

FOCUS WEEK:

Wellness/Keeping Cool



Part of emotional and physical wellness comes from feeling resilient and able to manage whatever life throws your way. Learning to “keep our cool” when summer weather heats up is a great way to instill resilience in kids while also helping them stay outside—something that opens up loads of health and wellness benefits!

All of this week’s activities utilize the water, mud and art centers to explore creative and fun ways to keep cool. Haven’t set up centers yet? Give it a try! They will offer inspiration for weeks of play this summer, and future seasons to come. See descriptions, recommendations and images here.

To find out more about kids and wellness:

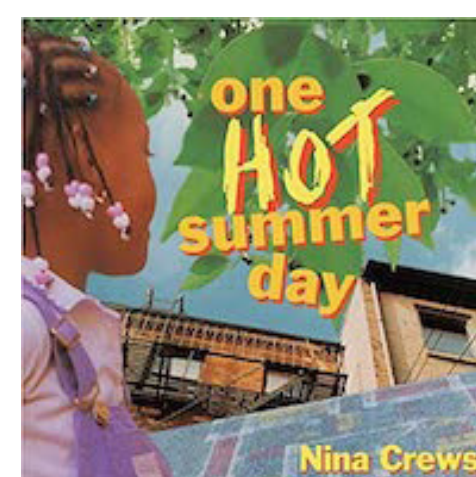
- [We Need Outdoor Time Now More Than Ever](#)
- [Taking Your Vitamin N](#)



WHAT ARE FROZEN TREASURES?

Frozen treasures are a staple all year round at Tinkergarten. They are super simple to make, pique curiosity, stimulate kids’ senses, and even offer relief from the summer heat.

What are they? To us adults, frozen treasures are pieces of ice, formed in containers of various shapes and sizes (e.g. ice cube trays, muffin tins, cake pans, recycled containers). To kids, they are pure magic. We can color them with a few drops of liquid watercolor paint or food coloring. Or we can add nature treasures or small objects to the water before freezing then invite kids to “free” the treasures from the ice.



AALIYAH READS!

This is a great week to find a cool spot or a cold drink, get comfy, and

click [here](#) to watch and listen to Aaliyah read [One Hot Summer Day](#) by Nina Crews.

You can also purchase this book for your home library [here](#).

Preschoolers are at that magical age when they can start to identify their feelings and needs. They can even start to support themselves or request help from a trusted adult. Feeling in charge of their own self-care and wellness is a big step toward independence, and learning to figure out how to cool down on a hot day is great practice!. Plus, the more comfortable they can stay in the heat, the longer they can stay outside and get all of the benefits that come with outdoor time.

This week we provide a list of cooling activities kids can do in one or more home play centers. Read more about how to set up simple centers [here](#). Each day of camp this week, pick one (or more!) activities from the list below. Want a fun summer challenge? Try a handful and see which one(s) your preschooler enjoys most!



15 WAYS TO HELP PRESCHOOLERS KEEP THEIR COOL:

WATER PLAYGROUND

- ☐ **Cool Mist:** Have peppermint tea? Fill a spray bottle with cooled peppermint tea. Spray on neck, behind knees, and anyplace else that needs a cool spritz. Even without the tea, mist from a spray bottle makes us feel cooler, and can give kids a way to “spray paint” a sidewalk, walkway, fence, etc.
- ☐ **Ice cube cool down:** Wrap the cubes in a cloth or thin kid sock if holding them in bare hands is uncomfortable. Where can you put the ice cube that keeps you coolest? (Tip: Putting ice on [pulse points](#), like behind knees and on wrists is extra cooling).
- ☐ **Lemon and orange slices in water:** Staying hydrated is important in the heat, and yet reminding kids to drink water 100 times a day gets old fast. Add some bright oranges, yellows and greens to a pitcher of water and...voila! No external motivation needed. Kids can help in the slicing, juicing, squeezing and prepping, too.
- ☐ **Free the ice treasures:** Go on an ice treasure hunt. Then, offer warm water, salt, sticks or mallets and welcome kids to use their problem solving skills to free the trapped treasures from the ice.
- ☐ **Duck, Duck, Splash:** We all know the classic Duck, Duck Goose game. In this warm-weather version, the person who is “it” carries a bucket or cup of water and pours it on the lucky person who is “goose.”
- ☐ **Make your own snow cones:** Nothing is more refreshing on a hot day than a snow cone. Blend ice cubes in a blender or food processor or invite kids to shave ice using a stick or kitchen utensil. Enjoy the snow cone as is or invite kids to add flavor using ingredients from the kitchen.
- ☐ **Go “fishing”:** Freeze one end of a piece of twine into the ice treasures. Once frozen tie the other end to a stick and you have a fishing pole complete with cool fish.



FOR PRESCHOOLERS: Keep Your Cool

MUD KITCHEN

- ☐ **Bury feet in the mud:** When in doubt, do as pigs do. Mud is so good at retaining cold and is malleable, so kids can sculpt it to cover whatever needs cooling.
- ☐ **Pig play:** Speaking of pigs, use marker or acrylic paint to turn stones into pig friends. Then let the pretend play begin—and let mud play keep pigs and your kids cool.
- ☐ **Toy car/truck wash:** How dirty can we make the trucks? Let trucks get super muddy, then use dish soap and water to give kids a sudsy truck wash—a captivating way for kids to clean up their trucks and cool themselves down.
- ☐ **Spa day:** Who doesn't need some pampering right about now? Freeze some cucumber slices and soak some washcloths in ice water and invite kids to create a cooling mud mask for themselves (and for you!)
- ☐ **Dinosaur dig:** Hide some nature or frozen treasures in a container or kid pool with mud. Pretend to be archaeologists and excavate the treasures!



ART CENTER

- ☐ **Ice paint:** Add a few drops of food coloring or liquid watercolors to water and insert popsicle sticks before freezing and you've got some frozen paint sticks! Offer paper or a sheet for an icy cold painting experience.
- ☐ **Chill out potion:** Using a mason jar (or other container) invite children to use water, markers, chalk and other goodies from your art center to make a potion that helps people cool down.
- ☐ **Painting on ice:** Freeze a large block of ice using a cake/pie pan or large yogurt container and invite your child to paint it using paintbrushes and watercolors.
- ☐ **Nature fans:** Offer kids a square of heavy paper (card stock, cardboard, manila folder) and invite them to find a stick (about 10-12 inches long) to tape onto one side. Voila! You have a nature inspired creation with cooling effects that offers relief from the heat. [Click here](#) for more info about this activity.



SHARE photos and stories of your experiences and time outside this week using #tinkergarten and #outdoorsall4 or in our free [#OutdoorsAll4 Facebook group](#), and we may just feature your photos in next week's email!

ABOUT TINKERGARTEN Tinkergarten® is your guide to purposeful outdoor play—the kind of play that helps kids become healthy, capable and confident learners.