

# KIDS CORNER



## THE POWER OF SUNSHINE!

Spring is the perfect time to power down screens and head outside! Playing outdoors helps us build strong muscles, practice balance, and use our imagination—whether riding bikes, playing tag, or exploring like a nature detective.

Sunshine is great for your health, too. It helps your body make vitamin D, which keeps bones strong and your immune system ready. Being outside can boost your mood, help you feel calmer, and even make it easier to sleep at night. Plus, fresh air and movement help your brain focus better when it's time to read, learn, or do homework.

Spring is nature's way of saying, "Let's play!" So grab a friend, head outdoors, and see how powerful a little sunshine and fresh air can be. Your body and brain will thank you!

## NATURE WAKES UP IN SPRING

Spring is the season when many plants and animals begin to grow again after winter. Warmer temperatures and longer days give plants the sunlight they need to make food and grow leaves and flowers. Bees, butterflies, and other pollinators help plants by moving pollen from flower to flower. Birds build nests and lay eggs, and many baby animals are born in spring. Rainfall helps keep the soil healthy so plants can grow strong. Spring teaches us how nature works together to help everything grow.



## DID YOU KNOW?

Bees help make about one out of every three bites of food we eat by spreading pollen? Without bees, we wouldn't have many fruits, veggies, or flowers!

## JOKING AROUND

### Question

Why do flowers always drive so fast?

### Answer



They put the *petal* to the metal!



# PUPPY CHOW

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## Ingredients

- 1 Cup Semisweet Chocolate Chips
- ½ Cup Peanut Butter
- ¼ Cup Salted Butter
- 1 Teaspoon Vanilla Extract
- 6 Cups Rice Chex Cereal
- 1 ½ to 2 Cups Powdered Sugar



## Directions

- Place the chocolate chips, peanut butter, and butter in a medium microwave safe bowl. Microwave on high for 1 minute. Remove the bowl from the microwave and stir. Put the bowl back into the microwave and heat for an additional 30 seconds or until mixture is smooth when stirred. Add the vanilla extract and stir again.
- Pour the cereal in a large mixing bowl. Add the chocolate peanut butter mixture and gently stir until cereal is evenly coated. Pour the coated cereal into a large Ziploc bag. Add the powdered sugar. Seal the bag and shake until the cereal is well coated. Spread on parchment paper or waxed paper. Let sit until cool and chocolate is set.
- Store the puppy chow in an airtight container for up to 2 weeks. If it is warm in your kitchen, store the puppy chow in the refrigerator.

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## MONTHLY CHALLENGE

Help keep our community clean and beautiful this spring!

- Pick up litter around sidewalks, grass or common areas.
- Put trash where it belongs.
- Help remind other kindly: “Let’s keep our community clean!”

**BONUS:** After helping clean up litter, draw a picture of yourself being a Clean-Up Captain! Bring your artwork to the office to receive a special certificate.

