

# Parent Guide: Your Neighborhood – Teachers

## Fizzing Colors, Hand Print Card, Phys Ed Class

# 1

### Fizzing Colors

Baking soda + vinegar = fizzes and giggles and a great chemistry lesson.

#### Supplies Needed:

- baking soda
- white vinegar
- medicine dropper or squeeze bottle
- food coloring (optional)
- baking sheet or craft mat for spills

Join us on our Facebook page for instructions!

# 2

### Hand Print Cards

Any teacher or child care provider will love this homemade card...create one for your favorites to show them your appreciation.

#### Supplies Needed:

- paper
- washable paint
- markers
- other craft items for embellishment (glitter, googly eyes, etc...)



(source: theresjustonemommy.com)

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# 3

### Phys Ed Class

P.E. has long been the favorite class for many students. Set up your own class in the driveway or living room. Create stations for different physical movements like stretching, jumping jacks, sit-ups, push-ups, running laps, lifting weights (soup cans). If you have a whistle use it to denote change times between stations. Use a stop watch to time how many of each movement your kiddo can do in one minute, or see how fast they can do one round through each station doing 10 reps of each movement.