

# News Notes To Parents

Purdue University Cooperative Extension Service of Wells County

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## Summer Art Activities for Social-Emotional Learning



The summer months are approaching, which is a great opportunity for getting outdoors and working on social-emotional learning through art. The Institute for Art Integration and STEAM shared how they promote social awareness through art activities. Through arts we can learn to take the perspective of others, find commonalities, and appreciate our differences. Through our passions and a shared community of diverse backgrounds we can also deepen positive relationships with others. Whether a child has a strong interest in the arts or another subject, these activities will be engaging for anyone's sense of creativity! Here are a few activities practicing social emotional learning skills through the arts children can do at home or at school:

### Drawing Activity:

Happy Me versus Angry Me

**Instructions:** Have your child draw two different pictures to compare side by side. First, they will draw a picture of what they look like when they are happy. Second, they will draw a picture of what they look like when

they are angry. Ask your child to include in the picture examples of things that make them happy or angry.

### Collage Activity:

Picture Collage

**Instructions:** Using old magazines, have your child cut out pictures of things that are important to them. Then have a discussion about what they chose and why they chose those pictures.



### Music Activity:

Name the Emotion

**Instructions:** An adult will play the first 10 seconds of a song or long enough for the first lyric or two to play. The children have to guess what emotion they hear in the song (happy, sad, angry). If there is more than one child you can keep track of who gets it right first and give points. After finding the right answer everyone playing can try singing the song with a different emotion intonation. For example, if it is a sad song try singing it cheerfully!

To read full article with more activities go to:

<https://betterkids.education/blog/5-art-activities-for-social-emotional-learning>

# Healthy Eating for Kids



Healthy eating is important at every age. Offer kids a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding on foods and beverages, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:

- **Offer variety:** Include choices from each food group—fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives—in meals and snacks during each day.

- **Connect at mealtime:** Eat meals together whenever possible. Turn off the TV and put away phones and tablets, so you can “unplug” and focus on healthy foods and each other.
- **Make good nutrition easy:** Designate a shelf or a drawer in your fridge for your kids. Stock it with cut-up fruits and vegetables, yogurt, nut butters, and whole-wheat mini bagels and crackers.
- **Think about their drinks:** Make water and low-fat or fat-free dairy milk or fortified soy alternatives easy options to grab in your home. Have ready-to-go containers filled and in the fridge to take on outings.
- **Get kids involved:** Depending on their age, kids can peel fruits, assemble salads, measure, scoop, and slice. Let them create and name their own side dish.
- **Have a shopping buddy:** Let kids participate in grocery shopping online or in the store. Reward them by letting them choose their favorite fruit or maybe a new one

Source: <https://www.myplate.gov/tip-sheet/healthy-eating-kids>

## Orange Banana Frosty

The perfect treat to end a hot summer day. Toss the ingredients in the blender and enjoy!

### Ingredients

- 1 banana (frozen)
- 1/2 c. low-fat yogurt (plain)
- 1/2 c. orange juice (prepared)

### Directions

1. Wash hands with soap and water
2. Put all ingredients in a blender and mix well
3. Add more liquid if you want the drink thinner

Nutrition Information:

Serving Size: 1/2 c.

Calories 119, Fat 1g, Cholesterol 4mg, Sodium 44mg, Carbohydrates 24g, Fiber 2g, Sugar 17g, Protein 4g, Vitamin D 0mcg, Calcium 122mg, Iron 0mg, Potassium 479mg



Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/orange-banana-frosty>

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