

YMCA Child Care Resource & Referral

# SEASONAL RESOURCE SHEET

Spring is almost here, and we can't wait! Time to head outside and feel the warm sun shining down and experience the sounds of the returning songbirds, the smells of all the fresh leaves and flowers. Our thoughts return to digging the freshly warmed earth in the garden and getting it ready to plant for seasonal harvesting! Working in the garden brings back memories of childhood and planting with my Mum and with my daughter.



## Include the BC Early Learning Framework in your practice!

"Connecting with the earth cultivates, enriches and deepens children's relationship with place, land, and the creatures and forms within it" Early Learning Framework

"Getting young children involved with gardening is a great way to connect with nature, learn about food, and how food grows. In the garden, children also get to use all of their senses (touch, taste, see, hear, and smell). For example, they can see fruits and vegetables as they grow, and possibly taste them once they are ripe. Children are often more keen to try something they have helped grow or prepare. Early spring is a great time to start seeds indoors and talk to children about our growing season". "Let's Play" Handbook, p. 51

<https://www2.gov.bc.ca/gov/content/education-training/early-learning/support/play#letsplay>



## SPRING ACTIVITY INSPIRATION

Here's a fun project that encompasses nature and science and is a creative way to get your children outside and involved- DIY Seed Bombs. The seed bombs are little papier mâché creations filled with flower seeds that once planted transform a patch of earth into a beautiful meadow!

## Seed Bombs



Follow the link for full instructions:  
<https://www.naturalbeachliving.com/how-to-make-seed-bombs/>

# LET'S MAKE SIDEWALK CHALK

## Supplies needed:

- 1 Container Plaster of Paris
- Washable Tempera Paint, multi-colours
- Plastic Spoons
- Plastic Cups
- Silicone Mold of your choice



## Directions:

1. Into each plastic cup, pour 1/3 cup water at a cool temperature of approx. 40-50 degrees.
2. Stir about 3-4 Tbsp. of a different color paint into each cup of water.
3. Mix 2/3 cup Plaster of Paris into each cup. The consistency will be like runny yogurt.
4. Pour these into the silicone mold and tap it gently on the counter to remove air bubbles.
5. Let set for upto 24 hours. Setting them in the sun will lessen the time.
6. Pop the chalk out of the molds and make sure they feel dry all over.



## SENSORY EXPERIENCES

You may also feel inspired to bring the outside in with this clever idea for a sensory experience. This activity not only stimulates the senses but also encourages creativity and imagination.



*Nature walks always inspire me, and I hope you find that too! I love this idea of using free paint chips for the children to try and color match items on their excursions:*



*With this activity you may ask critically reflective questions such as:*

- What materials invite experimentation, problem solving, or intrigue?
- Consider how materials are presented and how does this limit or invite experimentation and investigation?
- In what ways can I acknowledge children's small moments with ants, birds, or worms as meaningful relationships?
- What opportunities do children have to care for their environments (eg, cleaning, fixing, gardening, helping others)?

View the Early Learning Framework:  
[https://www2.gov.bc.ca/assets/gov/education/early-learning/teach/earlylearning/early\\_learning\\_framework.pdf](https://www2.gov.bc.ca/assets/gov/education/early-learning/teach/earlylearning/early_learning_framework.pdf)

For information on edible flowers click on links below:  
West Coast Seeds blog: [List of Edible Flowers](#)  
Canada Food Focus: [Edible Flowers](#)

## Lending Library Resources:



36720 Life Cycle



33933 Flowers in Spring



18504 Flower Garden

Check out our Library page here:

<https://www.gv.ymca.ca/early-learning-resource-library>

## Acknowledgements:

[NaturalBeachLiving.com](https://naturalbeachliving.com)

<https://carrotsareorange.com/spring-garden-sensory-tub/>

<https://appetitetoplay.com/healthy-eating/tips-ideas/gardening-kids>

<https://appetitetoplay.com/healthy-eating/recipes/drink-beauty-flower-water>



ChildCareBC

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