

KIDS KÖRNER

A newsletter designed with parents of young children in mind

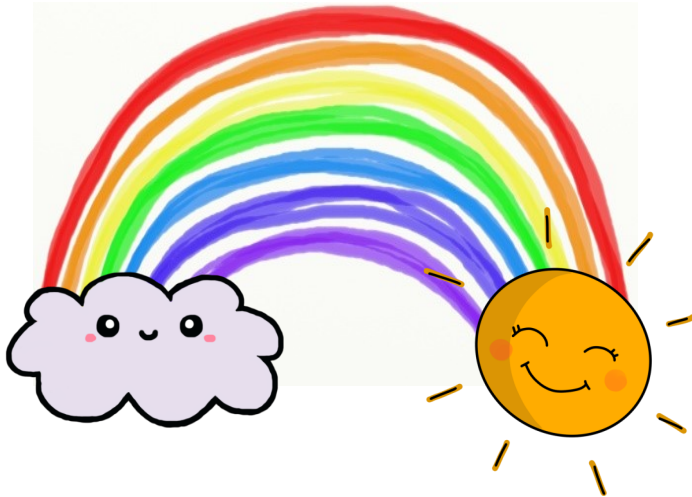


Cooperative Extension Service

Russell County
2688 S. Hwy. 127
Russell Springs, KY 42642
Phone: 270-866-4477
Fax: 270-866-8645
russell.ca.uky.edu



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Spring is the perfect time to for young children to explore and learn about the world around them.

Spring rainbows are an opportunity for them to learn colors and weather cycles. It's a time to share how plants grow. Bugs and bees and flowers! Tadpoles and baby animals and nesting birds! So much to explore and learn about! Get outdoors and explore! Use this time of year for fun learning adventures.

Rainbow Butterfly

Art Project !!

Activity Supplies:

- Coffee filters
- Clothes pins
- Pipe cleaners
- Markers, crayons or watercolor paints

Directions:

1. Give each child a coffee filter to use as the butterfly wings.
2. Have children add color to the coffee filters with the crayons, markers or watercolor paints.
3. Fold the coffee filter in half and pinch together in the middle.
4. Slide the coffee filter into the clothes pin. The clothes pin is the butterfly's body.
5. Place the "neck" of the clothes pin in the middle of the pipe cleaner (antennae). Wrap the pipe cleaner around the neck and twist. Bend the pipe cleaners at the ends. You can draw eyes with a marker.



Crunchy Rainbow Wrap

1 Get Started



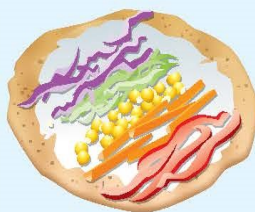
Lay your tortilla flat.

2 Paint the Sky



Spread some cream cheese onto the tortilla.

3 Get Colorful



Use veggies to create a rainbow on your tortilla. Leave some room around the edges.

4 Roll It Up



Fold in sides of the tortilla. Start at one end and roll your tortilla up tight.

5 Taste the Rainbow



Let an adult cut your wrap in half. Enjoy your colorful snack.



whole-wheat tortilla



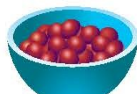
reduced-fat cream cheese

Red

red-pepper strips



red beans



chopped tomatoes



Ingredients

Choose Vegetables

Orange

carrot shreds



Yellow

corn



yellow-pepper strips



Green

peas



spinach



shredded lettuce



Blue/Purple

shredded purple cabbage



radicchio



The wind told the grasses,
And the grasses told the trees.

The trees told the bushes,
And the bushes told the bees.

The bees told the robin,
And the robin sang out clear:
Wake up!

Wake up!
Spring is here! -Author



Sincerely,

Christy A. Martin, County Extension Agent for 4-H Youth Development

Jonathan Oakes, County Extension Agent for Agriculture & Natural Resources

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