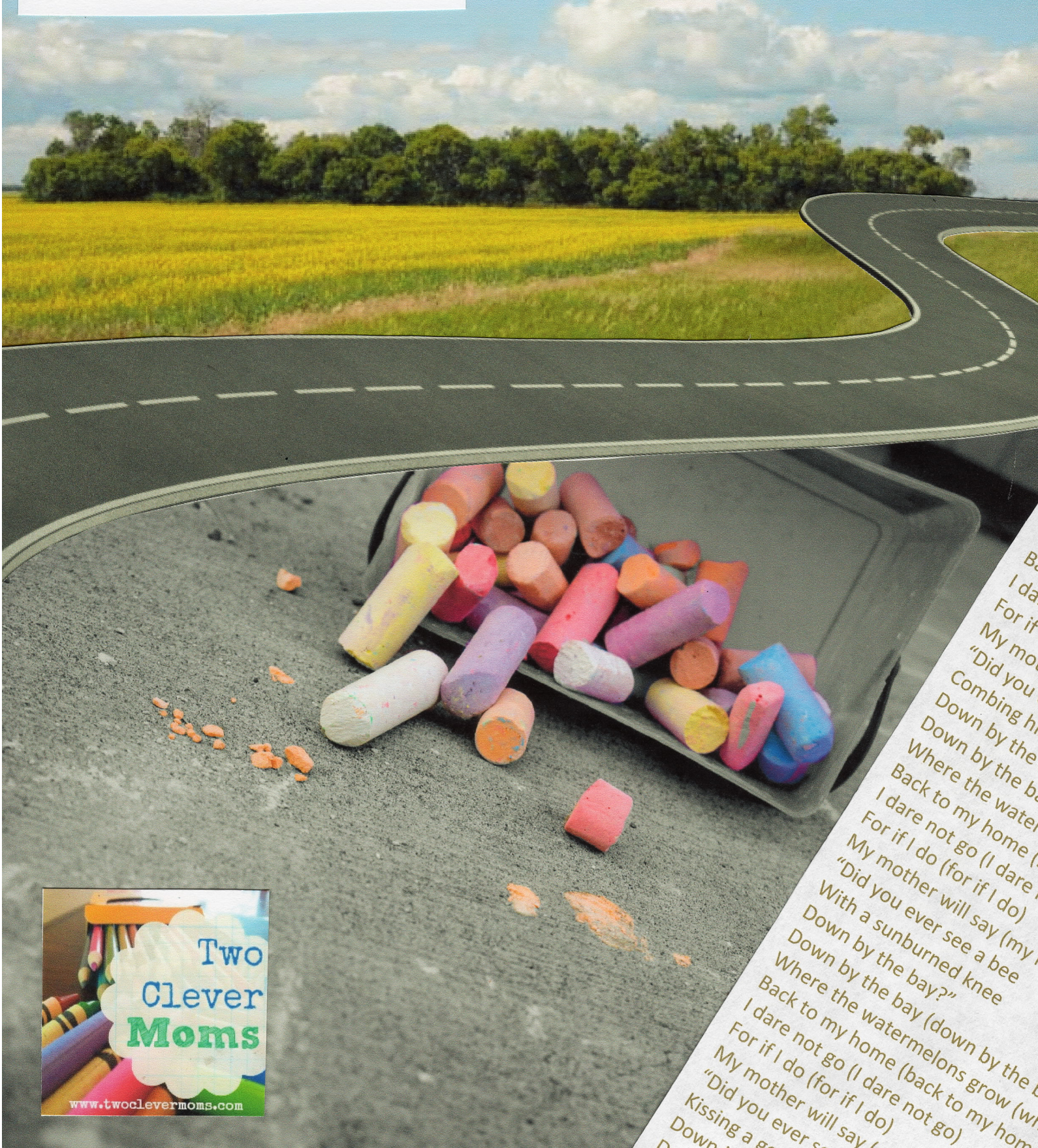
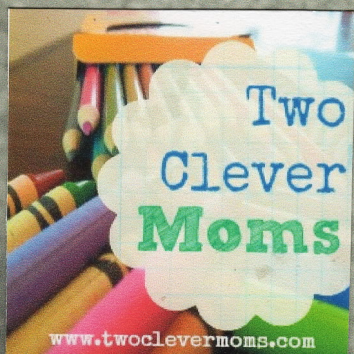


summer

volume 1, issue 1



Be
I da
For if
My mo
"Did you
Combing h
Down by the
Where the b
Back to my water
I dare not go (I dare
For if I do (for if I do)
My mother will say (my
"Did you ever see a bee
With a sunburned knee
Down by the bay?"
Where the watermelons grow (w
Back to my home (back to my hom
I dare not go (I dare not go)
For if I do (for if I do)
My mother will say
"Did you ever s
Kissing a g
Down



Sand

Tunnels: dig one hole about 12 inches deep and dig another hole the same depth about 2 feet away. Then dig a hole about 6 inches down one of the holes connecting the two.

Rock

Lucky rocks: We have a long tradition of collecting lucky rocks on the beach. A lucky rock is one that has a line that wraps completely around the rock.

I spy Beach

6 Feathers
10 pink rocks
4 pieces of driftwood
3 heart shaped shells or rocks
5 shells that aren't broken bigger than your fist
8 crab claws or snails shells
7 pieces of trash
2 shiny things

Water

Rivers: near the edge of the water dig several trenches in the sand. Vary the length, the depth, and how they are connected to one another. The water from the waves may wash into them or buckets can be filled to pour water into the furthest point away from the water's edge. Small balls are fun to drop in the rivers to see how they flow down the various channels created.

beach



hiking

show children how to identify and prevent hiking dangers like ticks & other bugs, snakes and wild animals, poison ivy, hypothermia or heat stroke, dehydration, slick surfaces and other dangerous terrain.

Don't forget basic hiking gear for everyone: water, snack, sunscreen, bug spray, charged cell phone, dry socks, rain gear, and light jacket/sweatshirt.

When nature calls in the woods, for those uncomfortable with squatting, sit them with their fanny overhanging on a fallen log. Remember to appropriately bury what you leave behind.

Teach children about basic rules the trail (i.e. rules for letting people pass, how reading trail markers, a plan for emergencies, taking out what you take in, leaving nature alone including with their voices).



Here are a few tips for hiking with children:

Practice! Make sure your kids have the endurance and confidence to make a hike you have planned.

Gear! Appropriate shoes and clothes are important, but giving children their own backpack, binoculars, compass, camera, pedometer, GPS, maps, field guides, water bottle, first aid kit, journal to carry, walking sticks, can help with the hike inspiration!

Incentives! Use snacks, letterboxing, geocaching, creating a photo album or nature guide, or a special destination (like swimming in a lake or ending with ice cream) to keep motivation high.

Role Play! Make up stories. Be adventurers looking for things. Buried Treasure. Animal Rescue. Spies. Bad Guys. Follow the Yellow Brick Road. Pretend you are the people from a video game; Temple Run is a huge theme in our hikes lately.

Landmarks! Look over a map of your route with the kids; draw your own map while on the trail or when you get home. We like to visit landmark destinations, but more so to name our own (small bridges, funny looking trees or rocks, sharp turns in the trail).



woods

alphabet: with a camera or with a bag, find leaves, sticks, rocks, bark or other objects that remind you of each letter of the alphabet.

I Spy Outside

a feather
3 pieces of trash
a heart shaped leaf
2 rocks that look alike
3 kinds of insect or bug
somewhere that an animal lives
a stick that would make a good slingshot (strong y-shape)
piece of grass exactly the size of your pointer finger (no ripping!)
something that should not be outside
a tree that splits into two
a pinecone or acorn
something shiny
something soft
a footprint

Fairy or Elf Houses: On your walk, bring along a bag or a bucket. Collect from the ground sticks, tree bark, acorns, pine cones, rocks, shells, pine needles, moss, leaves, anything really. In the woods, or when you return home build a home for little friends. Some suggestions: moss makes a great front lawn; rocks can be lined up to make a path to a front door; push many sticks side by side into the dirt to make walls; balance tree bark on top for the roof. Or... reuse small milk cartons, juice boxes or yogurt containers as the structure for the house and glue the found materials to the outside. The possibilities are endless, but remember to respect the nature around you when collecting materials and building the houses.

chalk

Don't keep the chalk to the sidewalk – draw on your front steps, house foundation, deck, mailbox or car tires, fence,

Draw a huge public service message (e.g. "Have a great day!") on the sidewalk or driveway.

Go beyond a chalk town – draw a coral reef, rainforest, bear's den, rocket ship, veterinary clinic, spa, professional sports stadium, or train cars.

Add some education – writing, shapes, colors, letter sounds, spelling, geometry, foreign language/vocabulary, math facts. Kids can write them, or you write them and have them hop, jump, skip, act like a gorilla to the correct answer.

Trace your bodies in different positions holding different objects and color it in to make creative scenes. Be a rock band. Make mom the baby and the child the grownup. Trace mystery objects from and guess what it is.

Get moving – make small versions of your favorite sports fields and play a small scale version of the game, invent your own sport or remake Olympic events, obstacle courses, boot camp stations with fun and silly activities



rainy days

I Spy At Home

3 yellow things
something that makes noise
8 things that start with the letter P
a picture/drawing of everyone in the family
something that holds water (not from the kitchen)
a picture/drawing with more than 16 familiar people in it
4 things having to do with monkeys
3 different star shaped objects
something that bounces
something scratchy

HEADBAND Supplies

- 12 inches x 1 inch elastic band
- Scrap fabric at least 12 inches x 6 inches
- Scissors
- Sewing machine / needle and thread

Directions

1. Fold the fabric in half the long way with the right side facing.
2. Sew $\frac{1}{4}$ inch for the open edge of the long side.
3. Reverse and press.
4. Fold in the ends and press.
5. Measure the head of head band wearer.
6. Cut the desired length of elastic to fit the wearer.
7. Place one end of the elastic in one end of the fabric, pin. Place the other end in the other end of the fabric, pin.
8. Being careful not to sew everything together. Sew around the entire edge of the rectangular fabric piece. Take extra care to secure the elastic inside the fabric.

IDEA JAR

Take Popsicle stick or index cards and write a different idea on each one. The ideas can be fun, can be chores, can be creative, and can be active, whatever your family would like. Place the jar in a central place. When the kids get need a little hint direct them to the jar.

bubbles

Try to catch bubbles with a net, blow bubbles into a goal, land in a certain spot, or make up other games!

If you have young kids, encourage them to pop the bubbles with just their pointed index finger. Pointing is an important developmental stage in children's progression to communicating.

Recipe

Homemade Bubble Solution

1 cup distilled water

+ 2 tablespoons Dawn or Joy dish soap

+ 1 tablespoon glycerin

Glycerin reduces the evaporation rate of the solution. Replace with light corn syrup or part sugar if you can't find glycerin at the pharmacy or in the baking section of the craft store.

You can make bubble wands using anything that has a hole or loop you can blow through. Look through the house and see who can find the most original bubble wand.

Some ideas to start from are metal coat hangers, large thread spool, yogurt containers of various sizes (cut the bottom off or cut holes in the sides or bottom), funnel, paper towel tube, slotted spoon, string, drinking straw, drinking straws held together with string, Crocs/sandals, fabric, nets, hula hoop, and on and on (store bought wands are great too!)



food



Zucchini Bread

Ingredients

- 3 ¼ cup flour
- 1 ½ teaspoon salt
- 1 teaspoon nutmeg
- 2 teaspoon baking soda
- 1 teaspoon cinnamon
- 3 cups sugar
- 1 cup canola oil
- 4 eggs
- 1/3 cup water
- 2 cups grated zucchini
- 1 teaspoon lemon juice
- 1 teaspoon lemon zest

Directions

1. Preheat oven to 350 degrees
2. In a large bowl, combine flour, salt, nutmeg, baking soda, cinnamon, and sugar.
3. In a separate bowl, combine oil, eggs, water, zucchini, lemon juice and lemon zest.
4. Mix wet ingredients with dry.
5. Bake in two greased, standard loaf pans for 1 hour. Or in four small loaf pans for about 45 minutes.

POPSICLES

Molds

- Purchased molds in various sizes and shapes
- Dixie cups and wooden popsicle sticks
- Parchment paper rolled in a cone shape. Place the point of the cone into a marshmallow to prevent leaks. By wrapping about 10 rubber bands around a bread pan create a grid. Stick the parchment paper rolls with marshmallows into the grid for support. Pour in the liquid pop.

Recipes

- Favorite fruit juice of choice
- Favorite yogurt
- In a blender make your favorite smoothie
- Chocolate (vanilla or caramel) pudding
- Coconut milk, condensed milk, vanilla extract, and shredded pineapple
- Mix and match – pour into molds in layers
- Sprinkle layers with melted chocolate chips

