

# Early Years April 2017 Topic of the Month!

## Lets Go and Grow Outdoors

Spring time is just around the corner, which means it is time to get outdoors. There are so many activities that can be done outdoors to improve our over all health.



*Gardening*



*Camping*



*Outdoor Games*

# GARDENING

Whether you are planting a flower garden or a vegetable garden there are certain things to know before you get started and to help along the way. Here are a few helpful hints.

1. **Soil testing**—Testing your soil tells you if the PH levels are where they need to be as well as if your soil has the proper nutrients in it to grow healthy plants. You can buy soil testers at your local garden center.
2. **Best Planting Time**—Depending on the type of plant, depends on when is the best time to plant. It depends on the type of plant and when the last frost is. If starting some of your plants by seed, it is always good to follow the directions on the package based on when the last frost should be. When getting closer to the time that your plants that were started from seed indoors can be planted in your garden, the plants need to be adapted to the environment. There are many different articles on the internet that can give you more information on this.
3. **Water in the morning**— Water your plants in the morning to avoid water loss from evaporation, another benefit of watering in the morning is that it allows plant's leaves to dry up before evening, this helps in restricting bugs and fungus to develop.
4. **Water Plants Deeply**— Deep watering develops deep roots that are important in the healthy growth of the plant, whereas shallow and frequent watering develops shallow roots and weaker plant.
5. **Pull weeds in moist soil**—Always pull weeds in moist soil, moist soil makes the process of weeding simple as the weed's roots pull off easily in damp soil.
6. **Use large planters**— If using planters, large planters are deep; they don't dry up quickly and provides optimum growing space. Although, large planters take a lot of space but they look less cluttered than small planters.
7. **Type of planter**— Use the types of planters according to their nature and how much they suit to the growing conditions you have. Wooden planters remain moist and cool, terracotta remains moderate and plastic planter are lightweight and colorful but gets hot quickly. Clay planters are fragile but more natural.
8. **Label your plants**—Labeling helps in remembering plant's name and it makes the garden more accustomed and well managed. You can paint stones and label it or use pieces of broken pot.
9. **Compost**— Don't throw away the peelings of fruits and vegetables you eat. Fruits like banana, peaches and pomegranate are high in potassium and become a good organic fertilizer when used as compost.
10. **Don't sow seeds too deep**—Sowing seeds too deep decrease the germination rate, always find out before sowing seeds that how deep you need to sow. The best move is to read the seed packet carefully and checkout information about the plant you're growing on the web.



# CAMPING

Camping with the family or friends is fun to do. Either packing up and going to a provincial park, a camp ground or even setting up your tent in your back yard can bring hours and hours of fun for all. Here are a few tips and hacks to make camping easier and more enjoyable.

1. **Toilet paper Container**—Keep your TP (toilet paper) dry and safe by repurposing an empty plastic coffee container as a toilet paper holder. Place the tp inside & cut a slit in the side large enough for the paper to pull through. Poke a small hole in the bottom of the can and the lid and run a string through it to use to hang the tp off of the ground.
2. **Camping Pancakes**— Save some hassle & mess by prepping your pancake mix at home. Store the batter in disposable frosting bags tied off at the end. When ready to cook, simply snip the end to create a “tip” for dispensing the batter! Throw away the bags when finished for easy cleanup!
3. **Mini Medicine Cabinet**— Transform a simple dollar store pill storage container into a mini medicine cabinet for on-the-go remedies for common ailments.
4. **Camp Spice Storage**— Recycle Tic-Tac containers and use them for your camping spice storage. This will save you from having to pack up bulky containers from your kitchen.
5. **Soap Pouches**—Hygiene and camping? With this DIY soap pouch, the impossible becomes possible! Make dozens of these from one towel cut and sewed into small pouches to house bars of soap.
6. **DIY Fire Starters**—Who would have thought that dryer lint, empty toilet paper tubes and a sheet or two of newspaper could result in the easiest DIY fire starters ever!
7. **Camping Check List**—

Camping Supply List		
<a href="http://www.realthekitchenandbeyond.com">www.realthekitchenandbeyond.com</a>		
<b>Lodging</b> <ul style="list-style-type: none"> <li>• Tent</li> <li>• Tarp</li> <li>• Tent Pegs</li> <li>• Mallet/Hammer</li> <li>• Blankets/Sheets or</li> <li>• Sleeping Bags</li> <li>• Pillows</li> <li>• Air Mattress/Cots (opt.)</li> <li>• Clothesline Rope</li> <li>• Air Pump (for mattress)</li> <li>• _____</li> </ul>	<b>Food (Dry)</b> <ul style="list-style-type: none"> <li>• Oil</li> <li>• Salt &amp; Pepper</li> <li>• Cereal</li> <li>• Graham Crackers</li> <li>• Produce</li> <li>• Pancake Mix</li> <li>• Peanut Butter</li> <li>• Snacks</li> <li>• Coffee/Tea</li> <li>• Drinking Water (Gallons)</li> <li>• Bread/Rolls</li> <li>• Baby Food (If Needed)</li> <li>• _____</li> <li>• _____</li> <li>• _____</li> </ul>	<b>Food (Cold)</b> <ul style="list-style-type: none"> <li>• Meat</li> <li>• Milk</li> <li>• Eggs</li> <li>• Refrigerated Produce</li> <li>• Chocolate Bars</li> <li>• Marshmallows</li> <li>• Ice/Ice Packs</li> <li>• _____</li> <li>• _____</li> <li>• _____</li> </ul>
<b>Cooking</b> <ul style="list-style-type: none"> <li>• Cast Iron Fry Pans (2)</li> <li>• Soup Pan (1)</li> <li>• Serving Spoon</li> <li>• Spatula (Flipper)</li> <li>• Large Knife</li> <li>• Paring Knife</li> <li>• 4 cp. Measure Cup</li> <li>• Cutting Board</li> <li>• Grill Grate/Tripod</li> <li>• Skewers</li> <li>• French Press/Kettle</li> </ul>	<b>Clothes</b> <ul style="list-style-type: none"> <li>• Underwear</li> <li>• Socks</li> <li>• Long Pants</li> <li>• Shorts/Capris</li> <li>• Sneakers/Hiking Boots</li> <li>• Flip Flops/Water Shoes</li> <li>• Sweatshirt/Long Sleeves</li> <li>• Comfortable Night Clothes</li> <li>• Swim Wear</li> <li>• Diapers/Wipes if travelling w/young children</li> <li>• Sunglasses</li> <li>• _____</li> <li>• _____</li> </ul>	<b>Miscellaneous</b> <ul style="list-style-type: none"> <li>• Towels</li> <li>• Lantern/Flash Light</li> <li>• Batteries</li> <li>• First Aid Kit</li> <li>• Matches</li> <li>• Welder's Gloves</li> <li>• Can Opener</li> <li>• Plastic Trash Bags</li> <li>• Plastic Baggies</li> <li>• Aluminum Foil</li> <li>• Dish Soap</li> <li>• Tablecloth</li> <li>• Dishcloth</li> <li>• Bath Towels</li> <li>• Fire Starters</li> <li>• Toilet Paper/Tissues</li> <li>• Paper Towels</li> <li>• Disinfecting Wipes</li> <li>• Bowls</li> <li>• Plates</li> <li>• Plasticware</li> <li>• Newspaper</li> <li>• Multi Purpose Knife</li> <li>• Cheap Rain Ponchos</li> <li>• Extension Cord</li> </ul>
<b>Toiletries</b> <ul style="list-style-type: none"> <li>• Shampoo</li> <li>• Conditioner</li> <li>• Soap</li> <li>• Deodorant</li> <li>• Toothpaste</li> <li>• Toothbrush</li> <li>• Sunscreen</li> <li>• Bug Spray</li> <li>• Anti-Itch Cream/Gel</li> <li>• Brush</li> <li>• Pain Reliever</li> <li>• Nail Clippers</li> </ul>		

# OUTDOOR GAMES

There are so many outdoor activities that can be fun for the whole family. Here are a few ideas of some fun outdoor games with many more that can be found on the internet.

1. Three legged race
2. Croquet
3. Washers
4. Crab Soccer
5. Back yard Obstacle Course
6. Bean Bag Can Toss
7. Freeze Tag
8. Potato Sack Race
9. Noodle Olympics
10. Hopscotch
11. Outdoor DIY Chess
12. Outdoor DIY Connect 4
13. Outdoor DIY Jenga
14. Outdoor DIY Twister
15. Outdoor DIY Dominos
16. Soap Boat Races
17. Pass the water Race
18. Sponge Bulls eye
19. Glow Stick Bowling Alley
20. Outdoor Easel



Pool Noodle Games

