

March 2022

# Parents Page



## Rhythms of Play

Raising Creative Outdoor Kids

<https://rhythmsofplay.com/>



It might not seem like it now but **SPRING** will be here soon!  
This site offers some fun spring activities for kids (and adults, too!)  
Here is a sample of activities.

### 1. TAKE A HIKE

The springtime is a great time of year to get outside and go for a hike. Get out into nature as often as possible to explore and get your exercise! While you're out there...

Climb a tree

- Search for signs of spring
- Go Birding
- Walk across fallen logs
- Scramble around on boulders
- Hug a tree
- Go on a scavenger hunt or a nature hunt to collect natural materials for nature crafts and activities.
- Or, try any of our other fun outdoor learning activities for kids!

### 2. MAKE MUD PIES

Making mud pies was and still is one of my absolute FAVORITE outdoor spring activities. It is a spring sensory activity, spring art activity, and a spring activity rolled and molded into one fun activity. Learn how to build your own DIY mud kitchen for even more fun!

Invite children to make their own mud pies as a spring activity for kids. They will need to figure out how much water they need to add to the dirt to make a good mud pie. It won't take them long to learn that too much water doesn't work, any better than not enough water does... Invite your children to give it a try!

### 3. PLANT SUNFLOWERS

Planting and growing sunflowers is a wonderful first lesson in gardening for young children. Learn how to plant sunflowers and grow a sunflower house with this step-by-step sunflower house tutorial.

Or, spend time in the yard or garden planting spring flowers with kids. Both gardening activities allow children the opportunity to get their hands in the dirt and LEARN!

### 4. DANCE BAREFOOT IN THE RAIN

Rainy day activities don't have to be inside... Send your children outside to play in the rain with the proper gear and this fun collection of rainy day activities for kids!

### 5. CELEBRATE THE VERNAL EQUINOX

Teach your children about the vernal equinox, and celebrate the arrival of spring with any of these fun spring equinox celebration ideas.

### 6. CREATE A SPRING NATURE TABLE

A spring nature table is a space in the home used for placing natural items that reflect the spring season. Nature tables are often used in Montessori and Waldorf education. Nature tables are a great nature study aid, sensory development space, and imaginative play area at home or in the classroom.



Anyone who says sunshine brings happiness has never danced barefoot in the rain.



## Spring Activities for Kids



### 7. BE ON THE LOOKOUT FOR FOUR LEAF CLOVERS

If you can't find a four-leaf clover... Make a clover collage. For even more fun, try these easy toilet paper roll shamrock and lucky clover crafts, make lucky necklaces or make this four-leaf clover handprint craft!

### 8. READ BOOKS ABOUT THE SPRING

Help children learn about seasonal changes and the spring season with this magical collection of children's spring books for toddlers, preschoolers, and young children.

### 9. MAKE EASTER ORNAMENTS

Here's a fun spring activity the whole family can enjoy. Make some Easter ornaments to decorate your Easter tree or spring nature table this year. Both children and adults enjoy making Easter ornament crafts at home or in the classroom.

### 10. DECORATE AN EASTER TREE

Our family loves decorating seasonal trees to put on our nature table, and Easter is no exception. An Easter Egg Tree is an easy spring craft idea that makes a beautiful decoration and DIY centerpiece for your Easter table.

### 15. MAKE A PLEDGE TO THE EARTH AND CELEBRATE EARTH DAY

Teach children how to care for the earth and live a more sustainable life and make a pledge to the earth in honor of Earth Day. You may also enjoy this fun list of Earth Day arts, crafts, activities, and fun ways to celebrate Earth Day every day.

### 21. BUILD A BIRDHOUSE, MAKE A BIRD FEEDER, OR MAKE A BIRD NEST

Backyard birdwatching and making birdhouses, bird feeders, and bird nests are classic spring activities for kids. Try any of the fun ideas listed!

## SAVE THE DATE

Family Fun Day will be June 25th at the Grant County Fair Grounds!  
Contact **Families First** at 541-575-1006 for more information

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### Check Website for Upcoming Events



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