

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Singing in the Rain</b> (tune: Deck The Halls)            Do you hear the pitter patter? All the little raindrops falling down.            Can you see the splashing water? All the little raindrops on the ground.            Time to get our big umbrellas. We don't want to get our hair all wet.            If you wear your boots and raincoat, we will go outside and splash a bit.            (Have children act out the song by putting on boots and raincoat while singing. Take children outside on a rainy day and practice jumping over puddles while singing).</p>				<p><b>April Fools Day!</b>            Be Silly– Wear a raincoat on a sunny day and sunglasses on a rainy day!</p>		<p>Look through <b>Binoculars</b> for new spring hatchlings!             See top page.</p>
	<p>Watch the grass grow! Plant an <b>Easter Grass Basket</b>.             See top page.</p>		<p>Crack an egg from an <b>Egg-ceptional Animal Basket</b>.             See top page.</p>	<p>Peel beautiful <b>Watercolor Eggs</b> for your Easter basket.             See top page.</p>	<p><b>PASSOVER</b>             Count the votes for everyone's favorite way to eat eggs.            Note: Be sure to serve an egg dish at snack time.</p>	
<p><b>EASTER</b>             Nibble on some carrots for a snack!</p>	<p>Put on your raincoat and splash around while <b>Singing in the Rain</b>            See above.</p>	<p><b>Catch Your Own Rainbow.</b>             See top page.</p>		<p>Grab for gold from your <b>Handprint Rainbow</b>.             See back page.</p>	<p>Enjoy all the delicious colors of your <b>Rainbow Sundae Cups</b>.            See back page.</p>	<p>Bloom into springtime with <b>Colorful Carnations</b>.            See top page.</p>
<p>Sink your teeth into delicious <b>Dirt Cups</b>.             See back page.</p>		<p><b>RECYCLE!</b> Re-use a snack cup to make a <i>Flower Pot</i> to celebrate <b>Earth Day</b>.             Talk about recycling. Provide wrapping paper, tape and ribbon for kids to wrap a clean empty (yogurt, pudding or fruit) snack cup. Have kids put potting soil and a seed in their wrapped pot, mist with water and place it by the window. In a few days, they will see a plant spring up.</p>		<p><b>EARTH DAY</b>            Help Clean Up - Sort litter in <b>Earth Day Recycling Bins</b>.             See back page.</p>		<p>Sing along to <b>This Old Earth</b>.             See front page.</p>
	<p>Thinking caps on? List foods that grow on trees!            Note: Serve snacks that were grown on trees. Let children find out where the "tree foods" are grown.</p>		<p>Read <i>The Giving Tree</i> by Shel Silverstein and talk about all the important things trees do for the environment!</p>		<p><b>ARBOR DAY</b>            Count the rings on a tree trunk to discover the age of the tree.            Have a piece of firewood &amp; a magnifying glass.</p>	

## Bird Watching Binoculars



Give the children two cardboard toilet paper tubes. Allow them to decorate the tubes and then glue/tape them together side by side.

To wear the binoculars around your neck, tape ends of one piece of string to the outer edge of each tube.

Take children outside to explore. Tell them to be very quiet and look for birds, nests, and eggs!

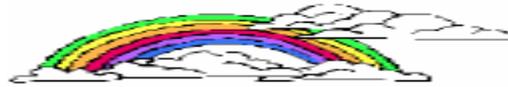
## “Egg-ceptional” Animal Basket

- ◆ Write the names of all of the animals that hatch from eggs on small pieces of paper.
- ◆ Tuck each piece of paper into a different plastic egg.
- ◆ Place all the eggs in an Easter basket.
- ◆ One at a time, allow a child to crack open one of the eggs. Read the name of the animal aloud and have the child act out expressions, noises, or movements that the animal might make.



**Extension:** Talk about all the different animals, big and small, that come from eggs and what they eat to grow big and strong.

*Take children outside on a bright, sunny day to do the following activity.*



## Catch Your Own Rainbow

- ◆ Place a half-full jar of water on a piece of white paper.
- ◆ Tilt the jar back and forth. A rainbow will appear on the paper.

Ask the children to identify all the colors that they see and then let them make a rainbow of their own.

*In the following activity, children will see how the flowers drink water.*

## Colored Carnations

- 3 white carnations
- Food coloring (red, green, blue)
- 3 clear glasses



Fill each glass almost halfway with water. Put a few drops of food coloring into each glass so you have one blue, one red, and one green glass. Place one of the white carnations into each glass. Watch (throughout the day) to see what happens.

Children will see how the water moves up the stem of the flower, and eventually turns the white petals of the carnation red, green, and blue. Tell children that when we drink water it goes down our throat and (like in the carnations) throughout our body.

## Easter Grass Basket

- 1 Large Easter Basket
- 1 pound of potting soil
- 1 pound of grass seed
- Plastic wrap or plastic bag



- ◆ One week before Easter, line your large Easter basket with a plastic bag or plastic wrap. Fill the basket with potting soil and add water until the seed bed is damp.
- ◆ Place the basket under filtered light and cover loosely with plastic wrap.
- ◆ After 2 days, remove the plastic wrap. In only a few days, your grass should begin to sprout.

Have children put **Watercolor Easter Eggs** in their grass basket. See below.



## Watercolor Eggs

Have the children dip hard-boiled eggs into water and cover them with scraps of colorful tissue paper. Once the eggs are dry peel off the tissue paper to reveal beautifully colored eggs.





## Earth Day Recycling Bins

### Children:

- ◆ Paint or use construction paper and tape to cover two boxes to make recycling bins.
- ◆ Decorate the boxes with drawings or pictures of a beautiful earth—trees, lakes, sky, etc. Label one box *Plastic* and the other *Paper*.

### Caregiver:

- ◆ \*Drop litter (plastic liter milk/juice containers, plastic liter bottles, newspaper, paper towels, paper cartons, envelopes, etc.) around the yard.
- ◆ Give each child a pair of disposable gloves and a bag to collect the litter they gather on a “litter hunt”.

After the hunt, have kids sort litter to put in the *Paper* and *Plastic* recycling bins. If an item is a container (carton, bottle, jug, etc.), have the child crush it with his/her “bare hands” before dropping it in the appropriate recycling bin. Have kids keep count of the items as they are dropped in each bin to see which has more or less.

### Encourage children to make recycling bins and sort litter at home!

Extension:

Read *Being Wasteful* by Joy Berry.

\*You may choose to take kids on a “litter hunt” in the neighborhood.



*Rain is needed to grow the rainbow foods. Colorful fruits and vegetables are the gold at the end of the rainbow!*

## Handprint Rainbow

### Have children:

- ◆ Trace their hands with a pencil onto colored construction paper to make 7 red, 6 orange, 5 yellow, 4 green, 3 blue, purple, or indigo handprints.
- ◆ Cut out the handprints and write the name of/draw a picture of a fruit or vegetable that is the same color on them.
- ◆ Glue the handprints in a rainbow shape onto a large piece of paper.
- ◆ Hang the rainbow to show all of the fruits and vegetables they will be reaching for.

## Rainbow Sundae Cups



2 cups Fruit Loops cereal, crushed  
1 cup various \*colored fruits, chopped  
1 quart vanilla frozen yogurt, softened  
2 tablespoons frozen orange juice concentrate, undiluted

1. Line 12 muffin cups with paper liners. Sprinkle the crushed fruit loops into the bottom of each liner and set aside.
2. Scoop frozen yogurt into a bowl and thoroughly blend in undiluted orange juice concentrate.
3. Spoon mixture into each muffin cups and sprinkle the fresh fruit on top.

\* Use strawberries, peaches, blueberries, or kiwi for extra color!

## Dirt Cups

2 cups cold low-fat or skim milk  
1 package instant chocolate pudding mix  
Chocolate graham crackers  
Gummy worms  
Individual snack cups

1. Follow the directions on the box of pudding mix.
2. Put pudding in the refrigerator to set about 5 minutes.
3. When the pudding is set, crumble up some graham crackers and mix into the pudding. (You can add as much as you like.)
4. Next stir in a few gummy worms, making sure they are covered by the pudding.
5. Divide into 4 snack cups.
6. Crumble or crush about 1 tablespoon of graham crackers on top.
7. Let the dirt cups chill in the refrigerator for one hour before serving.

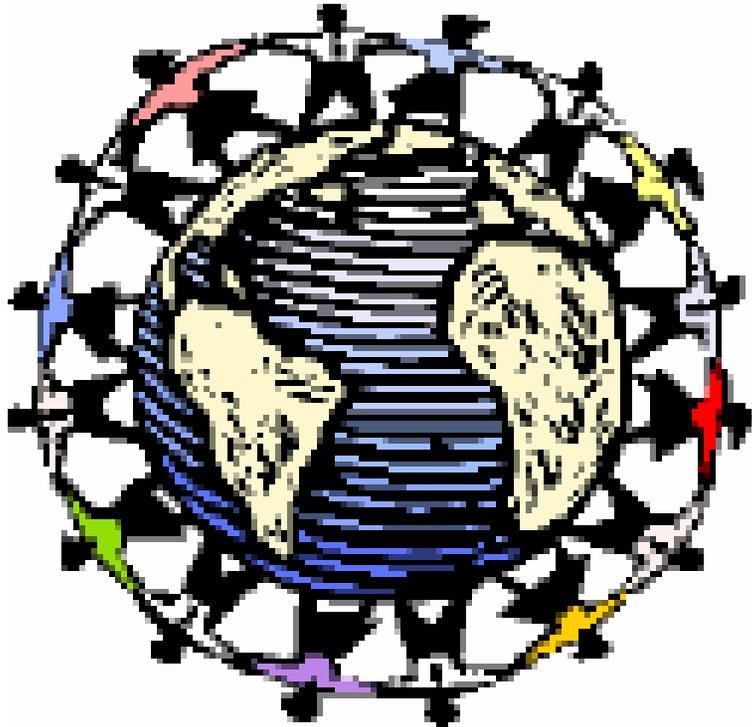


Talk about how earthworms are like underground farmers. They turn the soil like a plow. As earthworms tunnel through the soil eating dirt, chewing up fallen leaves and animal remains and pushing rocks, they help increase the amount of air and water that gets in the soil. When they poop, they also fertilize the soil.

For lots of kid friendly information about earthworms, visit [www.unbanext.uiuc.edu](http://www.unbanext.uiuc.edu) or [www.yucky.kids.discovery.com](http://www.yucky.kids.discovery.com).

# *Children's Good Health Calendar*

# **April 2004**



## **“This Old Earth”**

(tune: This Old Man)

This Old Earth

Needs our help

To stay fresh and clean and green

With a pick up; pitch it in; throw it in the can –

This old earth needs a helping hand!