

# Canada Day

## INDEPENDENCE DAY!

“It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.” Galatians 5:1 NIV

If you are Canadian, your Independence Day is on July 1st, and you are probably planning on picnics, trips to the beach, and fireworks with your family and friends! Children enjoy this Holiday, where they can spend time outdoors with those who they love! However, do they really know what “Independence Day” means? Do they know what Canada celebrates on July 1st? This is a great opportunity to teach your children what happened on July 1, 1867. They would enjoy learning and singing patriotic songs, and taking a trip to historic landmarks! For more ideas on how to teach your children about this special date, go to: [http://www.ducksters.com/holidays/canada\\_day.php](http://www.ducksters.com/holidays/canada_day.php)

## Activities:

Invite your children to talk about the people in the Bible that fought for freedom (Moses, Joshua, Samson, David, etc.). Provide sheets with stripes and patterns of different colors, toy crowns, play swords, belts for the children to create their own Bible heroes’ costume. Once children are dressed up, have them do a show and tell of their Bible character.

## Easy Snack Idea: Canada Moose

July 1st is Canada Day and your kids will absolutely adore this moose and maple leaf Canada Day snack. It’s simple to make, only uses a few ingredients, and it’s a healthy snack for kids. Did I mention that it’s absolutely adorable too?

### Ingredients:

- 2 slices of whole wheat bread, toasted (may use gluten free bread)
- 2 tbsp of peanut butter (may use almond butter)
- 1 red apple
- 1 mini marshmallow (Kosher Marshmallows -Trader Joe’s, Whole Foods, New Seasons, Organic Food Stores)
- 4 black currants
- TOOLS - Kitchen knife - Mini maple leaf cookie cutter

1. Using your kitchen knife, slice a body out of one of the slices of toast. Grab the other piece of toast and cut out a head for the moose. Save the crust scraps for later. Spread peanut butter on the moose head and body and place these on a plate.

2. We’re going to make antlers out of the scrap crust pieces. Cut two longer pieces and place one on each side of the moose’s head. Slice six small thin slices and place three on each antler, pointing upwards.

3. Slice your mini marshmallow in half and place on the moose for eyes. Place two black currants on top of the marshmallows. Take your last two black currants and place on the moose’s head for the nostrils.

4. Finally, use your mini maple leaf cutters and cut three maple leaves out of your red apple. Place these on the plate.

