

Mommy and Me

Exploring Nature
With Your Little Ones!



Dunwoody
Nature Center

Spring Session I



Spring Themes

- Week 1 Worms – Worms are wiggly and strange! They are also help the Earth.
- Week 2 Clouds – Fun shapes in the sky and the weather to experience.
- Week 3 Rainbows - Colors in nature are so fun to find in the spring!
- Week 4 Turtles – These seemingly slow moving reptiles are wonderful!



Lots of time at home?

Are you finding your schedule has changed dramatically? We are all experiencing a huge shift in our activities and day-to-day routines! Since our Mommy and Me class has cancelled, a mom suggested that we send out some fun nature themed activities to help fill the void. We thought that was a wonderful idea and we hope you find the activities and information in this newsletter helpful and fun for you and your children.

It is important to keep a schedule at home with your little ones through this time of uncertainty. We suggest setting a little bit of time aside each day for nature exploration. Just like in our Mommy and Me class, you can set up a station with an activity we will suggest or find one of your own. Then, take a short hike outside to search for or collect something that goes along with our theme for the week. Your child will likely come up with their own theme – like rocks or sticks!

What are clouds trying to tell us? The Weather!

Clouds are droplets of water and ice in our atmosphere. Clouds are an important part of the water cycle. There are many different types of clouds. Each type of cloud serves a different purpose in the biosphere.

To learn more visit this [website](#)



Worms are Wacky!

Wiggly and Slimy Worms are fascinating to young explorers

What is a worm?

A worm is a simple animal that is a long stomach! It has a mouth on one end where it eats dirt, it filters through the worm's body and out the other end comes worm castings. Worm castings are great nutrients for the soil. Worms also help by bringing air and water into the soil while they dig. Worms do not like the sunlight. That is why they prefer to hide under ground. After a heavy rainstorm, you will find

worms out in the yard and street because their worm tunnels have been flooded. If a worm dries out, it will die. A worm needs its moist slimy skin to help its skin to breathe. If a worm dries out, it cannot breathe. Worms are sometimes hard to find outside if it has been dry. This winter and spring, that has not been a problem. You can find worms under logs and rocks and even by taking a trowel to the garden and turning over the soil a few

times. Some fun activities you can do involving worms are:

- See how many worms you can find – collect worms in a bucket and then let them go again.
- Boil spaghetti noodles and dye them brown. Add it to a sensory table or bowl for fun.
- Glue spaghetti noodles on construction paper!

More Worm Fun!

[Lemon Lime Adventures](#) has a really fun blog post on more worm fun than you thought was possible. Check it out!

My all time favorite preschool activity website is [Preschoolexpress.com](#)



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Clouds, Rainbows and Colors

With all of our rainy weather recently, we have many opportunities to teach about the clouds and rainbows! The first day of spring was March 19! There are lots of fun colors from spring flowers and bright green colors of new leaves!

- **Cloud Puppet** – cut cloud shape out of blue construction paper. Glue cotton balls that you have pulled apart to look wispy on the construction paper shapes. Tape the cloud to a large craft stick. You can now sing some cloud songs found [here](#).
- **Rainbow Science Experiments** click [here](#).
- **Rainbow Craft** – Toddlers love to paint! Put out red, yellow and blue paint and experiment with making orange, green, and purple, then paint a rainbow. It may turn out as a brown rainbow, but it will be fun to paint!
- **Colors Hike** – Cut various small squares of spring colors from construction paper. Take them outside on a nature hike and look for

matching colors in nature.

- **Color mixing** – Add red, yellow and blue food coloring to clear cups of water. Have fun mixing the colors in another clear cup. See if you can make purple, green and orange.
- **Rainbow Snack** – See how many different colors of vegetables and fruits you can line up in the colors of the rainbow. They say to eat a rainbow each day for good health!
- **Books** – A favorite cloud book that I enjoy reading to kids is “It Looked Like Spilt Milk” by Charles G. Shaw. Here is a [video](#) of someone reading it! A fun rainbow book is “What Makes a Rainbow?” by Betty Ann Schwartz. Here is a [video](#)

- **Cloud Snack** – Whipped Cream, Cool Whip or yogurt plopped on a plate with blueberries as raindrops



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There are three main groups of turtles. Land turtles are tortoises. Mainly aquatic turtles are called turtles. Turtles that spend time on land and water are called terrapins.



Above is a Diamondback Terrapin, found on the Georgia Coast



Above is a baby box turtle. Box Turtles live all their time on land throughout the United States and Mexico.

Turtles Time Activities

- **Turtle Craft** – Cut out turtle head, legs and tail shapes from green construction paper. Staple these on to a paper plate so it looks like a turtle. Have your child paint, color or glue pieces of tissue paper on the shell.
- **Turtle Snacks** – Make the shape of a turtle using green fruit – apples, grapes and kiwis.
- **Books** – A favorite turtle book is: “Turtle Splash!” by Cathryn Falwell.
- **My Body and Your Body** – Compare the differences and similarities between humans and turtles. (a turtle shell is made out of bone and the turtle cannot leave it’s shell, we have a head and arms and legs too but we don’t have a tail. We have hair and a turtle has scales, etc.). *Eastern Box Turtle Shell*



- **Turtle Races** – Take some pictures of different animals (fish, turtle, bird and rabbit) and take turns with your child acting out how the different animals move. Have fun racing each other as the different animals.



Loggerhead Baby Sea Turtle

To the right is a baby loggerhead sea turtle that can be found at the Jekyll Island Georgia Sea Turtle Center. You can go online to this [website](#) and “adopt” a sea turtle in need.

See this [website](#) for more turtle activities.



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