



### **Activity: *Obstacle Course***

Using available materials, create an attractive obstacle course for your child to enjoy time and time again. Use tunnels to crawl through, ropes to step over, cones to jump over colorful ribbon to twirl with, or even household items. Incorporate learning experiences by use items for them to sort, read, identify, etc. The obstacle course can be a dynamic, ever changing settings with the addition of natural materials, bells, large pieces of fabric and other items to promote cognitive and sensory development.

### **Plant of the Month: *Crape Myrtle (Lagerstroemia indica)***

Known as the “Flower of the South”, Crape Myrtles grow beautifully in most areas of North Carolina. Crape Myrtle is a favorite tree to grow for many gardeners’ due to their durability, colorful flowers and hardiness. In addition, this tree is also ideal in childcare centers with children, due to its child-size scale, climbing potential, foliage, and shading in the outdoor learning environment.

### **Recipe: *Cucumber, Tomato, and Basil Salad***

#### **Ingredients**

- 2 cucumbers, sliced into rounds or chopped
- 2 large tomatoes, cut into bite-sized pieces
- 1 cup basil leaves, chopped
- 2 tablespoons of olive oil
- 1 tablespoons of balsamic vinegar
- Salt and pepper (to taste)

#### **Instructions**

- Gently toss all ingredients together in a bowl,
- Add salt and pepper to taste.
- Serve and Enjoy!