



Activity: *Animal and Nature Yoga*

Yoga is a great exercise and a fun way for children to enhance their physical development! For this activity provide your child the option to do either animals or nature inspired yoga poses. Encourage them to be independent thinkers by choosing different poses to do during the activity.

You can do animal yoga poses with your child to build positive family engagement. Some poses could include cat, cow, downward dog, as well as lizard; or nature yoga poses such as mountain, tree, butterfly, and sun salutations.

Read [Rachel's Day in the Garden](#) by Giselle Shardlow for inspiration.

Plant of the Month: *Lady Banks (Rosa banksiae lutea)*

Lady Banks are a beautiful flowering plant to have in your garden. Known for their thornless vines, these roses can be trained to climb on outdoor structures providing a decorative element during the spring months. In addition, the yellow roses produce small multi-petal blooms with a slight fragrance to entice children's sensory development. As a fun activity, Lady Banks can be used for wreath making or preparing rose bunches with your child.

Recipe: *Kale Chips*

Ingredients-

- 1 Bunch Kale
- 1 tablespoon Olive oil
- 1 teaspoon Salt

Instructions-

1. Heat oven to 300F.
2. Line a baking sheet with parchment paper. Wash kale and dry well.
3. Remove and discard the thick stems from the kale.
4. Tear leaves into bite-sized pieces.
5. Drizzle kale with olive oil and sprinkle with salt. Toss to coat.
6. Arrange kale pieces in a single layer on the baking sheet.
7. Bake 10 minutes or until edges are slightly brown but not burnt.
8. Serve and enjoy!