

# AUGUST

## Wet Sponge Hot Potato

On a hot summer day, have your children sit in a circle passing a wet sponge from person to person while the music plays. When the music stops, the child left with the sponge can either squeeze it over their head or if someone else is willing, over someone else's head. Soak it again, turn on the music, and passing resumes. Repeat until the kids are drenched and cooled off!

## Jicama-Melon Salad

- 1 watermelon, giant, seedless
- 2 cantaloupes
- 2 jicamas
- 1 cup fresh lime juice
- 1/3 cup fresh cilantro, chopped
- 1 teaspoon of chili powder

Peel and cut fruit into 3/4 inch wide strips. Gently mix strips of watermelon, cantaloupe, and jicama with lime juice. Toss salad with cilantro and sprinkle chili powder over the top to taste. Serve chilled.



## Water Water Everywhere

Did you know that the human body is 75% water? Water hydrates the body, cushions muscles and joints, and is used by the body to transport nutrients to and carry waste away from cells and assist in regulating body temperature. We must rehydrate regularly to keep our muscles and body systems working properly. The daily recommended amount of water for a 4-8 year old is seven cups.

## Ice Painting

Fill ice trays, keeping the water level below the top of the tray. Add a different drop of food coloring to each ice cube section before freezing as normal. On a hot day, have your children use their new frozen paints to blend colors and paint a picture while the ice melts. Try painting on white fabric instead of construction paper.

# AUGUST 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday