

Early Childhood Programming for our youngest learners



Art + Making Recycled Flower Crowns

Celebrate summer every day with a flower crown made from recycled materials!

Materials Needed:

- Recycled paper (wrapping paper, magazines, junk mail, etc.)
- Pipe cleaners
- Scissors
- Glue
- Stapler

Optional:

Glitter, beads, feathers, or felt!

Directions:

1. Cut a long strip of paper that is about 3 inches wide. You want it to be able to fit around your head and sit like a crown.
2. Start by cutting a flower shape out of paper! You can also color or add details on to your flower with crayons or markers.
3. Attach your flowers to the paper crown with glue or staples.

Alternative: Instead of the paper base, attach your flowers to pipe cleaners and then wrap them together to form a crown.

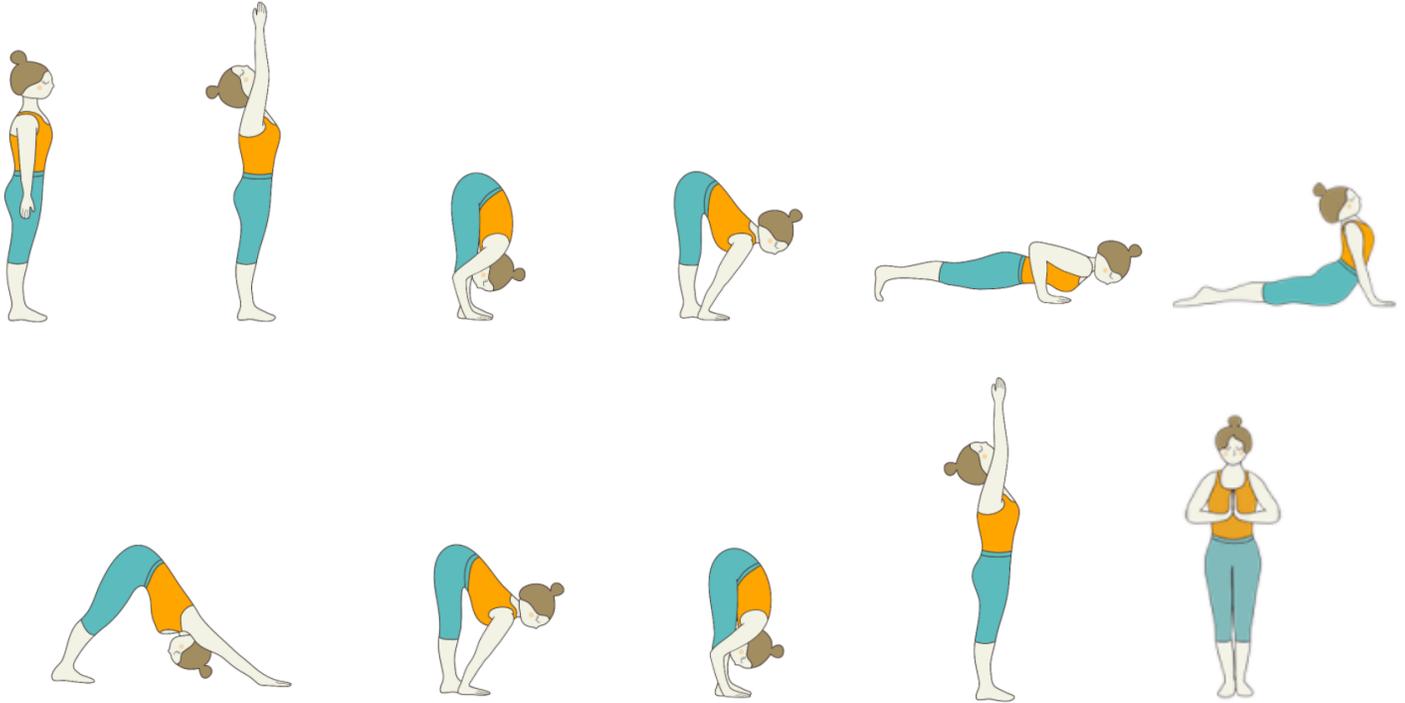


Wellness Sun Yoga

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 @tummeeyoga)

Try this simple Sun Salutation flow:



Tech Try Out Fiete Farm app

Experience a day on the farm with Sailor Fiete: drive a tractor, feed the cats and pigs, harvest carrots, shear sheep and saw wood like a real farmer. Have endless fun on the farmyard with Fiete and his friends.

Outdoor Exploration Farmer's Market Scavenger Hunt

Farmer's Markets are wonderful places to explore. Not only can you pick up delicious local, seasonal produce, but you can also meet new friends! See if you can check all of these boxes on your next trip to the market!

Can you ...?

- Find a root vegetable
- Find a fruit
- Find something that tastes sour
- Try a free sample
- Find a vegetable that's bigger than your hand
- Find a farmer who sells flowers
- Find a purple vegetable
- Find produce that grows on a vine
- Find a vegetable you have never heard of before
- Say hello to a farmer
- Ask a farmer their favorite vegetable
- Exchange a recipe idea with someone



Recipe Card Cooking and eating meals together are great ways to make memories together! Use this blank recipe card to capture one of your favorite recipes. Start a collection of your most loved recipes or share one of yours with friends or family.

Ingredients Needed:

- | | |
|--------------------------|--------------------------|
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Directions:

- 1.
- 2.
- 3.
- 4.
- 5.

Sun Tea Recipe

Make a refreshing glass of tea using the power of the summer sun!

Serves 6-8 people.

Ingredients Needed:

- 1 gallon of water
- 6-8 tea bags of your favorite tea

Optional:

Slices of lemon, berries or fresh herbs

Directions:

1. Fill a glass container with a gallon of room temperature water.
2. Place your tea bags in the water and place outside in the sun or in a sunny window.
3. Let rest for 3-4 hours.
4. Remove the tea bags.
5. Serve over ice and enjoy!



Book Suggestion

Compost Stew:

An A to Z Recipe for the Earth

by Mary McKenna Siddals

What can you put in a compost bin? Compost Stew gives you a compost ingredient for every letter of the alphabet! The collaged illustrations match the mixed materials of a compost recipe!

