

T★A★P★S[®]

Tragedy Assistance Program for Survivors

A C T I V I T Y B O O K



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LEAFY LANTERNS IS A FUN AND ENGAGING WAY TO GET OUTDOORS, EXPLORE NATURE, AND SPEND TIME WITH FAMILY.



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FALL RECIPES IS A FEW RECIPES THAT WILL BRING THE FEELINGS OF FALL TO YOUR FAMILY. WHAT ARE SOME OF YOUR FAVORITE FALL RECIPES?

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Blackout Poetry is an activity that allows you to be creative and can express feelings one may be experiencing through art and poetry.

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Pumpkin Stress Gourds is a fun coping strategy that can be used for all ages. It is homemade spin off the popular stress balls that can be purchased in stores.

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There are two Full Moons during the month of October and I Love You To The Moon and Back is a fun way to observe both. This activity allows the family to share ways in which they love and support each other.



YOUTHPROGRAMS@TAPS.ORG



[HTTPS://WWW.TAPS.ORG/YOUTH/2020/FALL](https://www.taps.org/youth/2020/fall)



UPCOMING EVENTS



CARE GROUPS

For bereaved kids and teens ages 4 to 12 this is an opportunity to come together with peers over Zoom and share experiences, increase resources, and build a community of support.

01 NOVEMBER

06 DECEMBER

TEEN COFFEE HOUSE

For teens ages 13 to 18, the coffee house is a safe place for young survivors to express feelings, and share experiences within a virtual environment. Eligible to those teens who have experienced the death of a Military Service related parent or sibling.

12 NOVEMBER

08 DECEMBER

FAMILY ACTIVITY NIGHT

This is a unique and exciting experience for the whole family to bond, learn how to cope, support each other, communicate together, and have fun.

08 NOVEMBER

13 DECEMBER

PARENTING CARE GROUP (ADULTS ONLY)

Provides a safe space for parents and guardians to share their challenges around parenting bereaved children while increasing their resources and support.

27 OCTOBER

17 NOVEMBER



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 [HTTPS://WWW.TAPS.ORG/YOUTH/2020/FALL](https://www.taps.org/youth/2020/fall)



MENTOR MATCHING REQUEST

[HTTPS://WWW.TAPSCONNECTED.ORG/EVENTS/EVENTSTART.ASPX?EID=329](https://www.tapsconnected.org/events/eventstart.aspx?eid=329)



PARENT'S CORNER

PARENT'S CORNER

Parenting children and teenagers is a challenge in many ways, especially when you and your children and teenagers are grieving the death of someone in your life. Parents, Guardians, and Grandparents will often ask us how they can best help and support their kids in their grief. Research indicates that children who have a supportive, trusting relationship with their primary caregiver and a role model for healthy coping in their grief fare better than those who do not. This can certainly be difficult as everyone in the family is grieving in their own way. While we will not always have the perfect words to say, and will struggle ourselves with grief, finding a way to have meaningful time together with your kids will have a lasting impact on them as they adapt to their loss and grow into adulthood.

The TAPS Family Activity Booklet has been developed to provide ideas for positive family togetherness and engagement. Some activities are simply fun ways to spend time together. Other activities provide an opportunity for meaningful sharing and mutual support among you and your children / teenagers. This section offers some ideas for how to use the activities in this booklet to engage with your children and teenagers on conversations about grief, memories of your person who died, and ways to cope. Grief is not a problem you can solve for your kids. Grief is an experience you are all living. In fact, our goal is not to take their grief away. Grief is their natural reaction to the death of someone in their life and how they are adapting to all the thoughts, feelings, and changes that this brings. Be patient with yourself and with your kids as you are all grieving and finding ways to adapt to all the changes brought about by your loss. Take things one step at a time.

UNDERSTANDING AND IMPACT OF GRIEF BY DEVELOPMENTAL AGE

BIRTH TO 2 YEARS

Children this age live in the present and have no concept of death. They do not have the language skills to express themselves, but they are affected by others around them and will react to the absence of people in their lives. They might seem unsettled or irritable, crying more than usual as they search for or long for the person who died. They also may have difficulty sleeping, want to be held, or reassured.



PARENT'S CORNER

3 TO 5 YEARS

Children this age have a limited understanding of death. They understand that a person is missing, but struggle with understanding that death is permanent. They sometimes think of death in terms of cartoon characters who can spring back to life at any time. Because of their lack of understanding of the permanence of death, children this age might search for the person who died or ask when the person is coming home. They may have intense periods of crying followed by periods of acting like nothing happened. They may also revert to earlier behaviors such as using baby talk, bed wetting, or wanting to sleep with their parent.

6 TO 8 YEARS

Children of this age are beginning to understand the concept of death. For many, though, death is still seen as reversible. They often feel responsible for the person's death, believing that the person died because of something they said or did. For example, they might believe their person died because they were disobedient or were mad at them. They might be overly concerned with the body and what happened to the body. Some children this age will ask a lot of questions. Others will hardly communicate at all and might go on as if nothing has happened. Many will also worry about who else might die or that they might die. They might be clingy to the adults in their lives, needing extra attention and reassurance.

9 TO 11 YEARS

Children this age have a more developed concept of death and the finality of death. They understand that death is universal and can happen to anyone. But they still have many child-like beliefs around death. Like younger children, they are concerned with the body and what happened to the body. They will ask a lot of questions seeking details about the death. They are beginning to become more concerned about the feelings of others and worry who else might die or that they might die. Reactions may vary based on their developing personalities. Some children this age may be more reserved, even stoic about their loss, while others may be more expressive and emotional.

12 TO 14 YEARS

Pre-teens have a full understanding that death is universal and final. They can reflect on more abstract concepts of death and often wonder what happens to people when they die. Pre-adolescents will often avoid talking about the person who died or not want others to know that someone in their life died. They do not want to be perceived as different by their peers. Outwardly, they may act as though nothing happened or even seem indifferent. They might use jokes or humor to hide feelings of sadness.



PARENT'S CORNER

15 TO 18 YEARS

Teenagers have a more “adult” concept of death. Like Pre-teens, teenagers have a more abstract understanding of death. Many teenagers see themselves as invincible and death is a direct contradiction to this belief. Reactions among teenagers may vary. Some are more likely to show shock, sadness, or anger, whereas others may grieve more privately. Some might pull away from family and turn to peers for support. Others might want to take on more adult responsibilities around the home, pulling away from peers.

IDEAS TO ENGAGE WITH AND NURTURE YOUR CHILDREN AND TEENAGERS

No one knows your children better than you. The knowledge you have of your kids and your instincts to know how to care for them are already within you. Your relationship with your children and teens is unique and has developed throughout their lifetime with you. The tips below shared below are generalizations that have been helpful to many parents supporting their children and teenagers through grief. Some may apply to you and your family, while others may not. When reading through the tips and information below, consider you and your children's needs as you determine how to best support and nurture them through their grief.

- Acknowledge and validate children's thoughts and feelings about their loss.
- Create opportunities to spend time with children doing things they enjoy.
- Share stories and special memories with children about the person who died.
- Be open to and answer children's questions to the best of your ability.
- Maintain existing routines and create new ones.

Children fare better when they have a positive relationship with the adults in their lives and they feel that adults understand them. Healthy growth is bolstered when children can go to their parent with their thoughts, feelings, or questions. Open, accepting, nonjudgmental interactions will strengthen your relationship with your children. You can connect with your kids by making time for them throughout each week where your kids can have your undivided attention. Thought this might be challenging because of your schedule and the intensity of your grief, it is valuable time for your kids and will have a positive impact on your relationship with them in the long run. Avoid asking too many questions, rather join your children when they are playing, share stories with them, or read books together. Setting aside time will deepen the bond you share with them and will help them in their grief.

Join us each month for our Parenting Care Group where we will exchange stories and share ideas about how to help our children and teenagers to cope with their grief.



BLACKOUT POETRY

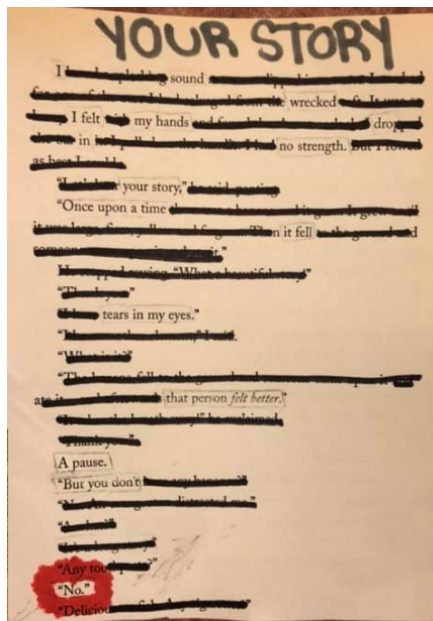
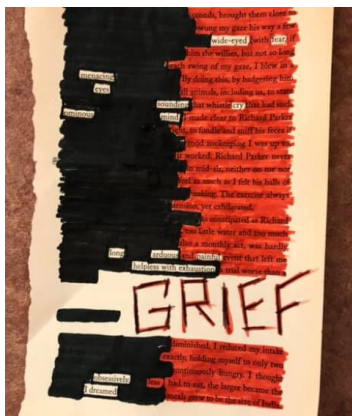
TEEN ACTIVITY (AGES 13-18+)

MATERIALS

- OLD BOOK PAGE(S)
- PENS / PENCILS
- MARKERS / SHARPIES / CRAYONS / COLORED PENCILS

DIRECTIONS

1. Tear out a page in an old book (TIP : not a new book, that you will want to read later or a school book) and scan through the words and meaning.
2. As you are reading through the page, use a pencil to circle words that have meaning and significance to you. Try to avoid circling more than three words in a row.
3. Now you can sketch or draw in a few images or symbols on your page that relate to the theme of your poem.
4. Using a sharpie, pen, or pencil, black out everything that is NOT a word in your poem or one of your own sketches.





PUMPKIN FEELINGS










YOUTH ACTIVITY (AGES 4-12)

MATERIALS

- PUMPKIN CARDS (SEE BELOW)
- PENS / PENCILS
- MARKERS / SHARPIES / CRAYONS / COLORED PENCILS

DIRECTIONS

1. Create a pumpkin face for each of the different emotions. You can also decorate and color the pumpkins.
2. Think of a time you might have felt these emotions.
3. Share with your family what made you feel that way and how you respond.

 SAD	 HAPPY	 WORRIED
 EXCITED	 LONELY	 PROUD
 BORED	 ANGRY	 MAD



LET YOUR LIGHT SHINE

FAMILY ACTIVITY (ALL AGES)

MATERIALS

- MASON JARS
- PAINT BRUSHES
- GLOW IN THE DARK FABRIC PAINT.
- LIGHT TABLE OR CLAMP LAMP TO QUICKLY CHARGE JARS.
- BATTERY OPERATED TEA LIGHT, ELECTRIC CANDLE OR FLASHLIGHT.

DIRECTIONS

1. With the paintbrush place tiny dots of the paint on the inside of the jar.
2. Place as many or as little as you like. Once complete, let the paint dry.
3. Place the jar in a well lit room or outside for sun exposure.
4. After an hour or more the paint will start to glow when placed in a dark space.





LEAF ART

FAMILY ACTIVITY (ALL AGES)

MATERIALS

- LEAVES
- PENS / PENCILS
- MARKERS / CRAYONS / COLORED PENCILS
- SHARPIES

DIRECTIONS

1. *Go on a nature walk with your family. During the walk, collect leaves of various shapes and sizes to use for this activity.*
2. *Once you have collected the leaves, lay them out and choose those you want to use.*
3. *Think of one word that describes something you want more of in your life right now.*
4. *Write that word on the leaf using sharpies or markers.*
5. *Decorate the rest of the leaf and discuss and share with your family how you want to accomplish what you want more of.*





NATURE MOBILE

FAMILY ACTIVITY (ALL AGES)

MATERIALS

- **NATURE OBJECTS – SEASHELLS, FEATHERS, FLOWERS, PINE CONES, SAND DOLLARS, PRETTY ROCKS**
- **TWO STICKS – EACH ABOUT ONE FOOT LONG**
- **YARN OR STRING**

DIRECTIONS

1. *Gather items from nature that you think are cool. For this activity, it helps if the items are small. If you find large items, you can feature them on a Nature Table.*
2. *Look at what you gathered. If the items have a small hole in them already, that makes them ideal. If they do not, can you figure out a way to tie yarn around them so they don't fall? Or can you figure out a way to put a small hole in the item without damaging it?*
3. *Tie the two sticks into a cross with yarn or string. Make sure there is a long piece leftover so you can hang it up.*
4. *Then hang up the cross from a branch or shelf. Attach yarn or string to each natural item you want in the mobile. Then tie them to a stick.*
5. *As you add items, you'll need to move them out or in on the stick to get the mobile to balance.*
6. *Keep playing around with your items until the whole mobile is even.*





LEAFY LANTERNS

FAMILY ACTIVITY (ALL AGES)

MATERIALS

- VARIETY OF LEAVES (ALL SHAPES, COLORS, AND SIZES)
- WAX PAPER
- MASON JAR(S)
- IRON

DIRECTIONS

1. Go on a nature walk with your family and friends. Collect as many different types of leaves as you can. If the leaves are wet or damp let dry before moving on to the next step.
2. Once the leaves are completely dried, cut pieces of wax paper to fit around a mason jar.
3. Then lay the wax paper out on an ironing board, set the leaves in whatever pattern you want and put another piece of wax paper on top.
4. Next, iron the two pieces of wax paper together, which holds the leaves in place.
5. Lastly, wrap the wax paper, with leaves ironed in, around a mason jar, and tape it with a couple pieces of scotch tape.
6. These look great with a votive candle or LED light in them. Have fun and be creative!





PAINT A PUMPKIN

FAMILY ACTIVITY (ALL AGES)

MATERIALS

- PUMPKIN(S)
- PAINTBRUSHES
- PAINT (VARIOUS COLORS)

DIRECTIONS

1. Visit a local pumpkin patch and find pumpkin(s) of various sizes and colors to bring home.
2. Choose a design and how you want to decorate and paint your pumpkin.
3. Have fun painting and decorating your pumpkin(s).





TISSUE PAPER FLOWERS

FAMILY ACTIVITY (ALL AGES)

MATERIALS

- **TISSUE PAPER (VARIETY OF COLORS)**
- **SCISSORS**
- **STAPLER**

DIRECTIONS

1. *Stack several layers of tissue paper neatly in front of you.*
2. *Starting at the short end, accordion fold 1 inch sections of the tissue paper until the whole length of the tissue paper is folded together.*
3. *Secure the center using a stapler. Be sure the staple goes through all layers of the tissue paper.*
4. *Use scissors to shape both ends of the tissue paper.*
5. *Fan out the folds and begin separating each layer.*
6. *Fluff and shape the flower until it looks pretty.*





WREATH OF HOPE

FAMILY ACTIVITY (ALL AGES)

MATERIALS

- **CONSTRUCTION PAPER (FALL COLORS: BROWN, GREEN, YELLOW, ORANGE, RED)**
- **PENS / PENCILS**
- **GLUE**
- **SCISSORS**
- **YARN (ANY STRING WILL WORK)**

DIRECTIONS

1. *Wreath of hope is a wreath made out of family member handprints and displays words of support, encouragement, love, hope, or gratitude.*
2. *Take turns tracing the outline of each other's hands on different colors of paper. The more handprints the larger the wreath will be.*
3. *Once completed, have each family member think of and choose words that can be written on the hands displaying support, encouragement, love, hope, or gratitude.*
4. *Cut the handprints out and arrange them in a circle to form the shape of the wreath.*
5. *Glue the hands together to form the wreath and attach a piece of ribbon or yarn in order to hang the wreath.*
6. *Throughout the month you can discuss with your kids about the words they chose and how they impact their daily lives and relationships.*





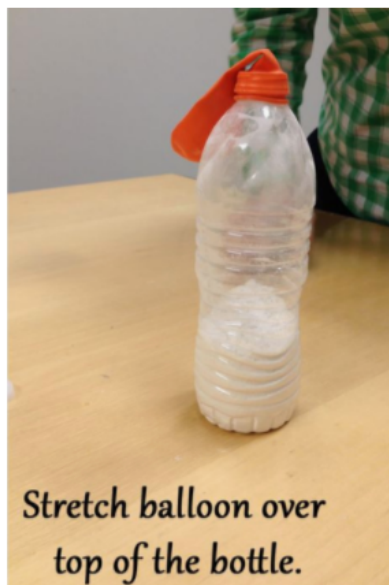
PUMPKIN STRESS GOURDS

FAMILY ACTIVITY (ALL AGES)

MATERIALS

- ORANGE BALLOON(S) OR ANY COLOR WILL WORK
- FLOUR
- SHARPIES
- FUNNEL / PLASTIC WATER BOTTLE

DIRECTIONS





CORN MAZE

FAMILY ACTIVITY (ALL AGES)

MATERIALS

- PENS / PENCILS
- MARKERS / CRAYONS / COLORED PENCILS
- PLAIN PAPER OR GRAPH PAPER

DIRECTIONS

1. Using a plain sheet of paper or graph paper design your own corn maze. It can include a design like the one below or can be just a series of twists and turns.
2. After completing it, see if family and friends can make it through the maze. How challenging and fun can you make it?





NATURE ACTIVITIES

FAMILY ACTIVITY (ALL AGES)

DIRECTIONS

How many of these can your family do?





FAMILY MOVIE NIGHT

FAMILY ACTIVITY (ALL AGES)

MATERIALS

- DISNEY MOVIE "COCO"
- MOVIE SNACKS / TREATS

DIRECTIONS

Movie Guide:

"Coco" heartbreakingly illustrates universal themes:

- We want to be remembered after we die
- We want to still feel close to those that have died
- And we want to be connected, loved, and accepted by our family

Ideas:

- Place pictures of those you honor and remember up year-round
- Talk about their life and things they loved and enjoyed
- Eat their favorite food, drink their favorite drink and play their favorite music
- Don't be afraid to talk out loud or in your head to those you have lost!





COPING WEB

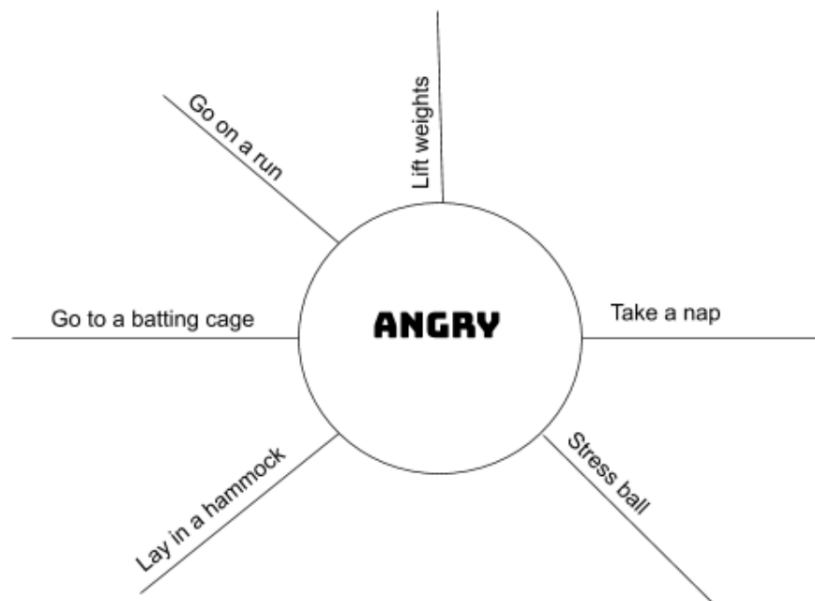
TEEN ACTIVITY (AGES 13-18)

MATERIALS

- PENS / PENCILS
- MARKERS / CRAYONS / COLORED PENCILS
- PAPER

DIRECTIONS

1. Create a list of physical coping skills (activities that release energy). For example: sports and exercise, cleaning, punching a pillow, dancing, etc.
2. Once a list has been created, create a web of categories and in the middle of a piece of paper, draw a circle with the feeling or feelings that get pent up inside (anger, worry, sadness, anxiety).
3. Next, draw lines that connect to bubbles coming out for the different categories of physical coping.
4. It may be helpful to identify a distinct and separate web for the different feelings identified such as anger or anxiety.





I LOVE YOU TO THE MOON AND BACK

YOUTH & TEEN ACTIVITY (AGES 4-18)

MATERIALS

- OLD BOOK PAGE(S)
- PENS / PENCILS
- MARKERS / CRAYONS / COLORED PENCILS
- WHITE PAPER PLATES
- STRING
- HOLE PUNCH

HARVEST MOON & HUNTER'S MOON

This year during the month of October we will have the opportunity to see two full Moons! The first is known as the full Harvest Moon on October 1 and the second is the full Hunter's Moon on the 31st—Halloween! During this time, though the moon is nearly 240,000 miles from Earth it will appear larger and closer than it really is.

DIRECTIONS

1. Spend some time and go outside with your family to observe the Harvest Moon and Hunter's Moon. Take notes on its shape, color, size, etc...
2. Using one side of the paper plate recreate the moon and how you observed it.
3. On the other side Write the words "I Love You To The Moon And Back!"
4. Using the remainder of the space, list ways you love your family. You can choose one person to give it to or can do it for the whole family. (Ex: "I love the picnics we have." "I love the walks we take together." etc...)
5. Once you have completed the list you can punch a hole in the top of it and attach a string to it.
6. You can hang these in your bedroom window as a reminder for all the support and love you have from family and friends.





FAMILY DISCUSSION NIGHT

FAMILY ACTIVITY (ALL AGES)

MATERIALS

- **DISCUSSION QUESTIONS (SEE BELOW)**

FAMILY DISCUSSION

Family dinner conversations are some times the best way to communicate with family members and a fun and engaging way to way to find out things about each other. Examples of some family conversation starters are below.

DIRECTIONS

1. *What is your favorite scary movie or book?*
2. *Tell us about a scary dream you've had. What is your biggest nightmare?*
3. *What is your greatest fear?*
4. *Do you like scary movies?*
5. *What is the scariest scene in any movie?*
6. *Who is your favorite horror movie character?*
7. *What were you afraid of as a kid?*
8. *What are you afraid of now as an adult?*
9. *Tell us a Trick or Treating story?*
10. *If you can hire a professional make-up artist or designer, what would be a dream costume for you on Halloween?*
11. *Did you help anyone today?*
12. *Waht was the best of your day?*



READING NIGHT

FAMILY ACTIVITY (ALL AGES)

MATERIALS

- BOOKS / AUDIO READING

The Golden Sweater

<https://www.youtube.com/watch?v=bY6ul160rDU>

The Invisible String

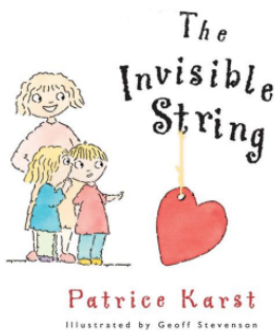
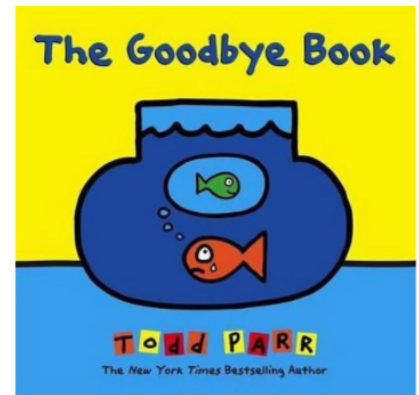
<https://www.youtube.com/watch?v=WIUxXexjhYI>

The Goodbye Book

https://www.youtube.com/watch?v=brSBz_pSOZw

Wherever You Are My Love Will Find You

<https://www.youtube.com/watch?v=OdMJr9UD4fI>





POSTCARD DISCUSSIONS

FAMILY ACTIVITY (ALL AGES)

MATERIALS

- POSTCARDS (SEE NEXT PAGE)

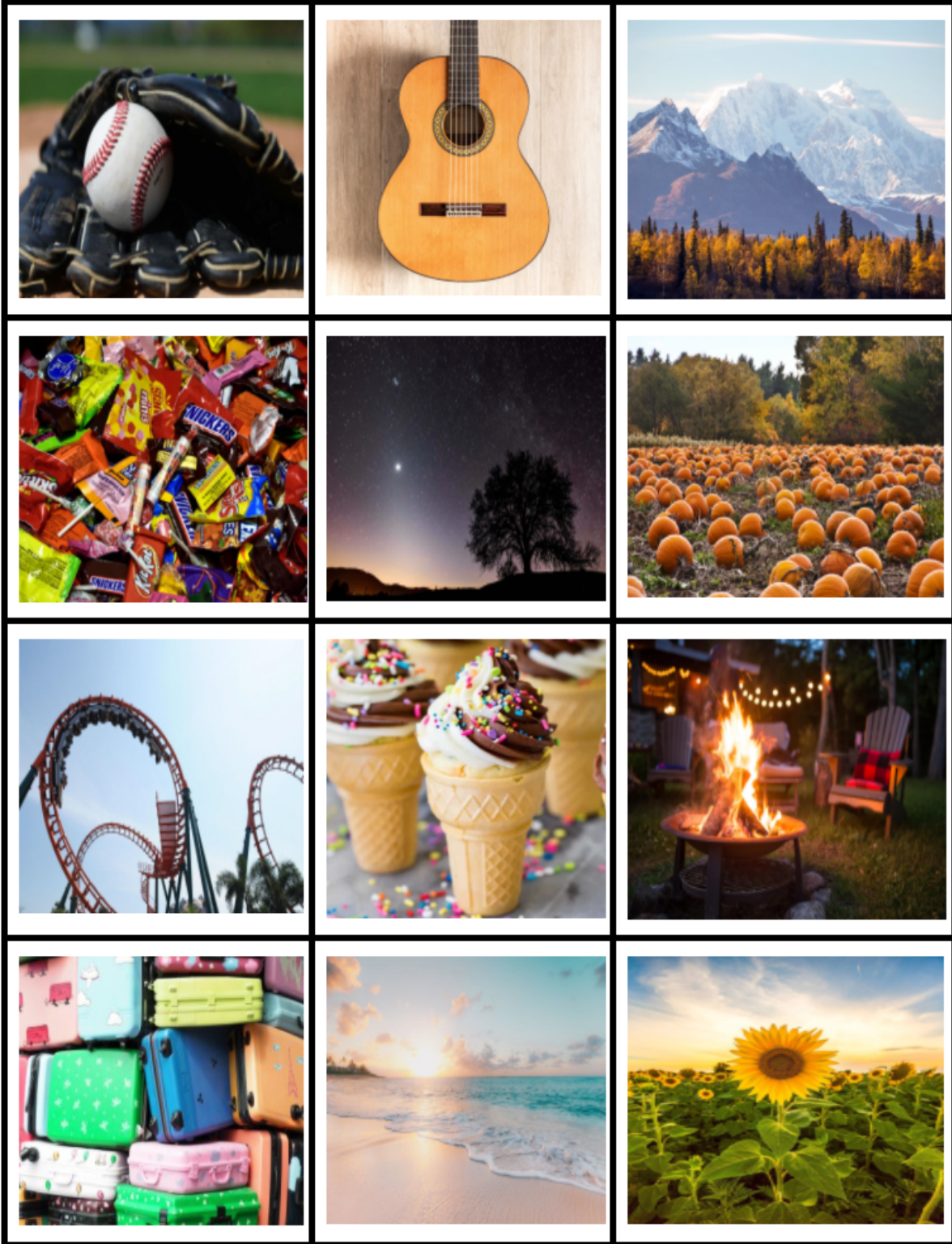
DIRECTIONS

1. *Print and cut out the pictures on the next page. (Do not have to be in color)*
2. *Once the pictures have been cut out lay the pictures on a table or in the middle of the group.*
3. *Have each person look at the pictures and pick one or two that really resonates with them or reminds them of the one they remember or honor.*
4. *Take turns talking about the picture and why they chose it. Maybe it tells a memory or maybe it was something their person enjoyed doing, etc...*





POSTCARD DISCUSSIONS





IT IS IN THE NAME

FAMILY ACTIVITY (ALL AGES)

MATERIALS

- PAPER
- PENS / PENCILS
- MARKERS / SHARPIES

DIRECTIONS

1. On a blank sheet of paper draw out the person you want to honor and remember first name vertically.
2. You can design the letters in their name anyway you'd like.
3. Now think of words or short phrases that start with the letter and describe them.
4. Ask family and friends to help, if needed.

A = Always has a smile on his face

A = Adores wife, family, dog, and friends

R = regularly plays his guitar and sings

O = Open to always helping

N = Never knows a stranger



LETTER TO YOU

TEEN ACTIVITY (AGES 13 - 18)

MATERIALS

- PAPER
- PENS / PENCILS
- MARKERS / SHARPIES

DIRECTIONS

1. *Many times, when someone dies, we sometimes wish we could share or tell them something that we never told them, or maybe, we never got to say goodbye.*
2. *Write a letter to that person that you have lost.*
3. *It is your choice what to do with the letter after you finish writing it; keep it, share it with a friend, rip it up, bury it in a special place, frame it, or put it in a memory box.*





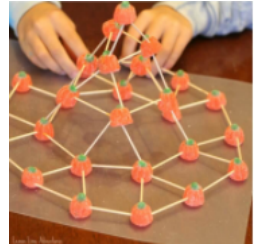
SPOOKY SCIENCE

FAMILY ACTIVITY (ALL AGES)

BUILDING WITH CANDY PUMPKINS

- TOOTHPICKS
- CANDY PUMPKINS

Source: https://lemonlimeadventures.com/building-structures-candy-pumpkins/#_a5y_p=2473422



WIZARD'S BREW

- HYDROGEN PEROXIDE
- WARM WATER
- YEAST PACKETS {WE USED TWO PACKETS FOR THE THREE BEAKERS}
- FLASKS OR PLASTIC BOTTLES
- TEASPOON AND TABLESPOON
- FOOD COLORING
- DISH SOAP
- TRAY OR CONTAINER {TO PLACE BOTTLES OR BEAKERS ON TO CATCH FOAM}
- SMALL CUP {MIXING YEAST AND WATER}

Source: <https://littlebinsforlittlehands.com/halloween-chemistry-experiment-science-kids/>



SPIDER SLIME

- 2 (5 OZ) BOTTLES OF CLEAR SCHOOL GLUE
- 10 OZ WATER
- 8 OZ LIQUID STARCH
- 1/4 CUP GLITTER
- 1/4 CUP HALLOWEEN SPIDER CONFETTI

Source: <https://thetiptoefairy.com/halloween-spider-slime/>





PUMPKIN CHOCOLATE CHIP COOKIES

FAMILY ACTIVITY (ALL AGES)

PUMPKIN CHOCOLATE CHIP COOKIES

YIELD: 18 COOKIES **PREP TIME:** 45 MINUTES **COOK:** 10 MINUTES **TOTAL TIME:** 55 MINUTES

INGREDIENTS:

- ½ cup (1 stick or 115g) unsalted butter, melted & slightly cooled
- ¼ cup (50g) packed light or dark brown sugar
- ½ cup (100g) granulated sugar
- 1 teaspoon pure vanilla extract
- 6 Tablespoons (86g) pumpkin puree (see note)
- *1 and ½ cups (190g) all-purpose flour (spoon & leveled)
- ¼ teaspoon salt
- ¼ teaspoon baking powder
- ¼ teaspoon baking soda
- 1 and ½ teaspoons ground cinnamon
- ¾ teaspoon pumpkin pie spice
- ½ cup (90g) semi-sweet chocolate chips, plus a few extra for the tops



INSTRUCTIONS:

1. Whisk the melted butter, brown sugar, and granulated sugar together in a medium bowl until no brown sugar lumps remain.
2. Whisk in the vanilla and blotted pumpkin until smooth. Set aside.
3. Whisk the flour, salt, baking powder, baking soda, cinnamon, and pumpkin pie spice together in a large bowl.
4. Pour the wet ingredients into the dry ingredients and mix together with a large spoon or rubber spatula. The dough will be very soft.
5. Fold in ½ cup semi-sweet chocolate chips. The chips may not stick to the dough because of the melted butter, but do your best to combine them.
6. Cover the dough and chill for 30 minutes or up to 3 days. Chilling is mandatory.
7. Remove dough from the refrigerator. Preheat oven to 350°F (177°C).
8. Line two large baking sheets with parchment paper or silicone baking mats.
9. Roll the dough into balls, about 1.5 Tablespoons of dough each. Using the back of a spoon, slightly flatten the tops of the dough balls. (Without doing so, the cookies may not spread.)
10. Bake for 10-12 minutes or until the edges appear set. The cookies will look very soft in the center. Remove from the oven.
11. If you find that your cookies didn't spread much at all, flatten them out with the back of a spoon when you take them out of the oven. Press a few chocolate chips into the tops of the warm cookies, if desired.
12. Cool cookies on the baking sheets for at least 10 minutes before transferring to a wire rack to cool completely. The longer the cookies cool, the even better they taste!

Source: <https://sallysbakingaddiction.com/pumpkin-chocolate-chip-cookies/>



BAKED CHICKEN PIZZA

FAMILY ACTIVITY (ALL AGES)

BAKED CHICKEN PIZZA

YIELD: 4 SERVINGS **PREP TIME:** 15 MINUTES **COOK:** 20 MINUTES **TOTAL TIME:** 35 MINUTES

INGREDIENTS:

- 1 Tbsp Italian seasoning blend
- 1/8 tsp garlic powder
- 1/8 tsp salt
- 2 Tbsp olive oil
- 2 boneless, skinless chicken breasts (about 2/3 lb. each)
- 1/4 cup pizza sauce
- 4 oz. fresh mozzarella
- 8 slices pepperoni



INSTRUCTIONS:

1. Preheat the oven to 400°F.
2. In a small bowl, stir together the Italian seasoning blend, garlic powder, salt, and olive oil.
3. Place the chicken breasts on a cutting board and cover with a piece of plastic wrap to prevent splatter.
4. Use a mallet or rolling pin to pound the chicken to an even thickness, about 3/4-inch thick.
5. Cut each chicken breast in half to make two equal sized pieces.
6. Place the chicken breasts in a shallow baking dish or on a baking sheet, making sure they have at least an inch of space around them.
7. Spread the oil and herb mixture over the surface of each piece of chicken.
8. Bake the chicken in the fully preheated 400°F oven for 15 minutes.
9. While the chicken is baking, slice the mozzarella.
10. After 15 minutes, remove the chicken from the oven.
11. Spread 1 Tbsp pizza sauce over the surface of each piece.
12. Next top each piece with about 1oz. mozzarella and two slices of pepperoni.
13. Return the chicken to the oven and bake for 5-7 minutes more, or until the internal temperature of the chicken reaches 165°F.
14. Remove from the oven and serve.