

## Ocean Waves



**Disney MOANA**  
**Ocean in a Bottle**

**You will need:**

- Baby Oil or Cooking Oil
- Empty Clear Bottle with a Lid
- Blue Food Dye
- Water
- Optional: Small Shells

1. Fill up the bottle 1/3 of the way with water
2. Add a few drops of blue food dye to the water until it is the shade of blue you want
3. Fill up the rest of the bottle with oil
4. Optional - add in shells or small items if you'd like!
5. Glue on the lid for a waterproof seal
6. Turn it over to make some waves! Enjoy!

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## Sun Safety

### Five ways to stay safe in the sun



Help ensure you're well protected from UV rays by following these tips.

#### 1. Use good quality sunscreen

Buy one that has 'UVA' on the label, a star rating of 4 or 5, is at least SPF 30, water-resistant and still in-date.

Put it on 30 minutes before you go outside and reapply at least every two hours.

#### 2. Wear protective clothing

Wear loose clothes that cover your skin, made from breathable fabrics with a tight weave to stop UV rays getting through. Wear a wide-brimmed hat and sunglasses too.

#### 3. Check the UV index

The UV index tells you how strong the UV rays are in your area. Check it online before you head out.

#### 4. Seek out shade

Avoid sitting in the sun between 11am and 3pm. Seek shade - under some trees perhaps, or bring a parasol out with you.

#### 5. Drink plenty of water

Aim to drink 6-8 glasses of water per day or more if you're feeling thirsty. Steer clear of alcohol as it makes you pee more and can leave you even more dehydrated.



Shared courtesy of [www.bupa.co.uk](http://www.bupa.co.uk)



### Need a Resource or Have a Question?

Hi families! I am Brooke Nadeau, the Spaulding School family worker. The Spaulding team is working hard to provide lots of tips, ideas and resources to help you with remote learning, activities and more. Visit [SpauldingYouthCenter.org/Families](http://SpauldingYouthCenter.org/Families) to view the parent letters, updates, resources and other communications already available to families. Let us know if there is another resource that would be helpful.

If you have questions about Spaulding's COVID-19 updates or if you need a resource (pandemic-related or otherwise), please call me 286-8901 ext. 205 or email me [bnadeau@spauldingyouthcenter.org](mailto:bnadeau@spauldingyouthcenter.org). I am here to help you keep your family safe and healthy.

Together, we are #SpauldingStrong.

**Independence Day** is an exciting holiday for kids: warm weather, cookouts, family time, and of course, fireworks!

July 4<sup>th</sup> ✈️

Protect your kiddo's hand while using sparklers this July 4<sup>th</sup>. Create a small hole in the bottom of a reusable plastic cup and insert the sparkler through so that the handle is on the inside. Your child can hold the firework and be protected from stray sparks for a safe and fun experience.



Ask your child, what are your favorite July 4<sup>th</sup> traditions?

## Flag Toast!

### Ingredients

- Bread, sliced
- Cream cheese
- Strawberry jam
- Sliced banana
- Blueberries, halved

### Directions:

Toast your bread as desired. When cooled, your child can work on their fine motor skills to spread the jam and cream cheese! Explain that the blueberries represent the stars and the bananas and jam represent the stripes of our country's flag. On a real United States flag, the stars are the same number as states in the U.S. and the stripes are the same number of original colonies.

Ask your child, do you know the number of U.S. states and colonies?

## Easy Recipes 🍴



## Handprint Crab

## Fun Craft ✂️

### Materials:

- Construction paper
- Red paint
- Googly eyes
- Crayons or markers

### Instructions:

After you choose a paper color, dip hands in red paint and make your crab! Glue on googly eyes and use crayons or markers to add in the water, sand, and some friends!

\*If you are looking for some fun crafts to keep the kids entertained, be sure to check out [learncreatelove.com](http://learncreatelove.com). They have oodles of ideas for summer crafts and activities!

Ask your child, can you think of other animals you could make with finger paint and the shape of your hands?

