

Fun in the Sun for Kids

July 13, 2023



Concepts Taught:

- Learn at least three ways to entertain the kids or grandkids on a budget.
- Discover a free digital resource with more family fun ideas.

Nature Scavenger Hunt:

- List items found in backyard, local park, walking trail to be found (and snap a photo for proof to win a prize once all items have been found!).
- Can be more- or less-challenging depending on age.
 - Less-challenging: green leaf, flower, bird, squirrel, slide.
 - More challenging: Cardinal, white pine, maple leaf, daisy flower.

Theme Day:

- Let them choose a "theme for the day".
- Example: Superhero day!
 - Make masks out of paper plates outside, watch a superhero movie while enjoying finger foods with fun facts.
 - Cheese "builds strong bones" or blueberries "superfood for superheroes".

Upcycle:

- Use cereal boxes, toilet paper/paper towel rolls for arts & craft.
 - Add construction paper, colored paper, kid-friendly scissors, glue, markers, paint for more fun.

Farmer's Market:

- Live music, face painting, etc
- Talk with growers for a learning experience on how produce is grown.
- Choose one fresh item to take home and let them choose a meal or snack to make.
 - Pick up fresh strawberries and make fruit kabobs.

Family Game Day:

- Include a variety of games of your choosing:
 - Egg and spoon race, kick ball, jump rope, 3-legged race, hula hoops, spinning in circles, etc.

Science Experiments:

- Learn about capillary action using celery stalks in colored water.
- Learn about senses using a smell or feel test while blindfolded. Keep a list of items to smell or feel to see how many you get right.
- Invisible ink.
 - Using lemon juice as the ink, soak a cotton ball to write on a piece of paper. Allow to dry, hold up to the light to read.
- Homemade play dough
- Floating eggs - one egg in pure water, one egg in salt water to learn about water density.
- Bird feeder - using a pipe cleaner and circle cereal. Test different locations to attract most birds to practice the scientific method.

Water balloon tag:

- The "it" person uses water balloon to tag. If the water balloon hits a person and breaks then that person is now "it".

Check out Bronson's digital "Family Fun Guides":

- <https://www.bronsonhealth.com/app/files/public/ac562ceb-bb33-4c51-996e-5f61b71c4ae9/South-Haven-Family-Fun.pdf>
- <https://www.bronsonhealth.com/app/files/public/f71017a4-90e2-4ada-b168-ac2c4b2813d6/Kalamazoo-Family-Fun.pdf>
- <https://www.bronsonhealth.com/app/files/public/e023f65e-eb41-402c-9005-4bd47443ea62/Calhoun%20Family%20Fun%20Guide.pdf>