



Helping Hands for Families

Play at Home: 'Go for a Walk' Games

Summer trips may be closer to home this year, or might just include a lot of exploring your neighborhood. Simply taking a walk is not only great exercise but also a fun way to discover the little details that we overlook in the hustle and bustle of our day-to-day. Need ideas for how to make walks more fun for kids? Try these "Go for a Walk" games on your next family outing and explore your neighborhood in a new way.



Alphabet Race

A classic "car ride" game can easily be played while on your feet as well! All players must be first to find something that starts with the letter "A" and call it out for all to hear. After that move on to the letter "B" and so on through the alphabet. The person to find the most letters wins!

Sweet or Sour

This game gets people outside of your group playing too! Simply wave at other people on the street. If they wave back, they are sweet. If not, they are sour. Keep a tally and, when you reach your destination, see if your trip was sweet or sour.



Colors

Every person chooses or is assigned a color and must look for that color on your route. Players get points for each object they see with their assigned color. Players must state clearly what the object is and keep track of their own points.



Group Count

This game requires the group to be quiet and listen attentively to each other. Everyone takes turns saying numbers in sequence, therefore, counting as a group. The group, however, may not make a plan for the counting order and must take turns randomly. If two players say a number at the same time, the group must start back at one. The goal of the game is to reach ten, then a higher number as everyone gets better.



Count Off

Pick something to keep track of, from red cars to dead trees. Make it a contest or collaborate, whichever is more appealing to your walking crew!



Scavenger Hunt

Make it collaborative and before you go out for a walk, create a list of what you are looking for. This can vary depending on where you are walking, but make some items harder and easier! Try to complete your entire list before you head home.

Follow the Leader

A classic! The leader adds an element to the walk, like an arm motion, a sound, a hop, or so on. Everyone behind has to follow along. Or, to make the game more challenging, have each new leader add a new element while keeping all the old ones going.



Marquette County
Family Connections
Coalition

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Marquette County Health
Department
608-297-3135

Marquette Early Learning
Center & Head Start
608-296-2141 x 2217

Marquette County
UW-Extension
608-297-3141

Family Health WIC
1-920-787-5514

Marquette County
Human Services
608-297-3124

Childcar, Inc.
1-800-628-8534

Marquette County
Economic Support
608-297-3124

Work Smart Employment
& Training Services
608-355-4808

Westfield School District
Family/School Liaison
& Guidance Program
608-296-2141

Montello School District
608-297-7617

Marquette County Family
Connections Coalition links
families to community
agencies for information,
education and support.

**MARQUETTE
COUNTY
FAMILY
ADVENTURE
DAY!**

**Cancelled in
2021**

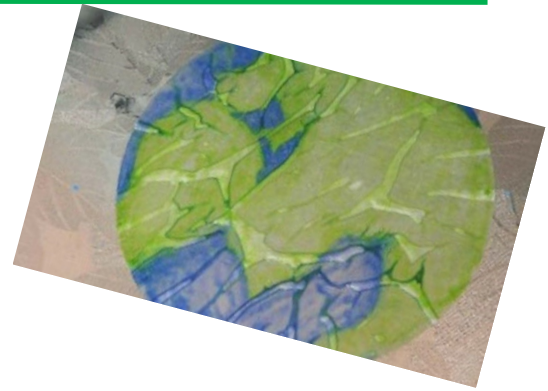
Sources: <https://www.playworks.org/news/play-at-home-go-for-a-walk>

Craft Corner

Coffee Filter Earth Day Art

You'll need:

Paper coffee filters, washable markers, spray bottle



Directions:

- 1) Using washable markers in blues and greens, allow your child to color the coffee filter with continents and oceans. Although it can be fun to think about the shapes of the Earth's real continents and try to draw them accurately, this isn't important. Your child should aim to create a "blue-green marble", like our planet is seen from space. Note: Marker ink seeps quickly into the coffee filter, which is meant to absorb moisture, so you won't have to worry about the white space in between marker strokes.
- 2) When your child is satisfied with her continents and oceans, lay the coffee filter down on a flat surface and spray it lightly with water from a spray bottle. The ink will begin to run together and spread like a watercolor painting. Don't spray too much water, or else the colors may get very mixed and muddy.
- 3) Leave the wet Earth on the table top to dry. As soon as it is dry, tape it to a window. If it is too wrinkly for your tape, gently iron it on medium heat without any water spray or steam. Happy Earth Day!

Source: <https://www.pbs.org/parents/crafts-and-experiments/coffee-filter-earth-day-art>

Are you interested in becoming a child care provider?

Are you a parent looking to stay at home with your own children but can't quite afford not to work? Would you like to play every day while you're at work? Do 3 year olds make you laugh, especially when they ask crazy questions like "why do balls bounce" or "why do dogs have tails"? If you answered YES to any of these questions you may want to consider a career in child care.



As a child care provider and owner of your own business, you get to decide your hours of operation and how much you'd like to charge. Child care providers have one of the most important jobs - the care and education of children during the most crucial early learning years. Let Childcaring guide you through the process of starting a child care business, join us on Thursday May 13 @ 1pm for a virtual start up meeting. Start-up grants are also currently available. If you would like to make a difference in the life of a child and attend the meeting on May 9, contact Childcaring, Inc. today! 1-800-628-8534 or www.childcaring.org

FOR FAMILIES IN MARQUETTE COUNTY NOW

Early Head Start Home Visiting Program for Pregnant mothers and children up to age 3. This program runs year round.
Head Start Classroom for children 3-5. Children must be 3 by September 1st 2021. This program runs Sept.-May.

Rainbow Fruit Sticks



Use fresh, frozen, or canned fruit to make your own fruit rainbow on a stick! Pierce fruit with straws or toothpicks and enjoy!

Eat a rainbow of colors to get all the nutrients your body needs!



FOOD WISE
healthy choices, healthy lives.
UW-MADISON EXTENSION

FOODWISE EDUCATION IS FUNDED BY THE USDA SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM- SNAP AND EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM - EFNEP.
AN EEO/AA EMPLOYER, UNIVERSITY OF WISCONSIN-MADISON DIVISION OF EXTENSION PROVIDES EQUAL OPPORTUNITIES IN EMPLOYMENT AND PROGRAMMING, INCLUDING TITLE VI, TITLE IX, THE AMERICANS WITH DISABILITIES ACT (ADA) AND SECTION 504 OF THE REHABILITATION ACT REQUIREMENTS

These programs encourage the child's physical, intellectual, emotional and social development, while providing family services to the parents. **There is no charge for these programs** - they are funded by state and federal dollars.

FREE

Contact the Marquette County Early Learning Center office in Oxford at 296-2141 ext. 2217 or 608-450-0491 for more information or to enroll in either program.