

# JULY



## Learn with Me

### Just Add Water

We know as CACFP providers, we must offer drinking water in addition to making it readily available. 3-to-5-year-old children should drink three to five 8 oz glasses of water per day and 1-to-2-year-old children should drink one to two 8 oz glasses per day. Teach the children in your care about the importance of water, where water comes from, the water cycle, and offer water consistently. You can even try taste tests with flavored fruit water to see if the children enjoy it! For more information or resources, check out our Just Add Water Toolkit at [www.cacfp.org](http://www.cacfp.org).



## Cook with Me

### Picnic Wraps

- WGR tortilla
- Chicken, cooked
- Cheese, shredded
- Avocado
- Tomato

Give each child a tortilla and then they can create their own wrap. Ask them to place the chicken in the tortilla and then add to it with healthy toppings. Assist as needed to wrap the tortilla. Pack in portable containers and take your lunch outside for a summer picnic.



## Play with Me

### Beach Fun Memory

Most children have played the game memory, but let's move it outside to give it a twist. Create printables with beach items such as sunglasses, shovels, buckets, sand castles, beach chairs, and sun. Find a flat place in the backyard or park and turn the cards over face down. Help the children play the memory game creating matches with the beach pictures. They'll love being outside and being able to move to make their matches.



## Create with Me

### Beach Scene

Paint the back of a paper plate blue. When it dries, the children will paint the bottom half with glue and sprinkle sand on the glue making the beach. Cut out a yellow sun and maybe a boat to put in the water. They can create their own beach scene.



## Read with Me

Summer days at the beach are so much fun. Even when we can't get to the beach, we can still read about it!

*Llama Llama Sand and Sun* by Anna Dewdney

*Biscuits First Beach Day* by Alyssa Satin Capucilli and Pat Schories



Name \_\_\_\_\_

# Color By Number

1 = Blue

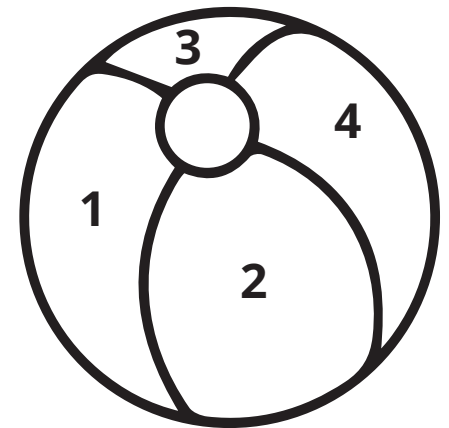
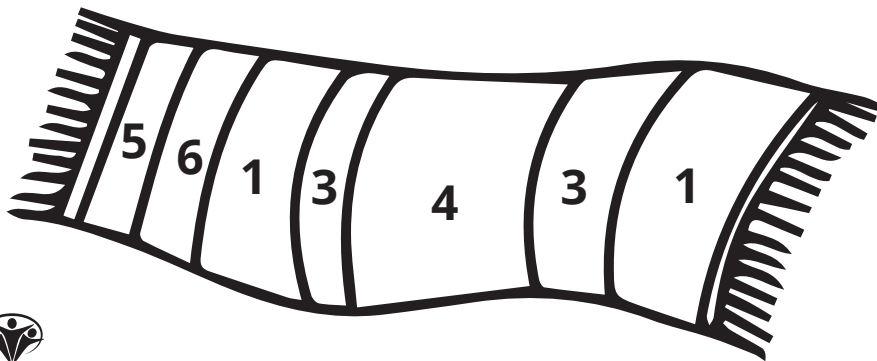
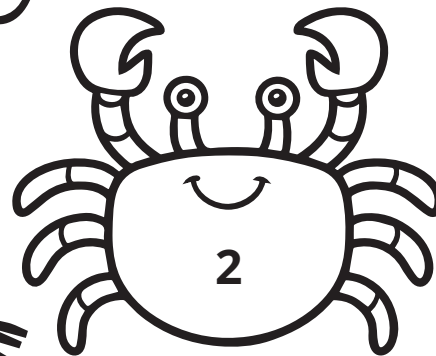
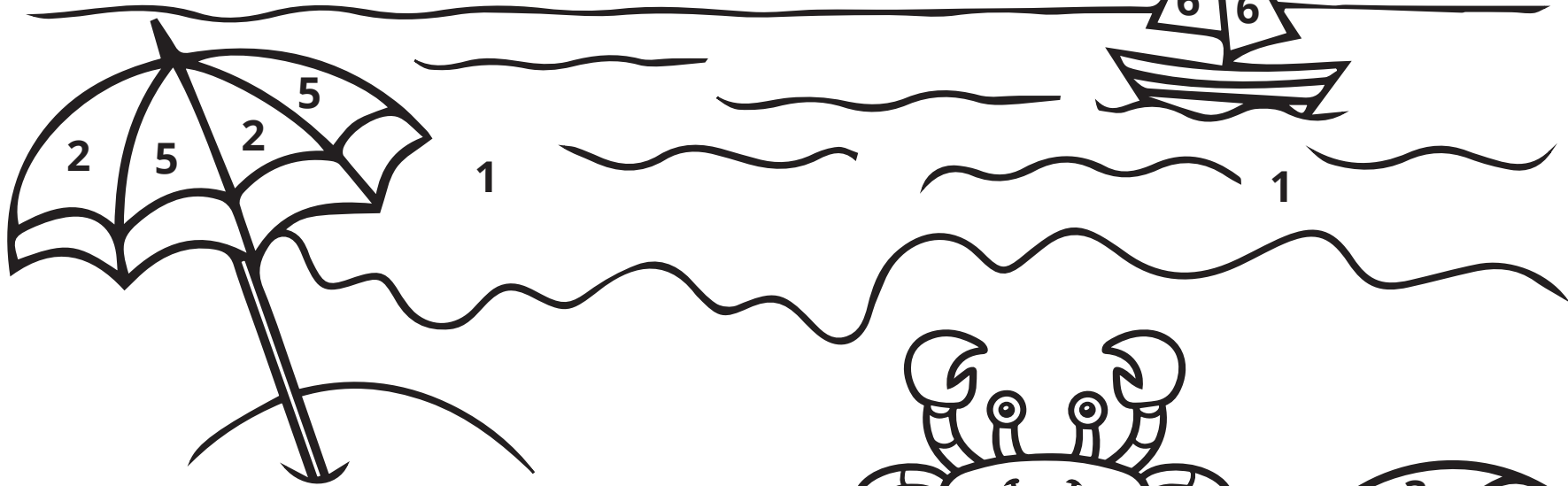
2 = Red

3 = Yellow

4 = Green

5 = Purple

6 = Orange



# Beach Memory Game

Print two pages of the game pieces below. Cut them out and turn over for a fun game of beach memory.

