



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TODAY'S TIP

YMCA OF FREDERICK COUNTY



May 2, 2020

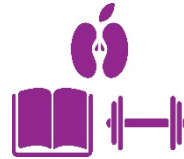


FAMILY HUDDLE

Feed the Birds

Make a bird feeder for your feathered friends.

- Look around your yard or walk around your neighborhood to find pine cones.
- Tie a string around your pine cone.
- Spread peanut or other nut butter over the pine cone.
- Roll the pine cone in bird seed and coat it well.
- Hang your feeders from a tree and watch the birds enjoy!



HEALTHY SPIRIT, MIND, AND BODY

Recipes for a Budget

Access hundreds of free recipes for those cooking on a budget.

Recipes can be searched by cooking method or main ingredient. All recipes include the estimated price per serving.

Get the kids involved to find new recipes to try.

Search for more at budgetbytes.com/



MORE ACTIVITY, MORE FUN

Sidewalk Chalk

Get outside and draw with homemade chalk.

Learn how to make your own sidewalk chalk with water, cornstarch, and food coloring.

Create pictures or write some nice notes for your neighbors to read when they walk by.

Watch at youtube.com/watch?v=-h8tQJcxPKs



HOMEWORK HELPER

Museum Activities

Access resources from the Boston Children's Museum that include everything from science, technology, engineering, and math (STEM) activities to tinker kit activity sheets for young builders and engineers.

Visit

bostonchildrensmuseum.org/learning-resources/parent-educator-resources