

Spring Kids Kit

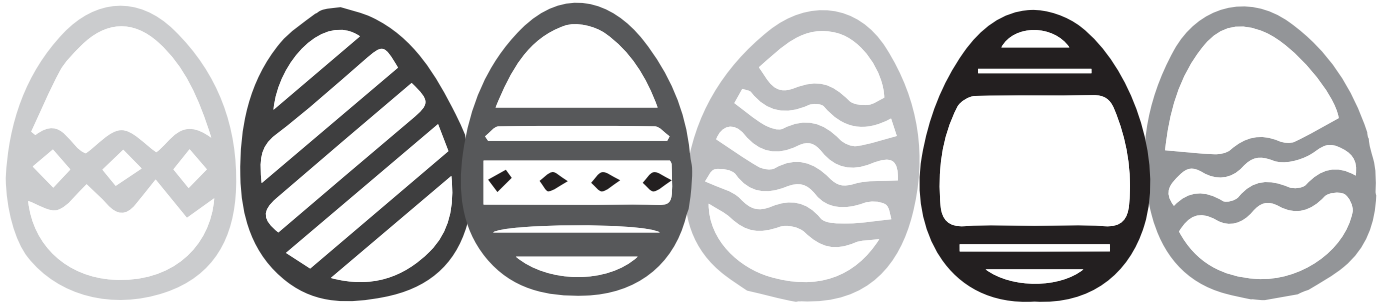
Color your spring with games, jokes,
kid friendly recipes and more!



Illinois Extension

UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

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Dye Eggs with Colors from Nature!

INGREDIENTS

4 cups water

2-4 cups food OR 2-4 Tbsp dry spice OR 1/4 cup herb or plant

1 Tablespoon white vinegar

Eggs

DIRECTIONS

1. Combine water and dye material in a large saucepan.
2. Bring to a boil then reduce to a simmer.
3. Add eggs to saucepan once dye water reaches a simmer.
4. Cover and let simmer 15 minutes. Carefully stir mixture or spoon



RED/PINK

Beets
Cranberries
Radishes
Raspberries



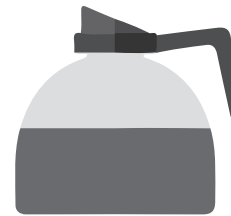
ORANGE

Yellow onion skins
Turmeric powder
Paprika



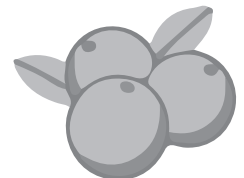
YELLOW

Carrot tops
Orange/Lemon peels
Celery Seed
Ground Cumin



BROWN

Coffee grounds
Tea



BLUE/GRAY

Blueberries
Red cabbage leaves
Grape juice



April 11 is National Teach Kids to Save Day!

Feed the Pig!

- Talk about money with adult regularly
- Open a youth savings account
- Practice using money
- Start saving money early



Cucumber Strawberry Salsa

Get in the kitchen and try making this yummy springtime twist on salsa. Ask an adult for help to get started.

INGREDIENTS

1 cup strawberries, diced
1 cup cucumber, diced
1/2 cup red onion, diced
1/2 - 1 jalapeño pepper, finely chopped (remove seeds for less heat)
1/4 cup fresh mint, chopped
1 tablespoon lime juice
1/4 teaspoon salt
1/8 teaspoon ground black pepper

PREPARATION

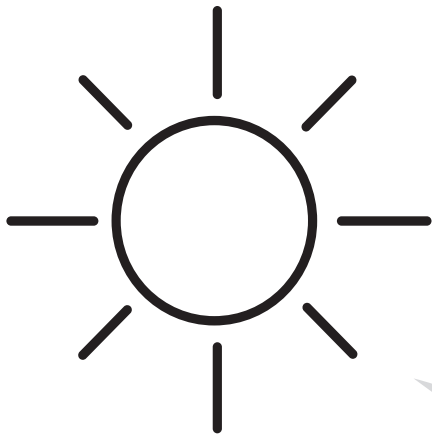
1. Wash hands with soap and water.
2. Rinse produce in cool water.
3. Combine strawberries, cucumber, onion, pepper, and mint in a bowl. Toss with lime juice.
4. Add salt and pepper and stir.
5. Serve with baked whole-grain chips or crackers.

SOURCE: Eat Move Save, nutrition info at eat-move-save.extension.illinois.edu/eat/recipes/cucumber-strawberry-salsa



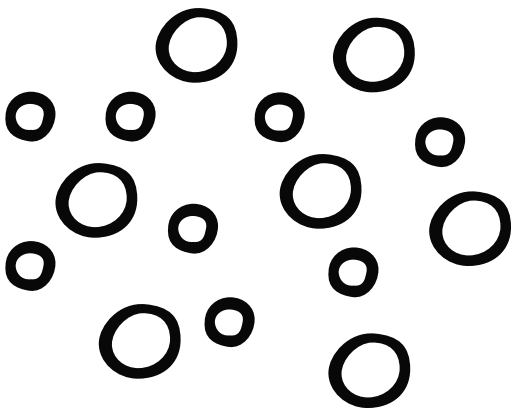
We can thank pollinators for strawberries! A single plant has about 200 flowers that are visited multiple times by bumblebees, honey bees, and other pollinators. Buzz!

HOW DO CLOUDS FORM?



The sun's heat evaporates water on the Earth's surface into water vapor.

That water vapor condenses when it cools high up in the air.

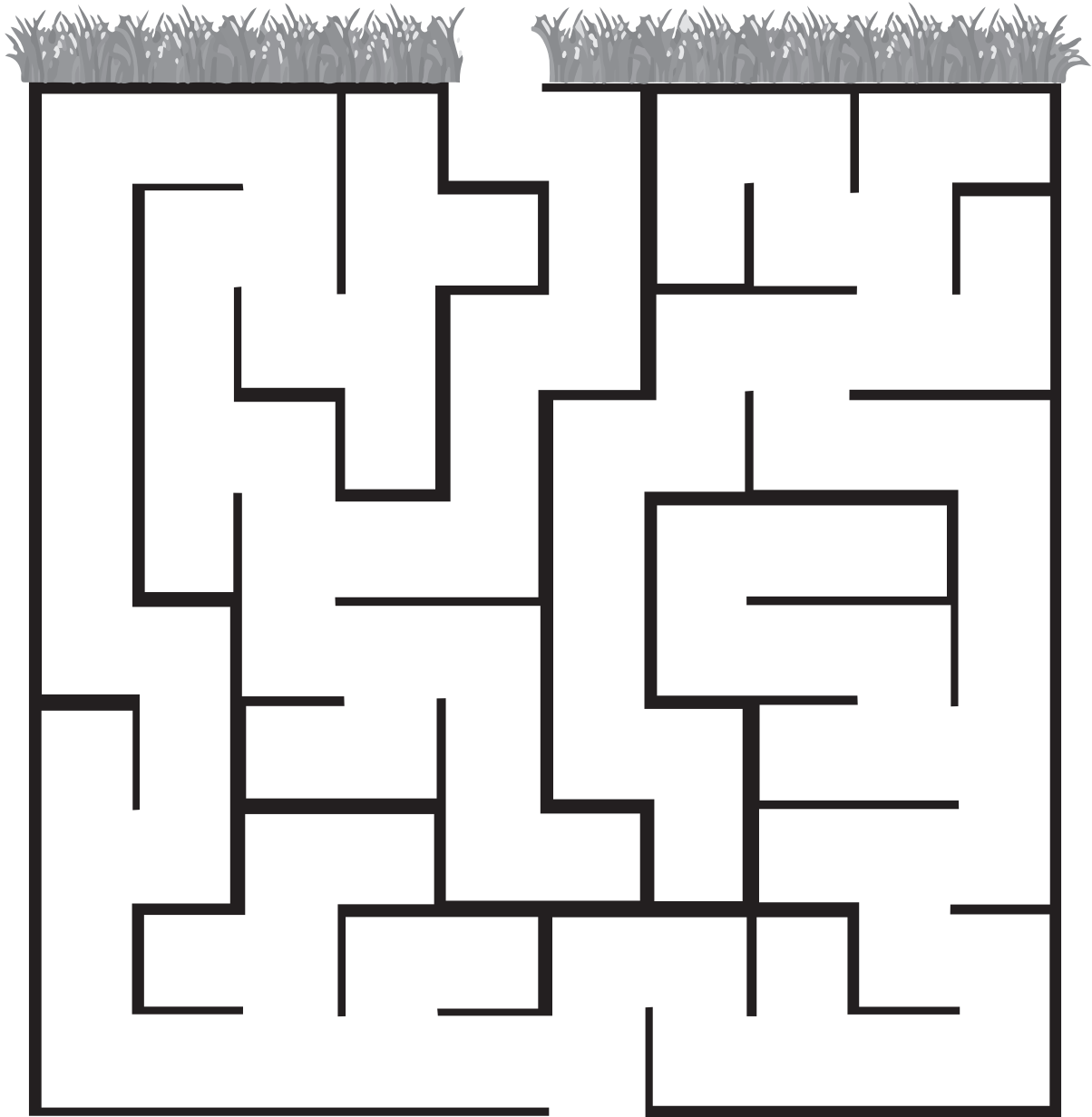


The water droplets in the air crash into each other - Bang! - and combine to form even larger water droplets.

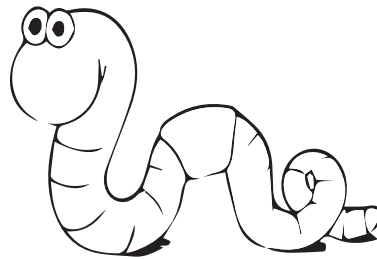


The water droplets float on small particles in the air, like dust particles.

All of the floating droplets gather together to form clouds!



Help Herman
the Worm Reach
the Surface!



FUN FACT!

An earthworm spends most of its life underground, plowing through the soil and creating complex burrow networks that may extend 6 feet or more beneath the surface!

Plant a Tree for Earth Day!

1. Pick a tree that is right for the spot. Think about how much light and water that area gets.
2. Before digging, check with an adult. Call JULIE to mark buried utility lines.
3. Dig a hole at least **2x wider** than the root ball.
4. Remove the tree from its container or root ball materials.
5. Gently loosen the roots.
6. Add soil over the roots only as high as the original soil level of the container or root ball materials.
7. Gently tamp down to get rid of air pockets but don't overly compact the soil.

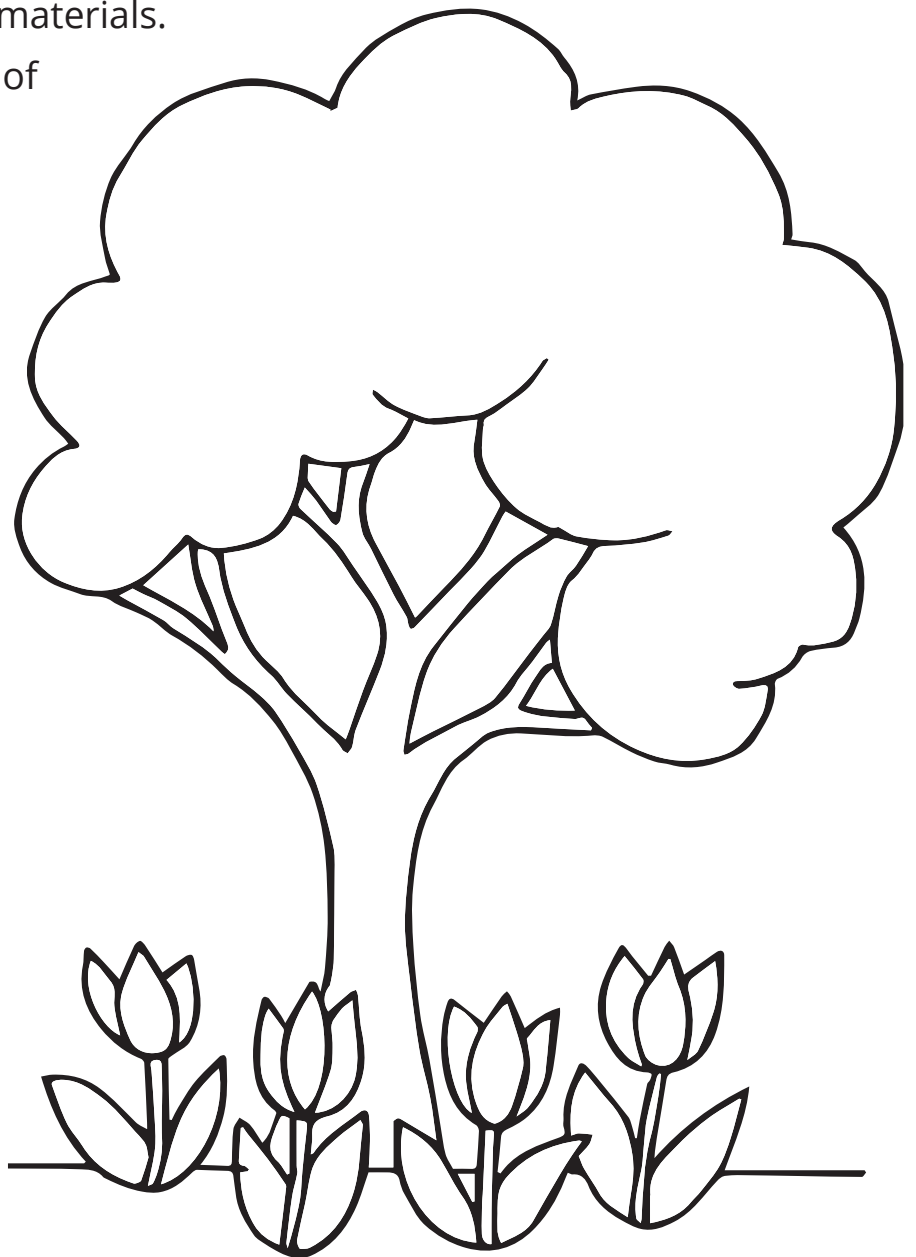
Tree Care Tips

Trees live a long time. Help them out when they're young to make sure they last!

Staking: Only stake a tree if it's in a windy area.

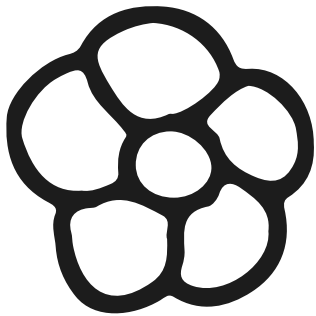
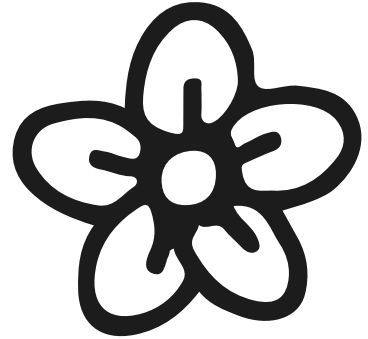
Mulch: Feed your tree with mulch. Add a layer of mulch around the base of the tree about 2-4 inches deep in a doughnut shape, leaving an empty ring in the middle so no mulch touches the bark.

Water: Watering is important the first three years after planting. Figure out how much water it needs by wrapping a tape measure around the trunk to find the tree's diameter in inches then do some math! *Diameter x 3 gallons = weekly watering needs.*



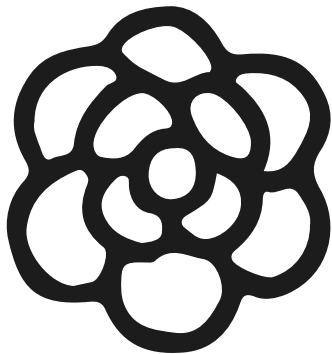
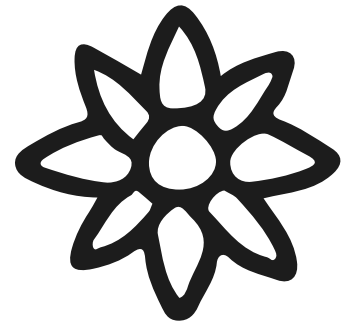
Flower Jokes

**What do you get if you cross
a monkey with a flower?**
A chimp-pansy

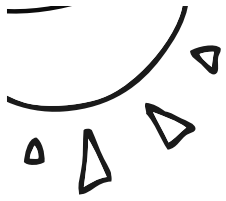


How does a flower whistle?
Through it's tulips

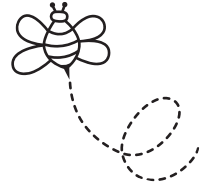
**What do you call a flower
that runs on electricity?**
A power plant



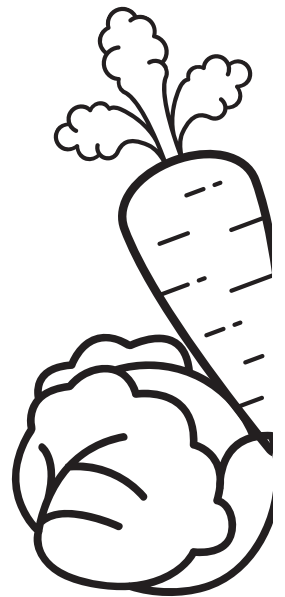
**What do you get if you cross
a sheep dog with a daisy?**
A Collie-flower



Word Search



E W E R A M V D J P E H D D Y V C N Q S
 N T K T Q P W U L P T D P E X E Q L R T
 L E T W H F P Z S R I T O M A T O E O S
 H Z Y W E B M L I D V D W H G Z P R C M
 B A W T G A N L E I E U S N Q P N I A R
 H L S X A O E O E S L E T P E F X X M O
 U O A X B D R A H C R O S P R C V W R W
 Q Y Q E B B D E F W R R C E N O I N O R
 M R T U A E N E O R A F S C H Q U Z I M
 D W Z J C H Q Y A H A C O I O C X T K J
 N L U K N S M C X S I L A A A R A H P L
 W F J C C B T T R E V B L X N Q B E J E
 W A Y W Q S I H A D Z J F I B D C U P A
 Q R K T O W P G F I Z T K O P N J E T Y
 Q E G P L A H I Z W T F W B E R V N M N
 P Y M X S W P L W R B N I F I P E R J R
 O O C Z S D I N W H J A L X P W C T G C
 C O Q M M L K U S F Z P K N U G O T A G
 S U G A R A P S A P X I P N U C U J X C
 N E D R A G L I E G Y N N U B F P K Q A

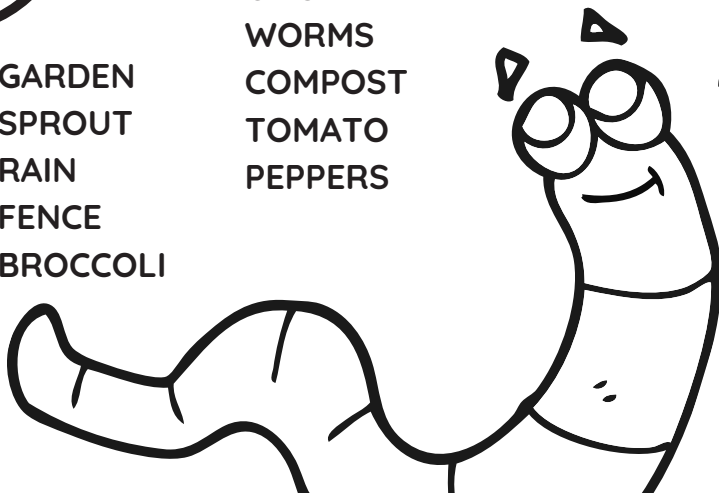


How many words can you find?



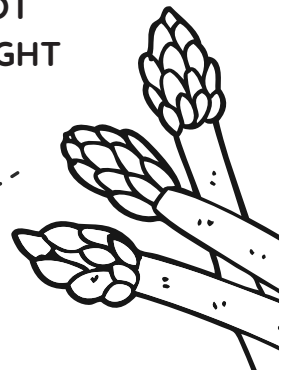
GARDEN
 SPROUT
 RAIN
 FENCE
 BROCCOLI

ORCHARD
 WORMS
 COMPOST
 TOMATO
 PEPPERS

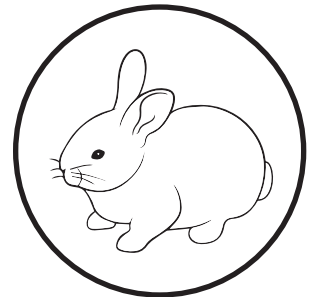
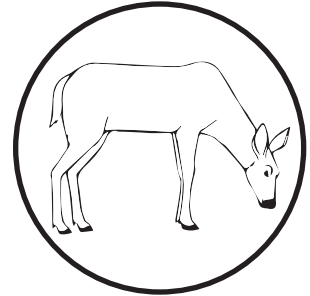
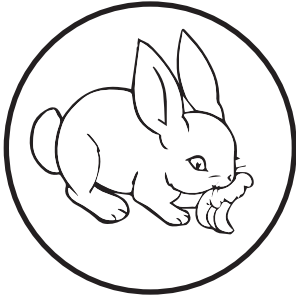
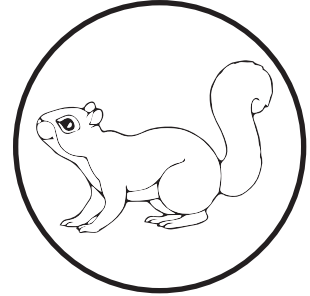
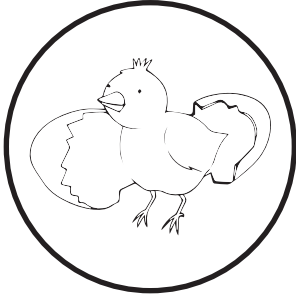


CATERPILLAR
 ONION
 CABBAGE
 ASPARAGUS
 PEACHES

BUNNY
 SEEDS
 APPLES
 CARROT
 SUNLIGHT



HELP! CAN YOU MATCH THE BABY ANIMAL TO ITS MOM?

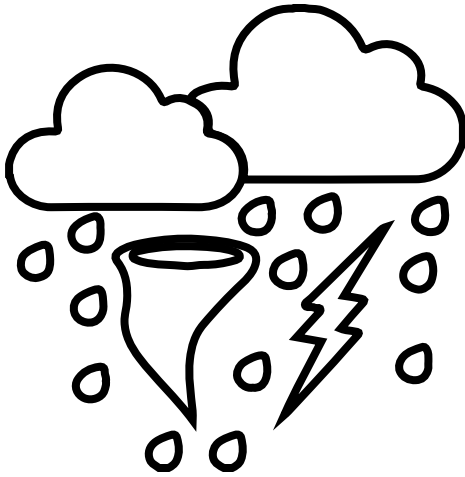


What should you do if you find a baby animal alone?

- Do not touch or remove it unless you are absolutely sure that it is an orphan. Deer safely leave fawns alone for hours while they eat.
- A young animal or bird that looks well-fed and has bright eyes and clean fur or feathers is probably not orphaned.
- If the animal does need help, contact a wildlife rehabilitator for advice.

SOURCE: www.wildlifeillinois.org/get-help/help-injured-or-orphaned-wildlife/help-for-orphaned-wildlife

Ready for severe weather?



Tornado Watch or Warning?

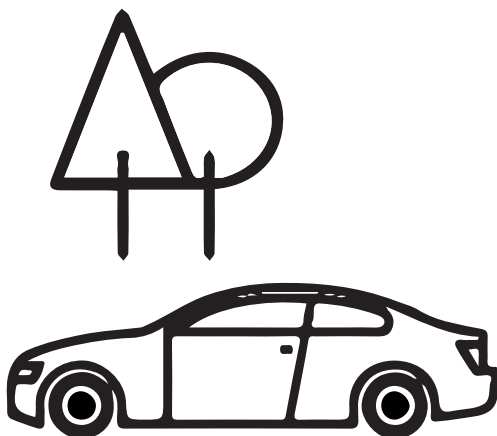
Watch: Tornadoes are possible. Watch the sky and check to local weather reports. Be prepared to take shelter.

Warning: A tornado has been sighted or indicated by weather radar. Take shelter and wait for the “all clear” announcement by authorities.



At Home or School

- Go to the predetermined shelter
- Stay away from windows, doors, and outside walls
- Get low or under sturdy furniture and hold onto it



Outdoors or in a Vehicle

- Don't try to outrun the tornado
- Find a nearby building for shelter
- If there is no time to get indoors, lie in a ditch or low area away from vehicles

Did you know, May is Older Americans Month?

Celebrate by chatting with an older adult friend or family member. Ask someone at least 65 years old these questions and write or draw the answers. **Tip:** Can't meet in person? Do a phone or video call or write a letter.



When were you born and where did you grow up?

What was your first job?



What was your favorite subject in school?



What was the best trip or vacation you've ever taken?



Can you remember an important event that happened when you were young?

What are some of the biggest changes you've seen in your lifetime?



What did you do for fun as a teenager?

Source: Family Heritage 4-H project.

Learn more about
Illinois 4-H at
4h.extension.illinois.edu

