

Midland County Family Activity Guide



Fall 2017





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Hello Families!

Happy Fall Y'all! You've probably noticed your child has already learned so much this year. This guide provides some quick tips for learning at home and fun FREE or low cost Midland County events. In this guide you will find:



Kindergarten Readiness It is important in the early years to prepare children for Kindergarten. Kindergarten Readiness is the result of a partnership between teachers, community partners, and parents. Each page of this guide contains a checklist for the skills we are building to help your child prepare for kindergarten and beyond.



Home Connection A child's family is their first teacher. Families are busy, and preparing for kindergarten can be overwhelming. Each box labeled "home connection" has free, easy, and fun ideas that fit into your daily routine. Have fun learning while playing "I Spy" in the car, pretending to be a "clean up robot" or making a healthy snack together.



Community Connection Have you ever heard the African proverb "It takes a village to raise a child?" Midland County certainly understands that philosophy. In the bottom right hand corner of each page, you'll find FREE and low cost community activities and resources to help your child grow. Additionally, a complete list of this season's family fun activities is on page 7. Research shows children who participate in community events have higher achievement and school success. Have fun learning and exploring all of the exciting resources Midland has to offer!



Home Connection

Boot Scoot Shuffle Fall Get Movin' Activity



WHAT TO DO: Find some boots that are bigger than what your child would actually wear. Set them loose in the yard and encourage them to shuffle their feet to make designs in the fallen leaves.

Can they make a pumpkin? How about a lightning bolt? What other shapes can you think of?

Keep in mind that this is a difficult activity for little legs in big boots. Be supportive and wait for the big smiles when they see the design they created!

HOW TO CHANGE IT UP:

-Create piles of leaves and ask them to shuffle through them for more resistance. OR, even trickier, step over them like hurdles!

-Make a maze by raking a path through the leaves and have kids walk, hop, jump, or skip their way through!

-No leaves? Use pine needles, sand, grass clippings, hay, etc.

-Let kids use a child-sized rake and wheelbarrow to clean up heavy piles of leaves for some great strengthening benefits and heavy work!

Kindergarten Checklist



Healthy Families



- Stand on one foot for at least 8 seconds
- Do a somersault and hop
- Walk up and down stairs without help
- Walk forward and backwards easily
- Pedal a tricycle
- Copy a triangle, circle, square, and other shapes
- Stack 10 or more blocks
- Use a fork and spoon
- Dress and undress, brush teeth, and take care of other personal needs without much help

Cooking Matters Recipe: Baked Apples

Serves 6 - 1 apple per serving

- | | |
|-------------------------|------------------------------|
| • 6 apples | • ½ cup raisins |
| • 1 large lemon | • ¼ cup brown sugar |
| • ¾ cup chopped walnuts | • ½ teaspoon ground cinnamon |



- Using a sharp knife, remove stems by cutting a 1-inch-wide hole out of the top of each apple. Cut into the hole to remove and scoop out the core and seeds.
- Cut lemon in half. In a small bowl, squeeze the juice from each half. Discard seeds.
- In a second small bowl, mix walnuts, raisins, and brown sugar. Stuff the center of each apple with 1 heaping Tablespoon of the walnut mixture.
- Sprinkle a pinch of cinnamon over the top of each apple.
- Place stuffed apples upright in the baking dish. Pour the lemon juice around them. Bake at 350 degrees for 35–40 minutes, or until the skin is wrinkly. Spoon some of the pan juice over the apples about halfway through cooking time to keep the apples moist.
- Let cool slightly before serving.

MSU Extensions:

Cooking Matters



MICHIGAN STATE
UNIVERSITY | Extension

Cooking matters is a free 6 week class that offer information on healthy snacks, shopping smart, planning balanced meals, and eating out

- Taught by a chef and nutritionist
- FREE GROCERIES-Make these recipes at home!
- FREE COOKBOOK

For information on current Cooking Matters classes, please visit

greatstartmidland.org or visit the Midland County Great Start Collaborative Facebook page.

Get Out and Explore!

Fall is a great time of year to get out and visit the apple orchard. Make the baked apple recipe (featured on left) using apples picked from these local orchards:

Apple Blossom Orchard, 2581 Wilder Rd, Midland
Leaman's Green Applebarn, 7475 N River Rd, Freeland
Bayne's Apple Valley Farm, 5395 Midland Rd, Freeland





Home Connection

The Lending Library

Fall Spotlight

Feelings

The Feelings Tub is full of valuable resources for helping children to process and identify their emotions and feelings. Activities include Feelings giant stampers, faces & feelings listening lotto, feelings dice & photo flashcards.



This tub also has a wide array of story and character books to choose from. There are even some to help kids identify feelings caused from death, divorce, bullying, and racism.



For more about the Lending Library and all the educational materials they have to offer, contact the Central Resource Center at (989) 492-7102.

Kindergarten

Checklist

Social Emotional



- Controls strong emotions in an appropriate manner most of the time
- Manages classroom rules, routines, and transitions with occasional reminders
- Engages with familiar adults as resources, to share ideas, and interests
- Identifies basic emotions of others and their causes accurately
- Initiates, joins in, and sustains positive interactions with a small group of 2-3 children
- Initiates the sharing of materials in the classroom and outdoors
- Suggests solutions to social problems

Adapted from Teaching Strategies Gold

Your Community

Community events are fun and exciting opportunities for children to learn, make friends, and practice the social-skills they're working to develop at home and school. Check out some of the free upcoming events below and page 7 for a full list of events.

Fall Harvest Festival

10:00AM-4:00PM, Kids are FREE/Adults \$5

Hayrides * Cider Making * Games & Crafts * More!

Chippewa Nature Center

Family Fun Nights - Move and Groove

Mondays @ 7:00PM (families w/ children 2-6 yrs)

Dow Memorial Mezzanine

Wiggle Worm - free play 0-5 years (\$2/child)

THURSDAYS @ 10:30AM-12:00PM

The Loft @ Ashman Plaza



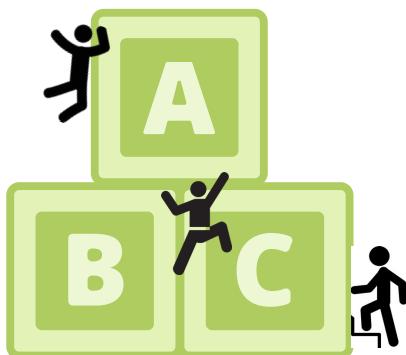


Home Connection

LETTERS AND WORDS AT HOME AND AROUND TOWN



- Use an uppercase letter followed by lowercase letters when writing your child's name. For example: "Jeremiah".
- Make a name card for each member of your family. Help your child place them at the dinner table where everyone sits.
- Use letter magnets on the refrigerator or a cookie sheet to spell their name and familiar names: *Mom, Dad.*
- Place alphabet letters in a container. Pull them out one at a time and name them.
- Invite your child to "read" familiar business signs as you run errands.
- Play "I SPY" with letters while in the car. For example: *I spy a "P." Do you see one too?*
- Read alphabet books and allow him/her to name the letters they recognize.
- Read a book together then ask your child to go back and look for a certain letter of the alphabet found in the story.
- Write the alphabet on paper. Sing the ABC song slowly and have your child touch each letter as you go.
- Find things around the house that begin with the same letter sound. Name the letter.



Kindergarten Checklist



Language and Literacy



- Follows directions of two or more steps (ex. put your food in the trash and rinse off your plate)
- Uses complete 4-6 word sentences
- Tells stories about places and past events in a logical order that includes major details
- Matches beginning sounds of some words
- Recognizes name and as many as 10 letters
- Produces correct sound for 10-20 letters
- Orients book correctly, turns pages from front to back, recognizes familiar books by their cover
- Identifies story-related problems, events, and resolutions during conversations with an adult
- Pretends to read using some of the language from the text, describes action across pages using pictures
- Writes strings of letters, not necessarily words

Adapted from Teaching Strategies Gold

Story Time and Reading Activities

Check out page 7 for more details on the events listed below:

Chippewa Nature Center - Story Hour
Most Thursdays @ 9:30AM & 11:00AM

Barnes and Noble @ Midland Mall - Story Time
Mondays @ 7:00PM and Wednesdays @ 11:00AM
Saturdays @ 11:00AM

Grace A. Dow Memorial Library
Circle Time (ages 2-3)
Most Wednesdays and Thursdays @ 9:45AM & 10:45AM



Dolly Parton's Imagination Library

Dolly Parton's Imagination Library is a nonprofit organization that promotes early childhood literacy by giving free age-appropriate books to children through age 5.

To enroll your child in Midland County Imagination Library or for more information please call Christine Rutledge at 989-492-7702 ext. 1101.



Home Connection

You can use anything as a unit of measurement! Help your preschoolers grasp math concepts using these fun measuring games.

Frog Jump!

Use painters tape to mark a starting line on the floor. Have kids take turns seeing how far they can jump and mark each length with another piece of tape.

Have them measure their jumped distance using a small cutout of a frog. Discuss how many "frogs" long each child's jump was. Who had the longest jump? The shortest?



Measure Me

Have kids use an item of their choosing to measure different parts of their own body. It could be legos, paper clips, unit blocks, pencils -- whatever they can find!

"I am 14 legos tall!"

"My arm is 3 pencils long"

"My nose is 1 paper clip long"

Step By Step



See how many things your preschooler can measure using their feet as a measurement tool. Stepping foot over foot, measure lengths of items in your home or outside. Have them compare the difference between how many "kid feet" an item is versus how many "adult feet." Discuss with them why and how the same item can have many different measures.

Kindergarten

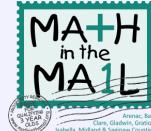
Checklist



Math

- Identifies numbers to 10 by name and connects each number to an object when counting
- Counts groups of 6-10 objects and labels which groups have less, more, or the same number of objects
- Uses and responds appropriately to positional words indicating location, direction, and distance (under, over, between, close, far, behind, in front, etc.)
- Identifies 2 and 3 dimensional shapes (circle, square, triangle, rectangle) and describes them (round, has four sides, has 3 corners, etc.)
- Compares and orders a small set of objects according to size, length, weight; knows usual sequence of basic daily events
- Uses numbers to compare, knows the purpose of standard measuring tools
- Extends and creates simple repeating patterns

Adapted from: Teaching Strategies Gold



Math in the Mail

Math in the Mail is FREE to families who qualify*, and focuses on developing math skills in three-year-olds by providing tools needed for families. Math in the Mail packages include:

- Materials designed for hands on play
- A book
- Ideas for hands-on activities using the provided materials
- Ideas for extension activities using items found in any home
- "Tools for Talking", a guide on how to use the materials provided

To enroll in Math in the Mail:

- Visit www.mathinthemail.org
- Call (989)737-9532 to enroll over the phone
- Ask home visiting partners, Head Start, and GSRP Preschool teachers and staff for help

**If families do not meet eligibility requirements to receive Math in the Mail for free, they may subscribe for a fee.*



Home Connection

SINK or FLOAT?

You will need:

- A large container filled with water. Plastic tubs work great!
- Object collected from around the house
- A sheet of paper to record your predictions and observations

The worksheet has a wavy border. At the top left is an anchor icon, and at the top right is a sailboat icon. Below the icons is the title "Sink or Float?" in a bold, sans-serif font. Underneath the title is a line for "Name: _____". The main part of the worksheet is a table with 10 rows. The first column is labeled "Object". The second column is divided into two parts: "What do you think will happen?" (top half) and "Sink" (bottom half). The third column is also divided into two parts: "What actually happened?" (top half) and "Float" (bottom half).

Object	What do you think will happen?		What actually happened?	
	Sink	Float	Sink	Float

1. Walk around your house with your child and collect items you'd like to test out. (ie. bristle block, plastic toy, crayon, cork, spoon, apple, etc.)
2. Find a place to conduct the science experiment where your child can easily reach the bin and where you don't mind a bit of water possibly getting out.
3. Have your child choose one object at a time. Record predictions on a sheet of paper. Do you think it will sink or float? Why? Have your child place the object in the water and observe what happens.
4. Repeat this for all the objects.
5. Discuss with your child why they think some objects floated and some sank. Is there anything similar about the objects that floated? How about with the objects that sank?

Extra ideas:

When recording your predictions, have your child draw a picture of each item they are testing. Also, try testing items in nature, such as leaves, pinecones, sticks, rocks, and acorns.

Kindergarten

Checklist

Science, Technology, Art

- Explores dance and movement concepts
- Explores the visual arts
- Explores drama through actions and language
- Demonstrates knowledge of characteristics of living things (pretends to feed a baby doll or animal, puts baby doll to sleep, etc.)
- Understands physical properties of objects (heavy, light, rough, smooth)
- Demonstrates knowledge of Earth's environment (seasons, weather, day and night)
- Demonstrates scientific inquiry skills (observing, planning, predicting, sharing ideas about what happened, using tools such as magnifying glasses, rulers, scales to make observations)

Explore Science and the Arts!

Midland has many FREE opportunities for you and your child to explore science and the arts. Check out some of the events happening this fall! (See page 7 for a full list and details.)

Families in Nature: Fungi & Falling Leaves Chippewa Nature Center

Join Interpretive Naturalist Michelle Fournier for one of the most colorful times of the year. Between the fall leaves and the fruiting fungi, we'll spend the afternoon exploring and experimenting with colors in nature.

TUNES FOR TOTS: African Drum Rhythms Midland Center for the Arts

FREE admission! Held in the Auditorium Lobby. No tricks, just treats & drum rhythm beats! MSO musician Roland Wallace introduces music of a different culture with a variety of African instruments. Costumes are encouraged! Recommended for ages 4 and under.

Free & Low Cost Community Events

September

STORY TIME Wednesdays @ 11:00AM & Mondays @ 7PM

Barnes and Noble at Midland Mall
6800 Eastman Ave, Midland, MI 48642

THURSDAYS, 10:30AM-12:00PM Wiggle Worm, \$2/child (free play 0-5 years)

The Loft @ Ashman Plaza
713 Ashman St, Midland, MI 48640

9/23/17 @ 11:00AM Big Words for Little Geniuses Storytime & Activities

Barnes and Noble at Midland Mall
6800 Eastman Ave, Midland, MI 48642

9/30/17 @ 11:00AM Runny Babbit Returns Storytime & Activities

Barnes and Noble at Midland Mall
6800 Eastman Ave, Midland, MI 48642

9/21/17 Story Hour: Unbeatable Beaks 9:30AM & 11:00AM (ages 3-5 w/ adult)

Chippewa Nature Center
400 S Badour Rd Midland, MI 48640

MONDAYS 9/11, 9/18 & 9/25

FAMILY FUN EVENT: Move & Groove 7:00PM (ages 2-6; all ages welcome)

Dow Library Mezzanine
1710 W St Andrews Rd, Midland, MI 48640

9/30/17 FALL HARVEST FESTIVAL

10:00AM-4:00PM, Kids are FREE/Adults \$5
Hayrides * Cider Making * Games & Crafts * More!
Chippewa Nature Center
400 S Badour Rd Midland, MI 48640

WEDNESDAYS, 9/13, 9/20 & 9/27

Circle Time (ages 2-3) @ 9:45AM or 10:45AM

Dow Library – Auditorium Stage*
1710 W St Andrews Rd, Midland, MI 48640
*registration required

THURSDAYS, 9/14, 9/21 & 9/28

Circle Time (ages 2-3) @ 9:45AM or 10:45AM

Dow Library – Auditorium Stage* 1710 W St Andrews Rd, Midland, MI 48640
*registration required

October

STORY TIME Wednesdays @ 11:00AM & Mondays @ 7PM

Barnes and Noble at Midland Mall
6800 Eastman Ave, Midland, MI 48642

THURSDAYS, 10:30AM-12:00PM Wiggle Worm, \$2/child (free play 0-5 years)

The Loft @ Ashman Plaza
713 Ashman St, Midland, MI 48640

MONDAYS 10/2, 10/16 & 10/23
FAMILY FUN EVENT: Move & Groove
7:00PM (ages 2-6; all ages welcome)
Dow Library Mezzanine
1710 W St Andrews Rd, Midland, MI 48640

10/5/17 Story Hour: Spiders Spin Webs
9:30AM & 11:00AM (ages 3-5 w/ adult)
Chippewa Nature Center
400 S Badour Rd Midland, MI 48640

WEDNESDAYS, 10/4, 10/18 & 10/25
Circle Time (ages 2-3) @ 9:45AM or 10:45AM
Dow Library – Auditorium Stage*
1710 W St Andrews Rd, Midland, MI 48640
*registration required

THURSDAYS, 10/5, 10/19 & 10/26
Circle Time (ages 2-3) @ 9:45AM or 10:45AM
Dow Library – Auditorium Stage*
1710 W St Andrews Rd, Midland, MI 48640
*registration required

10/7/17 @ 11:00AM The Poky Little Puppy
Storytime & Activities
Barnes and Noble at Midland Mall
6800 Eastman Ave, Midland, MI 48642

10/9/17 Story Hour: Bat Loves the Night
9:30AM & 11:00AM (ages 3-5 w/ adult)
Chippewa Nature Center
400 S Badour Rd Midland, MI 48640

FREE Parenting Classes: Conscious Discipline
October 9, 16, 23 (3 part series) 6:00PM-7:45PM
*Learn effective discipline techniques
*Learn skills to teach your children self-control and anger management
*Learn important information about brain development
Visit or call WMFC at 989-832-3256 to register.
A light dinner is provided. Child care is available upon request.
West Midland Family Center
4011 W Isabella Rd, Shepherd, MI 48883

10/13/17 9:30AM-10:30AM
Wee Stroll (ages 6 months – 2 yrs old)
Chippewa Nature Center
400 S Badour Rd, Midland, MI 48640

10/14/17 @ 11:00AM After the Fall
Storytime & Activities
Barnes and Noble at Midland Mall
6800 Eastman Ave, Midland, MI 48642

**10/14/17 Families in Nature:
Fungi & Falling Leaves 1:00PM-2:00PM**
(all ages, under 18 w/ adult)
Spend the afternoon exploring the colors in nature
Chippewa Nature Center
400 S Badour Rd Midland, MI 48640

10/21/17 Going Geocaching!
10:00AM-2:00PM (all ages, under 18 w/ adult)
Beginners and experts alike are invited to stop by the Visitor Center anytime between 10 am-2 pm to begin your adventure in search of geocaches! Geocaches are small containers hidden in nature that can be found using GPS units and the coordinates that we provide you. Join the world's largest scavenger hunt as you work at your own pace to conquer as many of the geocache series as you desire!
Chippewa Nature Center
400 S Badour Rd Midland, MI 48640

10/21/17 @ 11:00AM Good Day, Good Night Storytime & Activities
Barnes and Noble at Midland Mall
6800 Eastman Ave, Midland, MI 48642

10/25/17 @ 10:00AM
TUNES FOR TOTS: African Drum Rhythms
(ages 4 and under) Costumes encouraged!
Midland Center for the Arts
1801 St Andrews Rd, Midland, MI 48640

10/27/17 Nature at Night
6:00PM-8:30PM (all ages, under 18 w/ adult)
This FREE family event includes Jack-o-lantern lit trails, obstacle course, puppet shows, crafts & games. Wear a nature-themed costume!
Chippewa Nature Center
400 S Badour Rd Midland, MI 48640

10/28/17 @ 11:00AM Mary McScary & Creepy Pair of Underwear! Halloween Storytime & Activities
Barnes and Noble at Midland Mall
6800 Eastman Ave, Midland, MI 48642

10/31/17 HALLOWEEN PARTY
Coleman Family Center, 5:30PM-8:00PM
Please join us for some ghoulish games, freaky fun, and trick or treating through the hallways.
FREE Hotdog dinner will be served.
Greater Midland Coleman Family Center
4839 N Coleman Schools Drive
Coleman, MI 48618