



Badlands Head Start:

PRENATAL TO FIVE



March—April 2022 Newsletter

Upcoming Dates

March 2	Dr. Suess's Birthday
March 7-11	Dental Bus in Belle
March 13	Daylight Savings Time Begins
March 14	Kindergarten Screening
March 16	Policy Council Meeting
March 17	TREC Board Meeting
March 20	First Day of Spring
March 21-25	Dental Bus in Lemmon
April 18	No Centers
April 20	Policy Council Meeting
April 21	Earth Day
April 21	TREC Board Meeting

101 5th Ave Belle Fourche, SD 57717

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<http://www.badlandshs.org/>

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Coaching and Training Specialist: mpickle@badlandshs.org

Family Community Specialist: wdunn@badlandshs.org

Health, Nutrition, Safety Specialist: mwilbur@badlandshs.org

Mental Health Specialist: rfunk@badlandshs.org

Belle Fourche Office: 605-723-8837
or 800-598-5859

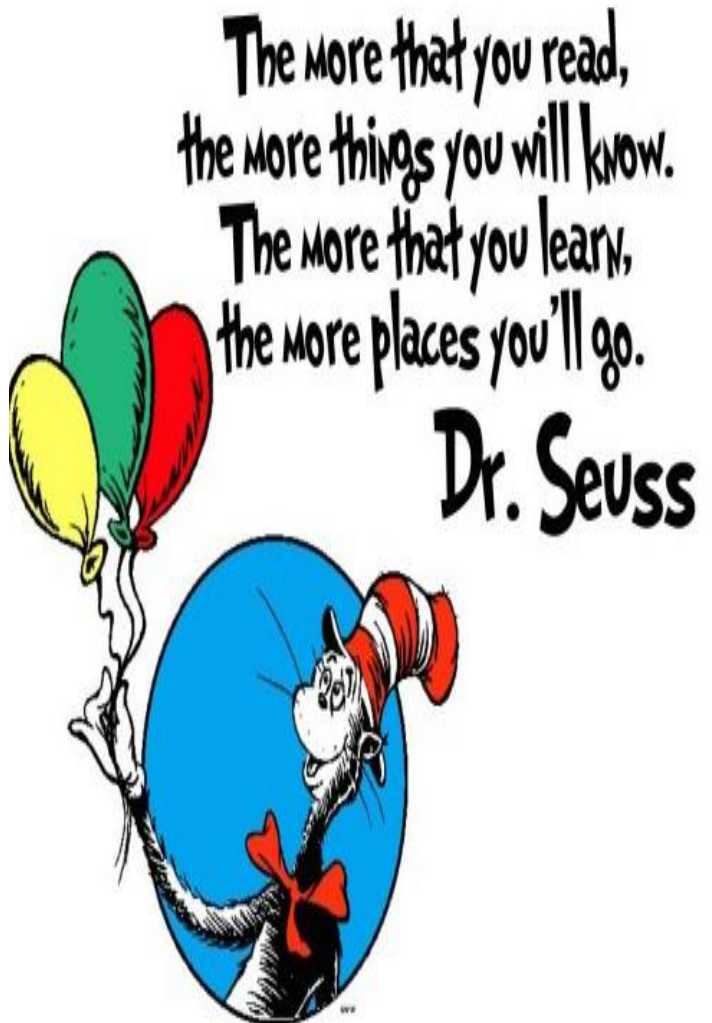
BF Center: 605-892-3303

Bison Office: 605-244-5500

Newell Office: 605-456-1370

Buffalo Office: 605-375-3179

Lemmon Office: 605-374-3134



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Message from Melissa

Melissa Pickle - Coaching & Training Specialist

Spring is here! Soon, birds will be returning, grass will be turning green, leaves will begin to sprout on trees, and flowers will start popping up. Here are ideas for how you and your child can enjoy this time of year.

Listening Walk

Listening walks are a fun way to help your child become a better observer of the world around him or her. As you go for a walk with your child, talk about the different sounds you hear such as the wind rustling through the grass, an airplane flying by, cars on the road, birds singing, dogs barking, etc. It can also be a great way to encourage a conversation with your child by asking questions such as where do you think the people in the blue car are going? Why do you think the dog is barking? It is also a good way for your child to get exercise.

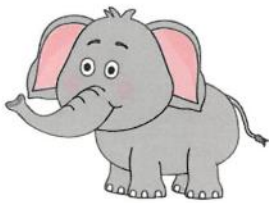


Nature Collection

Children are naturally curious and love to collect items. Going for a walk together to collect natural items such as pine cones, rocks, flowers, etc., can be a great way for your child to learn about science as well as to increase your child's vocabulary. You can choose to have your child collect just one thing such as pine cones or you can have your child collect a variety of items. While collecting the items, talk to your child about each item to help build your child's vocabulary and observing skills. Talk with your child about the color of the item, how it feels (rough, smooth, soft, hard), etc. This is a wonderful way to help your child learn descriptive words.



Move Like An Animal



Young children have a lot of energy and they need to work on practicing their large muscle skills that they are learning. This game will help your child work off some of that energy as well as develop body coordination skills. While out for a walk or playing, have your child move like different animals. Some examples include:

- Gallop fast like a horse
- Move slow like a snail
- Hop like a kangaroo or bunny
- Swim like a fish



Message from Melissa

Melissa Pickle - Coaching & Training Specialist

Songs and Finger Plays about Spring

Singing songs and doing finger plays helps build your child's language skills. Here are some fun songs and finger play that you and your child can do together.



I Plant A Seed

(To the tune of "I'm a Little Teapot")

I plant a little seed in the cold, cold ground.
Out comes the yellow sun, big and round.
Down come the raindrops soft and slowly
Up comes the flower grow, grow, grow!

There's a Little Green Frog

(To the tune of "There's A Little White Duck")

There's a little green frog,
Swimming in the water.
A little green frog,
Doing what he oughter.

He jumped up on a lily pad,
Opened his eyes
And said, "I'm glad".

There's a little green frog,
Doing what he oughter,
Ribbit, ribbit, ribbit!

There's a little black bug,
Floating in the water.
A little black bug,
Doing what he oughter.

He floated past the lily pad.
The frog saw lunch,
And he said, "I'm glad".

There's a little green frog,
Sitting on the pad,
Munch, munch, munch!



Itsy-Bitsy Spider

The itsy-bitsy spider climbed up the water spout.
Down came the rain and washed the spider out.
Out came the sun and dried up all the rain,
So the itsy-bitsy spider went up the spout again.

Fuzzy Wuzzy Caterpillar

(To the tune of the "Itsy Bitsy Spider")



Fuzzy wuzzy caterpillar in the garden creeps.
He spins himself a blanket and soon falls fast
asleep.

Fuzzy wuzzy caterpillar wakes up by and by
To find he has wings of beauty, changed to a
butterfly.

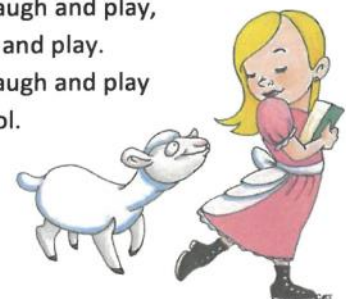
Mary Had A Little Lamb

Mary had a little lamb, little lamb,
Little lamb. Mary had a little lamb,
Its fleece was white as snow.

And everywhere that Mary went,
Mary went, Mary went,
Everywhere that Mary went
The lamb was sure to go.

It followed her to school one day,
School one day, school one day.
It followed her to school one day,
Which was against the rule.

It made the children laugh and play,
Laugh and play, laugh and play.
It made the children laugh and play
To see a lamb at school.





Belle Fourche Kindergarten Screening

Date: Monday, March 14th

Time: 8:00—3:00 pm

Location: North Park Elementary



- . **You MUST bring your child's birth certificate and immunization records.**
- . **Children must be five years old on or before September 1st 2022.**
- . **Appointments required—call North Park @ 723-3379 to schedule an appointment ASAP.**
- . **Appointments generally last one hour.**
- . **Current Kindergarten students will not have school this day.**



Badlands Head Start will be celebrating the Week of the Young Child throughout the week of April 2-8, 2022 at the centers, socials and home visits.

We invite all families to join in an exciting fun-filled week celebrating young children and their families with hands-on, collaborative activities encouraging movement and healthy lifestyles through music, food, and art.

What is the Week of the Young Child®?

The Week of the Young Child® is an annual celebration sponsored by the National Association for the Education of Young Children (NAEYC), the world's largest early childhood education association, with nearly 60,000 members and a network of 52 Affiliates.

The purpose of the Week of the Young Child® is to focus public attention on the needs of young children and their families and to recognize the early childhood programs and services that meet those needs.

NAEYC first established the Week of the Young Child® in 1971, recognizing that the early childhood years (birth through age 8) lay the foundation for children's success in school and later life. The Week of the Young Child® is a time to plan how we—as citizens of a community, of a state, and of a nation—will better meet the needs of all young children and their families.

To learn more about Week of the Young Child and to enjoy learning activities each day with your child(ren) go to www.naeyc.org.

Message from Rebecka Funk

Submitted by: Rebecka Funk, MA LPC-MH Mental Health Consultant

Coping with COVID and Chronic Stress

The accumulative effect of living with COVID for two years has affected us all. For most, the last two years has been nothing close to normal. The pandemic and ongoing strains of COVID have caused on and off disruptions to most of our daily lives. For some, these disruptions have been small and perhaps insignificant and for others the constant disruptions have been mentally and physically overwhelming. Due to illness and CDC guidelines, schools must temporarily close, families are faced with quarantines and parents are unable to go to work. It can take its toll on us as individuals, families, and communities. For many of us, chronic stress has evolved. The effects of chronic stress can be detrimental. Keeping our body in a constant “fight or flight” response is not physically nor emotionally healthy. Depression and anxiety continue to increase for many of Americans during the pandemic. There are valuable coping skills that help protect us from the impact of chronic stress. These steps may seem small but can yield huge dividends.

Mindfulness- Staying present focused can be very helpful. Giving your attention to what you are presently engaged in or doing can help your mind and body relax and keep you from obsessing over “what if’s” and things out of your control.

Daily Schedule- We are creatures of habit and during times of high stress, we respond well to daily routines. This can help to give us a sense of security in a time where things feel so uncertain. Whether your home and quarantining or working, try to keep to a schedule as much as you can.

Sleep- Meeting our basic needs can be very beneficial in coping with chronic stress. Make sure you’re getting enough sleep to help cope with the stressors of the pandemic and the unknowns.

Exercise- There’s no denying the positive effects that exercise can have on our bodies and our overall mental wellbeing. It’s a great coping skill in lowering the negatives that chronic stress can produce.

Diet- Try your best to keep to a healthy diet. In times of stress, it’s easy to fall back to immediate gratification type foods. Remember, this is when your body and mind needs good nutrition the most!

Social- Rely on your circle of support! It’s easy to isolate when we’re not feeling well emotionally and physically. Even more tempting in the cold winter months. Remember to get out and laugh a little. Sharing your feelings with those you trust can be the best therapy out there! Knowing others care for us and are feeling like us can be very reassuring.

If you are feeling burnt out when it comes to pandemic living, please know that you are not alone. There are ways to reduce symptoms of burnout and emotional exhaustion if you recognize the symptoms in yourself. As always, seek professional help when needed and encourage others to do the same. Stay safe out there; we will get through this chronic stress together.

Message from Wanda Dunn

Wanda Dunn - Family and Community Partnership Specialist

IRS's Volunteer Income Tax Assistance (VITA)

The IRS's Volunteer Income Tax Assistance (VITA) program offers free basic tax return preparation to qualified individuals.

The VITA program has operated for over 50 years. VITA sites offer free tax help to people who need assistance in preparing their own tax returns, including: people who generally make \$58,000 or less, persons with disabilities; and limited English-speaking taxpayers

While the IRS manages the VITA, the VITA sites are operated by IRS partners and staffed by volunteers who want to make a difference in their communities. The IRS-certified volunteers who provide tax counseling are often retired individuals associated with non-profit organizations that receive grants from the IRS.

VITA services are not only free, they are also a reliable and trusted source for preparing tax returns. All VITA volunteers who prepare returns must take and pass tax law training that meets or exceeds IRS standards. This training includes maintaining the privacy and confidentiality of all taxpayer information. In addition to requiring volunteers to certify their knowledge of the tax laws, the IRS requires a quality review check for every return prepared at a VITA site prior to filing. Each filing season, tens of thousands of dedicated VITA volunteers prepare millions of federal and state returns. They also assist taxpayers with the preparation of thousands of Facilitated Self-Assistance returns.

What to bring to your Vita Tax meeting

- Proof of identification (photo ID)
- Social Security cards for you, your spouse and dependents
- An Individual Taxpayer Identification Number (ITIN) assignment letter may be substituted for you, your spouse and your dependents if you do not have a Social Security number
- Proof of foreign status, if applying for an ITIN
- Birth dates for you, your spouse and dependents on the tax return
- Wage and earning statements (Form W-2, W-2G, 1099-R, 1099-Misc) from all employers
- Interest and dividend statements from banks (Forms 1099)
- Health Insurance Exemption Certificate, if received
- A copy of last year's federal and state returns, if available
- Proof of bank account routing and account numbers for direct deposit such as a blank check
- To file taxes electronically on a married-filing-joint tax return, both spouses must be present to sign the required forms
- Total paid for daycare provider and the daycare provider's tax identifying number such as their Social Security number or business Employer Identification Number
- Forms 1095-A, B and C, Health Coverage Statements
- Copies of income transcripts from IRS and state, if applicable

VITA Sites Located Near You

Location	Address	Phone Number	Date Range	Day/Time	Appointment required
Belle Fourche Public Library	905 5 th Ave Belle Fourche, SD 57717	605-348-1460	Jan 31-Dec 31, 2022	Mon-Thurs 10:00-5:00 Fri-10:00-2:00	Yes
Hearst Library Ad-Hoc	315 W Main St Lead, SD 57754	605-348-1460	Jan 31-Dec 31, 2022	Mon-Fri 11:00-5:00	Yes
Western SD Community Action Agency	1844 Lombardy Drive Rapid City, SD 57703	605-348-1460	Jan 31-Dec 31, 2022	Mon-Fri 9:00-4:00	Yes
Black Hills State University	1200 University Jonas Academic Room 205 Spearfish, SD 57783	605-642-6002	Feb 16-Apr 13	4:00-7:00 Tue: 2/22, 3/22, 4/5 Wed: 2/16, 3/2, 3/30, 4/13 Thurs: 2/24, 3/24, 4/7 10:00-1:00 Sat: 3/5, 4/2	Yes
Community Action Partnership Dickinson	202 E Villard St Dickinson, ND 57601	701-227-0131	Feb 14-Apr 15	Mon and Wed 8:00-12:00 and 1:00-5:00 Fri-8:00-12:00	Yes

The information here, including hours of operations is provided to the IRS and subject to change. Please contact to confirm.

Belle Fourche Center

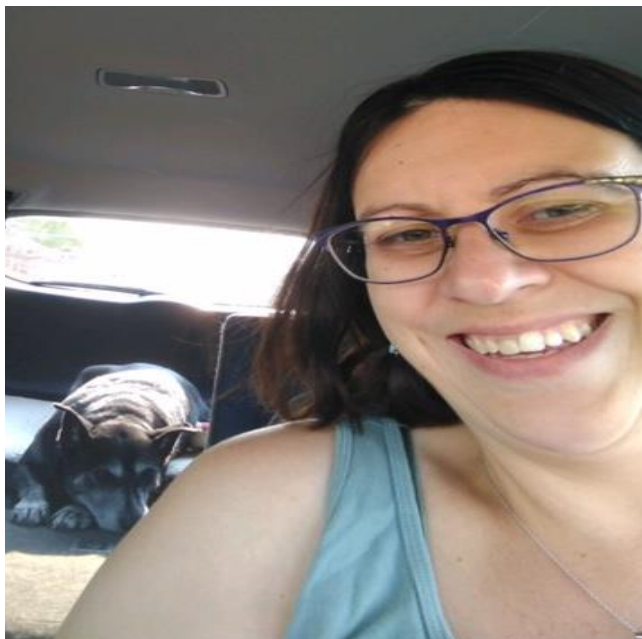


Reading Aloud!! So important!!

Badlands Head Start Belle Fourche Center children were treated to a read aloud session!

Hayley Wilbur read to both Badlands Head Start Belle Fourche Center classrooms for her Children's Literature class at Black Hills State University. Hayley is a freshman studying Elementary Education and Early Childhood. Hayley enjoyed all the questions and the excitement of the children.

We really appreciate you Hayley by taking the time and showing us your kindness and the importance of reading aloud!



Please join me in welcoming Kim Thompson to Badlands Head Start! Kim is our new Education and Disabilities Specialist for Badlands Head Start. Her office is here at the Administrative Building, but has already started traveling and meeting everyone! She arrives here with a Degree in Family & Consumer Sciences in Professional Child Development with endorsements in Early Childhood. She has also just completed her Director's Certificate.

Kim has taught in Preschools, has been a Speech Language Pathology Assistant with Wyoming Child and Family Development, and has been a Paraeducator 1 on 1 in resource rooms. Kim has prior experience with Head Start programs. She has taught dual language learners, and has supervised other para educators, and has conducted assessments and parent teacher conferences, too.

Communication is her key to seamless work. She is a family advocate and knows how to get the resources needed to families. Kim loves working closely with parents to work on their children's common goals. She has also mentored community members in student teaching internships.

Kim refreshingly brings in new momentum, insights, ideas, and knowledge to our Head Start Program.

Welcome Kim!



**10
tips**
Nutrition
Education Series

be a healthy role model for children

10 tips for setting good examples

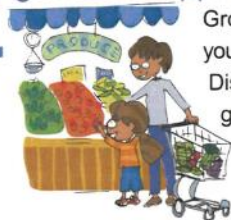


You are the most important influence on your child. You can do many things to help your children develop healthy eating habits for life. Offering a variety of foods helps children get the nutrients they need from every food group. They will also be more likely to try new foods and to like more foods. When children develop a taste for many types of foods, it's easier to plan family meals. Cook together, eat together, talk together, and make mealtime a family time!

1 show by example

Eat vegetables, fruits, and whole grains with meals or as snacks. Let your child see that you like to munch on raw vegetables.

2 go food shopping together



Grocery shopping can teach your child about food and nutrition. Discuss where vegetables, fruits, grains, dairy, and protein foods come from. Let your children make healthy choices.

3 get creative in the kitchen

Cut food into fun and easy shapes with cookie cutters. Name a food your child helps make. Serve "Janie's Salad" or "Jackie's Sweet Potatoes" for dinner. Encourage your child to invent new snacks. Make your own trail mixes from dry whole-grain, low-sugar cereal and dried fruit.

4 offer the same foods for everyone

Stop being a "short-order cook" by making different dishes to please children. It's easier to plan family meals when everyone eats the same foods.



5 reward with attention, not food

Show your love with hugs and kisses. Comfort with hugs and talks. Choose not to offer sweets as rewards. It lets your child think sweets or dessert foods are better than other foods. When meals are not eaten, kids do not need "extras"—such as candy or cookies—as replacement foods.

6 focus on each other at the table

Talk about fun and happy things at mealtime. Turn off the television. Take phone calls later. Try to make eating meals a stress-free time.



7 listen to your child

If your child says he or she is hungry, offer a small, healthy snack—even if it is not a scheduled time to eat. Offer choices. Ask "Which would you like for dinner: broccoli or cauliflower?" instead of "Do you want broccoli for dinner?"

8 limit screen time

Allow no more than 2 hours a day of screen time like TV and computer games. Get up and move during commercials to get some physical activity.

9 encourage physical activity

Make physical activity fun for the whole family. Involve your children in the planning. Walk, run, and play with your child—instead of sitting on the sidelines. Set an example by being physically active and using safety gear, like bike helmets.



10 be a good food role model

Try new foods yourself. Describe its taste, texture, and smell. Offer one new food at a time. Serve something your child likes along with the new food. Offer new foods at the beginning of a meal, when your child is very hungry. Avoid lecturing or forcing your child to eat.

How TV Can Influence What Your Child Eats



monkeybusinessimages/Thinkstock

TV time can take a toll on your child's nutrition. Why? Many kids spend a fair amount of time in front of the television and research shows they are easily swayed to choose the foods they see advertised. Some of the foods shown in commercials don't do them any favors when it comes to feeding their growing brains and bodies. Many are high in solid fats, added sugars, sodium and/or calories and they often lack vitamins, minerals and dietary fiber.

Each day while watching TV, children typically see between 10 and 13 advertisements that promote some type of food or beverage. And, more than 90% of these advertisements have been shown to be high in ingredients that are recommended for children to limit.

How can you tame TV temptations and promote healthier eating?

- **Avoid watching TV while eating.** As a family, agree not to watch TV (or use other electronic devices) during meals or while snacking. Eating together regularly without distractions also offers the opportunity to promote healthful eating and family bonding.
- **Watch children's programs without advertisements.** Consider watching shows for children on platforms that allow you to fast forward through the commercials or ones that do not include commercials. Watching shows on public television stations is another option.
- **Spend time together learning about foods.** Try growing a garden, visiting a farmer's market or browsing the produce section at the grocery store when possible. Older children can be taught how to use the Nutrition Facts label and help with shopping for healthier foods.
- **Let kids help in the kitchen.** Young children have a willingness to learn and a genuine desire to help. This is a great time to introduce food safety, such as washing hands before handling food, and assigning simple tasks, like setting the table or tearing lettuce leaves for a salad.
- **Set limits around screen time.** Children of all ages are spending more time in front of TV and other electronic devices. Although, some of this time involves educational activities, there is still concern about how it could affect their health and development. The American Academy of Pediatrics recommends no more than one hour per day of screen time for children 2 to 5 years old and the use of a family media plan for school-age children.
- **Be a good role model.** Kids learn so much simply by observing others. As a parent, choosing healthier foods and beverages, while limiting the use of electronic devices may help to reinforce the habits you are trying to encourage in your children.

www.eatright.org

Message from Judy Petera

Judy Petera - Human Resources Specialist

**WE'RE
HIRING!!**

Available Job Opportunities with

TREC - BADLANDS HEAD START

101 5th Ave., Belle Fourche, SD 57717
Telephone 605-723-8837 * Fax 605-723-8834



EARLY HEAD START HOME VISITOR – PERKINS COUNTY - Home-Based / Home Visiting environment

- Working with 10-12 children (ages 0-3) and their families in their homes in Perkins County, SD
- Travel required with company vehicle provided – Office located in Bison or Lemmon, SD
- Minimum requirement of CDA (Child Development Associate) certification within 1-2 years of hire (in-house training provided), or
- AA degree in Early Childhood or related degree
- Full Time - 40 hours per week year around

BISON (SD) CENTER – ASSISTANT TEACHER (or long-term substitute) – Center-Based / Preschool environment

- Teaching children ages 3-5 in a classroom setting
- Providing and linking families to comprehensive services
- Early Childhood experience and Education preferred
- Minimum of completion of Childhood Development Associate (CDA 1-2 years of hire – in-house training
- 40 hours per week for 38 weeks per year

HARDING & PERKINS COUNTIES AREA SERVICE MANAGER – Management Position

- ASM to supervise/manage 6 Home-Based program staff serving Harding & Perkins Counties
- Office can be in Buffalo, Bison or Lemmon, SD.
- Ability to coach/mentor; discipline; and have organizational skills
- Minimum of a BA/BS in such fields as Early Childhood Education/Development, Social Work or Human Services is required
- 3 years working with families
- 3 years in administration or supervision experience
- 40 hours per week for 47 weeks per year, and 15 hours per week for 5 weeks in summer

EARLY HEAD START HOME VISITOR – HARDING COUNTY - Home-Based / Home Visiting environment

- Working with 10-12 children (ages 0-3) and their families in their homes in Harding County, SD
- Travel required with company vehicle provided – Office located in Buffalo, SD
- Minimum requirement of CDA (Child Development Associate) certification within 1-2 years of hire (in-house training provided), or
- AA degree in Early Childhood or related degree
- Full Time - 40 hours per week year around

BUTTE COUNTY – Part Time Home Visitor/Nutrition Support - Home-Based / Home Visiting environment

- Working with children (ages 0-3) and their families in their home in Butte County
- Travel required with company vehicle provided – Office located in Belle Fourche or Newell
- Minimum requirement of CDA (Child Development Associate) certificate within 1-2 years of hire
 - In House CDA training provided
- Or AA degree in Early Childhood or related degree
- Provide nutrition services support for Butte County socializations
- Completion of paperwork and adhering to health and food safety codes
- 24 hour per week, 12 month per year position
- Preference given to individuals with nutrition services or relevant experience

EARLY HEAD START HOME VISITOR – BUTTE COUNTY - Home-Based / Home Visiting environment

- Working with 10-12 children (ages 0-3) and their families in their homes in Butte County, SD
- Travel required with company vehicle provided – Office located in Belle Fourche or Newell, SD
- Minimum requirement of CDA (Child Development Associate) certification within 1-2 years of hire (in-house training provided), or
- AA degree in Early Childhood or related degree
- Full Time - 40 hours per week year around

BELLE FOURCHE CENTER AREA SERVICE MANAGER – Management Position

- ASM to supervise/manage 6 Center-Based program staff
- Office can be in Belle Fourche, SD.
- Ability to coach/mentor; discipline; and have organizational skills
- Minimum of a BA/BS in such fields as Early Childhood Education/Development, Social Work or Human Services is required
- 3 years in administration or supervision experience
- 40 hours per week for 40 weeks per year

SUBSTITUTES AT ALL OUR LOCATIONS

- Short term or long term sub's needed.

For more information, Call Judy at 605-723-8837

or pick up an application and job description at 101 5th Avenue, Belle Fourche, SD 57717

**Criminal Background checks & Valid Driver's license required*

**Competitive Wages and Benefits * Wages dependent upon Education and Experience*



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Message from Misty West

Misty West- Health, Nutrition and Safety Specialist

An illustration featuring a large white tooth in the center. Surrounding the tooth are seven diverse children of various ages and ethnicities. Some children are holding large toothbrushes. The background is a light blue sky with soft clouds.

Belle Fourche Dental Bus March 7-11

**Contact Krinda at Butte County WIC for an
appointment– (605)892-2523**

An illustration featuring a large white tooth in the center. Surrounding the tooth are seven diverse children of various ages and ethnicities. Some children are holding large toothbrushes. The background is a light blue sky with soft clouds.

Lemmon Dental Bus March 21-25

**Contact WIC for an
appointment**

TORNADO SAFETY



In an average year, 1000 tornadoes are reported, resulting in 80 deaths and over 1,500 injuries. Tornadoes have been reported in every state and can happen at any time of the year. Take tornadoes seriously, because with winds blowing at 200 mph or more, they can destroy just about anything in its path. Always listen to the radio and television for the latest information and instructions for your area.

A **TORNADO WATCH** means tornadoes are possible in your area. Stay tuned to the radio or television news.

A **TORNADO WARNING** means a tornado is either on the ground or has been detected by Doppler radar. Seek shelter immediately!

BEFORE A TORNADO:

- Have a disaster plan. Make sure everyone knows where to go in case a tornado threatens.
- Make sure you know which county or parish you live in.
- Prepare a disaster supplies kit for your home and car. Include a first aid kit, canned food and a can opener, bottled water, battery-operated radio, flashlight, protective clothing and written instructions on how to turn off electricity, gas, and water.

DURING A TORNADO:

- Go to a basement.
- If you do not have a basement, go to an interior room without windows on the lowest floor such as a bathroom or closet.
- If you can, get under a sturdy piece of furniture, like a table.
- If you live in a mobile home get out. They offer little protection against tornadoes.
- Get out of automobiles. Do not try to outrun a tornado in your car, leave it immediately.
- If you're outside, go to a ditch or low lying area and lie flat in it.
- Stay away from fallen power lines and stay out of damaged areas.

IF YOU'RE AT SCHOOL DURING A TORNADO:

- Every school should have a disaster plan and have frequent drills.
- Basements offer the best protection.
- Schools without basements should use interior rooms and hallways on the lowest floor away from windows.
- Crouch down on your knees and protect your head with your arms.

AFTER A TORNADO:

- Stay indoors until it is safe to come out.
- Check for injured or trapped people, without putting yourself in danger.
- Watch out for downed power lines.

Make Homemade Crayons for Earth Day

Children love crayons and most children love science. So, making DIY Crayons with kids is a sure win. Not only do children enjoy homemade crayons, but they also enjoy the process of tearing off the crayon's wrapper and especially enjoy the process of breaking the crayons.

Materials for Making Earth Day Crayons

- Old crayons
 - Muffin tin
 - Oven
- Baking sheet

Steps to Making Homemade Crayons

- Gather your materials
- Invite your child to the activity
- Talk about making earth crayons
- Ask your child to choose colors for the earth crayons
- Demonstrate how to peel the crayon wrapper & break the crayons to fit in the muffin tin
- Place the muffin tin on a baking sheet
- Bake at a low temperature, like 200 degrees. A slow, low temperature helps to avoid any mishaps and to allow for more time to check on the melting process.
- Typically after 10-15 minutes, the crayons have melted well enough
- Leave time to cool & pop them out of the muffin tin



Why is this activity so great?

- Fine motor skills development
- Creative in making the crayons and in using them!
- Integrates science
- Versatile in using a variety of molds and colors

Activity Page



SPRING BLOSSOM SUN CATCHERS FOR KIDS

Is it time to bring something of Spring indoors. Spring blossom sun catchers seem to be the perfect idea. You can use Spring blossoms collected from trees, leaves, grass or other outdoor objects, a paper plate and contact paper.

First remove the stalks from the Spring blossoms and leaves. Cut out the circle in the middle of the plate. Cover one side with contact paper. Then create your sun catcher. When finished, put contact paper on the other side to seal the flowers and leaves. Cut the contact paper a little wider than your sun catcher and you can apply it directly to a sunny window.



Spring dot to dot

