

Early Childhood Programming for our youngest learners



Art + Making Make Your Own Binoculars

Make your own pair of binoculars to explore far and wide! Take your binoculars outside to observe birds as they become more active during the spring.

Materials Needed:

- 2 paper rolls
- Scissors
- Glue or Tape
- String
- Your favorite art materials for decorating

Directions:

1. Hold the paper tubes up to your eyes – what do they need to turn them into binoculars?
2. Glue or tape your rolls together. You can use a strip of paper to hold them together like a belt.
3. Attach string to both of the tubes using tape or punch a hole and tie on the string.
4. Add decoration to make them your own!

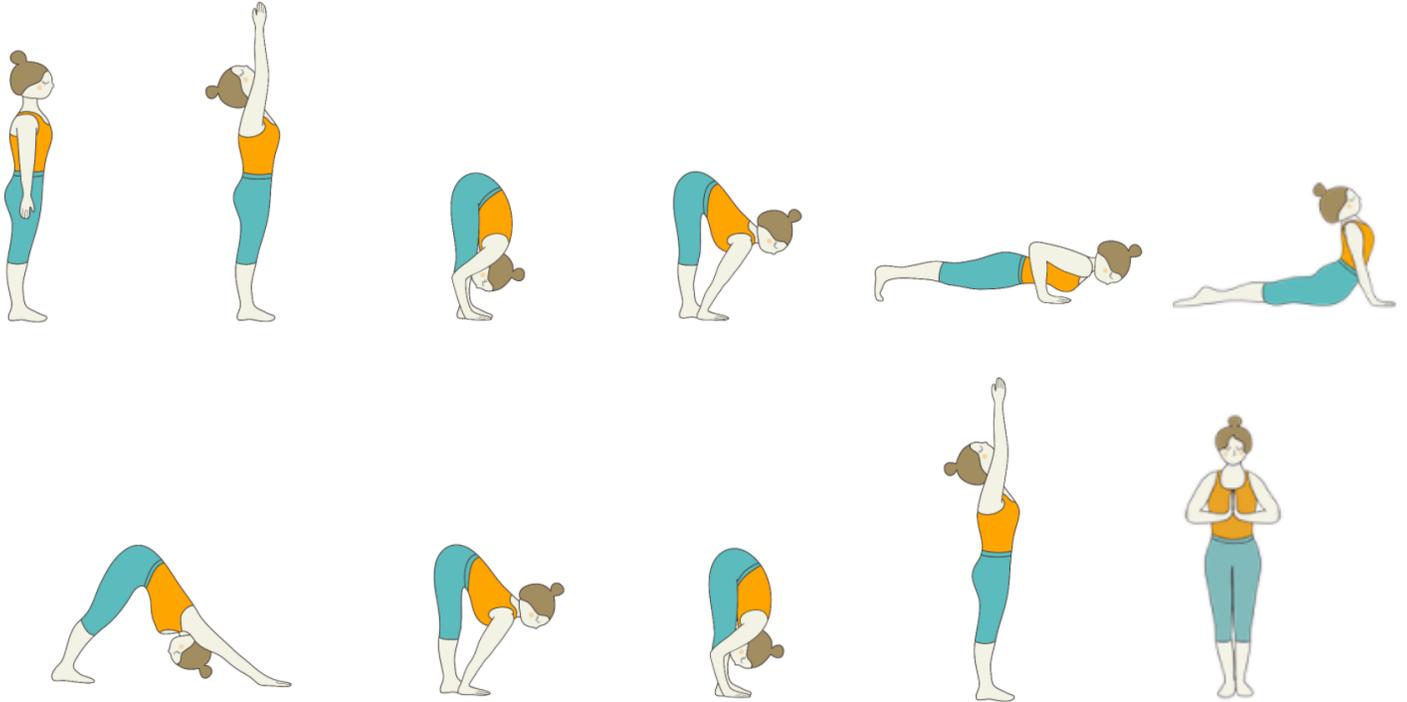


Wellness Springtime Yoga

Yoga allows us to calm our bodies and minds. It focuses on three things: breathing, movement/poses, and relaxation. You may even choose to do yoga outside!

(yoga images by @tummeeeyoga)

Try this simple Sun Salutation flow:



Tech Try Out Plant Snap app



Plant Snap is a fun and easy way to identify plants, flowers, and more! Use this app on your hike or walk to explore what plants grow around you. Simply snap a photo of the plant and instantly learn more about it.

Outdoor Exploration

Signs of Springtime

Spring arrives during this month. Go on a hunt for signs of the changing seasons!

- Birds singing and building nests
- Spring bulbs blooming, such as crocus and daffodils
- Worms wiggling in the soil
- Trees with buds bursting into flowers
- Groundhogs coming out of hibernation
- Mud puddles



Be sure to check out our ["Let's Go Outside: Signs of Spring" video](#) on YouTube!



What do you see?



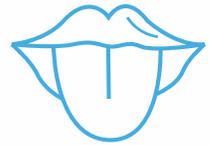
What do you smell?



What do you hear?



What do you feel?



What do you taste?

Knock Knock!

Who's there?

Honeydew!

Honeydew who?

Honeydew you want to hear some garden jokes?

What did the bee say to the flower?

Hey, Honey!

What is a frog's favorite flower?

A Crock-cus!

What's a flower's favorite band?

The Beetles!

Laugh-odil Joke Corner



Spring Roll Recipe

Fresh spring rolls are a fun and tasty snack, packed full of veggies and great flavor.

Ingredients Needed:

- 1 package of spring roll rice papers
- 1 package of vermicelli noodles
- 1 large carrot, shredded or matchsticks
- 1 large cucumber, cut into matchsticks
- 1 lb of cooked protein (shrimp, chicken, or pork)
- 1 sprig of mint leaves
- 1 sprig of Thai basil leaves

Optional:

Sliced mango, sliced bell peppers, shredded lettuce
Cilantro

Directions:

1. Cook vermicelli noodles and allow to fully cool.
2. Cook your protein and allow to fully cool
3. Soak 1 spring roll paper in a shallow bowl or warm water for 10-15 seconds.
4. Remove the spring roll paper (it should be clear and flexible!)
5. Layer your ingredients in the middle of the spring roll paper.
6. Fold in the sides and then gently roll the spring roll shut.
7. Repeat and enjoy with a peanut or sweet chili dipping sauce.



Book Suggestion

Goodbye Winter, Hello Spring
by Kenard Pak

Join a brother and sister pair as they wander outside to see the natural world awaken from its wintry sleep! Read along as they watch ice melt, flowers bloom, and birds chirp! What signs of Spring do you notice?

