



DANCE  
AROUND  
THE *kitchen*  
*Coloring & Activity Book!*

# DANCE AROUND THE *Kitchen*

## *Activity Book!*

While you're cooped up at home (me too!), I've come up with some fun activities to keep you busy! I'd love to see what you've been working on so be sure to **tag Dance Around the Kitchen** in your Facebook & Instagram posts & I'll share them!!

**Check the activities off as you go!**

- Toy BINGO
- Color Your Cupcake
- Kids in the Kitchen
- Word Search
- Color your favorite foods
- Burger Drawing
- Get Moving

# Around-the-house BINGO!

Can you find the following items around your house? Race a friend!

SOMETHING THAT SMELLS GOOD	SOMETHING THAT BOUNCES	A BOOK THAT STARTS WITH "T"	A BOOK WITH NUMBERS 1-10	A FUZZY BLANKET
A TOY WITH WHEELS	A TOY THAT IS BLUE	SOMETHING THAT ROLLS	A NOISY TOY	SOMETHING SOFT
SOMETHING STACKABLE	A PICTURE OF AN ANIMAL	<u>FREE</u>	A BIRD OUT THE WINDOW	A FOOD THAT STARTS WITH "R"
SOMETHING THAT SINGS	SOMETHING TALLER THAN YOU	SOMETHING SQUISHY	A BOOK WITH FOOD IN IT	A SNUGGLY STUFFED ANIMAL
SOMETHING SQUARE	A TOY THAT STARTS WITH "S"	SOMETHING PURPLE	A PICTURE OF YOUR FAMILY	A PUZZLE WITH ANIMALS ON IT

# Color Your Own Cupcake!



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Cupcake Name: \_\_\_\_\_

Cake Flavor: \_\_\_\_\_

Toppings: \_\_\_\_\_

# Kids in the Kitchen!

Here's a few of my favorite easy recipes on the blog! (Make sure you have the ingredients before you start!) Find the full recipe by going to [dancearoundthekitchen.com](http://dancearoundthekitchen.com) and searching for the recipe title. Have fun!



## Stacked Enchiladas

- 1 lb ground beef
- 1 16 oz can refried beans
- 1 10 oz can mild enchilada sauce
- 6 8-inch flour tortillas
- 2 c shredded cheddar cheese (1 – 8 oz bag)



## Chocolate Cobbler

- 1 c flour
- 2 tsp baking powder
- 1/2 tsp salt + 1/4 tsp salt
- 2/3 c sugar + 1/4 c sugar
- 2 1/2 tbsp cocoa
- 2 tbsp butter melted
- 1/2 c milk
- 1 tsp vanilla
- 1/2 c brown sugar
- 1 c water, boiling



## Banana Crumb Muffins

- 1 1/2 c flour
- 1 tsp baking soda
- 1 tsp baking powder
- 1/2 tsp salt
- 3 large ripe bananas mashed
- 3/4 c sugar
- 1 egg
- 1/3 c butter melted and cooled
- 1/3 c brown sugar
- 1 tbsp flour
- 1/8 tsp cinnamon
- 1 tbsp butter softened



## Oh Henry Bars

- 1 c butter room temperature
- 1 c brown sugar
- 1/2 c light corn syrup
- 4 c oatmeal (quick oats)
- 3/4 c semisweet chocolate chips
- 3/4 c creamy peanut butter

# Recipe Wordsearch!

Find the 14 recipe names from [dancearoundthekitchen.com](http://dancearoundthekitchen.com)!

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

Find the following recipe titles:

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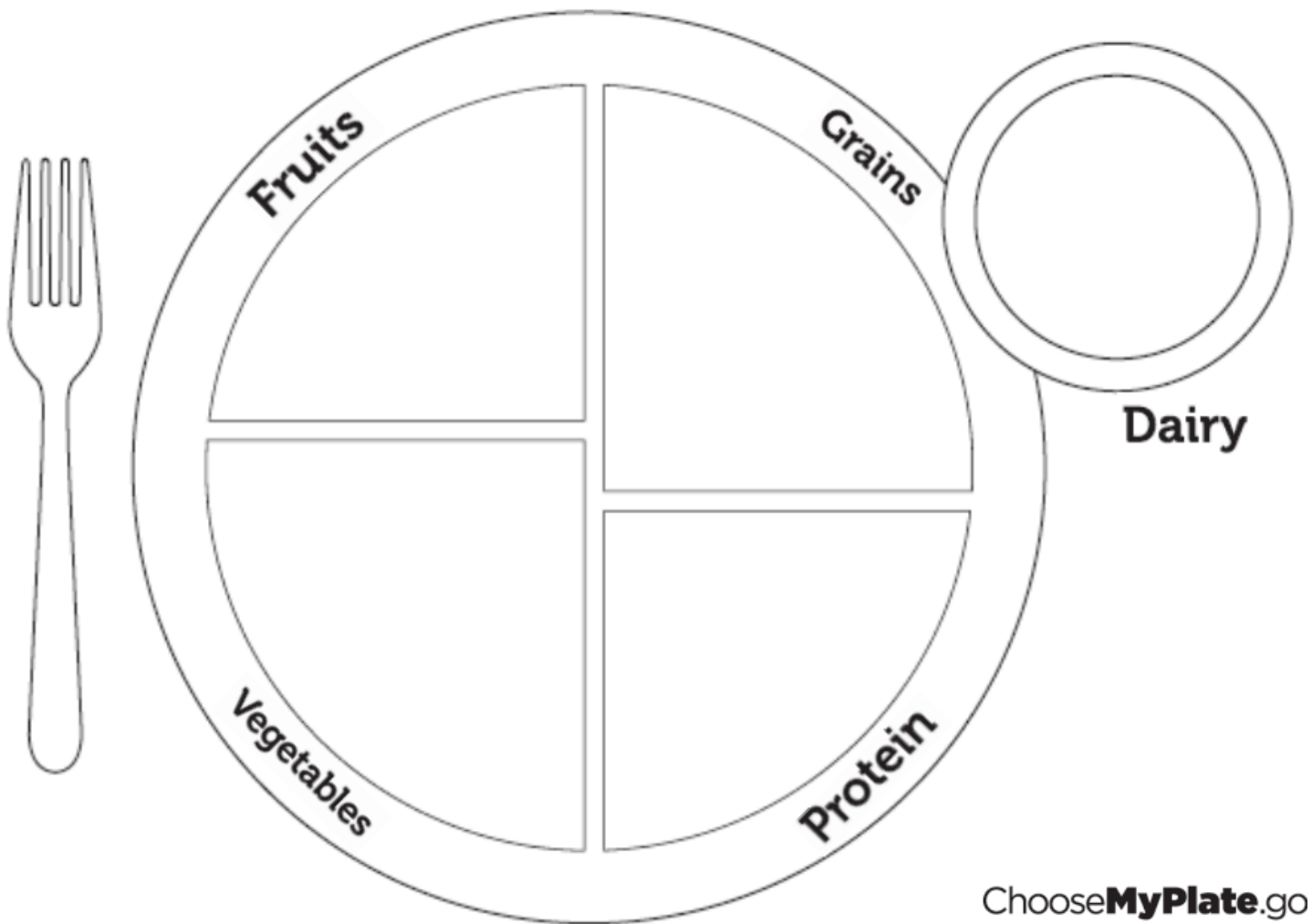
HOMEMADE BEEFARONI  
STRAWBERRY PANCAKES  
TWINKIE CAKE  
PIZZA DIP  
MEXICAN LASAGNA

BANANA PUDDING DESSERT  
CHERRY BERRY COBBLER  
CHICKEN POT PIE  
PIZZA PASTA SKILLET  
STACKED ENCHILADAS

CHURRO BITES  
CREAMY MUSHROOM PASTA  
PEACH MUFFINS  
LOADED MASHED POTATOES



# Color Your Favorite Meal!



These are my favorite....

Fruits: \_\_\_\_\_

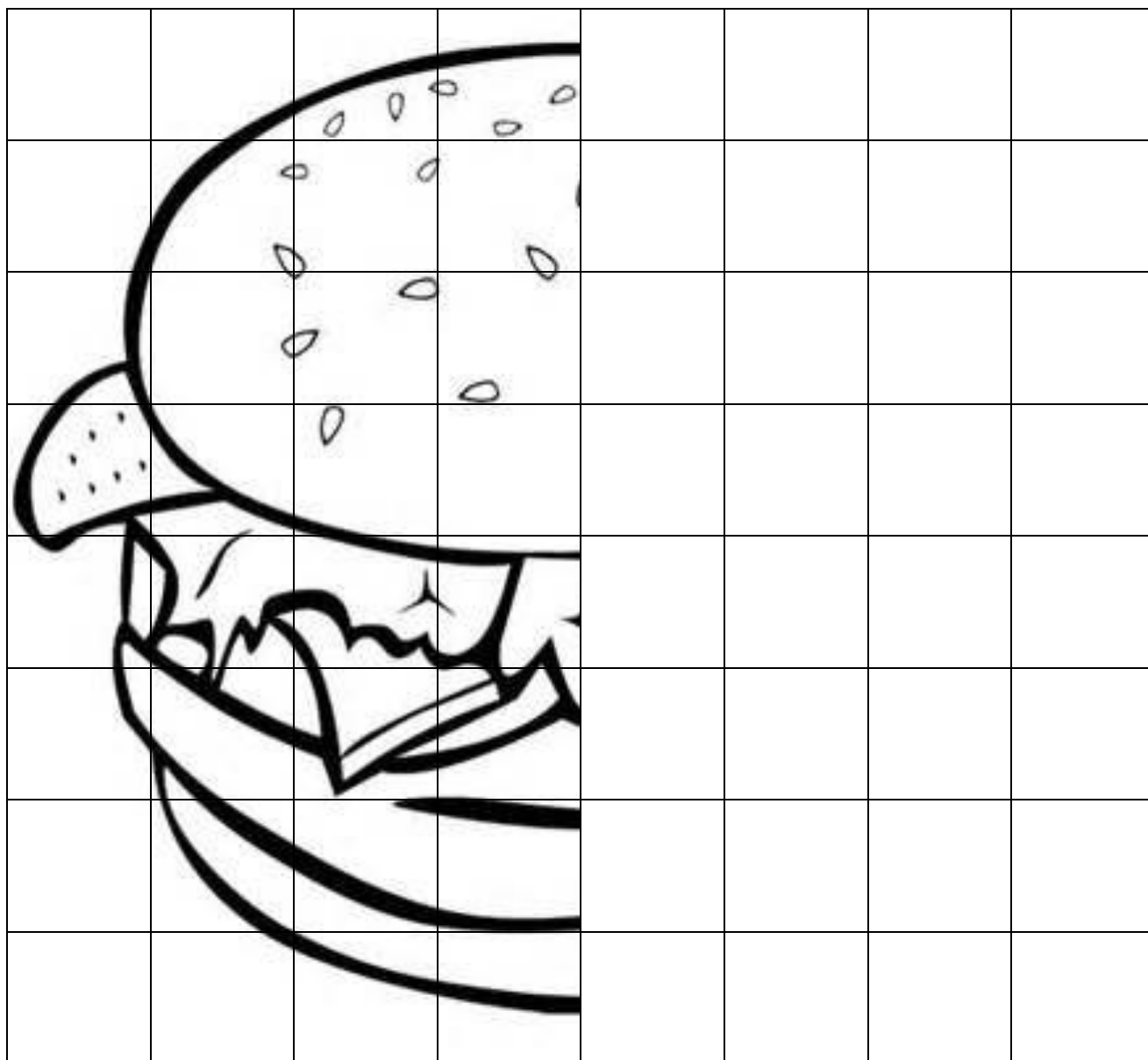
Proteins: \_\_\_\_\_

Vegetables: \_\_\_\_\_

Grains: \_\_\_\_\_

Dairy: \_\_\_\_\_

# Color & Complete the Burger!





# Get Moving!

Using the exercises below, spell your name!!



**A** 10 Jumping Jacks

**B** 3 Somersaults

**C** Bear Crawl Across Room

**D** 10 Squats

**E** 10 Frog Jumps

**F** 30 Second Wall Sit

**G** 5 Push-Ups

**H** 20 Arm Circles Back

**I** 10 Star Jumps

**J** 30 Second Run in Place

**K** 30 Second Bridge

**L** 10 Push-Ups

**M** 20 Squats

**N** 1 Minute Run in Place

**O** Skip Around The House

**P** 20 Frog Jumps

**Q** 20 Arm Circles Front

**R** 1 Minute Bridge

**S** 30 Second Middle Splits

**T** Crab Walk Across Room

**U** 20 Jumping Jacks

**V** 30 Star Jumps

**W** 1 Minute Wall Sit

**X** 5 Somersaults

**Y** 20 Star Jumps

**Z** 30 Squats