



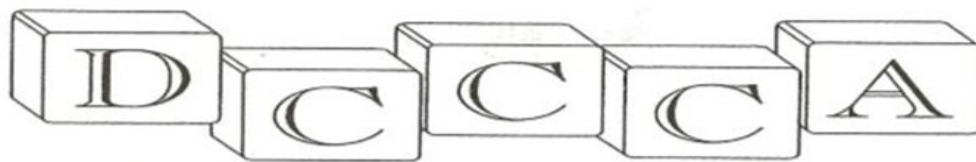
# DCCCA Newsletter

July, Aug., & Sept., 2017

SUMMER  
FUN!



**Paula Williams**  
**Newsletter Editor**



Douglas County Child Care Association  
*building blocks for America's future*

# July, August & September, 2017

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## A Case for EQ

It was some years ago that licensed child care providers in Colorado were newly required to include three hours of social emotional curriculum in their yearly total of continuing education credits. I recall the push back and resistance to “another requirement” being added to a growing list of changes that would become a movement towards overall quality improvement in early childhood care and education.

The birth of QRIS, if you will. Given the day to day demands of our profession, along with the challenges of self-employment, these changes and a new pending direction felt unnecessary, overwhelming, and over reaching. Looming, large scale change impacted many emotionally with worry, fear, and a bit of defiance.

Flash forward to the present ....and we find ourselves on the forefront of rapid change and continual education regarding the social/emotional needs and best practices for those in our care. We are more actively engaged with families, experts, agencies, peers, teachers, coaches, educators, mentors, a community forming together for the betterment of young children and their families. It has required more of us and in return, we have made a greater difference in the lives of children. Perhaps in our own lives!

I have come to believe that the foundation of overall life success for infants, toddlers, and pre-schoolers is highly dependent upon their social emotional formation in those crucial first five years. As early childhood caregivers and educators we are on the forefront of the mental and emotional development of these young, vulnerable, viable charges. For us personally, it is not about being “perfect” teachers and caregivers, but being “intentionally” aware while taking responsibility for our own feelings and behaviors, learning from mistakes, and progressing towards higher EQ ourselves.

**You must be the change you wish to see in the world. Mahatma Gandhi**

In regard and respect,

Angela Rosales

## **“Young Minds Matter- Colorado Children’s Campaign”**

Mental health is a cornerstone of child well-being. According to the World Health Organization, “Children and adolescents with good mental health are able to achieve and maintain optimal psychological and social functioning and well-being. They have a sense of identity and self-worth, strong family and peer relationships, an ability to be productive and to learn, and a capacity to tackle developmental challenges and use cultural resources to maximize growth. Moreover, the good mental health of children and adolescents is crucial for their active social and economic participation.”<sup>1</sup> Programs, services and policies that promote and support sound mental health for children hold profound potential to positively impact their development and life trajectory. The link between a child’s mental health and his or her school readiness, academic success and long-term health and life outcomes is powerful.

<http://www.coloradokids.org/wp-content/uploads/2015/09/Childrens-Mental-Health-Policy-Paper-9-10-15-hi-res.pdf>

## **What is Emotional Intelligence (EQ) Psych Central**

By Michael Akers & Grover Porter

<https://psychcentral.com/lib/what-is-emotional-intelligence-eq/>

For most people, emotional intelligence (EQ) is more important than one’s intelligence (IQ) in attaining success in their lives and careers. As individuals, our success and the success of the profession today depend on our ability to read other people’s signals and react appropriately to them.

Therefore, each one of us must develop the mature emotional intelligence skills required to better understand, empathize and negotiate with other people — particularly as the economy has become more global. Otherwise, success will elude us in our lives and careers.

“Your EQ is the level of your ability to understand other people, what motivates them and how to work cooperatively with them,” says Howard Gardner, the influential Har-

## Understanding the Five Categories of Emotional Intelligence (EQ)

**1. Self-awareness.** The ability to recognize an emotion as it “happens” is the key to your EQ. Developing self-awareness requires tuning in to your true feelings. If you evaluate your emotions, you can manage them. The major elements of self-awareness are:

Emotional awareness. Your ability to recognize your own emotions and their effects.

Self-confidence. Sureness about your self-worth and capabilities.

**2. Self-regulation.** You often have little control over when you experience emotions. You can, however, have some say in how long an emotion will last by using a number of techniques to alleviate negative emotions such as anger, [anxiety](#) or [depression](#). A few of these techniques include recasting a situation in a more positive light, taking a long walk and meditation or prayer. Self-regulation involves

Self-control. Managing disruptive impulses.

Trustworthiness. Maintaining standards of honesty and integrity.

Conscientiousness. Taking responsibility for your own performance.

Adaptability. Handling changes with flexibility.

Innovation. Being open to new ideas.

**3. Motivation.** To motivate yourself for any achievement requires clear goals and a positive attitude. Although you may have a predisposition to either a positive or a negative attitude, you can with effort and practice learn to think more positively. If you catch negative thoughts as they occur, you can reframe them in more positive terms — which will help you achieve your goals. Motivation is made up of:

Achievement drive. Your constant striving to improve or to meet a standard of excellence.

Commitment. Aligning with the goals of the group or organization.

Initiative. Ready yourself to act on opportunities.

Optimism. Pursuing goals persistently despite obstacles and setbacks.

**4. Empathy.** The ability to recognize how people feel is important to success in your life and career. The more skillful you are at discerning the feelings behind others’ signals the better you can control the signals you send them. An empathetic person excels at:

Service orientation. Anticipating, recognizing and meeting clients’ needs.

Developing others. Sensing what others need to progress and bolstering their abilities.

Leveraging diversity. Cultivating opportunities through diverse people.

Political awareness. Reading a group’s emotional currents and power relationships.

Understanding others. Discerning the feelings behind the needs and wants of others.

**5. Social skills.** The development of good interpersonal skills is tantamount to success in your life and career. In today’s always-connected world, everyone has immediate access to technical knowledge. Thus, “people skills” are even more important now because you must possess a high EQ to better understand, empathize and negotiate with others in a global economy. Among the most useful skills are:

Influence. Wielding effective persuasion tactics.

Communication. Sending clear messages.

Leadership. Inspiring and guiding groups and people.

Change catalyst. Initiating or managing change.

Conflict management. Understanding, negotiating and resolving disagreements.

Building bonds. Nurturing instrumental relationships.

Collaboration and cooperation. Working with others toward shared goals.

Team capabilities. Creating group synergy in pursuing collective goals.

What factors are at play when people of high IQ fail and those of modest IQ succeed?

How well you do in your life and career is determined by both. IQ alone is not enough; EQ also matters. In fact, psychologists generally agree that among the ingredients for success, IQ counts for roughly 10% (at best 25%); the rest depends on everything else — including EQ.

A study of Harvard graduates in business, law, medicine and teaching showed a negative or zero correlation between an IQ indicator (entrance exam scores) and subsequent career success. Three examples illustrate the importance of emotional competencies.

## What's Your Child's EQ?

### Six Ways to Raise Emotional Intelligence, **TEAL SWAN**

Much of our identity is shaped in childhood by key events and the emotions and perspectives we associate with them.

#### **All Emotions Count**

Emotional intelligence, sometimes referred to as EQ, is often overlooked as a skill set in today's world. The recent animated film *Inside Out* calls attention to effective ways of addressing a child's journey by embracing and better understanding their emotions; particularly those that don't feel positive.

A recent study by the London School of Economics Centre for Economic Performance found that a child's emotional health is far more important in determining future happiness than factors such as academic success or wealth. Parents can help ensure a healthy emotional upbringing by avoiding making three mistakes.

**Disapproval of a child's emotions:** This involves being critical of a child's displays of negative emotion and reprimanding or punishing the child for expressing them.

**Dismissing a child's emotions:** This comes across as regarding a child's emotions as unimportant, either through ignoring their emotions, or worse, trivializing them.

**Offering little relevant guidance:** While parents may empathize, they don't set limits on behavior or assist each child in understanding and coping with their emotions.

## Recipe for a High EQ

Parents can successfully form deeper connections with their kids by recognizing, respecting and acknowledging their emotional range, rather than telling kids they should feel a certain way. Telling someone how they should or shouldn't feel only teaches them to distrust themselves and that there's something wrong with them. As a communication aid, *Inside Out* may speak best to older children, because younger viewers may get the erroneous impression that emotions can control them, rather than that they can control their own emotional reactions.

The recipe for healthy bonding and emotional development is for all parties to model how they value the importance of each other's feelings and respectfully listen for the feelings behind the words. In opening ourselves to being understood, we open ourselves to understanding others. Good parenting involves emotion. Good relationships involve emotion. The bottom line is that emotions matter.

We all struggle with negative emotions from time to time, and the way we address and deal with them influences our emotional health. The goal is to develop a trustworthy emotional connection with the other person that is important to us, which enhances intimacy and the effectiveness of the relationship in accomplishing good. Using this six-part process of helpful concrete steps applies equally to the children and adults in our lives.

- **Become aware of the other person's emotions.**
- **Care about the other person by seeing their emotions as valid and important.**
- **Listen empathetically to better understand the way they feel, allowing them to feel safe to be vulnerable without fear of judgment. Seek to understand, rather than to agree or redirect.**
- **Acknowledge and validate their feelings. We don't need to validate that the thoughts they have about their emotions are correct; instead, simply let them know that it's valid to feel the way that they do. For example, if a friend says, "I feel useless," we could validate them by saying, "I can see how you might feel that way."**
- **Allow the person to experience their emotions fully before moving toward any kind of improvement. We cannot impose our idea of when they should be ready or able to feel differently. This is when we practice unconditional presence and unconditional love. We are there as support, without trying to fix them or anything else. Don't be offended if they don't accept support that's offered at this time. A benevolent power is inherent in offering love that exists regardless of what someone does or does not do with it.**
- **Help the other person to strategize ways to manage the reactions they might be having to their emotions after—and only after—their feelings have been validated, acknowledged and fully felt. This is when we can assert new ways of looking at a situation that may improve the way another person is feeling. This is when advice may be offered.**

When done successfully, this process can transform a conflict encountered in a relationship into solid gold.

*Teal Swan is the author of Shadows Before Dawn: Finding the Light of Self-Love Through Your Darkest Times ([TealSwan.com](http://TealSwan.com)). Inside Out will be released next month on DVD.*



# Douglas County Child Care Association

## April 1, 2017 - June 30, 2017

### 4th Quarter Treasurer's Report

Balance Forward				\$8,425.79
Income:	Class Fees			\$30.00
		Total Income		\$30.00
Expenses:	Telephone			\$163.61
	Education—4/24 Class			\$580.50
		Total Expenses		\$744.11
Ending Balance				\$ 7,711.68

Respectfully Submitted,  
 Susan Taboada,  
 DCCCA Treasurer/Membership



# Referral Call Recap - April, May & June, 2017

Area: Castle Rock		April, May & June	Area: Highlands Ranch, Lone Tree & Centennial		April, May & June	Area: Parker		April, May & June
Calls for under 2	7/8/8		Calls for under 2	8/10/13		Calls for under 2	8/6/4	
Full Time:	5/7/4		Full Time:	2/6/6		Full Time:	4/6/4	
Part Time:	2/1/4		Part Time:	6/4/7		Part Time:	4 /0/0	
Calls for over 2	3/5/1		Calls for over 2	3/5/3		Calls for over 2	5/4/2	
Full Time:	2/4/0		Full Time:	1/3/0		Full Time:	4/4/2	
Part Time:	1/1/1		Part Time:	2/1/3		Part Time:	1/0/0	
Before & After School	0/0/0		Before & After School	0/0/0		Before & After School	3/0/0	
Drop In's	0/0/0		Drop In's	0/1/0		Drop In's	0/0/0	
Night's or Weekends	0/0/0		Night's or Weekends	0/0/0		Night's or Weekends	0/0/0	
CCAP	0/0/0		CCAP	0/0/0		CCAP	0/0/0	
Tot. Kids for Month			Total kids for the Month	11/14/16		Total kids for Month	/12/6	

DCCCA WEBSITE	8/10/5		DCCCA WEBSITE	6/3/7		DCCCA WEBSITE	13/12/3	
PROVIDER/FRIEND	3/1/2		PROVIDER/FRIEND	3/8/6		PROVIDER/FRIEND	1/0/0	
USED BEFORE	0/0/0		USED BEFORE	0/0/1		USED BEFORE	0/0/0	
OTHER:	0/0/0		QUALISTAR	0/1/0		OTHER:	0/0/0	
OTHER:	0/0/0		OTHER:	0/0/0		OTHER:	0/0/0	

Next  
Newsletter  
will be:

**OCTOBER, 2017**

Please remember to keep  
in touch with your refer-  
ral with any openings &  
once you fill a spot.

Thank you!

# Child Care Insurance Options:

Dawna Nolan, Broker	720-519-0291	<a href="mailto:dawna@cowest.com">dawna@cowest.com</a>
<b>Dawna Nolan, Broker</b>	<b>303-359-5906 CELL</b>	
ADCO General Daycare Insurance	303-893-5770	
Adults and Children Alliance	1-800-433-8108 Ext. 2028	<a href="http://www.acainc.org/partners.html">www.acainc.org/partners.html</a>
Allstate Insurance	303-833-5588	
Assure Child Care	1-855-818-5437	<a href="http://www.assurechildcare.com">www.assurechildcare.com</a>
Cherry Creek Insurance Group	303-799-0110	<a href="https://www.travelers.com">https://www.travelers.com</a>
Child, Inc.—Liability Insurance	1-800-844-8288 Ext. 108	
Child Care Insurance Professional	1-800-819-9992	
Dan Gillespie, Insurance Broker	303-656-6912	
Daycare Defender	1-800-414-1066	<a href="http://www.dcdefender.com">www.dcdefender.com</a>
DC Insurance Services, Inc.	1-800-624-0912	<a href="http://www.dcins.com/contact-us.html">www.dcins.com/contact-us.html</a>
Farmers Insurance - Daniel Cashmore	303-979-0315	
Mike Boling Markel	1-888-515-8537	
New England Insurance Services, Inc	1-888-845-8288	<a href="http://www.neisinc.com">http://www.neisinc.com</a>
State Farm Insurance - Daniel West	303-790-4333	

# Executive Board & Volunteers

EXECUTIVE BOARD	VOLUNTEERS	PHONE NUMBER	EMAIL ADDRESS
President	Angela Rosales	303-766-9241	<a href="mailto:amagr8rose@q.com">amagr8rose@q.com</a>
Vice President	Vickie Scholl	303-707-0812	<a href="mailto:gtscholl@hotmail.com">gtscholl@hotmail.com</a>
Secretary	Wanda Sprague	303-841-2108	<a href="mailto:wandasprague@aol.com">wandasprague@aol.com</a>
Treasurer/ Membership	Susan Taboada	303-841-5899	<a href="mailto:SusanTboada@comcast.net">SusanTboada@comcast.net</a>
REFERRALS	VOLUNTEERS	PHONE NUMBER	EMAIL ADDRESS
Castle Rock	Sabrina Fulks	303-814-2103	<a href="mailto:Sabricustomemb@gmail.com">Sabricustomemb@gmail.com</a>
Highlands Ranch, Lone Tree, Acres Green & Cent.	Paula Williams	303-358-2377	<a href="mailto:paulasue10@q.com">paulasue10@q.com</a>
Parker, Elizabeth	Joanne Payne	303-805-0824	<a href="mailto:tjsspayne@msn.com">tjsspayne@msn.com</a>
	<u>OPEN POSITIONS</u>		
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	Cathleen Zeiler	303-791-3386	<a href="mailto:cafzeiler@gmail.com">cafzeiler@gmail.com</a>
STATE REP'S:	OPEN		
	OPEN		
HOSPILALITY COMMITTEE:	Maria Ciurczak	303-470-8909	<a href="mailto:mciurczak62@gmail.com">mciurczak62@gmail.com</a>
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DOUGLAS CTY ZONING:		303-660-7460	
EIN:	EMPLOYER IDENTIFICATION NUMBER	1-800-829-4933	<a href="http://www.irs.gov/businesses/small/article/0,,id=97872,00.html">http://www.irs.gov/businesses/small/article/0,,id=97872,00.html</a>

# Licensing Specialist's and Misc. Numbers

Castle Rock - 80104. 80108 & 80109	Heather Sporrer	303-866-5958 <a href="mailto:heather.sporrer@state.co.us">heather.sporrer@state.co.us</a>
Highlands Ranch Areas: 80129 & 80130	Jodi Gillespie	303-866-5948 <a href="mailto:Jodi.gillespie@state.co.us">Jodi.gillespie@state.co.us</a>
Highlands Ranch Areas: 80124 & 80126	Aleece Tatom	303-866-5958 <a href="mailto:aleece.barr@state.co.us">aleece.barr@state.co.us</a>
Parker 80134 & 80138	Elizabeth Chase	303-866-5958 <a href="mailto:elizabeth.chase@state.co.us">elizabeth.chase@state.co.us</a>
<b>COLORADO DEPT. OF HUMAN SERV.</b>	<b>303-866-5958</b>	<a href="https://sites.google.com/a/state.co.us/cdhs-dcw/">https://sites.google.com/a/state.co.us/cdhs-dcw/</a>
24 Hour Child Protective Line	303-271-4131	
Immunization Line	303-237-7178	
Colorado Dept. of Health	303-692-2035	
Rocky Mountain Poison Control	303-222-1222	
NAFCC (National Association for family Child Care)	800-359-3817	
<b>CHILD FIND</b> for Douglas County Schools	720-433-0020	
<b>FOOD PROGRAMS FOR</b>	<b>DOUGLAS COUNTY:</b>	
<b>Kids Nutrition Company</b>	<b>303-987-4851</b>	
<b>Southwest Food Program</b>	<b>719-573-2246</b>	
<b>Wildwood Food Program</b>	<b>303-730-0460</b>	

# In the Spotlight

Connecting with early childhood education  
peers on a personal and professional level!



Sandra Gregory , Director  
Douglas County Early  
Childhood Council (DCECC)

I've been the director of the Douglas County Early Childhood Council (DCECC) since March 2009. I'm employed by the Douglas County School District and work from my home.

I'm married with three children, 1 son and 2 daughters, and 2 Goldendoodle dogs. I'm the grandmother to 4 grandchildren, ranging in age from 5 months to 7 years. They are the light of my life. In my spare time, I like to take walks/hikes with my family and dogs, listen to audiobooks, dabble in watercolor painting, and raise orchids.

I ended up in this profession after I was the executive director of the American Heart Association in Colorado Springs prior to moving to Castle Rock in 2008. This job opportunity came up and I applied for it, wondering if I'd even get a call back. I'm so grateful that I was offered the job and have never been happier in a job situation as this one. It offers the opportunity to work with many, many great people, to help connect families to resources and services, and to help improve the overall system of early childhood in Douglas County. I'm very blessed to be able to do this work.

The biggest challenge is having sufficient funding in early childhood. There is so much to accomplish and not enough funding to do it all. So, we all try to do the best we can with the funding we are given.

Another challenge is that I'm the only paid staff person doing this work so capacity to get everything done can be challenging. Fortunately, I contract with an amazing coach who has assisted me along the way.

The most satisfying aspect of my job is the chance to meet and work with so many people who are passionate about early childhood. Throughout the 9 years in my role, I've been so impressed by the level of collaboration and dedication of the people I've been so fortunate to work with.

Sandy Gregory

# How to Teach Kids to Accept Responsibility for Their Actions

Encourage your kids to stop the blame game and start accepting responsibility.

**By Tamekia Reece from Parents Magazine**

Your child is quick to fault others for ... well, everything. If he gets a bad mark in class, he says it's because a friend wouldn't stop talking to him. And when you see his muddy shoe prints all over the carpet, he claims they're the dog's! "Kids this age don't understand that everybody makes mistakes," says Kate Roberts, Ph.D., a Boston-area psychologist. "Blaming somebody is simply their way to avoid disapproval and negative consequences." These smart tips will help your kid go from "It wasn't me!" to learning to be accountable for his actions.

## Connect the Dots

Help your child make the link between what he does and what happens by pointing out real-life examples, suggests Rachel Robertson, director of education and development at Bright Horizons Family Solutions in Watertown, Massachusetts. For instance, you could say, "Because you studied hard, you got an A on your spelling test" or "Since you jumped in a puddle, your shoes are soggy." You can ask him to think of a cause or an effect for certain situations. One could be, "Mom overslept on Tuesday," and he must come up with a possible consequence. Expect some wacky responses ("Mom overslept, so she had to go to work in her pajamas!"), but just roll with it. The more experience he gets identifying causes and effects, the easier it will be for him to work through this inner dialogue before and after his own actions.

## Make Honesty Easy

If you want your child to come to you with the truth (or admit to it when asked), try to keep your cool when expressing your dissatisfaction about her poor behavior, suggests Philip Dembo, Ph.D., author of *The Real Purpose of Parenting: The Book You Wish Your Parents Read*. Being calm and approachable makes it easier -- and more likely -- that she'll fess up in the future. Let her know everyone makes mistakes and what matters most is that she's truthful, learns from the situation, and tries to right her wrongs. Then, discuss what she could have done differently, how she can make it better, and any consequences. Don't forget to praise her honesty if she owned up to her actions.

## How to Teach Kids to Accept Responsibility for Their Actions—cont'd

### Stick to the Rules

Sure, we all allow some things to slide on occasion. But if you often let your child's adorable face, charming ways, or pitiful pleading persuade you not to enforce punishment, your kid learns that he doesn't have to take the rules seriously and can convince you to go easy on him. To be accountable, he needs to learn to accept the consequences of his words, actions, and decisions, and the only way he'll do so is if you're consistent with rules and discipline, says Dr. Dembo.

### Keep Track of Progress

To help the lesson stick, turn it into a challenge. Tell your child that she'll begin the week with 5 points, and each time she makes an excuse or tries to place blame on others, she loses one. Use a chart on the fridge or a dry-erase board hung on her bedroom door to keep track. If she can make it through the week without getting to zero, reward her improved behavior with a trip to the park or an extra 30 minutes before bed one night. Though her points may dwindle at first, this chart will remind her to be conscious of what she does and says so she'll be less likely to pass the buck next time.



# Are You Telling or Tattling

keeping someone safe

getting someone in trouble

behavior is on purpose

behavior is an accident

it's dangerous

it's harmless

need help from an adult

can solve it on your own

important

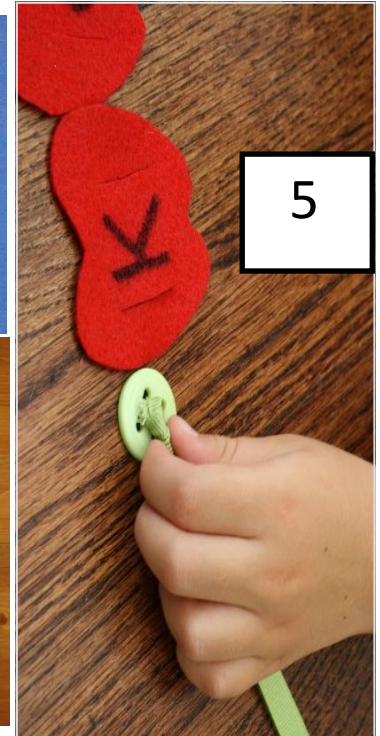
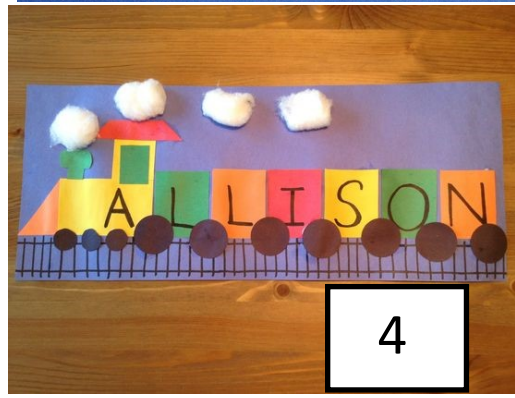
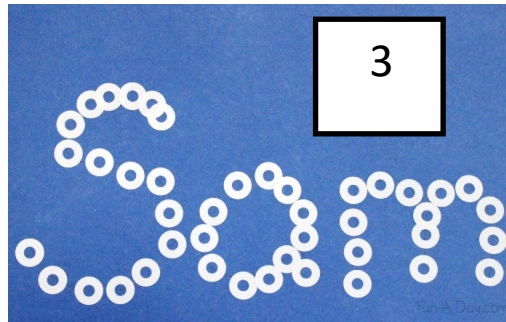
unimportant

three kids and a fish

# Teaching kids how to write their name (First/Last)

1a. <http://www.classroomdoodles.com/name-templates.html>

1b. <http://custom.powerfulmothering.com/>



1 a & b. (at the top of this page) two websites you can make your own practice sheets. 2. Cut squares of colored paper. 3. Reinforcements/stickers. 4. Train made from shapes and 1 block for each letter in the name. 5. Felt apples shapes/use any shape with 2 cuts in each. Child can use a ribbon with button attached on the end to "sew" their name onto the ribbon. 6. Shaving cream spread on a tray & 7. Salt on a tray; child can use his/her finger to practice writing on either one.



# July & August Ideas:



Paper Plate  
**Flowers**



theresourcefulmama.com

The Resourceful Mama

Summer Windmill



[www.easy-crafts-for-kids.com](http://www.easy-crafts-for-kids.com)

## PINWHEEL:

**YOU WILL NEED:** A Square piece of cardstock paper for each child. A push pin and a pencil not sharpened with an eraser.

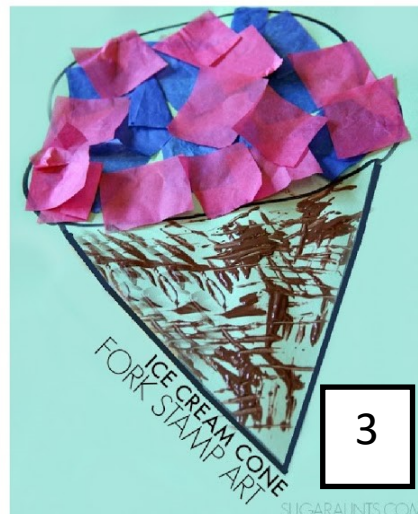
Starting with an exact **SQUARE** piece of cardstock paper, have the kids decorate both sides as desired. Wait for the paper to dry. Then, fold the paper in half (rectangle) then in half again, unfold. Cut the paper from each corner about 1/2 way up the paper. Bend each corner of the paper into the middle of the square, **DON'T FOLD**, just BEND each corner up. Using the push pin/tac (the longer the stem of the pin the better) then pin the 4 corners to the center of the paper. Then push the pin into the eraser of the pencil.

## DELUXE CHEESEBURGER

## SUMMERTIME FAVORITE

Use construction paper, foam, pipe cleaners, tissue paper and Easter Grass or shredded green paper. Crumpled brown tissue paper became the hamburger patty and then all of the other materials are cut and manipulated into the other toppings on a burger (cheese, tomatoes, lettuce, ketchup, mustard, mayo, onions, etc.).





1. Construction paper triangle; 1/2 white paper plate, tissue paper squares (any color except red, due to the cherry on top).
2. Brown construction paper. Cut into a large circle then cut circle in 1/2 and roll into a cone. Fill with cotton balls and tiny pom, poms (sprinkles) and a larger red Pom, Pom, as a cherry,
3. On paper draw a triangle, have the kids decorate the cone using a fork and brown paint. Fill top with tissue paper squares.
4. Brown construction paper cut into a triangle; glue onto white paper. Use puffy paint to make the ice cream, and a red painted cherry on top.

### PUFFY PAINT DIRECTIONS:

**YOU NEED: CHEAP WHITE GLUE, CHEAP SHAVING CREAM (BARBASOL IS BEST) AND FOOD COLORING**

1. Use equal amounts of the glue and shaving cream (Stir with a popsicle stick)
2. Add about 15 drops of food coloring and stir in. (The color darkens up as it sits, so don't over do the coloring).
3. Make additional colors as needed.

## Edible Marshmallow Play Dough:

### Ingredients:

- 6 Large Marshmallows
  - ¼ cup Corn Starch (slightly heaping)
  - 2 tsp coconut oil (slightly heaping)
- 12 drops Liquid Food Coloring your choice of color.



### Instructions:

1. Add the marshmallows, corn starch and coconut oil to a microwave safe bowl.
2. Microwave on high for 30 seconds until the marshmallows expand.
3. Add the food coloring drops on top of the marshmallows or coconut oil (not to the corn starch).
4. Stir with a spoon to combine all the ingredients.
5. When it gets too hard to stir, kneed it by hand until the color and ingredients are completely combined. (Be careful, it might be hot.)
6. If it's too sticky, add more corn starch. If it's still too sticky, add more coconut oil. Cover your hands in coconut oil to keep it from sticking to you.
7. Play with it on a non-stick surface, such as parchment paper taped to the table or a silicone mat.

## GAK Recipe

some people call it "gross"

*Multi-Testing Mommy.com*

### Ingredients:

- 1 tsp Borax powder
- 4 oz bottle of Elmer's white or clear glue
- food colouring
- glitter (if desired)
- 1 1/2 cups water

Mmm...  
slime!



### Directions:

1. Mix Borax and 1 cup of water in small bowl until dissolved.
2. Mix glue and 1/2 cup of water in a larger bowl. Add food colouring. Stir until combined.
3. Add glitter if you like.
4. Add Borax mixture to glue mixture.
5. Stir and stir and stir and stir.
6. If there is some liquid left, simply discard.



## Homemade Sidewalk Chalk

**Materials:** Plaster of Paris, tempura paint (neon works best), silicone pop mold, wood craft sticks, plastic cups and plastic spoons. You'll also need cold water, scissors and measuring cups. All these items are at **Walmart**.

### A few important notes before we begin:

1. **Do not put Plaster of Paris down your drain!** It will harden in your pipes and cause damage. Use disposable cups and spoons for this reason. You can rinse very small amounts off your measuring cups and such, but get the majority of the excess (wet or dry) in the trash can.
2. This can be messy. I would recommend doing it outside and using large plastic cups .
3. Cold water means between 40-50° F. Yes, it matters. Chill enough water in your fridge for 30 minutes prior to starting.
3. Tempura paint is egg-based and non-toxic, but Plaster of Paris should not be ingested. Older children may help with the mixing, but little ones probably shouldn't.
4. The following measurements were enough for specifically [Wilton Brownie Pop Mold](#) (Walmart/Michaels/Amazon). You may have to adjust your volumes for different silicone molds.
  - A. Begin by cutting down your craft sticks to about 3" long. (need 1 cup/1 stick for each color that you make.
  - B. Fill each plastic cup with 1/3 cup cold water.
  - C. Add 2 Tablespoons of tempura paint to each plastic cup. Measure the first cup then just eyeballed the rest of the cups. Since most paint sets only has six colors, you can create the purple (pink+blue) and aqua (green+blue) yourself.
  - D. Use your plastic spoons to gently stir the water and paint together. Don't worry if it remains a little chunky or separated—it will smooth out in the next step.

### Sidewalk chalk continued:

- E. Add 2/3 cup Plaster of Paris to each plastic cup. This is where it got messy having larger cups are better than the small kids drinking size, more room to stir.
- F. Stir until thoroughly combined. Ideally, your mixture will have the consistency of thin yogurt.
- G. Carefully pour your colors into the silicone mold. Gently tap the mold on your work surface to release any air bubbles.
- H. After two minutes, the plaster will begin to firm up. Insert your craft sticks (cut side in first) into the middle of the chalk “pops.” They should be easy to place without having to push hard or hold them up.
- I. Setting these out in the hot sun is a great way to cure them quickly. After an hour, you will be able to carefully remove them from the mold. Leave them continue to dry overnight & use the next day.





## HOMEMADE PAINTS

1 cup of salt, 1 cup flour, 1 cup of water, & food coloring

If you need less then break the recipe in 1/2 if you need more double it. These paints were put into empty ketchup containers, but baby food jars, dollar store containers with lids work, whatever works for you that you can see the colors through the containers. And container must have a lid to seal tightly,



## Homemade Playdoh—(Directions on next page)

**2 tsp Cream of Tartar**

**1 Cup Flour**

**1 Food Coloring**

**1/3 Cup Salt**

**1 Tablespoon Vegetable Oil**

**1 Cup water**

### Playdoh Recipe Continued: Turn on oven to 375°

-In a 2 quart saucepan, add 1 cup of flour, 2 teaspoons of cream of tarter, and 1/3 cup of salt. (Yup, that's 1/3 cup of salt). Apparently the salt keeps it from sticking and also helps preserve it, so you definitely want that in there.

-Add 1 cup of water and 1 Tablespoon Oil.

-Turn burner onto Medium/low and stir. It will be lumpy, don't worry.

-Keep stirring until it gets to be solid.

-Put "dough" into the oven about 30 seconds.

-Stir until its like a pancake batter consistency.

-Once it reaches this point add the food coloring.

(AmeriColor Student Soft Gel Paste Food Color is REAL GOOD coloring a little goes a long way) but you can also use the grocery store type as well.

- Stir until the dough starts to collect around the stirring spoon.

- Take the dough out of the pan and plop in onto a piece of wax paper to cool.

- Once it's cool, knead any lumps that may still be in the dough.

- You're done, now the kids can enjoy it.

- Store into air proof containers with good sealing lids.



## HOMEMADE MOON SAND RECIPE/SAFE EVEN IF EATEN



- 2 cups of brown sugar
- 2 cups of corn flour (corn starch will also work)
- 10 tablespoons vegetable oil (can use olive oil)
- **To make: Mix the dry ingredients together first then add the oil.**
- ([Powerfullmothering.com](http://Powerfullmothering.com))



## Finger Paint Recipe

To make the homemade flour paint, use a couple of empty and clean baby food jars. In each one, mix a heaping tablespoon of flour and a little more than two tablespoons of water. Add a good squeeze of gel food coloring to each one to make bright and bold colors, watercolors would work well, too.

By: Malia Hollowell

## How to Dye



# RICE



1 cup rice  
1/2 teaspoon Kool-Aid  
1 teaspoon rubbing alcohol  
large Ziploc bag

### How to make:

Pour your rice inside the bag and add 1/2 teaspoon of Kool-Aid. Next add the rubbing alcohol and close the bag and shake. Let the rice sit in the bag for a few minutes and then spread the rice out on tinfoil to dry. Dry overnight or for several hours. **Speed method:** Use a blow dryer on low, to quickly dry the rice and it's ready in minutes





## HOW TO COLOR SALT

DIY colored salt is easy to make. All you need is some ordinary table salt and some paint. You can use craft/poster paint also called tempera paint, and squeeze a little into a container/baby food jar, etc. and then add salt. Stir it all together to get an even color, and leave to dry overnight.

[Nurturestore.co.uk](http://Nurturestore.co.uk)

## **Coloring Noodles**



[WWW.123HOMESCHOOL4ME.COM](http://WWW.123HOMESCHOOL4ME.COM)

You will want cheap rigatoni pasta. (The bigger the noodle the easier it is to string.) You'll also want to make sure you have rubbing alcohol, food coloring, plastic bags, and paper towels. Mix 1/4 cup rubbing alcohol and several drops of food coloring in a bag. Add pasta, seal, and place on cookie sheet (just in case the bag leaks!) You will need to let the pasta soak up the color – it's going to take about 24 hours turn over the bags several times during the process. Drain the pasta and place on several paper towels to finish drying. Then string!



Add about 1/4 of a teaspoon of rubbing alcohol to a baggie. Then choose a color of food coloring you want and added a few drops, mixing the alcohol and food coloring together to make sure you get the color you want. Next add the beans and began to mix and shake. Color not dark enough? A few more drops of food coloring. Don't worry about the smell of the alcohol when using this technique. You use such a small amount, *and alcohol evaporates leaving NO smell.*

[www.prayingforparker.com](http://www.prayingforparker.com)

# A nice 1st Day of School Craft



I'm off to Pre-school to learn a bunch,  
each day is fun and new.  
I'll think about you all day long,  
and wish your were here, too.  
But for these several hours,  
while we are far apart.  
Here is my hand to hold,  
because I love you with all my heart!

(Add child's name and Date)