

Early Childhood Programming for our youngest learners



Art + Making Write a Letter to a Local Farmer

One of the best parts about Spring is the return of the Farmers Market! Farmers work hard all year round to make sure that we have delicious and well-grown food to eat. Do you have a favorite farmer or farm stand that you like to visit? Now might be a good time to write them a letter to say thank you!!

Materials Needed:

- Paper
- An envelope
- Colored pencils or crayons

Optional:

Stickers, stamps, glitter, or other small treasures that can be attached to your card

When you're done, take it to the farmers market with you and hand it over to your farmer friend!



Wellness Earth Day Yoga

Yoga allows us to calm our bodies and minds. It focuses on three things: breathing, movement/poses, and relaxation. Earth Day is on April 22nd and is a great time to try yoga outside!

(yoga images by @tummeeeyoga)

Try this simple Earth Day yoga flow:



1. Mountain



2. Waterfall



3. Tree



4. Boat



5. Butterfly



6. Rock



Tech Try Out Eat Seasonal app

Eat Seasonal is an interactive produce calendar to explore which fruits and vegetables are in season throughout the year. You can search by region, nutrient, or month! Be sure to check out the recipes for delicious ways to cook your favorite produce.

Outdoor Exploration

Earth Painting

Materials Needed:

- Soil
- Water
- School glue
- Brushes
- Bowls
- Shovel
- Paper



Directions:

1. Dig up a small amount of soil.
2. Mix well with water and a little bit of school glue until you have the consistency of paint.
3. Try painting with your new earth paint. Find soil in a few different locations to see if they make different colors.
4. Sprinkle with crumbled dry leaves – like glitter!

Earth Day is April 22nd Let's make Earth Arrangements!

When spring has sprung, there is no shortage of amazing materials to make art with in nature! For this outdoor Earth Art activity, you will use the natural treasures around you to make art outside, for all to enjoy.

Materials Needed:

- Whatever materials you find outside!
- Rocks, twigs, flower petals, leaves, acorn caps, bark, pebbles and more
- A camera or pencil and paper to document what you make

Directions:

1. Find a place where you would like to make your art! This can be on a sidewalk, in your yard, around a tree, or anywhere that calls to you.
2. Collect the materials you would like to arrange.
3. Make your art by placing or arranging your materials in patterns or into shapes and designs!
4. When you've finished, take or draw a picture and leave it behind for others to enjoy.



Oven-Roasted Asparagus Recipe

Asparagus is one of our favorite springtime vegetables! Here is a simple way to prepare and eat this tasty treat.

Ingredients Needed:

- 1 bushel of asparagus
- 2 Tbsp of olive oil
- Juice from 1 lemon
- Salt and pepper to taste

Optional Toppings:

parmesan cheese, feta cheese, red pepper flakes, toasted almonds, parsley, or a drizzle of your favorite dressing

Directions:

1. Wash and dry your asparagus
2. Preheat your oven to 350.
3. Cut off the bottom inch of each rod
4. Lay all of your asparagus out on a backing sheet, drizzle with olive oil.
5. Roast for 30 mins
6. Remove from the oven and apply any toppings you would like!
7. Serve and enjoy immediately.



Book Suggestion

Before We Eat: From Farm to Table
by Pat Brisson

This book introduces young children to the many workers who make it possible for us to be nourished by food. The beautiful woodcut illustrations travel through the food system, giving thanks to farm workers, ranchers, dairy producers, truck drivers and grocery workers.

