

Celebrate Week of the Young Child Through Time Together

Week of the Young Child is sponsored by the National Association for the Education of Young Children, and celebrates early childhood programs that help expand opportunities for children and families. Join us!

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April 2-8,
2022



Mt. Ascutney
**PREVENTION
PARTNERSHIP**

Explore Your World with a Nature Scavenger Hunt

Explore your backyard, a nearby park, or your favorite walking trail (Visit <https://vitalcommunities.org/valleyquest> for ideas!) Make a check mark in the box next to everything you find!

<input type="checkbox"/> Ferns 	<input type="checkbox"/> Acorns 
<input type="checkbox"/> Pine Cones 	<input type="checkbox"/> Plants with Seed Heads or pods 
<input type="checkbox"/> Rocks 	<input type="checkbox"/> Pine Needles 
<input type="checkbox"/> Flowers 	<input type="checkbox"/> Fallen Branches 

Tree bark



Did you find other things on your scavenger hunt?

Draw a picture of things you found:



How many items did you find? _____

**For even more fun, you can build a Nature Mandala!
There are instructions on page 5. Go on a scavenger
hunt, then build a mandala with the things you find!**

Veggie Face

A veggie face is a fun way for kids to eat their veggies (and fruits)! And it's a great way to introduce new vegetables as seasons change.

1. Wash the vegetables and/or fruits for the veggie face.
2. Slice or cut up vegetables like cucumbers, carrots, peppers, radishes, celery, and broccoli. If you like, fruits such as apples, oranges, tangerines, bananas can be cut or peeled and pulled apart to make shapes for face making. Things like cherry tomatoes, grapes, and berries can be left as-is – just remove stems. Encourage your child to help with food preparation, as appropriate for their age.
3. Encourage your child to create the face, choosing different vegetables and/or fruits. They can also make an animal, an abstract design, or whatever their creativity inspires!
4. The final step is for your child to eat it up and enjoy!



You can offer dips, like hummus or an easy tahini sauce, to jazz up the snack and add protein. The best part about making a veggie face is that you can make a different one every day!

Tahini sauce recipe: 1 tablespoon tahini + 1 tablespoon lemon juice and a light sprinkle of salt. Stir just till combined – it gets stiff if over-stirred.

Happy snacking!

Note: For little kids, be aware that firm or round fruits and veggies may be a choking hazard. Be sure to cut into small pieces when serving!

Nature Mandala

You can make a nature mandala any time of year, and it's a great activity to do with your child. They'll get some exercise, fresh air, and a chance to explore the environment and flex their creativity muscles.



1. First, you and your child should decide where to gather materials for the mandala. It can be your backyard, your driveway, around your neighborhood, at a park or beach – anywhere you and your child can find natural materials.
2. Take a walk around your chosen site, looking for things to include in the mandala. Be careful not to pick any rare or poisonous plants.
3. Ask your child to pick a place to build the mandala. A mandala isn't meant to be permanent, so it's okay to put it where it might get easily disturbed.
4. Your child should choose an object for the center of the mandala.
5. To create the mandala, place objects in a ring around the center item. Then make another ring around that. And so on, until your child decides it is finished.

Apple Cookies

Adapted from <https://rachelschultz.com/2014/04/09/apple-cookies/>

Ingredients

- One apple
- Toppings: Peanut butter, chopped nuts, shredded coconut, chocolate chips (see "alternatives" for addition topping choices)



Directions

1. Prepare for this activity by removing the apple core and slicing your apple into rings so it looks like a donut shape.
2. Help your child cover each apple slice in the spread of your choice. Children can use a spoon to put on the spread if they are too young to use a knife.
3. Allow your child to sprinkle toppings of choice over each apple cookie so each one is evenly coated. Makes around 7-10 cookies.

Alternative Toppings

Choose your favorite spread

Almond butter, Sun butter, Alternative nut butter, Nutella

Choose your favorite nuts or toppings

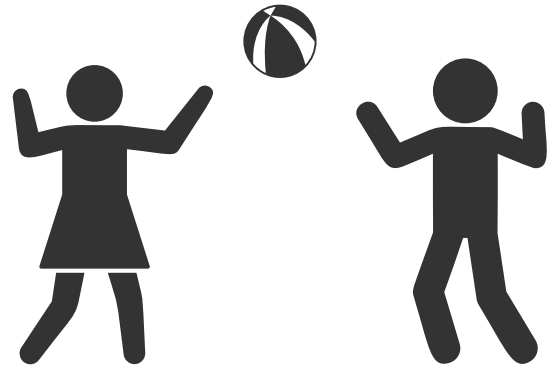
- Chopped almonds, peanuts, walnuts, cashews, sunflower seeds
- Dried fruits such as raisins, craisins, coconut
- Rolled oats, chocolate chips

Beach Ball Toss

Your bag includes a RiseVt beach ball

Play Catch

For a variation, try taking a small step backwards every time the ball is caught!



Keep It Up

Try hitting the ball up into the air and not letting it touch the ground. Count and see how many hits you can get in a row before it falls!

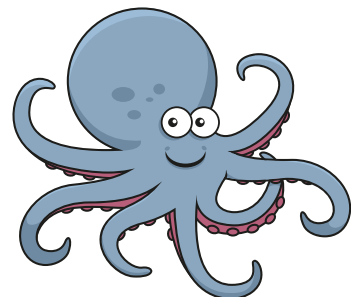
Tip:

For younger kids, try using a beach ball that is slightly under-inflated. This can make it easier for small hands to grab!

Get Active Cube

Put together the Get Active cube in your bag and play!

Take turns rolling the cube with your child, or do the activities together!



DANCE like an OCTOPUS

Indoor Obstacle Course

Steps

1. Make safety the first priority. Find an open space away from breakable items and sharp objects.
2. Have your child help plan out the course. You can design it as a loop, or have it go from one spot to another.
3. Come up with obstacles that require your child to do different things to get through the course. Think about words like across, under, over, between, around.

Design Ideas

Make a trail of pillows or sofa cushions to walk on. These are great for a don't touch the floor obstacle! For kids with balance issues, walking on sofa cushions is actually a great way to develop balancing skills. This obstacle works best on a carpeted floor so that the pillows don't slip.



Create a tunnel for your child to crawl through. Drape a blanket or sheet over a table. You can also create a tunnel using chairs and sheets.



Make a balance beam using a strip of painter's tape.



A hallway is the perfect place for a laser obstacle! Use streamers, toilet paper, or string as the "lasers."

Tape one end of your laser to one side of the hallway, and then drape it diagonally to the other side of the hallway and tape that end. Repeat several times until you have a maze for your child to squeeze through. This one works best for older pre-K aged kids. Try to make the maze difficult enough that they won't be able to crawl right through it, but easy enough that they won't get too frustrated and give up!



Include tasks in the obstacle course, like a beanbag toss. Line up a row of bean bags, small stuffed animals, or rolled up socks. Place a laundry basket a few feet away. Your child can try to throw all of the "beanbags" into the basket before moving ahead in the obstacle course.

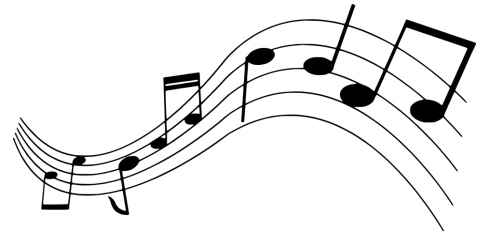


Images and ideas from: <https://www.parents.com/fun/activities/indoor/indoor-obstacle-course-ideas-for-kids/>, <https://www.wikihow.com/Make-a-Blanket-Fort#/Image:Make-a-Blanket-Fort-Step-4-Version-4.jpg>, <https://www.itsalwaysautumn.com/diy-hallway-laser-maze-indoor-fun-for-kids.html>, <https://www.pinterest.com/pin/590816044859848605/>; *The Out-of-Sync Child Has Fun: Activities for Kids with Sensory Integration Dysfunction*, Carol Stock Kranowitz, New York: 2003.

Quick Activities

For When You're Stuck Waiting or On the Go...

Sing a Song



Sing a song together, whether it's a nursery rhyme, or just something you heard on the radio! Try making up your own lyrics, or creating hand gestures

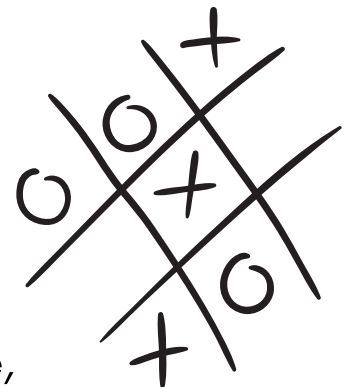
I Spy

This game can be played anywhere! Say "I spy with my little eye, something_____" and name a shape, color, texture, letter, etc.



Tic Tac Toe

Scribble out a board on a piece of paper, or create one using any objects you can find! If you are outside, try using sticks and rocks! Or in a restaurant, try using silverware and sugar packets!

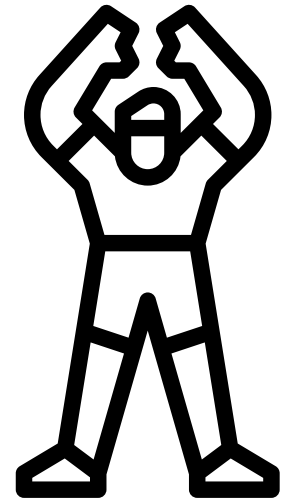


More Quick Activities

For When You're Stuck Waiting or On the Go...

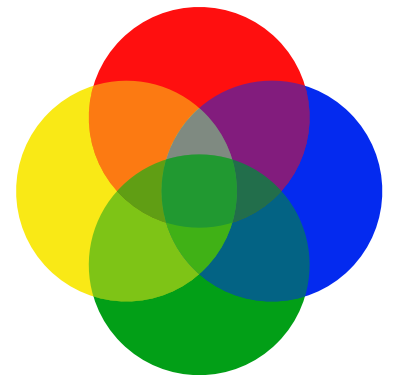
Stretch

Have you been sitting in the car or in a waiting room for a long time? Try doing a stretching exercise with your child. Ask them to touch their toes, or do 10 jumping jacks to get them moving!



Color Game

Name a number of things that are a certain color and try to have your child guess the color. For example: "Sky, Ocean, Blueberries". For younger kids, try pointing to something in the room and having them name what color it is.



Spend some time together this week

Whatever that looks like for you!

