



Stark County Board of DD Early Intervention Newsletter



May 2020

Spring Activities Everyone Will Enjoy!

Springtime is a great time to get outside with your family for some fresh air, exercise and to explore! While enjoying the outdoors be sure to point out and talk about the things you see, hear, touch, and smell. Pretty soon your child will be telling you about the things they find interesting too. Try some of these spring activities for kids of all ages.....

Look for signs of spring...

Walk or Hike- Take a walk together in your neighborhood or on a local hiking trail and look and listen for signs of spring. What signs can you find? *Be sure to try the All Things Spring Scavenger Hunt on page 5.*

Play I SPY- Describe a nature item to your child and see if they can guess what it is. Once they guess it let them have a turn finding an object for you to guess. They will love having you guess what they spy.

Create a spring nature table-Let your child collect items they find while on your hike. When you get home find a special place (a small table or shelf) to display the items where your child can look at and explore them anytime.

Collect rocks- Kids of all ages love to look for rocks; here are two activities to try.

Rock collection-Use an old shoe box to put the rocks you find on your hike into to look at later. Do you have any rocks that are the same? What colors are they? Which one is your favorite?

Rock painting- Paint your rocks and hide them on your next hike for someone else to find. Remember Mother's Day is coming up and these would make great gifts for mom or grandma to put in their flower beds.

For more information and resources on the Corona Virus you can go to the Ohio Department of Health website.
coronavirus.ohio.gov

This month's newsletter is packed full of ideas and activities to keep your family busy while we are all still "sheltering at home". Give one or more of these activities a try...

- All Things Spring Scavenger Hunt
- Repurposed Jar Vase-A great Mother's Day gift!
- Outdoor BINGO
- Food Art
- Wet Chalk Art
- Kitchen Scrap Gardening
- Songs, fingerplays and books

WE'RE STILL HERE!!!

Although we can't have playgroups or outings and we have to come to your homes virtually right now we are all still here for you! Times are tough right now. Many people are out of work and are worried about paying bills and buying groceries, medicine or other essentials. The weather hasn't been great yet so maybe you are stuck inside 24/7 with your family (that's a lot of together time if you're not used to being together that much or are used to going to the gym, meeting friends, or just seeing other people daily). Please reach out to those working with your family if you are in need of resources or have questions or concerns about your child. *If you haven't tried a virtual visit yet now might be the time you want to give it a try.*

Paula and Chris would love to see pictures or short video clips of your families doing some of the activities in the newsletter. We sure are missing seeing everyone at playgroups!!!

You can contact Chris or Paula with by sending a message through the REMIND APP To join...
text @cehmerm to 81010;
or go to: remind.com/join/cehmerm

You can also contact us through the contact information below:

Chris Ehmer
330-479-3508 (work);
ehmerc@starkdd.org

Paula Moore
330-479-3710 (work);
moorep@starkdd.org

During the Covid 19 quarantine we are working remotely from home and do not have access to our work desk phone. You can contact us through our emails or by using the Remind APP. Your REMIND messages come to our cell phones and are only visible to us.

WET CHALK DRAWINGS



Create a family message or picture on your driveway, sidewalk or brick building for everyone to see. You could draw roads or make an obstacle course on the driveway or patio for some extra fun too.

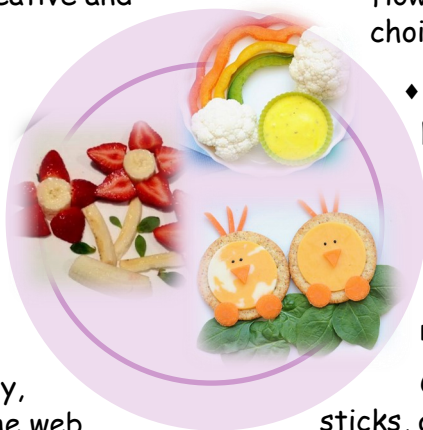
Have you ever used wet chalk? When chalk is wet it makes thicker, softer looking lines and more vibrant colors. You can wet chalk by placing it in a container with some water to soak. Large sidewalk chalk is easy for a young child to grip and use. Let your children experiment by drawing on different surfaces such as cement, asphalt, wood, and bricks.

Instead of using wet chalk on a dry surface, you can reverse the idea by wetting the surface to be drawn on sidewalk, bricks, etc. . Drawing on dark paper is fun too! Encourage your child's efforts at drawing by making positive statements about their work like, "I like the blue line you made" or "you made a circle!"

FOOD ART

Check out this fun way to eat your fruits and veggies! Food art ideas are the perfect way to get your little ones involved in cooking and eating their fruits and veggies. When children help prepare the food they are more likely to try it. Make mealtime or snack time fun with these cute and colorful treats. Not even the pickiest eaters will be able to resist. Food art is the art of preparing and presenting food in the most creative and appealing ways.

You can eat them as snacks or serve them with lunch. Not only are they fun and appealing to little ones (adults too) they are also healthy. These snacks are easy to put together and you can use any ingredients you want, these are just a few ideas. For more ideas to try, google "food art for kids" on the web. You won't believe how many ideas you will find!!



Repurposed Jar Vases

This is an easy project to make with your kids for Mother's Day. Start by finding a glass jar to recycle and the supplies you need to make it. You can use paint, stickers, or glue on pictures or some embellishments like buttons or sequins. You could even add ribbon to it. Cut some pretty flowers from your yard and you have a cute gift for someone special. Remember that Mother's Day is just around the corner. Who do you know that would appreciate a repurposed jar vase?



Spring Fun!

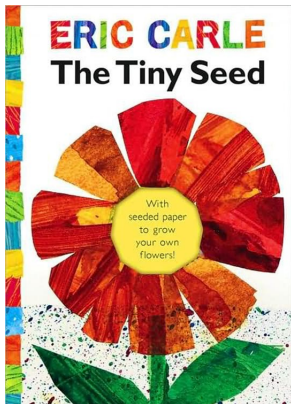
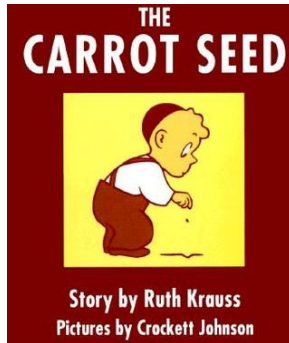
Here is how to create the food art shown:

- ♦ Cracker chicks—use round crackers with a piece of cheese and lunchmeat cut to fit on the cracker. Cut the nose and feet from carrots, and add chocolate chip eyes, then use shredded cheese for the tuft. Serve them on a small bed of spinach.
 - ♦ Rainbow- use slices of red, yellow, orange and green bell peppers for the rainbow. Use cauliflower for the clouds and add your dip of choice.
 - ♦ Flowers- use sliced Strawberries placed around a piece of banana. The stem is made with a banana sliced lengthwise and spinach for leaves.
- Other ideas for making the flower petals include using grapes, carrots, pepper rings, kiwi, or apple or orange slices.
- Other ideas for stems include celery sticks, avocado strips, and green peppers. Grass can be made of spinach or other greens.

MAY

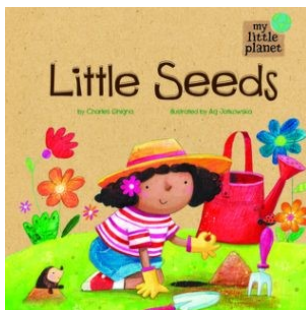
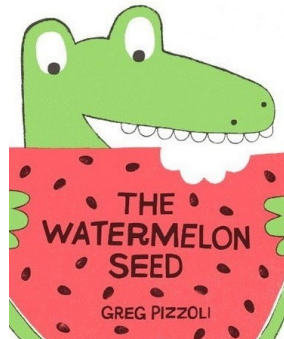
B O O K P I C K S

A very simple story that has been popular for generations. A little boy plants a carrot seed, but everyone else is quite sure a plant won't come up. They get quite a surprise at the end of the story!



Fans of Eric Carle's chunky and colorful art style will love this nature inspired book which walks you through the lifecycle of a flower from tiny seed.

Here's a fun book about a funny little alligator who sings the praises of watermelon, until — GULP! He swallows a seed. He's extremely worried about what's happening inside of him. "It's growing in my guts! Soon vines will come out of my ears!" Kids will enjoy this silly and engaging story.



This is a cute little book about growing plants from seeds.

You can download audiobooks straight from local libraries with HOOPLA. It has an extensive children's audiobook section, making it good for bedtime reading or anytime listening.

Relaxing Flowers



Five little flowers standing in the sun
(hold up five fingers)
See their heads nodding, bowing one by one?
(bend fingers several times)
Down, down, down comes the gentle rain
(raise hands, wiggle fingers and lower arms to simulate falling rain)
And the five little flowers lift their heads up again!
(hold up five fingers)

May Songs & Fingerplays

Three Little Tulips

Sung to: "Six Little Ducks"

Three little tulips I once grew,
A white one, a pink one, a red one too.
One little tulip grew, grew, grew.
It grew taller than the other two,
The other two, the other two.
It grew taller than the other two!



Plants

Sung to: "The Farmer In The Dell"



The farmer plants the seeds
The farmer plants the seeds
Hi, Ho and Cherry O
The farmer plants the seeds
The rain begins to fall
The sun begins to shine
The plants begin to grow
The buds all open up
The flowers smile at me

Try the links to these fun song videos by Patty Shukla on YouTube to get some energy out on a rainy day or anytime.

Stand Up, Sit Down

<https://www.youtube.com/watch?v=t9WAGkQUUL0>

Jump

<https://www.youtube.com/watch?v=kcQJDpj5TSY>

This is My Garden

Sing to the tune of Twinkle Twinkle

This is my garden,
(extend palm of hand facing up)
I'll rake it with care,
(rake palm with 3 fingers of the other hand)
And then some flower seeds,
(plant pretend seeds on palm)
I'll plant there. The sun will shine,
(circular action with other hand)
And the rain will fall,
(fingers flutter down)
And my garden will blossom, And grow straight and tall.
(cup hands and 'grow' fingers upwards like flowers)





Gardening with Kids

Container Gardening

Children love to play in the dirt so gardening is an excellent way for them to experience caring for something as they watch it grow. No garden space? Container gardens are perfect for those who have little or no outdoor space to plant a garden.

To start your container garden gather some containers (these can be plant pots or you can use recyclables too). Check to see if the container has holes for drainage. The holes don't need to be large just big enough so that water can drain out. Add

some rocks in the bottom then add the soil and seeds or plants. Children enjoy picking and eating the vegetables right off the plant. Be sure to pick some seeds that will sprout quickly so they can see results right away.



Good container plants include: herbs, tomatoes, peppers, lettuce, spinach, strawberries, snap peas, bush beans and even plants with vines like cucumber, zucchini, and squash.



Kitchen Scrap Gardening

What do you do with your fruit and vegetable scraps? Instead of throwing them away you can grow your own food from the seeds. Children love this and it is a great way to teach them about recycling and reusing. Here are a few simple gardening ideas you can try at home with vegetable scraps, no special equipment or experience necessary!!

To get started you will need...a Ziplock bag and paper towel for each kind of seed, a marker to write what kind of seeds are in each bag, and a spray bottle with water to dampen the paper towel. Label each bag, spray the paper towel enough to dampen it then place a paper towel inside each bag (make sure it is laying flat). Pick the seeds off of the vegetable scraps and place them on the paper towels inside the labeled bags. Now, zip them shut and place them on the window ledge or tape the bags to the window.

After a few days the seeds will sprout. When they are big enough to plant, gather some containers from last year's gardening (small plastic bowls, empty pop or water bottles or jars would work too). Carefully transplant the sprouts into small containers with dirt, water them and cover with plastic wrap to make a greenhouse. When the weather warms up you can transplant the plants into your garden.

Another way to use your kitchen scraps is to grow new plants from old plant parts.



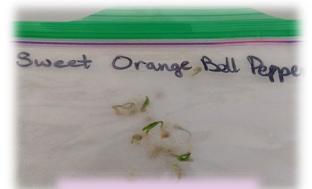
Plants that are easy to grow from old plant parts include: celery, ginger and sweet potatoes. Simply place 3 toothpicks into the side of the vegetable and rest the tooth picks on the rim of a glass with the narrow end submerged in water. Within a few weeks it will start to grow roots then begin to grow stems and leaves from the top.

Off with their heads!!

You can force carrots, beets, lettuce and pineapple to sprout new top growth by placing the head of the plant into a small dish with water and pebbles for support. In a few weeks you should see roots and greens appear! To continue growing the plants, you will need to transplant them into soil.



SEEDS



SPROUTS



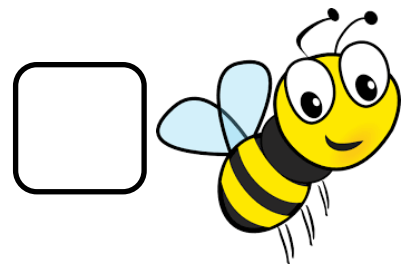
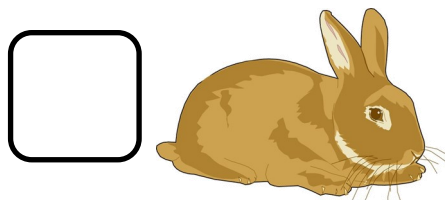
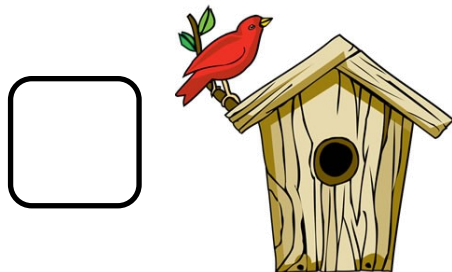
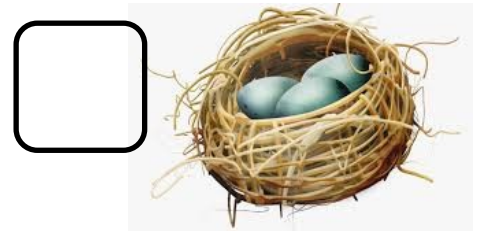
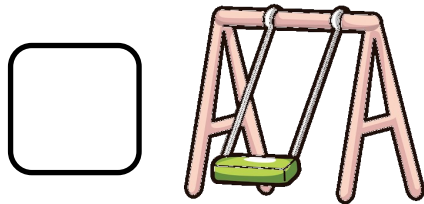
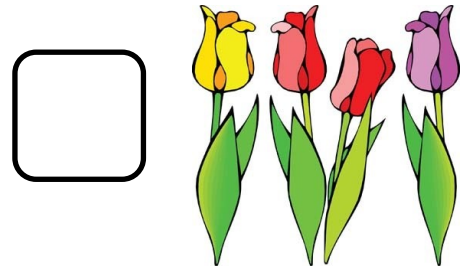
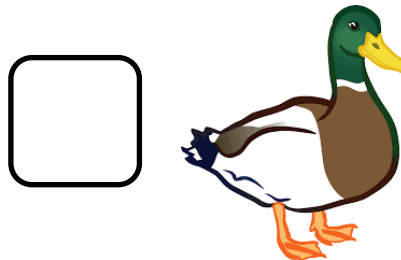
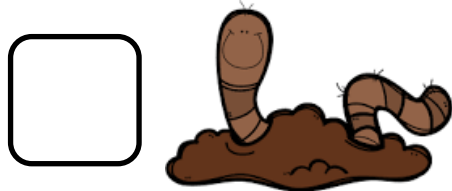
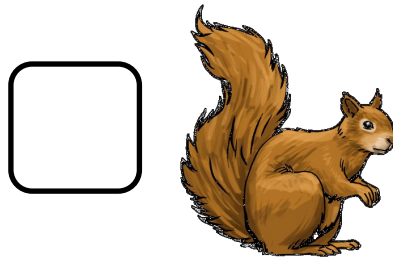
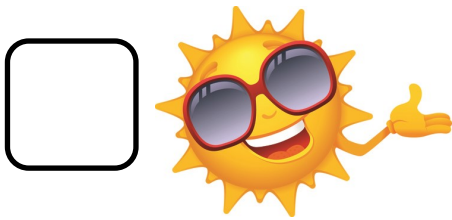
SEEDLINGSS



All Things Spring Scavenger Hunt

Here is a new scavenger hunt to get your family outside and active together. This can be done in your back yard, on a walk through your neighborhood or on a hike. It's a great way to spend some time exploring the outdoors and interacting with your children. Get them excited to explore outdoors with this colorful list and a crayon or pencil to mark what you find. Happy hunting!

Spring Things



Scavenger Hunt

B





















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O

How many of these activities can you do? Can you get 5 in a row? 4 corners? Fill the board?

 <p>Spin around like a ballerina</p>	 <p>Find something RED</p>	 <p>Find your shadow</p>	 <p>Stack something (cans, blocks, etc.) How high can you stack?</p>	 <p>Swing</p>
 <p>Stomp like an elephant</p>	 <p>Jump like a frog</p>	 <p>Touch your head, shoulders, knees and toes 3 times</p>	 <p>Run around your house 1 time</p>	 <p>Gallop like a horse</p>
 <p>Make a triangle with twigs</p>	 <p>March down your driveway</p>	<p>FREE SPACE</p>	 <p>Pick dandelions Yellow</p>	 <p>Draw a GREEN circle</p>
 <p>Kick/ catch a ball</p>	 <p>Hop like kangaroo</p>	 <p>Crawl under someone's legs</p>	 <p>Stretch your arms to the BLUE sky</p>	 <p>Balance on 1 foot for 3 seconds</p>
 <p>Ride one of your ride on toys for 5 minutes</p>	 <p>Flap your arms like a bird</p>	 <p>Climb up the ladder and slide down the slide</p>	 <p>Lay on your back and look at the clouds</p>	 <p>Pretend you are a tree and shake your leaves off</p>