

Kids Trail Mix Recipe *The best thing about this easy trail mix is how customizable it is! You can make it healthy, sweet and salty or even turn it into a dessert with more sweet. So many ways to make it your own!*

Ingredients

Trail mix often includes ingredients that are crunchy, sweet and salty for variety, but you can just add whatever you have available. You can also choose to use equal parts of each ingredient or change volume based on preference.

Favorite Ingredients:

- Pretzels
- Nuts
- Cheerios
- Raisins
- Marshmallows
- M&M's or chocolate chips

Other Fun Options:

- Goldfish or Teddy Grahams
- Chex or Golden Grahams
- Sunflower seeds
- Granola
- Popcorn
- Dried fruit
- Candied nuts or pecans
- Chocolate or yogurt covered raisins
- Apple chips

Directions

1. Add all ingredients into a bowl or sealable container.
2. Stir, mix, or shake to create your trail mix.
3. Enjoy!

Ask Your Child: *What is your favorite trail mix ingredient?*

Easy Recipe



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Rainbow Fish

Supplies:

- Paint
- Paintbrush
- Sequins
- Googly eye
- Glue
- Craft paper
- Scissors
- Toilet paper roll
- Paper plate

Directions:

- Paint the paper plate blue.
- To make the scales, cut a toilet paper roll in half lengthwise. Use the end to dip into paint and stamp onto the painted plate to make the Rainbow Fish's regular scales.
- Using the cardboard tube, dip into the orange paint and squeeze the tube into a tear drop shape to make the Rainbow Fish's mouth.
- Set the paper plate aside to dry.
- Glue on a googly eye and circle sequins for the shiny scales.
- Draw fins on the craft paper and cut them out.
- Glue the fins onto the paper plate and let them dry.
- When the craft is completely dry, hang them up to enjoy, let kids play with them, or read *The Rainbow Fish* with your child and their craft fish.

Ask Your Child: *Which part of the craft was your favorite?*

Fun Craft



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SPAULDING FAMILY CONNECTIONS

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7 Tips for Summer at Home

1. Keep Your Plans Flexible

While structure is beneficial for kids of all ages, it is also important to manage expectations and focus on mental health. We are all dealing with the COVID pandemic as a form of trauma, so families need a lot of grace, flexibility, and a shift in our expectations.

2. Try Stress-Reducing Techniques

“On the Same Breath” is a technique that uses deep-breathing practices for easing stress and improving focus. Families can benefit by doing the exercises together at home and making it part of their daily routine. This is a tool that’s very accessible and parents can do with their children.

3. Encourage Your Child’s Interests

Try hands-on activities based on your child’s interests, such as growing plants from seeds, learning to bake, or interviewing relatives to learn more about the family tree. If your child seems glued to their devices, try incorporating technology into rewarding activities. Friends or family members could teach younger kids a new skill over Zoom. Older kids could use technology to work for a cause that benefits the community.

4. Put Kids At Home To Work

The pandemic means families are dealing with low-grade stress that is always in the background. One way to alleviate that stress is to set a flexible rhythm to the day. Giving kids some predictability by engaging them in household chores and things they can do to be helpful can provide a sense of stability.

5. Expect Some Emotional Upheaval

Whatever way your child tends to react to stress, it’s likely to be exacerbated this summer. For example, if your child tends to isolate when stressed, this may happen more. This is a good time to give everyone in the family, including children, the opportunity to adjust to a ‘new normal’ in ways that work best for them.

6. Embrace Boredom

Without camps or sports, kids are facing a dull summer at home. And that’s okay. It’s time to get creative and also remember that being bored is often a spark to children’s creativity. This summer is also a low-stakes time to

Summer Tips ☀️

try new things, like learning a silly TikTok dance or taking up rollerblading. For kids who are highly scheduled or deeply focused on a sport or other activity, taking a break can help reduce burnout.

7. Enjoy The Downtime Together

This summer will be a time for families to think differently about how we usually teach and learn. Play is kids’ work, especially for younger kids! Just because children aren’t doing a worksheet doesn’t mean they aren’t learning.



Stay Hydrated 💧

Tips to Help Your Kids Stay Hydrated

- Pack a water bottle whenever you go out. Try a frozen water bottle in hot weather.
- Encourage your child to drink water before, after and during physical activity.
- Always offer water with meals and snacks.
- Encourage your child to drink water, even if they don’t like it!

Hydration Recommendations:

- 4-8 years: 7 cups
- 9-13 years: 9 cups (girls), 10 cups (boys)
- 14-18 years: 10 cups (girls), 14 cups (boys)

KIDS DRINKING WATER



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