



**Outdoor play is a necessary part of children’s development and is considered essential for children’s play and learning.**

Why is Free Play in the Outdoors important for children’s development and learning? In the article *Let Kids be Kids: Using Adventure and Nature to Bring back Children’s Play*, Caileigh Flannigan explains that when children are engaged in free play in the outdoors, they are provided opportunities for freedom, choice, and fewer routines. In free play, there is no adult direction or control, so children are able to play how they want to play. When children are given such freedom to play, they are more likely to engage in higher levels of social interaction, cognitive skills such as decision-making and reasoning, empathy, and physical activity. In turn, they are less likely to become inattentive, anxious, or depressed and unhealthy.

KidZCommunity is currently piloting Anji Play in two of our classrooms and one family child care home. The Anji Play approach is based on a philosophy that an environment of love (one that provides trust, warmth, support, and safety) allows children to take developmentally appropriate risks. These risks (physical, emotional and intellectual) provide children with experiences of joy. This joy leads to the child’s deep engagement in their own learning and inquiry. The child’s daily reflection on these experiences creates lasting knowledge and builds the foundation for and an interest in future learning.

As adults, we need to support children in learning to enjoy what free play in the outdoors has to offer. We need to inspire imaginations, creative minds, and capable bodies. To do this, we can look toward two simple things: nature and adventure. In this weeks packet, you will find many outdoor learning activities and ideas that reflect the 5 principles of Anji Play: Love, Risk, Joy, Engagement and Reflection. Enjoy!

<https://www.fix.com/blog/get-children-playing-outside/>



## Fence Weaving

Got fabric scraps, old bathing suit straps, yarn, string? Or even natural fiber like long grasses, soft barks, large leaves, etc... Cut scraps into manageable strips. Supervise with younger toddlers so there's no danger of long pieces wrapping around their necks.

Have older children help find the materials to use.

Let children freely explore, create, problem-solve and add new and interesting objects.

(photo credit: Playfully Learning)

## Engaging Toddlers in Nature Play

- Babies and toddlers love the sound of things that crinkle – try dry leaves. Have older children help rake leaves or grass into piles for jumping in, mixing with mud and water, or other creative uses.
- Quietly watch birds fly overhead and squirrels pitter patter.
- Listen to bird sounds and mimic them for baby.
- Blow bubbles in the wind. Listen to the sounds of the bubbles pop on blades of grass.
- Make sounds with what you find outside. Try tapping acorns, walnuts, or twigs together and invite baby to join in.
- Touch tree bark and describe how it feels to baby (rough, smooth, bumpy, scratchy).
- Pick up a worm, cricket, or ant and show baby how it moves in your hand. If baby is welcoming, let the tiny animal crawl in baby's hand. Model being "gentle" with living creatures.
- Stand your barefoot baby on soft grass or moss. Encourage baby to touch the grass or moss with fingers, too.
- Play in a puddle. Stir up water with twigs, dip fingers or toes in, or float leaves in the water.

Your curious child will develop positive feelings about nature through happy, sensory associations of nature play with you. As you explore together, you are making more than memories; you are nurturing baby's lifelong love of nature!

(Monica Wiedel-Lubinski – NAEYC)







<https://www.thecrafttrain.com/amazing-hand-bubbles/>

## DIY Hand bubbles recipe

### Ingredients

- 2 1/3 cup water
- 1 cup dishwashing liquid – note that the brand of dishwashing liquid you use can make a real difference with bubble mixtures. We used Fairy, but other brands I've heard work well are Morning Fresh or Dawn. If you use a different brand and your bubble mixture fails it's probably the reason why.
- 1/2 cup glycerine

Mix all ingredients together in a storage container that can be covered with a lid. Allow it to rest overnight – it will work better. Before making bubbles the next day give the mixture another good stir.



### How to create hand bubbles

Dip hands into the mixture and rub together until you get a lather, then form hands into a ring shape and blow bubbles. Because your hands are covered in a soapy lather the bubbles will stick to them without popping and they can be distorted and passed from hand to hand. The extra glycerin in this recipe causes the bubbles to be stronger and longer lasting than usual bubbles, but if you attempt to catch them with non-soapy hands they will still burst.

***Special Note:*** Please use your own discretion when making this recipe and patch test if your kids are allergic to anything before using. Bubble mixture should not be rubbed in eyes or put in the mouth so please supervise kids while they are participating in this activity, and if you think they are likely to put this in their mouth then don't do this activity.

# Flower and Plant Investigation

## Hapa Zome (The Beauty of Hitting Flowers with Hammers)

Eco-dyeing with Plants and a Hammer, Hapa-Zome was named and developed by India Flint, and is the Japanese art of pounding leaves and flowers into cloth to extract the plants natural pigments. The literal translation is leaf-dyeing in Japanese (Philpot, 2009).

### Provocation Questions:

- What will happen when we hit the flowers with the mallet?
- Where is the color coming from?

### Materials:

- Mortar and Pestle
- Dried Flowers and plants
- Mallet
- Fresh Flowers
- Fabric



### Activity:

1. Place the cloth or piece of paper on a hard surface
2. Arrange the plant material on the fabric or paper.
3. Fold over the cloth or paper and have the kids start to hammer! If you want to protect the cloth more, you can put a piece of paper over it before pounding.
4. Open the cloth and remove the plant material.
5. Let dry.

Before starting to pound the flowers, talk to the children about what is likely to happen; Let them share their ideas and theories. Let the children share their amazement as they watch the pigments soak into the fabric.

*Where is the color coming from?*

Start by hammering or smashing plant material (leaves or flowers) into fabric to create an imprint.

Once you feel that you have tapped or hammered each flower and leaf, you can open the fabric and reveal your art work! The dye has actually transferred on to the fabric.

Peel off the flowers and leaves or they can also be taken off once the fabric has dried. So easy and so beautiful!

Let the children experiment with different petals, leaves and grasses, and allow them to clarify their thoughts, hypothesize, experiment, observe, compare, identify and test theories and communicate their findings and results. This is clearly hands-on science.



# Crushing Dried Flowers and Plants



Here are a few ideas for using a mortar and pestle in the home with children. Use the mortar and pestle to mix, smash, grind, or pound:

- Nuts to add to ice cream or for desserts.
- Garlic to add to pasta sauce or butter (to make garlic butter).
- Egg shells - before placing in compost.
- Nuts and dried spices
- Dried spices, try buying coriander or cumin seeds and have the children grind them and store them, rather than buying ground.
- Dried spices for curry, marinades, dressing, sauces, pastes or seasonings.
- Herbs to go into herb butter.
- Dried lavender to release scent for pillows or scented sachets or to put into play-dough.
- Fresh herbs, to release flavor.
- Fresh basil, garlic and pine nuts to add to oil to make pesto.
- Fresh mint before placing in tea or fresh mint tea (served cold).
- Biscuits or graham crackers for desserts, a cheesecake base or pie crust.
- Candy, candy cane or peppermints to make peppermint bark.
- A range of spices or herbs for a sensory tray or provocation.

Using a mortar and pestle is a good way to teach children about their food and it can also be a wonderful sensory experience.



<https://artfulparent.com/13-nature-walk-activities-for-kids-and-free-nature-scamenger-hunt/>

## Explore on a Nature Scavenger Hunt

- Visit the above link to find and print a Nature Scavenger Hunt printable or create your own with items that are specific items that you would find in an area (Beach, forest, desert...)
- Use paint chips to hunt for items in nature that match the colors on the chips
- Have children hunt for quantity of items such as: How many flowers can you find? How many pinecones can you find? What do you have more of...flowers or pinecones?

## Play "I Spy" with Items Found in Nature

- "I spy with my little eye...something fuzzy! Something round! Something squishy!"
- "I spy with my little eye...something that rhymes with free! Something that rhymes with knee! Something that rhymes with rug!"
- Have children take turns guessing the answer and coming up with items in nature to "Spy"
- Have children make binoculars out of paper towel tubes to use when finding item's in the "I Spy" game



## NEIGHBORHOOD SCAVENGER HUNT

- Find a fire hydrant.
- Find a wreath on a door.
- Find a chalk drawing on the sidewalk.
- Find someone walking a dog.
- Find 2 birds.
- Find a white car.
- Find a mailbox.
- Find an ant.
- Find a flag.
- Find 3 fallen leaves.
- Find someone riding a bike.
- Find a gate.
- Find a stop sign.
- Find 2 different colored flowers.
- Find a trash can.



<https://primaryplayground.net/scavenger-hunts/>

# 101 WAYS TO PLAY OUTDOORS

1. Play leapfrog
2. Jump rope
3. Climb a tree
4. Build a fort
5. Play hide and seek
6. Kick a ball
7. Make a rainbow with the hose
8. Pull weeds
9. Ride a bike or scooter or horse
10. Create a nature collage
11. Build a sand castle
12. Head out on a treasure hunt
13. Roll down a hill
14. Make a bug hotel
15. Balance along a wall
16. Throw a frisbee
17. Balance a bean bag on your head
18. Have an egg and spoon race
19. Hug a tree
20. Create patterns in damp sand
21. Make story stones
22. Paint a fence with water
23. Make texture rubbings with crayons
24. Swing your hips in a hula hoop
25. Make a rain gauge
26. Play tag
27. Draw something you can see
28. Jump in a puddle
29. Play hopscotch
30. Draw on the trampoline (or the footpath) with chalk
31. Read a book
32. Catch raindrops on your tongue
33. Make a set of stilts from tin cans
34. Have a game of marbles
35. Or elastics
36. Enjoy breakfast outside
37. Rake leaves
38. Set up a worm farm
39. Decorate mud pies
40. Run under the sprinkler
41. Paint the outside of a window
42. Make a daisy chain
43. Start a nature journal
44. Lie in a hammock
45. Toast marshmallows
46. Find 10 things to float in a tub of water
47. Write in the sand with a stick
48. Press flowers
49. Make a pinwheel
50. Make a stick sculpture
51. Make a pet rock
52. Try leaf printing
53. Draw around a shadow on the ground
54. Plant vegetables and herbs
55. Grow a bean or sunflower teepee
56. Take photos of what you see
57. Have a 3 legged race
58. Or a wheelbarrow race
59. Gaze at the stars
60. Set up a lemonade stand
61. Paint with feathers
62. Decorate a tree
63. Create a home for a fairy (or an elf)
64. Make a tin can telephone
65. Enjoy a teddy bears picnic
66. Make a drip castle with wet sand
67. Write a letter on a leaf
68. Fly a kite
69. Make up a new game
70. Put on a show
71. Grab a magnifying glass go bug hunting
72. Try a somersault or a handstand or a cartwheel
73. Watch a sunset
74. Spin and get dizzy
75. Start a collection
76. Float a paper boat
77. Make a cave for a dinosaur
78. Wash the dog
79. Wash the car
80. Create a small world for your favourite figurines
81. Make a sundial
82. Host a paper plane flying contest
83. Blow bubbles
84. Dance and sing
85. Make your name from sticks
86. Make a road for toy cars
87. Play torch tag
88. Build a compost bin
89. Throw water balloons
90. Make object impressions in air dry clay
91. Put on a cape and fly
92. Grow a grass head
93. Make a bird bath
94. And a bird feeder
95. Make petal perfume
96. Dig for treasure
97. Make a leaf crown
98. Hang laundry
99. Draw a map of your space
100. Set up a snail race
101. Lie back on the grass and look for shapes in the clouds

Notes	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	 milk	 bye	 ball	1 Make a fort and read a book in it	2 Make a peanut butter and jelly sandwich (first, next...)	3 Try a color scavenger hunt (find something red...)	4 Walk around your neighborhood and talk about what you see
	5 Find 5 things made of wood	6 Build something out of blocks	7 Make silly faces in the mirror	8 Visit the zoo and talk about what you see	9 Draw a picture of your family	10 Take your dog (or a friend's dog) for a walk.	11 Make a grilled cheese sandwich. What did you do 1 <sup>st</sup> , 2 <sup>nd</sup> ...?
	12 Have an egg hunt (on, up, in, by under)	13 Plant seeds in a pot or garden	14 Look at the stars and pretend to be an astronaut	15 Do something silly together	16 Make up a poem	17 Pretend to be a favorite character from a book	18 Make or draw a pizza with your favorite toppings
	19 Give 5 people a high five today	20 Sing the alphabet	21 Draw a picture of your bedroom	22 Earth Day Make a craft from recycled materials	23 Cook pancakes for dinner	24 Call a family member who lives far away	25 Make an obstacle course in your living room
	26 Tell someone about your favorite birthday party	27 Be a superhero and help someone	28 Get dressed all by yourself	29 Does your child use pronouns; I, me, my, mine, you, he, she, they, them.	30 Try a new food		



# STRESS

## Talk Back to Your Unhelpful Thoughts

**S**tress comes from our perception of the situation. Technically, the actual situation is not stressful; it is our **PERCEPTION** that makes it stressful. Here are some common unhelpful patterns of thinking that we all have, as well as ways you can challenge these thoughts.

### **All-or-Nothing Thinking:**

You see things in black-and-white categories. If your actions aren't perfect, then they are seen as a failure.

**Challenge:** Instead of thinking in an "either/or" way, try to think in shades of gray. Evaluate the situation on a scale of 0-10. Think again about partial success and reevaluate, on a scale of 0-10.

### **Filtering Out the Positive:**

You focus on one thing that went wrong and filter out the positive events that occurred.

**Challenge:** Try to be as kind to yourself as you would be with a friend. Review the day's events, and focus on all of the positive things that went right. For every negative thing you think of, try to also focus on one positive thing.

### **Overgeneralization:**

You see a single negative situation as never-ending and a "forever" pattern.

**Challenge:** Remind yourself that a single negative event (or even multiple events) doesn't mean it will truly last forever. Think of a specific time when a single negative event did not have a long lasting outcome.



Do you or a family member have a non Covid-19 **health concern or illness?**

Is your child due for their **well-child** visit or **immunizations?**

We understand your concern with visiting medical offices right now, but **don't put it off!**

Call your primary physician to discuss what plan is best for you and your family. Many primary care offices are continuing to see their patients and will provide the proper personal protective equipment to keep you safe.

# AAP Schedule of Well-Child Visits

The first week (3 to 5 days old)

1 month old

2 month old-Immunizations

4 month old- Immunizations

6 month old- Immunizations

9 month old

12 month old- Immunizations, lead and hemoglobin testing

15 month old- Immunizations

18 month old- Immunizations

2 years old (24 month)- Immunizations, lead testing

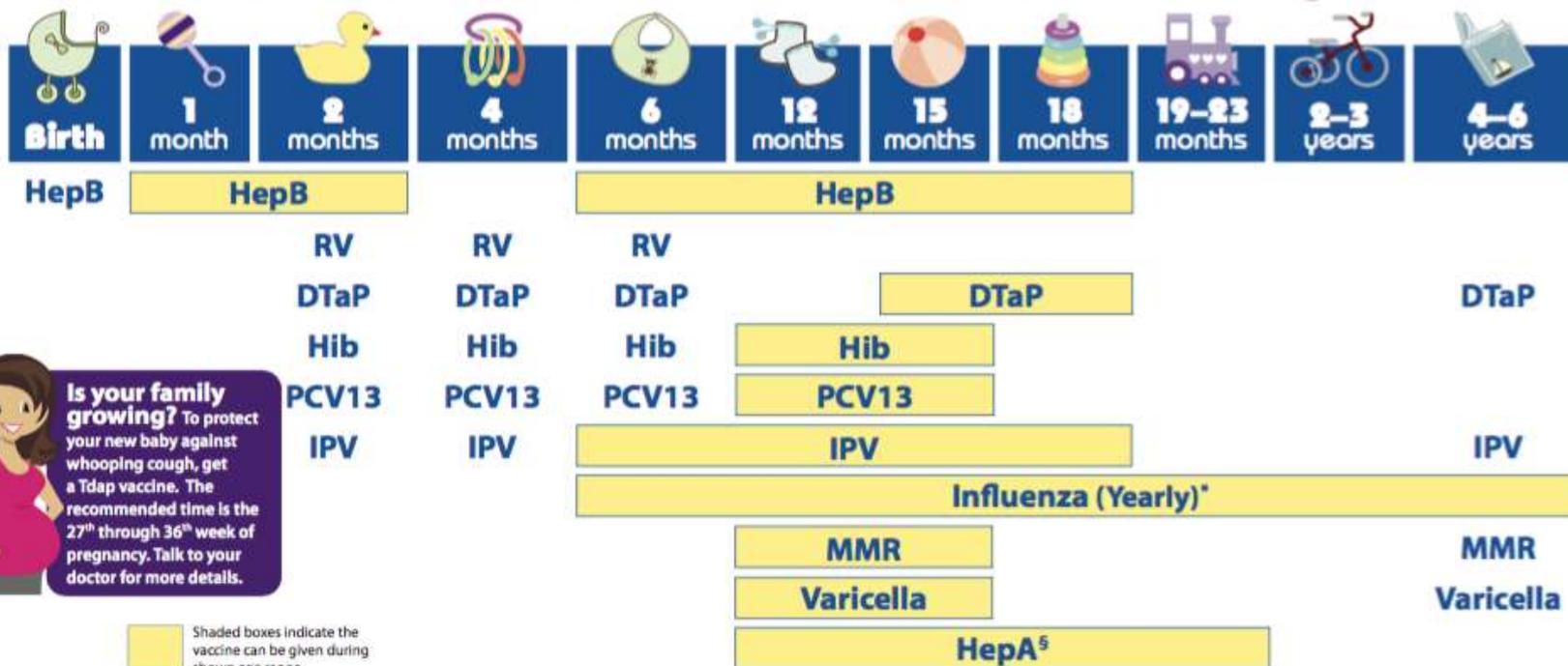
2 1/2 years old (30 months)

3 years old

4 years old- Immunizations

5 years old- Immunizations

## 2020 Recommended Immunizations for Children from Birth Through 6 Years Old



**Is your family growing?** To protect your new baby against whooping cough, get a Tdap vaccine. The recommended time is the 27<sup>th</sup> through 36<sup>th</sup> week of pregnancy. Talk to your doctor for more details.

### NOTE:

If your child misses a shot, you don't need to start over. Just go back to your child's doctor for the next shot. Talk with your child's doctor if you have questions about vaccines.

### FOOTNOTES:

- Two doses given at least four weeks apart are recommended for children age 6 months through 8 years of age who are getting an influenza (flu) vaccine for the first time and for some other children in this age group.
  - Two doses of HepA vaccine are needed for lasting protection. The first dose of HepA vaccine should be given between 12 months and 23 months of age. The second dose should be given 6 months after the first dose. All children and adolescents over 24 months of age who have not been vaccinated should also receive 2 doses of HepA vaccine.
- If your child has any medical conditions that put him at risk for infection or is traveling outside the United States, talk to your child's doctor about additional vaccines that he or she may need.*

See back page for more information on vaccine-preventable diseases and the vaccines that prevent them.



For more information, call toll-free  
**1-800-CDC-INFO** (1-800-232-4636)  
 or visit  
[www.cdc.gov/vaccines/parents](http://www.cdc.gov/vaccines/parents)



U.S. Department of  
 Health and Human Services  
 Centers for Disease  
 Control and Prevention

### Delicious Fruit Smoothie Bowls (shared by Francine, SSEHS Nutrition Aide)

So my girls and I made these really delicious fruit smoothie bowls, kind of like an acai bowl you might get at Jamba Juice. They were really basic yet tasty and refreshing. We topped the smoothie bowls (yogurt and maybe some OJ) with a sprinkle of coconut flakes, banana slices and blue berries. It was oh so tasty and nutritious! I thought you might enjoy making these as well. :) Stay safe!



### Crustless Mini Quiches (shared by Francine, SSEHS Nutrition Aide)

8 eggs

Spinach and tomatoes

Cheese

-Beat eggs in mixing bowl. Add chopped spinach and tomatoes as desired. Pour into greased muffin tins and add a bit of cheese. Heat oven to 375 and cook for 10-20 minutes or until eggs are firm. Francine says, "You can get creative with these, though we kept ours fairly simple. My girls and I topped ours with avocado slices and a little hot sauce. We really enjoyed these healthy little bites. Crust or no crust, I hope this inspires you in the kitchen. "





## Chicken and Ricotta Meatballs in Broth

*Everyday food, A Martha Stewart Magazine, September 2009, issue 65*

### Ingredients:

- 1 lb ground chicken
- 2 cups part-skim ricotta
- 1/3 cup grated Parmesan
- 1 large egg
- 1 1/2 tsp salt
- Ground nutmeg
- 8 cups low-sodium (or homemade) chicken stock
- 1 lemon, zest peeled off in wide strips, plus lemon slices for serving
- 3 sprigs of thyme
- 1 bag (6 oz) baby spinach

1. In large bowl, mix chicken with ricotta, parmesan, egg, salt and pinch of nutmeg until thoroughly combined. Refrigerate until ready to use.
2. In a large Dutch oven or heavy pot, combine broth, lemon zest, and thyme and bring to a simmer. Make meatballs and drop meatball mixture into broth (should have 18 meatballs). Simmer gently until meatballs float and are cooked through, 10-12 min. Just before serving, add spinach to broth and let wilt, garnish with lemon slices.