

CASA

CONNECTION

County After School Activities

VOL 1. ISSUE 8
MAY 2020



**CREATING
COMMUNITY**
PRCS VIRTUAL | 3

**5 STEPS TO A POSITIVE
MORNING ROUTINE FOR
KIDS**

An Article from BigLifeJournal | 6

**OUT OF THE BOX
SNACKS**

Celery Snails & Caterpillars | 9



LOUDOUN COUNTY DEPARTMENT OF PARKS RECREATION & COMMUNITY SERVICES

LOUDOUN.GOV/PRCS

FOR ACCESSIBILITY REQUESTS: CONTACT ADAPTREC@LOUDOUN.GOV, 703-777-0343, TTY: 711

Contents

- 03 PRCS Creating Community
- 06 5 Steps to a Positive Morning
 Routine for kids
- 09 Celery Snails & Caterpillars
- 10 Three Ingredient Brownies
- 12 How to Create an Upcycled Jellyfish
- 15 Papel Picado
- 17 Spidey Senses Mindfulness Activity
- 18 Best Practices for Family Hiking
- 20 Additional Learning Resources



The Loudoun County Department of Parks, Recreation and Community Services (PRCS) is open virtually while its centers are closed and programs canceled in response to the COVID-19 pandemic. "We wanted to make sure that Loudoun's citizens can engage with us during this temporary closure and that we continue creating community through people, parks and programs," said Steve Torpy, PRCS Director.

The department launched a new webpage at loudoun.gov/prcscreatingcommunity featuring video playlists, a rotating video spotlight, virtual tours, how-to guides, children's activities, community resources and more. The page includes links to all of all of the department's Facebook pages, where followers can find engaging posts and videos daily. "We're temporarily closed, but we're here for you digitally as we learn to navigate this new environment. The response to the page has been positive and we feel that it may continue to serve citizens after normal operations resume," said Torpy. County parks remain open for self-directed trail and leisure use while practicing social distancing. Visit loudoun.gov/prcs or email prcs@loudoun.gov for more information.



CASA

County After School Activities

We miss seeing you every day. We hope that everyone is staying healthy and safe. Our staff wants to help you continue to grow and learn. Please enjoy this newsletter.

CASA STAFF



Hello CASA friends!

When we were doing our trip through the alphabet we found many websites that show how to draw different things. Try out these two depending on how you learn best. Do you like to watch and hear instructions or do you like to read and see an example? The website <https://www.artforkidshub.com/how-to-draw/> has lots of video instructions. The website <https://artprojectsforkids.org/my-drawing-tutorial-portfolio/gallery/> has lots of pictures to follow and uses paper folds as guide lines to make it easier.

Does your family have a vegetable garden? If you don't have room for a big garden how about you try an herb garden or more specifically a pizza herb garden! For this you will be planting basil, parsley, and oregano which will all go great when mixed into your pizza sauce at a homemade pizza night! You can use one large pot and plant your small herb plants all together. Be sure you label each section so you will remember what you are growing. These herbs will need at least 6 hours of full sun each day so be sure you place your plants where they can get that. Most beginning gardeners find it easier to plant plants that have already started to grow instead of planting seeds as you will not have to wait as long to have fresh herbs. Here is a website that offers details if you want to expand from a pizza herb garden to a full herb and vegetable pizza garden. Some people plant these gardens in the shape of a pizza with each slice a different vegetable or herb. If you don't have space for that containers will work too. <https://www.miraclegro.com/en-us/library/edible-gardening/pizza-garden-gardening-ideas-kids>

Why don't you go on a nature hike and see if you enjoy it? You can even take a camera with you and take pictures of the nature as you are taking your walk. Take in the walk with all your senses. Discuss with your family member all the things you are seeing. Take pictures of the different trees and flowers you see. If you see any animals play with the settings on your camera as you take its picture. Zoom is one effect you can try. Once you are done with your walk print out the pictures you took and make a book out of them. If you took them with your phone or tablet you can make a virtual album. Label the pictures with descriptions of what the image is. For example, if you took a picture of a stream you might want to write what kind of sounds the water makes and how big the stream was. Don't forget to make a title for your book. There is also a nature scavenger hunt sheet on the PRCS creating community webpage listed under the Discovery Hike tab. <https://www.loudoun.gov/prcscreatingcommunity>

Thanks for reading!



steps to a POSITIVE MORNING ROUTINE for kids



by Big Life Journal

1 RECONNECT

Kids will be much more willing to listen and follow your morning directives if you've connected with them first. Time spent reestablishing your bond after a long night can make the morning run smoothly.

- Spend 5 minutes snuggling
- Hold hands while walking downstairs
- Share a few deep breaths together
- Choose a card from a yoga deck and do a pose or two
- Write with your journal buddy in your Big Life Journal or do a page from the Gratitude Challenge in the Challenges Kit
- Play a gratitude ball game (included in the Growth Mindset Activity Kit)



2 CREATE A ROUTINE

Make a “launch pad” in your home. Simply choose an area where kids get organized for the day. Include:

- hooks or small table for backpacks
- bins for organizing folders or homework
- morning routine checklist
- affirmations jar
- “Things I Can Control” poster from the Growth Mindset Printables Kit



3 DO AFFIRMATIONS

Speaking positively about ourselves aloud can change our brains and even improve the way we see our future unfolding. Follow these steps together:

- **Language** – Begin each phrase with strong, positive words (e.g., “I am kind. “I am going to rock this day.” “I create happiness for myself”).
- **Visualization** – Spend several moments picturing details of the emotion or situation you’re affirming. This step connects your words to the positive feelings surrounding them.
- **Implementation** – Believe in your statement. If the affirmation feels false, know the more you practice, the more real it becomes.



4 SET THE STAGE

Engaging your child's five senses is a simple and impactful way to create positive associations with the morning routine. Some ideas include:

- **Touch:** hug, snuggle or hold hands
- **Sight:** make eye contact, read affirmations
- **Sound:** play soft instrumental music, Big Life Journal growth mindset Spotify playlist, or other selection
- **Smell:** light candles or incense, spray essential oils
- **Taste:** mindful sip of water, eat healthy breakfast together



5 PRACTICE AND REHEARSE

Choose a relaxing time to encourage your child to make a meaningful morning goal. Ask, "What would you like to learn how to do in the morning?" Ideas include:

- Making her own breakfast
- Writing or selecting the daily affirmations for the week
- Getting himself dressed
- Creating a positive playlist
- Being the morning leader who gets everyone up and moving





CELERY SNAILS & CATERPILLARS

INGREDIENTS:

- CELERY STALKS
- FRUIT/VEGGIE VARIETY (APPLE, ORANGE, KIWI, CUCUMBER, GRAPES, TOMATO)
- CANDY EYES
- PEANUT BUTTER OR CREAM CHEESE - ROOM TEMP.

DIRECTIONS

Make the Snails: Fill celery stalks with peanut butter or cream cheese and top with an apple, orange, kiwi, cucumber or tomato slice shell and a cashew head. Use peanut butter or cream cheese to glue on candy eyes.

Make the Caterpillars: Fill celery stalks with peanut butter or cream cheese and top with grapes, blueberries or grape tomatoes for the body and head. Use peanut butter or cream cheese to glue on candy eyes and celery or radish matchstick for antennae.



THREE INGREDIENT BROWNIES

step by step directions
on the following page

INGREDIENTS:

- 100G / 0.75 CUP
PLAIN FLOUR
- 350G / 1.5 CUPS
CHOCOLATE
HAZELNUT SPREAD
- 2 LARGE EGGS

Three Ingredient Brownies

1. Gather all ingredients
2. Preheat the oven to 180c.
3. In a large mixing bowl add the flour, chocolate spread and eggs.
4. Mix with a spoon and then divide the mixture between the sections of the brownie pan.
5. Bake for 12 minutes, remove from the oven and allow to cool.
6. Once the brownies have cooled, remove from the pan and decorate.





HOW TO CREATE AN UPCYCLED JELLYFISH

step by step directions
on the following page

MATERIALS:

- PLASTIC GROCERY BAG
- WATER BOTTLE
- THREAD OR STRING
- FOOD COLORING
- SCISSORS

How to Create an Upcycled Jellyfish

1. Flatten the bag. Cut off the handles and the bottom. Cut along both sides to split the bag into two plastic sheets. You only need one of them so be sure to recycle the rest!
2. Gather the center of the plastic sheet into a tiny balloon to form the head. Secure the balloon with thread— not too tightly. Leave a small opening in order to pour some water into the “head.”
3. The remaining plastic, below the tied thread, will be the jellyfish's tentacles. Cut from the bottom edge up to the head to make about eight to ten tentacles. Cut each tentacle again into three or four smaller pieces. Trim to make some longer and shorter tentacles.



Upcycled Jellyfish Continued

4. Fill the head with water — leaving a little air inside to allow the jellyfish to float — and then tighten the string.

5. Fill up your water bottle. Then put your jellyfish in the bottle head first, along with a few drops of blue food coloring. Screw on the cap and shake lightly. Make sure the cap is properly closed and tight before you give it to children!

6. Encourage your kids to turn the bottle upside down— they'll be surprised to see the jellyfish move every time they turn the bottle.

****Explore Further**

Talk about the physical similarities between a plastic bag and a jellyfish in water. What animals eat jellyfish for food?



PAPEL PICADO



Papel Picado is a traditional Mexican craft that features colorful paper sheets with intricate cut-out details. It was made by stacking many sheets of paper and using chisels to cut the designs. You can easily make your own Papel Picado by layering sheets of tissue paper and using scissors.

Read ahead for activity directions!



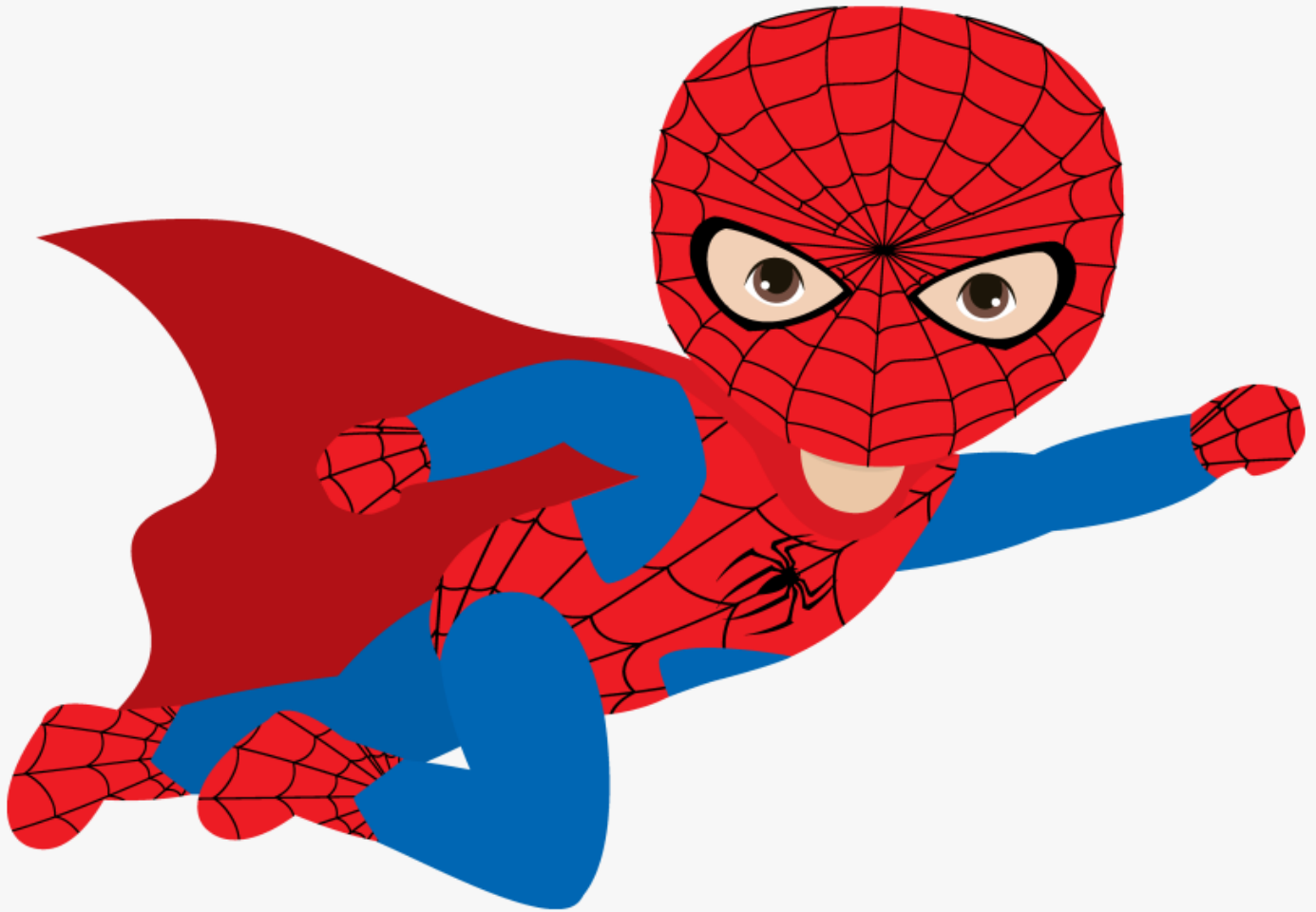
Papel Picado

MATERIALS:

White Paper/Construction Paper (12x18)
Colored tissue paper (20x30 – 1 per design – yields 2
finished pieces)
Pencil and eraser
Scissors

DIRECTIONS:

1. First, fold your 12"x18" white construction paper in half, to 9"x12".
2. Choose a sheet of colored tissue paper and fold it in half to 20"x15", then fold it in half again the other direction to 10"x15.
3. Next, slip your folded tissue paper (centered) into the folded construction paper, so that the 15" folded edge of the tissue paper lines up with the 12" folded edge of the construction paper.
4. Trim away the little bit of tissue paper that extends beyond the three open edges of the construction paper.
5. Fold your 'sandwich' of 12" loose edges over about an inch. This helps to hold it all in place.
6. Now, make folds into your sandwich of papers, drawing designs on the folds and then cutting them away. Unfold and repeat, but don't take your papers apart until you have cut away all the designs you can! Make vertical, horizontal and even diagonal folds and cuts for the most interesting finished designs. Don't forget to cut a design into the loose edges, too! (Talk about how cutting on a fold yields designs that are symmetrical. You can achieve designs that have vertical, horizontal and radial symmetry this way.)



Spidey-Senses Mindfulness Activity

Instruct your kids to turn-on their “Spidey senses,” or the super-focused senses of smell, sight, hearing, taste, and touch that Spiderman uses to keep tabs on the world around him. This will encourage them to pause and focus their attention on the present, opening their awareness to the information their senses bring in. This is a classic mindfulness exercise and encourages observation and curiosity—great skills for any human to practice.

Best Practices for Family Hiking



During the Pandemic and self-distancing, it is important that families get exercise. Hiking is an excellent way to get exercise and enjoy nature. Early May is the absolute peak of wildflower season.

If you follow these simple rules, you can safely enjoy the great outdoors this Spring!

- Insects and Ticks: Use an effective insect repellent. The Center for Disease Control recommendation for children older than 2 months of age is 10% to 30% DEET.
- Wear a hat, sunglasses, and light clothing. Use a sunscreen with an SPF 15 or greater that protects against UVA and UVB rays.
- Hiking Safety: The most important piece of clothing for outdoor camps are sturdy shoes. Flip flops and open toed sandals/shoes should be avoided.
- Wear light weight clothes that cover arms and legs. These provide protection against the sun, brush, including poison ivy, and ticks and insects.
- Check for ticks when you get home!!!
- Water: Each hiker have their own container of water.

Foldable Book Marks

Use thick paper or cardstock to print and cut out these positive foldable bookmarks!





Additional Learning Resources

AUDUBON: LEARNING ACTIVITIES & RESOURCES

[HTTPS://WWW.AUDUBON.ORG/
GET-
OUTSIDE/ACTIVITIES/AUDUBO
N-FOR-KIDS](https://www.audubon.org/get-outside/activities/audubon-for-kids)

MONTEREY BAY AQUARIUM- JELLYCAM:

[HTTPS://WWW.MONTEREYBAYAQU
ARIUM.ORG/ANIMALS/LIVE-
CAMS/JELLY-CAM](https://www.montereybayaquarium.org/animals/live-cams/jelly-cam)

DISCOVER EXHIBITS & GALLERIES FROM THE LOUVRE:

[HTTPS://WWW.LOUVRE.FR/EN/VISI
TES-EN-LIGNE#TABS](https://www.louvre.fr/en/visites-en-ligne#tabs)