

Parent Provider Connections - September 2021

FLASHLIGHT FORWARD

Make one child the lighthouse keeper and give them a flashlight while the others line up across the yard. For each time the keeper flashes the light on and off, the kids will step or hop closer to the keeper. The child who makes it to the keeper first becomes the next keeper.

SERVING TEMPEH

Tempeh is a fermented, soy-based cake that is used as a meat substitute and is a good source of protein, copper, manganese, and iron. It credits 1:1 as a meat alternate when the ingredients include only soybeans, water, and seasoning. Use Tempeh in stir-fry, tacos, and chili.

LIGHTHOUSE CUPS

Have children create white, horizontal stripes around a red solo cup with painter tape. They can use a sharpie to draw windows and doors on the cup. Place a battery-operated tea light on top of the red cup and close it in with a small clear cup to complete your lighthouse.

NUT BUTTER BOATS

Celery, cut into 4-inch sticks

Nut butter

Raisins

Ask the children to help you create their boat snacks. Have each child spread 1 tablespoon of nut butter into six celery sticks and place some raisins on top. You've created nut butter boats to rescue the raisins!

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Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday