

Parent Page June/July 2016



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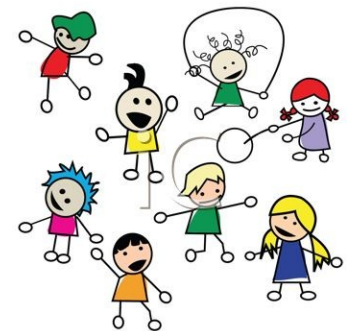
Nominate
Your Child
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For JCCCA
Provider Of The
Month!!!
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Who doesn't remember playing outside on a summer evening? Here are some games that you can play with your children outdoors. Enjoy!!!!

- **Kick the Can:** This game is a variation of tag and hide & seek. One person or a team of people are designated as "it" and a can is placed in the middle of the playing area. The other people run off and hide while the "it" covers his or her eyes and counts to a certain number. "It" then tries to find everyone. If a person is tagged by "it", they go into a holding pen for captured players. If one of the un-captured players manages to kick the can, the captured players are released. The game is over once all the non-"it" players are in the holding pen.
- **Spud:** This outdoor game is a lot of fun. Every player gets a number and crowds around the person who is "it" for that round. "It" then tosses the ball straight up and the other players run away. As the ball reaches the top of its toss, "it" calls out the number of one of the other players and then runs away also. The player whose number was called must run back and catch the ball (or chase after it if it is bouncing around). Once that person has the ball, they yell, "Spud!" Then everyone else must freeze. The person with the ball must try to hit one of the players with the ball. If they do, that new person gets a letter (first S, then P, then U, then D) and is now "it." If they miss, the person who threw the ball is "it" for the next round.
- **Hole In A Bucket:** Fill up a large trashcan with water and place two empty trashcans about 40 feet away. Split kids into two teams and give each team an empty milk carton with 10 to 12 holes in the bottom. When you say "go," the first player from each team fills her carton with water, then places it on her head while she walks or runs to her team's empty trashcan. She empties the remaining water into the trashcan, then runs back, passing the carton to the next player. The first team to fill its trashcan with water wins the game.
- **Obstacle Course:** Set up a simple obstacle course in your yard. Use slide, tables, tires, hula hoops etc. Anything they can go up and over.! For older children you can blind-fold them and they have to figure it out.
- **Hula Hoop:** You need two hula hoops. Have children hold hands, then pass a hula hoop from one end to the other with out releasing hands.
- **Juggle Circle Game:** Gather children in a circle and give one of the children a ball. Have them throw it to another child - then that child throws it to another child in the circle. Then introduce another ball and have the children throw both balls around the circle. Then add a third ball ... and a fourth ... and so on. See how many balls you can get to stay moving at one time without dropping them.
- **Monkey In The Middle:** The aim of Monkey in the Middle -- throwing a ball between players to prevent one player from catching it -- can seem a little cruel, but is a fun game for all ages provided you know the rules. Thought of as primarily a game for young children, you can also use it as a drill for ball sports. To play, all you'll need is at least three players and any ball-like object.

*Play gives
children a chance
to practice what
they are learning.*

Fred Rogers American television personality 1928-2003



Kiwi Yogurt Parfaits

Ingredients

- 6 kiwis, peeled and finely chopped
- 3 tbsp honey
- 1 tbsp lemon zest
- 1 1/2 cups plain Greek yogurt, preferably 2%

Directions Stir kiwi with honey and lemon zest in a medium bowl until combined. 2. Alternate layers of kiwi and yogurt spooned into 4 glass cups. Serve immediately.

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