



A program of SAL Family and Community Services

# Home Child Care Network

## Peoria Area

August 2020

### Healthy Recipe



#### Ingredients

- 1 cup yogurt, plain
- 1 medium banana
- 1 cup mixed berries, frozen
- 1/8 cup honey

#### Directions:

Toss all ingredients into a high-powered blender and puree. Divide evenly between paper cups. Cover with aluminum foil and pierce foil in the center with popsicle sticks to hold sticks in place. Freeze 4-5 hours or until solid.

### Contact Us

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### Art Activity



- Coffee Filters
  - Washable Markers
  - Chenille Stems
  - Pony Beads
  - Zippered Bags – Gallon Size
  - Spray Bottle filled with water
- Flatten out a coffee filter on top of a gallon size zippered bag. Draw random designs on the coffee filter with a variety of colors. Mist coffee filter with water from a spray bottle and then let dry completely.
  - Create two tie-dyed coffee filters for each butterfly. Fan fold two coffee filters to create each butterfly. Stack fan folded coffee filters on top of each other. Fold chenille stem in half and place coffee filters one-third from base. Twist the bottom loop of the chenille stem. Twist once above the folded coffee filters, creating a tight section. Leave a 1/2" loop and twist again to create the butterfly head. Leave the antennae straight.
  - Open and fluff out the wings of the butterfly. Pinch at the ends to retain the folds. Thread a pony bead on the end of each antennae and curl into a swirl.

### Sensory Activity



- Glass jar
- Soap that contains Glycol Stearate (has to be the opaque kind, not the transparent type)
- Water
- Food coloring (optional)

Fill the jar approximately 1/4 to 1/3 full of soap, then add water to fill up the rest of the space. When the water gets to the top, keep it running until all the bubbles overflow and are gone. If you want to add color, drop maybe 1 or 2 drops of food coloring into your jar. Screw the cap on tightly and SHAKE. Watch the Hurricane swirl!