

Midland County Family Activity Guide



Summer 2018





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Hello Families!

Happy Summer Midland families! 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

Self Care Skills

Giving children a chance to practice self-care skills is a very important part of growth and development. The time and effort you invest into encouraging self care is a sure way to help your child feel capable.

Learning to get dressed, brushing teeth and other simple self care tasks help children develop a sense of autonomy and responsibility. Self-care is also an opportunity for children to feel in charge of their body and know that they are trusted by their parents.

3 year old self care skills

- Dress self
- Practice using snaps, zippers and buttons
- Explore what weather appropriate clothing means
- Put on shoes
- Put away a few items of clothes from a laundry basket
- Explore how to make own bed
- Pour a glass of water from a pitcher
- Wipe up own spills
- Get a snack from the pantry
- Use a napkin at the table
- Learn parts of own address
- Help set table

4 year old self care skills

- Continue practicing 3 year old skills from list at left
- Explore washing hair alone in shower (may need help)
- Explore cooking skills (cracking eggs, making simple sandwich, cutting banana slices)
- Learn house phone number
- Learn own address
- Set/remove own place setting at table
- Learn a bit about how to work the washing machine

Cooking Matters Recipe: Veggie Wraps

Serves 4 - 3 pinwheels each

- 4 large radishes, scrubbed & rinsed
- 1 small carrot, scrubbed & rinsed
- 1 cup salad greens, washed
- 3 sprigs fresh herbs (parsley, dill, cilantro, or a combo)
- 1 lemon, zested & juiced
- 2 oz shredded cheddar cheese
- 1 large, ripe avocado
- ¼ cup nonfat plain yogurt
- 3 (8-inch) whole wheat flour tortillas
- 5 oz thinly sliced roasted turkey (optional)



- 1- Use a vegetable peeler to peel radishes and carrots into long, thin strips. In a medium bowl, collect veggie strips. -2- Rinse herbs. Pluck leaves off stems. Tear leaves into smaller pieces. -3- Slice avocado lengthwise. Remove pit. Scoop avocado out of shell. -4- In a small bowl, use a fork to mash avocado. Stir in yogurt. -5- Squeeze a little lemon juice onto avocado mixture. Add herbs and a pinch of lemon zest. Stir. -6- Warm 1 tortilla in the microwave for 30 seconds, or until soft. -7- Place the warm tortilla on a cutting board. Spread 1/3 avocado mixture over center of tortilla. Layer with 1/3 greens, 1/3 grated veggies, and 1/3 cheese. If using turkey, add 1/3 turkey now. Squeeze more lemon over top if desired. -8- Roll tortilla and toppings into a log shape. Use a knife to slice wrap into four "pinwheels." -9- Repeat process for the other 2 tortillas. You will end up with a total of 12 pinwheels.

- Use any of your favorite seasonal veggies in this wrap. Grate, chop, or peel into thin slices before adding.
- Use 1 cup homemade guacamole in place of avocado.

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

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

Current Cooking Matters classes continue this fall. For more information, please visit www.greatstartmidland.org or like us on Facebook at Midland County Great Start Collaborative.

Get Out and Explore!

There are many fun places to explore and things to do this summer! For more details on these and other FREE events, see page 7:

**Midland Area Farmers Market (May 5-Nov 17th)
Wednesdays 11AM-6PM & Saturdays 7AM-1PM**

**Roll 'n' Stroll
Friday, June 8th, 5:00PM-7:00PM
Chippewa Nature Center**

**Touch A Truck Day!
Thursday, July 26th, 9:30AM - 11:30AM
Midland Library Parking lot**





Home Connection

The Lending Library Summer Spotlight

HOMES

The Lending Library has many themed activity tubs designed to help you reinforce learning concepts with children of all ages.

Featured this season is the HOMES tub. This activity tub has many dramatic play opportunities for your preschooler that will allow them to practice social situations, like cutting fruit, vegetables, and bread; Giving baby a bath and dressing her up; Scrubbing clean and sweeping up messes; Setting the table and cooking some food.

There are also HOMES themed games and activities using household items: Cookie counting, clothing lacing cards, home matching game, etc. Your little ones are sure to enjoy the HOMES tub because they will be able to imitate and learn skills they see you doing at home! Consider checking out these and other Lending Library activity tubs this season and keep the learning happening all summer long!



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.

Tunes by the Tridge

Thursday evenings June 14th - August 16th

Downtown Midland by the Tridge

Move & Groove

Thursdays @ 10AM

Dow Memorial Library Auditorium

Little Midland - play area 0-5 years (\$5/child)

MON-FRI @ 10:30AM-2:30PM

The Loft @ Ashman Plaza





Home Connection

Books they can MOVE to!

Children love books AND children love to move. Reading together and moving together are good for children and families. Here are some examples of books that encourage movement while reading:

From Head to Toe by Eric Carle

Children and animals demonstrate body movements from head to toe. Each page shows a child following an animal's lead in moving a body part and includes this question inviting children to move, "Can you do it?"

What to do:

The words and the pictures invite children to move. "I am a penguin and I turn my head. Can you do it?" "I can do it!"

Movement benefits:

The picture word combinations and simple movements will be easy for most children to follow.

Literacy benefits:

Vocabulary (body parts, terms that describe different ways of moving)

Teaches yo



Silly Sally by Audrey Wood

Silly Sally goes to town and meets a cast of characters on the way. Although Sally starts off 'backwards, upside down', she plays with each character she meets along the way.

What to do:

Wear your 'Sally Hair' (red or orange yarn)!

Make sure you have enough space to move!

Walk, march and move backward following the movements described in the story.

Take turns being Neddy Buttercup, ticking until you 'wake up'.

Movement benefits:

Gross motor skills (marching, jumping, dancing)

Literacy benefits:

Vocabulary (jig, loon, tune)

Following directions

Phonological awareness (rhyme)

Comprehension (sequencing, retelling events)

Additional Titles:

Zoom By Diane Adams

Oh! By Kevin Henkes

Shake my Sillies Out by Raffi

Honey, Honey, Lion! By Jan Brett



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 Learning Strategies Gold

Story Time and Reading Activities

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

Chippewa Nature Center - Story Hour

1st & 3rd Thursdays of the month

9:30AM & 11:00AM

Grace A. Dow Memorial Library - Toddler Time

Tuesdays, June & July

9:45AM or 10:45AM

Barnes and Noble @ Midland Mall - Story Time

Mondays @ 7:00PM and Wednesdays @ 11:00AM

Saturdays @ 11:00AM



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 Madison Schwind at 989-492-7702 ext. 1101.



Home Connection



FIVE Ways

to add **MATH** to your child's day

Bake something together

You can't help but use math when you're baking. Doubling recipes requires multiplying, halving a recipe requires dividing, and measuring a $\frac{1}{2}$ cup or a $\frac{1}{4}$ teaspoon gets you working with easy fractions. At a more basic level, kids love counting out chocolate chips.

Measure, count, and record

Most kids love stopwatches, and watching the seconds tick by gives them opportunities to practice counting. Measure distances and heights. Count jumping jacks, push-ups, or consecutive kicks of a soccer ball.

Build something together

Big or small, any project that involves measuring includes counting, adding, and multiplying. It doesn't matter whether you're making a clubhouse out of shoeboxes or building a genuine tree house. Legos and other building toys are wonderful tools for incorporating both numbers and spatial thinking into playtime.

Plan a dinner party

Whether you're planning a party or just getting ready for a family dinner, there are plenty of math concepts involved. Have your child help set the table and count out the plates, napkins, and silverware.

Mix in math to your bedtime reading

Most families read to their children at night. Why not add a math problem to the mix? Count the pages of the books your reading, or spy together how many words start with a certain letter.

Kindergarten

+ Checklist **1 2 3**

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



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.*



Fizzy Frozen Stars



Let the kids explore this chilly science experiment on a warm summer day. It's a fun way to cool down and learn about science while playing!

Supplies Needed:

- Star Shaped Ice Cube Tray (or any other shape)
- Baking Soda
- Water
- Blue Food Coloring
- Eyedropper
- Tray
- Container

Directions:

- Make a mixture of water and baking soda. It should be moldable or packable in your hands, not runny.
- Spoon the mixture into the trays and put them in the freezer overnight.
- Gently pop out frozen shapes onto a shallow tray when ready to use.
- Add blue food coloring to vinegar.
- Use eyedropper to squirt the colored vinegar onto the frozen shapes. Watch them fizz!

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 spring! (See page 7 for a full list and details.)

6/2/18 or 7/7/18 Block Party @ the Library

10:30AM-12:00PM (all ages, under 12yrs w/ adult)

Challenge your imagination and build just about anything with our huge assortment of building blocks. Dow Library Auditorium, 1710 W St Andrews Rd

6/20/18 Slithering Snakes

2:00PM-3:30PM, all ages FREE, under 18 w/adult

Enjoy a guided search out on the trails for snakes Chippewa Nature Center, 400 S Badour Rd Midland

8/2/18 Noisemakers

9:45AM & 11:00AM (ages 4 – 8)

Different materials make different sounds! Choose materials to build your own musical instruments to take home while learning how vibrations cause sound. Dow Library Auditorium, 1710 W St Andrews Rd

Free & Low Cost Community Events

Weekly June/July Activities

(these activities run all summer long!)

MIDLAND FARMERS MARKET

Wednesdays – 11:00AM-6:00PM

Saturdays – 7:00AM & 1:00PM

Shop fresh local produce, plants, and other goodies all summer long! Located downtown Midland, end of Ashman Street, Tridge parking lot

SUNDAYS 1:00PM-5:00PM

Discover the Homestead Farm

Chippewa Nature Center, 400 S Badour Rd Midland

WEDNESDAYS @ 11:00AM

& MONDAYS @ 7PM

SATURDAYS @ 11:00AM

Story Time & Activities

Barnes and Noble at Midland Mall

THURSDAYS, starting 6/21, 9:30AM-7:30PM

Crafty Thursdays (all ages)

Drop-in, put your creative skills to the test and make a craft each week.

Dow Library, 1710 W St Andrews Rd, Midland

MON-FRI, 10:30AM-2:30PM

Little Midland (play area 0-5 years)

\$5/child for 1+ years, \$3/child under 1 year, newborns FREE

The Loft @ Ashman Plaza

713 Ashman St, Midland, MI 48640

1st & 3rd THURSDAYS, 9:30AM & 11:00AM

Story Hour (FREE, ages 3-5 w/ adult)

Includes story, crafts, & activities

Chippewa Nature Center, 400 S Badour Rd Midland

THURSDAYS, Tunes by the Tridge

June 14th – August 16th (FREE for all ages)

This family-friendly event is located at the Farmer's Market area at the foot of Midland's Famous Tridge. Bring quilts and lawn chairs on Thursday evenings and enjoy listening to bands perform from 7 - 9 p.m. Food vendors will be on site.

June

6/2/18 Block Party @ the Library

10:30AM-12:00PM (ages 4+) Challenge your imagination and build just about anything with our huge assortment of building blocks.

Dow Library Auditorium, 1710 W St Andrews Rd

6/2/18 10:00AM-2:00PM, All ages w/ adult, FREE

Great Nature Race: Going Geocaching

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

6/8/18 6th Annual Roll 'n' Stroll 5:00PM-7:00PM

Children's activities, fingerprinting, snacks, & prizes!

Chippewa Nature Center, 400 S Badour Rd, Midland

6/9/18 @ 2:00PM-3:00PM, All ages w/ adult, FREE

Families in Nature: Pollywogs and Frogs

Chippewa Nature Center, 400 S Badour Rd Midland

6/26/18 Libraries Rock & Magic Rolls

6:00PM and 7:00PM (all ages) Discover the magic of Jeff Wawrzaszek with this high energy, laugh-a-minute, interactive magic show!

Dow Library Auditorium 1710 W St Andrews Rd

6/11/18 – 8/11/18 Summer Reading Program!

Earn coupons for local treats and activities!

Dow Library, 1710 W St Andrews Rd, Midland

6/18/18 Make It Monday: Family Edition

6:00PM-7:00PM (all ages)

Join us for rock painting. You can put them in flowerbeds or use them as paperweights. We'll have the supplies, you bring the creativity!

Dow Library – West End Portico

1710 W St Andrews Rd, Midland

6/18/18 Tunes and Tales

Monday 7:00PM (ages 2-6) Bring the family together for a fun music filled evening!

Dow Library, 1710 W St Andrews Rd, Midland

6/20/18 Slithering Snakes, 2:00PM-3:30PM, all ages FREE, under 18 w/adult

Enjoy a guided search out on the trails for snakes

Chippewa Nature Center, 400 S Badour Rd Midland

6/20/18 – 7/2/18 Summer Exploration Days:

RIVER Experiments, games, crafts & more!

Chippewa Nature Center, 400 S Badour Rd Midland

6/21 & 6/28 Thursdays 10:00AM & 11:00AM Move & Groove (ages 2-6)

You and your child can dance and sing in this fun program filled with action songs and activities.

Dow Library, 1710 W St Andrews Rd, Midland

6/21/18 Celebrating the Summer Solstice

7:00PM-8:30PM, all ages FREE, under 18 w/adult

Enjoy nature games and smore's around a campfire

Chippewa Nature Center, 400 S Badour Rd Midland

6/25/18 Tunes and Tales

Monday 7:00PM (ages 2-6) Bring the family together for a fun music filled evening!

Dow Library, 1710 W St Andrews Rd, Midland

6/29/18 Fun in the Mud! 6:00PM-7:00PM,

all ages FREE, under 18 w/adult

Bring your boots and explore the pond "muck," make mud animal tracks and have fun playing in the mud!

Chippewa Nature Center, 400 S Badour Rd Midland

July

7/4/18 – 7/16/18 Summer Exploration Days:

MEADOW Experiments, games, crafts & more!

Chippewa Nature Center, 400 S Badour Rd Midland

7/7/18 Block Party @ the Library 10:30AM-

12:00PM (ages 4+) Challenge your imagination and build just about anything with our huge assortment of building blocks.

Dow Library Auditorium, 1710 W St Andrews Rd

7/11/18 Important Pollinators 2:00PM-3:30PM,

all ages FREE, under 18 w/adult Using nets, bug boxes and field guides, we'll search for pollinators that benefit humans and wildlife.

Chippewa Nature Center, 400 S Badour Rd Midland

7/13/18 Wee Stroll (6mos-2yrs) 9:30AM-10:30AM

Chippewa Nature Center, 400 S Badour Rd Midland

7/14/18 @ 2:00PM-3:00PM, All ages w/ adult,

FREE Families in Nature: River Ramble

Chippewa Nature Center, 400 S Badour Rd Midland

7/18/18 – 7/30/18 Summer Exploration Days:

POND Experiments, games, crafts & more!

Chippewa Nature Center, 400 S Badour Rd Midland

7/19/18 Star Lab Planetarium*

Skylook 101 (age 4yrs-1st grade) 2:15PM & 3PM

Planets (age 4yrs-1st grade) 12:30PM

Seasons (K – 2nd grade) 11:30AM

Explore the wonders of the night skies from an inflatable starlab planetarium dome!

Dow Library Auditorium

***Registration Required (989) 837-3466**

7/25/18 Orienteering, 2:00PM-3:30PM, all ages

FREE, under 18 w/adult Learn how to orient yourself in nature. We will start with some compass 101, then move into using compasses with maps.

Chippewa Nature Center, 400 S Badour Rd Midland

7/26/18 Zippity Zoo Da Day! 10:00AM – 4:00PM

All people with disabilities and their families are invited to join us for a day of FREE fun! Email ZippityZoo@stuartwilsonfi.com for tickets!

Saginaw Children's Zoo 1730 S Washington Ave, Saginaw, MI 48601

7/26/18 Touch a Truck Day 9:30AM-11:30AM

Your little truck lovers will get the chance to climb aboard the City's heavy-duty work vehicles, the big red fire truck, and several sleek police vehicles. How exciting to get up close!

Dow Library Parking Lot, 1710 W St Andrews Rd
(rain out date: Fri, July 27, 9:30-11:30AM)

8/2/18 Noisemakers 9:45AM & 11:00AM (ages 4-

8) Different materials make different sounds! Choose materials to build your own musical instruments to take home while learning how vibrations cause sound.

Dow Library Auditorium, 1710 W St Andrews Rd

8/11/18 Families in Nature: Salamander Meander

2:00PM-3:00PM, FREE for all ages

Chippewa Nature Center, 400 S Badour Rd Midland