



DCAEYC Month of the Young Child Activity Inspiration Resource

[Colorful Kale Salad Recipe Card \(FoodPrints\)](#)

[Tasty Tuesday Activity Idea: "Foodie Faces" Snack and Storytime](#) - Start by reading out "Foodie Faces" by Bill and Claire Wurtzel, and then make your own "foodie faces" with different fruits and vegetables! Adapted from an activity with Martha's Table.

[Chalk Play Ideas from Positive Chalk DC](#) (Positive Chalk DC) - Positive Chalk DC's mission is to create brave spaces for children and families to imagine their communities in new ways, inspire positive change and develop the language necessary to advocate for themselves and their communities. Playing with sidewalk chalk can help children work on fine motor skills, encourage self-expression and develop recognition, sorting and matching skills to prepare them for school. Chalk activities and games also foster interpersonal social skills.

[Home Tweet Home \(Project Learning Tree\)](#) - "The Home Tweet Home activity contains learning experiences for families, childcare providers, and teachers to help children ages 1–6 discover how plants and animals depend on trees. This is a free, abridged version of the "Home Tweet Home" activity. The full version, plus 11 other activities (and 250+ learning experiences) are included in Project Learning Tree's [Trees & Me: Activities for Exploring Nature with Young Children](#) resource."

["Better Than Take-Out" Family Friday with Food Prints](#) - This session designed by Food Prints will help parents feel excited, encouraged, and equipped to prepare their own "take out" meal at home. On the menu we'll have Fried Rice and an optional Orange Chicken dish. (Recorded April 8, 2022)

"Better Than Take-Out" Family Friday Fried Rice Recipe Card - Available in [English](#) and [Spanish](#) (FoodPrints)

["Better Than Take-Out" Family Friday Orange Chicken Recipe Card](#)
(FoodPrints)

[Good Science Starts with Observing and Describing - Spice Up Your Tasty](#)

[Tuesday with a Science Lens](#): In this webinar led by the Early Science Initiative, educators learn how to engage in the science practice of observing and describing with all 5 senses. Educators will also learn how to see opportunities for science throughout the day. (Early Science Initiative)

- For additional resources to support the above activity, including experience sheets to help educators with implementation, and activity sheets to support child and family engagement, [click here](#) to download a zip file of documents. This activity is also supported by the YouTube videos [An Orange: A story of observing and describing](#) and [Una Naranja: Una historia de observacion y descripcion](#) from Early Science Initiative.

[Bouquet of Peace: Paint with Ms. Aprile Hill](#) - In this session children will learn about the life and art style of Pablo Picasso. They will create 4 flowers using paper, glue and crayons. (Recorded April 14, 2022)

[Inspired Child: Sing Along Jamboree!](#) - Cathy & Marcy will lead everyone in joyful sing-along, clap-along, dance-along songs, accompanied on banjo, guitar, ukulele and rhythm instruments. (Recorded April 21, 2022)

[Spring Wake Up with City Blossoms](#) - City Blossoms, a DC nonprofit organization that cultivates the well-being of our communities through creative kid-driven gardens, helps us explore nature through their Early Growers program. This webinar also includes a reading of *Plant the Tiny Seed* by Christie Matheson. (Recorded April 2022).

[UDC Snap Ed: MyPlate](#) - UDC SNAP-Ed presents a MyPlate Nutrition Lesson with Ms. Cassidy. This lesson will introduce MyPlate and the five food groups in a kid-friendly way. Participants will walk away with a new healthy snack

option and ways to help them make healthy food choices moving forward.
(Recorded April 26, 2022)

[Snack and Storytime with Martha's Table](#) - Join us as Martha's Table leads us in making an afternoon snack with frozen banana ice cream and avocado toast, followed by a tasty storytime! (Recorded April 26, 2022)

[Nelson Early Learning Services: Encouraging and Supporting Play](#) - Play is natural for young children. However, as adults we sometimes forget how important play is for their growth and development.