

---

**POD Wake Co Newsletter- January 2019**

---

**Natural Learning Initiative** <naturalearning@ncsu.edu>  
Reply-To: naturalearning@ncsu.edu  
To: ljlloyd@ncsu.edu

Fri, Jan 4, 2019 at 12:00 PM

Natural Learning Initiative: POD Wake Co Newsletter- January 2019



## Winter Play in the Outdoors



As temperatures continue to drop, so does our motivation to go outside and play. Nevertheless, exposure to the outdoors is vital for the health and development of children. Great effort is required to prepare children for outdoor play, but with a little planning and proper clothing for children, it can be well worth the extra effort. Plan winter play days outdoors with the children. They have great ideas! Below, are fun and simple activities to keep children and adults engaged for many winter seasons to come.

### Suggested activities

## Cold Days

- Freeze water with food coloring, sand or other textures in clear plastic containers so that children can see what is inside and use them as blocks. If it is cold enough, let the containers freeze outside.
- Bubble Freeze – blow bubbles & catch one on the bubble wand. If it is cold enough, it will freeze like a crystal ball and then shatter!

## Rainy Days

- Bring paintbrushes outside and use the water from the puddles to paint on the sidewalk.
- Bring out plastic tubes for water flow experiments.

## Snowy Days

- Look for animal tracks in the snow or try to identify “kid tracks” (stand in a row and then have everyone take a few steps).
- Shovel snow just for fun or shovel the snow into a maze that children can navigate.

For more winter-themed activities check [here](#). Find information at [naturalearning.org](http://naturalearning.org)

---

## Spring 2019



### Register Now!

Spring 2019 registration for the Early Childhood Outdoor Learning Environments certificate course will be opening soon! Check our [website](#) for more information and to register.

- Registration for course starts on January 7, 2018 and will be open until February 22, 2019.
- Certificate course will be offered from February 4, 2019 - April 29, 2019.

Have questions regarding our courses? Check out NLI's [Frequently Asked Questions](#) page for more information.

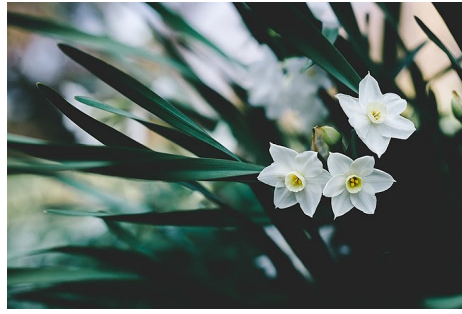
---

## Plant of the Month

### Paperwhites, *Narcissus*

Known for its flowers, Paperwhites are special bulb flowers for the

winter season. Blooming in December and January, this fragrant flower comes in shades of white and yellow. They add color and perfume indoors in early winter months. For best results, grow Paperwhite's bulbs in October or November. You could even grow this plant indoors in container pots.



To learn more about Paperwhites or other plants from your local cooperative extension agent...

[Click Here](#)

---

## Recipe

### Pizza Toast

**Prep time:** 15 mins **Cook time:** 1-2 mins **Makes:** 1 per person

#### INGREDIENTS:

1 slices whole-wheat or whole-grain bread, lightly toasted

1 tablespoons tomato sauce

2 tablespoons shredded cheese

Parsley, to garnish (optional)



Image retrieved from Spark Recipes

#### INSTRUCTIONS:

1. Preheat the the oven or toaster oven to broil.
2. Have children spread each piece of toast with 1 tablespoon tomato sauce and top with 2 tablespoon cheese.
3. Put toast on baking sheet (or on the toaster oven pan) and carefully put in oven. Broil until cheese is browned and bubbling. 1 to 2 minutes
4. Have children sprinkle parsley or other herbs as a garnish.
5. Enjoy!

WOULD YOU LIKE TO DONATE TO NLI?

We support outdoor learning environments for vulnerable population.

[Click Here](#)

**Questions?** Contact us today at 1-919-515-8345 or [naturalearning@ncsu.edu](mailto:naturalearning@ncsu.edu)

[Unsubscribe](#)

This message was sent to [ljlloyd@ncsu.edu](mailto:ljlloyd@ncsu.edu) from [naturalearning@ncsu.edu](mailto:naturalearning@ncsu.edu)

Natural Learning Initiative  
College of Design, Campus Box 7701 NC State University  
Raleigh, NC 27695

---

