

## Activities to Enjoy this July

Now that summer has officially begun, you may be wondering how you are going to keep your family busy in the coming months. Whether you have a whole day or just a couple of hours, there are plenty of ideas listed here to have some fun in the sun.

Don't be afraid to get a little creative. You don't have a sprinkler? That is okay - try using water balloons! Regardless of how you engage your children this summer, try to keep cool, have fun, and stay positive.

You can always refer back to this list, or maybe you'll want to print it to hang up for easy ideas throughout the month. Download this Free Printable by visiting [TheChirpingMoms.com](http://TheChirpingMoms.com).

**Ask Your Child: Which activities would you like to try?**

## JULY ACTIVITY PLANNER

1. pool day
2. patriotic craft
3. make a patriotic snack
4. watch fireworks
5. read books outside
6. movie day
7. wash the car
8. bubble paint
9. ripped paper craft
10. visit a playground
11. eat ice cream
12. lemon stamping
13. have a lemonade stand
14. flamingo handprint
15. ride bikes
16. ABC scavenger hunt
17. pretend campout
18. make s'mores
19. trace people with chalk
20. visit the zoo
21. board game day
22. water balloons
23. play library
24. watermelon craft
25. play charades
26. paint rocks
27. bake a treat
28. hoptscotch
29. play in the sprinkler
30. catch fireflies
31. have a picnic



## Recognizing Signs of Anxiety

Anxiety presents itself in many different ways, and sometimes it can be difficult to spot the signs. By learning more about how anxiety can be exhibited, we are more likely to be able to help our children understand and cope with what they are going through. Here are some of the common signs:

1. The desire to control people and events.
2. Difficulty getting to sleep.
3. Feeling agitated or angry.
4. Defiance and other challenging behaviors.
5. Having high expectations for self, including school, work, and sports.
6. Avoiding activities or events (including school).
7. Pain like stomachaches and headaches.
8. Struggling to pay attention and focus.
9. Intolerance of uncertainty.
10. Crying and difficulty managing emotions.
11. Overplanning for situations and events.
12. Feeling worried about situations or events.

If you see these behaviors in your child and are unsure what to do, the Spaulding staff is always willing to provide guidance.

**Ask Your Child: Is there anything you are worried about right now?**

## PARENTING



## Grow a Rainbow Experiment

### Materials

- Paper Towel
- Water
- Washable Markers
- 2 Small Glasses

### Directions

1. Fold over a piece of paper towel (so you have 2 pieces on top of each other). Trim the length to be 7.5 inches (any longer and the rainbow may not connect fully). **TIP:** The shorter your piece of paper towel, the better it will connect. Also, make sure you are using an absorbent paper towel.
2. Draw rectangles of the rainbow colors on each end. You'll want to make sure to fill these colors in well so there is enough dye to travel across the paper towel.
3. Place 2 cups with water filled  $\frac{3}{4}$  full. You only want the bottom of the paper towel in, so leave some space from the top of the cup. Then, place the paper towel into the cups, with one end in each cup. **TIP:** Do not place the ends too deep in the water or the dye may dissolve into the water instead of moving up the paper towel.
4. The washable marker dye will slowly make its way up with the water to meet the other side in the center of the paper towel.
5. Leave the paper towel for 10-15 minutes and it will eventually connect the colors together.



**Ask Your Child: What is the order of colors in the rainbow?**

## Fun Animal Face Toast Treats

### Ingredients

- 1 Wheat Bread
- Banana
- Nutella
- Strawberries
- Cream Cheese
- Blueberries
- Peanut Butter

### Directions:

1. Toast the bread.
2. Spread either Nutella, cream cheese, or peanut butter over the toast.
3. Cut banana and strawberries into appropriate shapes to mimic the animal faces in the photos. Add some blueberries for eyes and serve these animal faces toast slices up!

**Ask Your Child: What is your favorite animal?**

## EASY RECIPE

