



TEDDY BEAR TIMES



WASHINGTON UNIVERSITY NURSERY SCHOOL

Spring has Sprung!



Have you noticed what is happening outside? Ms. Katie and Ms. Chona have noticed so many blooming flowers and trees. There is one picture that is NOT a sign of spring. Do you know which one?

Some Fun Outdoor Spring Activities:

- Sidewalk chalk
- Fly a kite
- Hike / Nature walk
- Plant flowers
- Bike or scooter ride
- Cleanup the yard
- Blow Bubbles
- Bird Watching
- Make a bird feeder
- Play Tag
- Climb a Tree
- Find shapes in clouds



Sensory Play

Do you remember playing at the play dough table? Here are some pictures of friends enjoying that center in the Teddy Bear classroom. There are many developmental benefits from playing with play dough including sensory exploration and developing fine motor skills. Below is an easy recipe for homemade play dough.

Fun Activities Include:

- Smash it with hands
- Smash it with a tool
- Pull it apart
- Roll it with hands
- Roll it with a tool
- Use cookie cutters
- Poke it with golf tees or toothpicks
- Cut it with child scissors
- Decorate it with small items
- Mold it into a creation
- Pretend to make food



Homemade Play Dough:

In a medium saucepan add:

1 cup of flour

2 teaspoons of cream of tartar

1/3 cup of salt

Next, add 1 cup of water and 1 tablespoon of vegetable oil

-Turn your burner on medium/low and stir. It will be a little lumpy and that's fine. Before it starts getting thick (this is going to happen fast) you want to add whatever color food coloring you want. If it gets too thick before you add it, it's hard to get an even color. Add the color and stir!

- Keep stirring, it is going to start thickening up. This could take anywhere from 30 seconds-2 minutes depending on how hot your pan/stove is.

Now you can see it's getting thicker, keep stirring, and keep scraping the bottom of the pot.

-Once you notice the dough isn't wet anymore, take it out of the pot.

The whole process shouldn't take more than a few minutes. It goes really fast, and even faster when you make additional batches because the pot/stove is already warm. Put the dough on some wax paper and allow to cool (30 minutes or so).

Then take the ball in your hands and knead for a few seconds (like 30 seconds).

-Store in a zip-lock bag or airtight container **IN THE FRIDGE**. It shouldn't dry out, but if you notice it getting a bit dry you can add a few drops of water and knead that into the dough. You can also add a drop or 2 of scented essential oil to make the play dough smell great!

Love, Chona & Katie

