

Outdoor Winter Fun *Even though it is cold out, there are lots of fun outdoor activities for your kids!*

Active Kids

- Go for a walk or a jog.
- Make a snowman, snow fort or snow maze on snowy days.
- Lie in the snow to make snow angels.
- Throw snowballs.
- Go sledding.
- Chase bubbles. (If it's cold enough, the bubbles will freeze!)
- Try a winter sport, like skiing, skating or snowshoeing.
- Go to a playground, play tag or kick a soccer ball if the ground is dry. If it's warm enough for bare hands, shoot baskets.



Dress your child warmly and in layers, including a hat, scarf, mittens or gloves. If it is snowy or muddy, boots are also important.

A good guideline for cold weather layers is that older babies and young children should wear one more layer of clothing than an adult would wear for those conditions.

Ask your child: What is your favorite outdoor winter activity?

Rainbow Paper Plate Craft

Create a rainbow with this simple and fun craft!

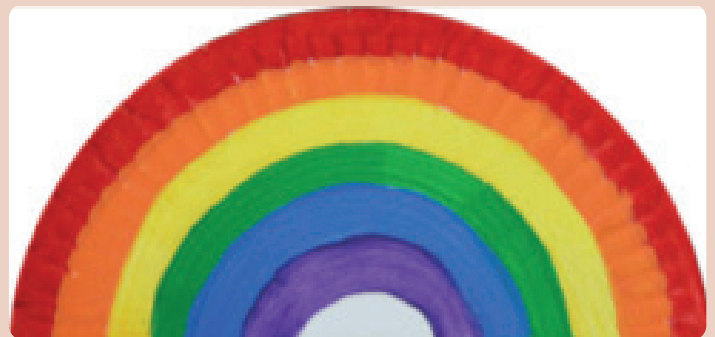
Simple Crafts

Materials:

- Paper plate
- Pencil
- Paint: red, orange, yellow, green, blue and purple (markers or crayons are also great!)
- Paint brush
- Scissors

Instructions:

1. Cut the paper plate in half.
2. Use your pencil to draw half circles on the plate as a guideline for the different colors of your rainbow.
3. Paint one row at a time (red, orange, yellow, green, blue and purple)



Ask your child: Where did you last see a rainbow?



SPAULDING FAMILY CONNECTIONS

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Apple Sandwiches *Create this easy snack with your child for a delicious and nutritious treat.*

Ingredients:

- 2 apples
- 2-3 tbsp peanut butter or peanut butter alternative
- 3 tbsp granola
- handful raisins

Instructions:

1. Remove cores from apples and cut into ¼”-½” thick slices.
2. Spread apple slice with peanut butter or alternative.
3. Top with granola and raisins.
4. Place another apple slice on top and gently press together.
5. Repeat with remaining apple slices.

Ask your child: What was your favorite ingredient?

Easy Recipes



March Reading List

Here are five children's books to build virtue and strength

1. The World Collector by Peter H. Reynolds
2. When Sophie Thinks She Can't by Molly Bang
3. Captain Perseverance: How I Became a Superhero by Brod Bragert
4. Maria Finds Courage by Tony and Lauren Dungy
5. My Magic Breath: Finding Calm Through Mindful Breathing by Nick Ortner

Ask your child: What is your favorite book?

Good Reads

Need a Resource or Have a Question?



Hi families! I am Brooke Nadeau, the Spaulding School family worker. Many of you have either met me or we've spoken on the phone, and I am excited to also welcome you to the Spaulding Family Connections newsletter! This is a first edition of the monthly newsletter we will be sending home with the kids full of news, helpful hints, crafts, recipes and more!

If you have any questions, concerns or just would like to chat about how your child is doing, please remember that I am available at **286-8901 ext. 205**. I am full of resources and ideas, so please feel free to reach out anytime.

Thank you and I look forward to talking to you soon.