cranberries

Or kenegtaq in Alutiiq, these berries are best picked after the first frost when they turn dark red. Cranberries symbolize abundance and can be stored longer than other berries for later in the year.





# Recipes to Nurture your Relationships and Fill your Tummy!



## Very Berry Smoothie

- ½ cup of milk, almond milk, or juice
- 1 banana sliced
- 1 ½ cup of Blueberries, raspberries, salmonberries or strawberries frozen or add ice
- 1 tablespoon of honey

Directions: Add all ingredients and blend until smooth and there are no chunks

Food is more than just nutrient value to us, it is our identity, holder of our culture, source of physical and mental health. Our means to connect with the land and with each other.

- Tara, Director of Alaska Resilience Initiative

## Flower Jelly

- 8-10 cups fireweed/dandelion flowers (or any edible flower)
- 8 cups water
- 4 packages powder pectin (1.75 oz. each)
- 1/4 cup lemon juice
- 8 cups sugar

Directions:

- To begin, boil the blossoms and water together in a pot for 5 minutes, creating a brown "tea."
- Strain the liquid through a paper towel, and put back in the pot, taking out the flowers.
- Add the pectin and lemon juice, and bring it to a boil, boiling for 1 minute.
- Add the sugar, stirring continually, and boil for another minute.
- Ladle the jelly into hot, sterilized jars, leaving 1/2 inch head space.
- If storing for later in the year, process in a hot water bath for 15 minutes.
- Carefully remove to a hard surface and let cool for 24 hours.



## Traditional Akutaq (Yup'ik)

- 1 cup reindeer, caribou, or moose fat (back fat)\*
- 1 cup animal oil (seal, walrus, or whale), divided
- 1/2 cup water or 2 cups loose snow
- 4 1/2 cups berries (blueberries, cloudberries, cranberries, salmonberries, or blackberries)

Directions: Grate or grind fat into small pieces. In a large pot over low heat, add fat and stir until it becomes a liquid (but don't let it overheat or bubble up). Add 1/3 cup seal oil, mixing until liquid.

Remove from heat and continue stirring in circles.

While stirring, add 1/4 cup water or 1 cup snow and another 1/3 cup seal oil. As fat slowly cools and starts to get fluffy and white, add remaining 1/4 cup water or 1 cup snow and remaining 1/3 cup seal oil, continuing to stir.

When the Akutaq is as white and fluffy as you can make it, fold in berries. Form into desired shape. Cover and freeze to firm up.

## Nontraditional Akutaq

(ingredients available in stores)

- 1 cup solid form coconut oil or solid vegetable shortening
- 1 cup sugar, granulated
- 1/2 cup water or berry juice (or 2 cups loose snow)
- 4 cups berries

Directions: Whip coconut oil or vegetable shortening (like Crisco) until it is light and fluffy.

Add sugar as you whip then bit by bit add berries and water or berry juice.

You can also make nivagi (the Dena'ina version of this ice cream) with Molly of Denali! Go to her YouTube channel and search "nivagi" to find it!

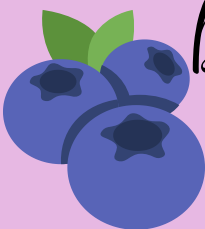
Take time to learn about the traditional lands you are on by going to:

<https://native-land.ca/>

and finding your home! Then, learn more about the traditions and culture of Alaska Native people in your area.

## Blueberries

are life-sustaining and delicious! From the tundra to the sea, blueberries symbolize nurturing and survival.



# Poetry Picks from



## The Voice

by Shel Silverstein

There is a voice inside of you  
That whispers all day long,  
"I feel that this is right for me,  
I know that this is wrong."  
No teacher, preacher, parent, friend  
Or wise man can decide  
What's right for you-- just listen to  
The voice that speaks inside.



Growing up, my mom always read me "Where the Sidewalk Ends" by Shel Silverstein. I love his goofy but insightful take on life. He brought out my passion for reading!

- Kaila, Communications  
Staff with ACT

## All Humans on Earth Are One

by Alexis Karpouzos

All humans on earth are one.  
We descend from the same family of common ancestors.  
We are, in a quite literal sense, siblings,  
and like siblings we depend on each other's love  
and care and responsibility.

We are interdependent not just in our families and communities, but in nations, and increasingly on a global scale - just as we are also interdependent with nature, with earth and the universe.

So, different souls and cultures but one earth,  
So, different stars but one universe.

# Back to School Word Search



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

back to school

excitement

resilience

care

family

strengthen

connection

love

afterschool



Connect & Learn More

Alaska Children's Trust: [alaskachildrenstrust.org](http://alaskachildrenstrust.org)

Tools for Strengthening your family:

[alaskachildrenstrust.org/strengthening-families](http://alaskachildrenstrust.org/strengthening-families)

