

Not So Bummer,

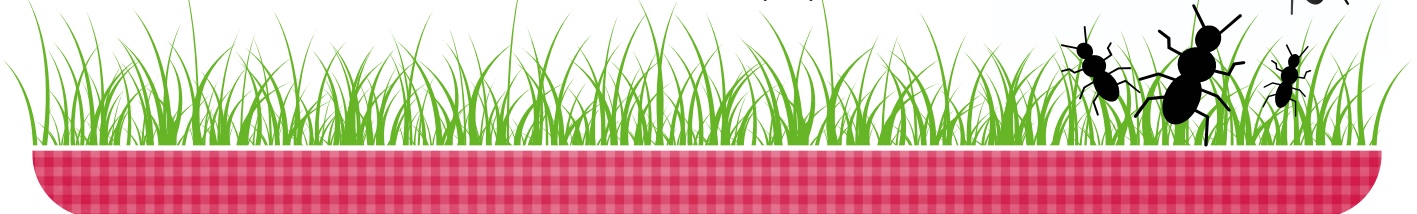


50 Summer Ac-

- 1 Homemade Giant Bubbles
- 2 Paint with Colored Ice
- 3 Homemade Water-Wall
- 4 Nature Faces
- 5 Backyard Waterslide
- 6 Doll Bath Station
- 7 Ribbon Twirlers
- 8 Bucket & Rope Contraption
- 9 God's Eye Ornaments
- 10 Homemade Creamsides
- 11 Make Marbled Paper
- 12 Garden Soup Sensory Play
- 13 Frozen Ice Age Bin
- 14 Homemade Sidewalk Paint
- 15 Tin Can Stilts
- 16 Shaving Cream Car Wash
- 17 2-Ingredient Cloud Dough
- 18 Colored Cloud Dough
- 19 Fairy Soup Sensory Play
- 20 Wet Sidewalk Chalk
- 21 Make a Marching Band
- 22 Ghost Mud Sensory Dough
- 23 Melting Crayon Art
- 24 Fresh Banana Ice Cream
- 25 Paint Clouds on a Mirror
- 26 Make Bird Feeders
- 27 Mobile Mud Pit
- 28 Make Garden Ornaments
- 29 Ocean Sensory Bin
- 30 Nature Tea Party
- 31 Foam Shapes and Water
- 32 Spread & Stack with Shaving Cream
- 33 Paint with Water
- 34 Tie-Dye a Tee Shirt
- 35 Colored Water Laboratory
- 36 Learn to Weave
- 37 Doll Clothes Laundry Day

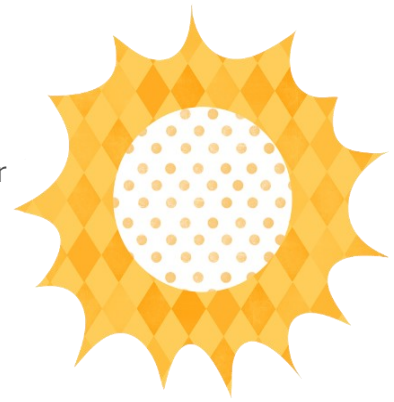
Sun Safety Tips

- Apply and Reapply Sunscreen
- Wear a Hat
- Put on Sunglasses
- UV Protective Clothing
- Find Shade



Fun in the Sun

- * Water resistant sunscreens only last about 40 to 80 minutes when you are swimming or sweating.
- * Re-apply sunscreen every two hours and sooner if you have been swimming or sweating.
- * Choose a broad spectrum sunscreen which protects from both UVA and UVB rays.
- * Choose SPF 30 or higher so you are protected against 97% of sun rays.



Summer Time Fun For Kids

1. Make a homemade bubble recipe and watch the fun that ensues from it.

<https://happyhooligans.ca/fun-things-kids-do-at-home-this-summer/>

2. Check out your local library for their summer events. Join their summer reading challenge, if one is available, or stop in and join their story hour.

3. Teach your kids to cook (age appropriate meals). Here is a website with kid-friendly recipes.

<https://www.foodnetwork.com/recipes/packages/recipes-for-kids/healthy-meals-for-kids/healthy-recipes-kids-can-make>

4. Explore your local trails and parks for healthy summertime wellness activities.

<https://www.trailink.com/stateactivity/ny-walking-trails/> OR <https://parks.ny.gov/>

5. Visit your local farmers markets for fresh fruits and vegetables. <https://www.localharvest.org/watertown-ny/farmers-markets>

Frozen Yogurt Bars

Ingredients

- 2 cups Greek yogurt
- 2 tbsp honey
- 1 tbsp cranberries
- 1 tbsp raisins
- 5 fresh strawberries, chopped
- 1 tbsp dark chocolate chips
- 1 tsp desiccated coconut

Directions

Mix the yogurt and honey together until well combined. Add the cranberries and raisins and

stir again.

Line a baking tray with foil and pour the yogurt mixture on top. Spread it depending on how thick or thin you want your bark to be. Mine was approx 1/2 inch thick.

Sprinkle the strawberries, chocolate chips and desiccated coconut on top and place in the freezer for 2-4 hours or until it is completely frozen.

Remove from the freezer and use a sharp knife to break the bark into pieces. The bark can be stored in the freezer in food bags.

<https://www.myfussyeater.com/frozen-yogurt-bark/>

