



4 Outdoor Activities to Keep Kids Busy Over Summer Break

By: Monica Foley, M. Ed.

Summer is here!! This means your kids are off school. This can be a blessing since you get to spend more time with them, but before too long, you hear the inevitable “I’m bored” from their lips. These outdoor activities will keep them busy during summer break, but also out of the house.

Create an Obstacle Course

You can start by making a fun obstacle course in your backyard. This is a lot of fun whether it is just for your kids, you want to have the neighborhood kids over, for a sleepover, birthday party, or an event where families will be in your backyard. It can be as small or large as you want, which is another big benefit of it. Start by setting the ‘Start’ and ‘Stop’ point, then have obstacles to go through along the way. This can be anything from setting up hula hoops the kids have to run through to simple obstacles like using a ladder walk on the ground or jumping over larger items in the yard. Set a clear path so the kids know what to do next.

Find Seashells and Make Crafts

Are you planning on going to the beach during the summer? If so, make it a point to collect different types of seashells every time you go. Save them in a big jar, then bring them all out at the end of summer. You can now use all of these seashells for fun crafts. Make sure you rinse and dry them thoroughly to get rid of all the sand. Then decide how to craft with them. They can be painted, glued to a picture frame, or used to decorate a bedroom door sign. You can string them or simply place them in a bowl with some votive candles for a neat patio decoration.

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Please check Brightwheel every day. There is important information there! Also, make sure your child always has a change of clothes and/or diapers/pull-ups, if necessary. Thank You!

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Caterpillars/Buttercup Butterflies



Water, water everywhere! There are a lot of sensory opportunities during water day. We run through the sprinklers, splash in the water tables and scoop up the bubbles. We are still learning about colors when we find fish. We are counting bears, ducks and ice cubes as they're scooped up and we use our words/sign when we want something.

-Ms. Natalie & Ms. Stacey

Pixie Butterflies

Happy month of July Pixie Families! For the month of July we will talk about America and what makes it so special! Pixies will also talk about space and pretend to be astronauts! We look forward to a new exciting month!

- Ms. Vanessa & Ms. Beryl



Elf Butterflies



Elf butterflies have enjoyed the beginning of the summer program. Water days have been especially fun. We have been exploring themes like bears, ocean animals and food. We will continue to explore outer space, transportation, and Red White and Blue! We are going to miss Mr. Steven and wish him well and we welcome Ms. Madison to our Elf school family.

-Ms. Stephanie & Ms. Madison

Julia Butterflies

Hello July! This month, we will be learning about zoo animals, camping, insects and the Fourth of July! We will also continue water days and movie days! As the summer months are hot please make sure your child has weather appropriate clothes in their cubbies in the case of accidents or spills.

-Ms. Paige & Ms. Fallon





Ms. Megan's 8 year Anniversary— July 15th
Ms. Dara's Birthday—July 29th

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Make Art On the Lawn

If your kids love art projects, but you don't want to make a mess indoors or stain your patio, why not use the lawn? All you need is an old sheet in a solid color and some paint and other art supplies. Lay out the sheet on the lawn, making sure it isn't too close to the patio or a fence. Give your kids their art supplies and let them go to town! You don't have to worry too much about the lawn being ruined if they go off the edge of the sheet, and they have a lot of space to work with.

Create a Nature Scavenger Hunt

This is something that has a lot of versatility. The scavenger hunt can be in your own backyard, at a nearby park or hiking trail, or be something the neighborhood kids do down the street. All you need to do is make a list of things kids can find out in nature and mark off their scavenger hunt list. It doesn't have to be things they actually collect, since things like butterflies shouldn't be captured. Here is a list of some options for your nature scavenger hunt:

- Take a picture of a butterfly
- Find a fun-shaped cloud
- Look for a pink flower
- Find water
- See a lizard walk across the ground
- Keep an eye out for spiky things
- Touch a rock
- Pick up a pinecone

When thinking of outdoor activities, consider ones that don't cost a lot of money and don't require your kids to go too far from home.

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Pompom Ice Pops

Check out these craft instructions and help your child make a fun and colorful pretend treat.

What you will need:

- Cardstock
- Craft Sticks
- Pompoms
- Double- sided tape



1. Help your child cut an ice-pop shape out of cardstock.



2. Tape the craft-stick to the back of the cardstock.



3. Add double-sided tape to the front of the cardstock, covering most of it.



4. Add the pompoms onto the tape and press.



Super Supper

Chicken Salad
Pick-up is
Friday,
July 2nd
\$5.00 each.

Chicken & Black Bean Enchilada Casserole w/ Salad
Pick-up is
Thursday,
July 22nd
\$5.00 each.

Payment is due before pick-up.

741 S. Pennsylvania Avenue
Winter Park, FL 32789
Phone: 407.647.0505
reception@wpdaynursery.org



Mission:
 The Winter Park Day Nursery provides a secure, nurturing and educational environment that is affordable and supports family diversity.

Vision:
 The Winter Park Day Nursery will build a stronger community by providing high-quality, affordable early childhood education that will prepare our children to succeed in school and life.

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