



KINSHIP CAREGIVERS  
CONNECT

# SPRING ACTIVITIES GUIDE





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## Foreword

Spring is here! The days are getting warmer, longer, and there are more opportunities for fun! Spring is a time for growth and new beginnings. We encourage you to step outside, try new things, and reconnect with what fills your cup! Inside this guide you will find a variety of activities, either for self-care or family fun, to support you throughout this season. We hope it is a time filled with joy, love, and possibility. Happy Spring 🌸



# Outdoor Activities

After the long winter that sunshine feels especially nice! Embrace the warming weather with free family-friendly activities. There are plenty of options to explore, to exercise, enjoy the outdoors, and promote health, togetherness, and fun for your family.

A graphic titled "OUTDOOR ACTIVITIES" with a floral border. It lists six activities, each preceded by a small flower icon. The activities are: Go for a hike (orange flower), Go for a walk in the neighborhood (purple flower), Go on a nature themed scavenger hunt (blue flower), Visit local parks (orange flower), Bike ride (purple flower), and Host a backyard campout (blue flower).

OUTDOOR ACTIVITIES	
	Go for a hike
	Go for a walk in the neighborhood
	Go on a nature themed scavenger hunt
	Visit local parks
	Bike ride
	Host a backyard campout



# Spring Mindfulness



Spring is the perfect time to slow down, take a deep breath, and remind yourself to stay present in the moment. Just as seeds rest beneath the soil before they bloom, we too can benefit from moments of stillness and reflection. This mindfulness guide, inspired by the season, includes simple, fun activities to help you and your family practice focus, emotional regulation, and find your inner calm.

- **Listen to the rain.** Focus on the sound. When your mind wanders, bring it back to the rain.
- **“Spring Cleaning”:** Write down heavy thoughts. Imagine watching them float away like petals.
- **Cloud watch:** Lie on a blanket & watch the clouds move. Focus on slow breathing while you make out shapes.
- **Plant seeds.** Notice the scent of the earth and the feel of the soil.
- **Flower Breathing:** Inhale deeply to “smell” the flower. Exhale slowly to “blow away” the pollen.





## Spring Self-Care



It can be easy to forget to water the seeds of your own dreams and goals, but self-care as a caregiver is just as important. Fill your cup so you can fill the cup of those you love. Below are some self-care ideas you can incorporate this spring to keep a refreshed mind and space:



- **Declutter:** Sort through old clothes and items & donate ones you can live without
- **Indulge yourself:** Take a hot bath, get a massage, watch a movie, or eat a healthy snack
- **Get extra rest:** Go to bed 30 minutes earlier to ensure you're well-rested.
- **Visit a farmer's market** & fill your plate with fresh, seasonal produce
- **Meet a friend for coffee.** Chat and catch up and have a laugh. (or take yourself on a coffee date!)
- **Read for pleasure:** Start a new book! Find 5 minutes of quiet time each day to read.



## Fine Motor Activities for Kids



Fine motor skills, or the coordination of small muscles in the hand, fingers, and eyes, help support child development and independence in daily tasks. Below are some ideas for fine motor activities. Click the links for **FREE** printables and resources!

- [Taming Little Monsters - 24 Spring Fine Motor Activities](#)
- Teacher Pay Teacher Spring Fine Motor Freebies:  
<https://www.teacherspayteachers.com/browse?search=spring%20fine%20motor%20freebies>
- [Natalie Lynn Kindergarten - Free Spring Fine Motor Activities](#)
- [The Fine Motor Detective - Free Spring Printable Activities](#)



## Gross Motor Activities for Kids

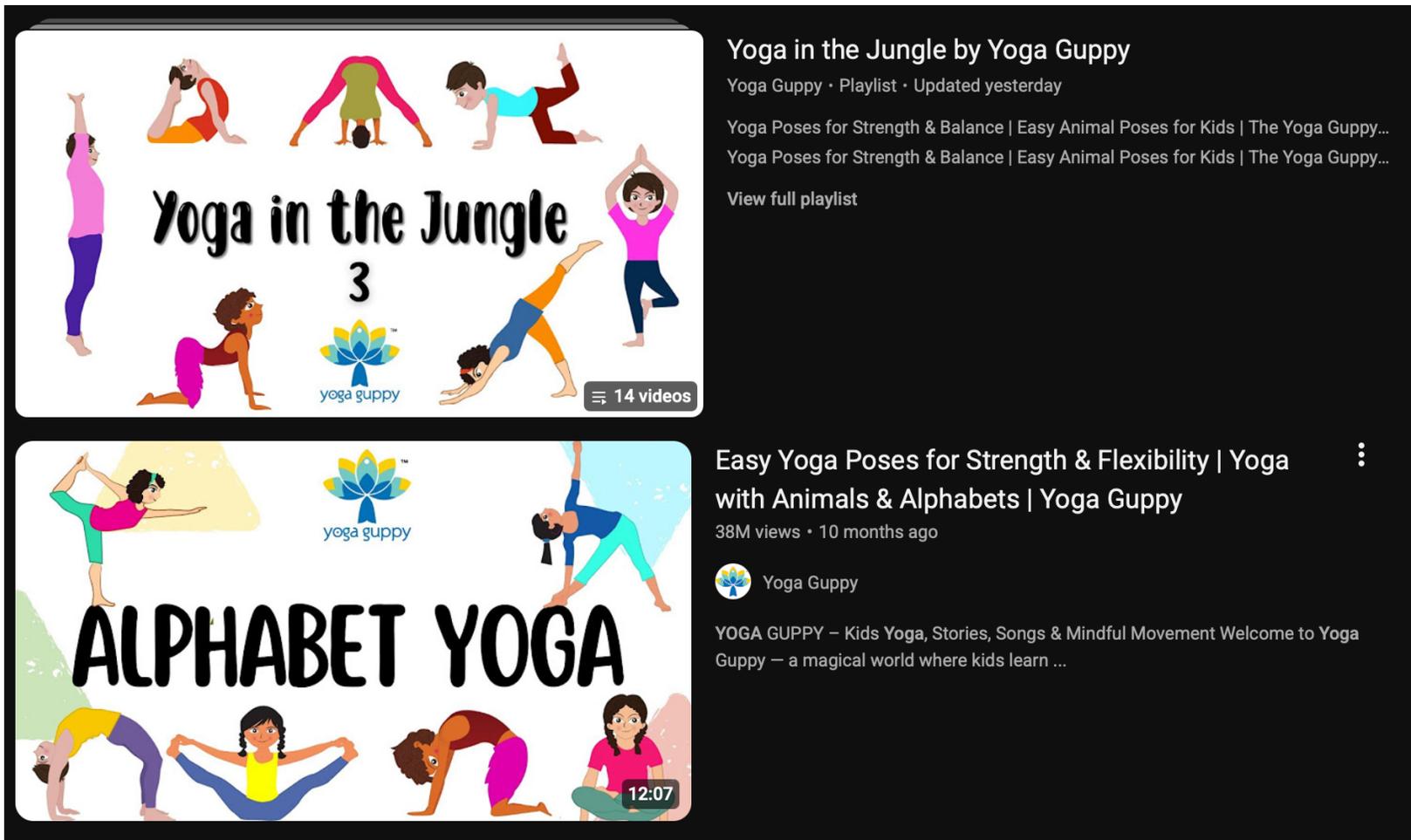


Gross Motor skills, which incorporate large body movements, help support child growth and development and their ability to explore their environment. Below are some activities to try this spring!

1. Animal or Alphabet Yoga
2. Backyard or Chalk Obstacle Course
3. Chasing Bubbles
4. Balloon Volleyball
5. Jumping in Puddles
6. Easter Egg Hunt



# Animal & Alphabet Yoga on YouTube: [Yoga Guppy - Easy Yoga Poses with Animals & Alphabets](#)



The screenshot shows two YouTube video thumbnails. The top thumbnail is for 'Yoga in the Jungle 3' by Yoga Guppy, featuring various yoga poses and a '14 videos' badge. The bottom thumbnail is for 'ALPHABET YOGA' by Yoga Guppy, featuring poses shaped like letters and a '12:07' duration badge. To the right of the thumbnails are the video titles, view counts, and channel information.

**Yoga in the Jungle by Yoga Guppy**  
Yoga Guppy · Playlist · Updated yesterday  
Yoga Poses for Strength & Balance | Easy Animal Poses for Kids | The Yoga Guppy...  
Yoga Poses for Strength & Balance | Easy Animal Poses for Kids | The Yoga Guppy...  
[View full playlist](#)

**Easy Yoga Poses for Strength & Flexibility | Yoga with Animals & Alphabets | Yoga Guppy**  
38M views · 10 months ago  
Yoga Guppy  
YOGA GUPPY – Kids Yoga, Stories, Songs & Mindful Movement Welcome to Yoga Guppy – a magical world where kids learn ...



## Sensory Activities for Kids



### Visit this link:

<https://kidscraftroom.com/spring-flower-sensory-bottle-baby-toddler-educational-toy-activity/> to learn how to make spring sensory bottles!

**Make a Spring Trail Mix** - Add in crunchy and chewy items such as dry cranberries, small, chopped carrots, fruit leather, small pretzel pieces, bunny crackers or bunny pretzels.





## Sensory Activities for Spring



The following list provides more spring sensory activities including hands-on, nature-themed, or creative play great for a child's sensory needs:

### **Sensory Bins & Tables**

- Nature Exploration Bin: mix gathered leaves, twigs, rocks, & flowers and use a magnifying glass to talk about features & textures
- Flower Petal Sensory Bin: Mix fresh or silk flower petals with water and beads to explore soft textures & scents

### **Creative Activities:**

- Raindrop Dropper Art: Mix blue food dye into water and use droppers to place onto coffee filters
- Rainbow Pasta Play: Use cooked or dry, dyed pasta to make pictures and art
- Muddy Truck Play: use cocoa powder and water to create a safe, washable mud for driving toy trucks

## Conclusion

As spring unfolds, use the activities in this guide to invite in growth, meaning, and fulfillment. Whether you choose to practice mindfulness, set goals for you and your family, or step outside to enjoy the sunshine, each moment is a chance to support your well-being. Treat yourself with patient, kindness, and encouragement as you cultivate new habits. Happy blooming. Happy Spring 🌷

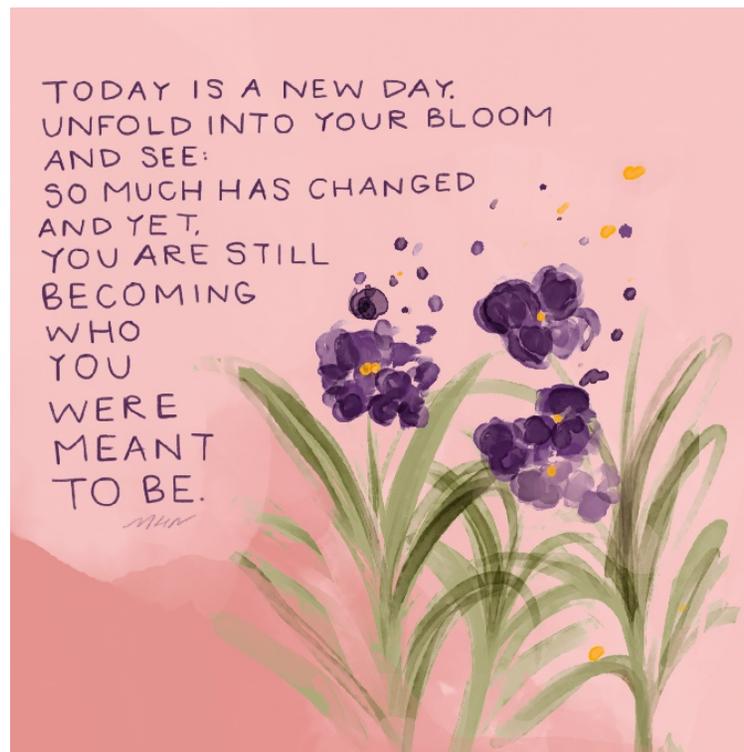


Image credit: Morgan Harper Nichols