



DISTANCE LEARNING DAYS 40-49

Greetings Stowe Head Start PK Families,
































It's hard to believe that this packet marks 40 days of distance learning. Please pause and take a moment to acknowledge all the work you have done to support your PK student over the past 40 days! Again, we THANK YOU repeatedly for your commitment to providing your child with routine, predictability, and experiences that keep them curious! We hope using the MSTEAMS platform is becoming more intuitive and familiar to you. Your child's teacher will continue to help guide you as needed, just say the word! Stay well and let us know if there is anything we can do to help!

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Throughout this packet, you will see notes **highlighted** to indicate a connection to your classroom TEAMS page!

Linear Calendar: A linear calendar provides a more concrete, visual representation of time than the matrix calendar. Each PK classroom uses a linear calendar. We represent weekend or “home” days as a house and school days as a backpack. When school is not in session due to a holiday, snow day, or in this case emergency closure, a red “no” symbol is placed over the backpack. You can cut and tape/glue the template calendar below to make a linear calendar for home or duplicate it using this structure as a guide using whatever materials you have available. This calendar will be familiar to your child. In the event the school closure extends past May 20, simply add a red “no” symbol to the remaining days.

May

									
1	2	3	4	5	6	7	8	9	10
									
11	12	13	14	15	16	17	18	19	20
									
21	22	23	24	25	26	27	28	29	30
				Memorial Day					
									
31									

Suggested Daily Schedule

Breakfast	20 minutes
Circle Time	20 minutes
Linear Calendar/Math	5 minutes
Center/Work/Play	30-60 minutes
Physical Activity/Outdoor	30-60 minutes
Music	20 minutes
Lunch	20 minutes
Rest	1 hour
Snack	15 minutes
Outside	30-60 minutes
Family Time	30-60 minutes

Helpful Links:

<https://www.youtubekids.com/channel/UCVcQH8A634mauPrGbWs7QIQ> awesome movement but also educational songs!

<https://www.pbs.org/parents/> scroll down to 'Parenting during Coronavirus', great resources including read a louds and 'You are Enough' message to parents.

<https://sesamestreetincommunities.org/>

www.secondstep.org use code SSPE FAMILY68 (social-emotional curriculum)

Virtual Tours: Typing in “virtual tours for kids” brings you to zoos, aquariums, and museums. Take a trip in your own home and talk about the animals or the artwork. Children can draw a picture of their favorite animals or recreate their favorite paintings. Encourage them to create their own ideas and pictures. Perhaps the children can create a picture journal to share with others about what they saw.

Virtual Field Trips	Description
https://www.youtubekids.com/watch?v=6qem_n7Z014	Take a tour of the dinosaurs!
https://www.youtubekids.com/watch?v=z9zZ48jZyk	Explore a farm for bees!
https://www.youtubekids.com/watch?v=v64KOxKVLVg	Take a look at an underwater national park!

Tips for doing Message of the Day – At school we sit together during circle time and the teacher has a message in mind and then draws a picture of the idea while the children guess what it is. The teacher and the children say the message as the teacher draws a line for each word. Then the teacher and the children say the message as the teacher points to the empty lines. Children then say the message as the teacher writes the words on each line.

See the examples outlined for each day below and feel free to use any materials you have at home: chalk, crayons, pencils, paper, tablets, and have fun together!

Day 40:

Breakfast:

- **Question of the day:** Check out your classroom's TEAMS page for a fun interactive way to answer!
- Are dinosaurs alive? Yes or No

Circle Time:

- See your classroom's TEAMS page for a fun **read aloud** of the book *Harry and a Bucket Full of Dinosaurs* by Ian Whybrow.
- **Message of the day:**
- _____ . **We are going to make fossils.**

Calendar:

- See the **Linear Calendar** channel on your classroom's TEAMS page for today's video!
- Count the number of days that have passed this month, clapping once for each number.

Center/Work:

- Make a fossil. Combine salt, flour, and water in a small bowl. Mix well until a soft dough forms. When dough forms, pinch off small fistfuls to shape into flattened rounds. If you have dinosaur toys or small animal toys press into to dough. You could also use leaves or seeds. Bake at 200 degrees until your fossil is dry. Thin, flat fossils may take 45-60 minutes.

Physical Activity:

- Choose an activity from the **Movement** channel on your TEAMS page!

Music: Learn a new finger play!

Dinosaur moves

Spread your arms way out wide,
Fly like a Pteranodon, soar and glide.
Bend to the floor, head down low
Move like a Stegosaurus long ago.
Reach up tall, try to be
As tall as Apatosaurus eating a tree
Using your claws, grumble and growl,
Just like Tyrannosaurus on the prowl

Lunch:

- Talk about the variety of dinosaurs they learned about. Which ones did they like or not like? Compare and contrast the dinosaurs.

Rest for 1 hour

Snack: Enjoy sitting together and talking about what they did today.

Outside Time: This is a good game if it is raining outside.

- All players lay on the ground on their back, forming a line as if they are all asleep in one long bed. One person is the Caller. The objective of the game is for the Sleepers to jump up to their feet when they hear "Fire on the roof!". The last player in an upright position joins the Caller's team. The fun part of the game is trying to fool the sleepers into jumping up with fake phrases like "Fire.... cracker!"

Family Activity:

- Create an alphabet book

Day 41:

Breakfast:

- **Question of the day:** Check out your classroom's TEAMS page for a fun interactive way to answer!
-

Circle Time:

- See your classroom's TEAMS page for a fun **read aloud** of the book *When I Grow Up I'll be a Paleontologist* by Connie Colwell Miller
- **Message of the day:**
- _____ . We are going to make a dinosaur.

Calendar:

- See the **Linear Calendar** channel on your classroom's TEAMS page for today's video!
- Count the number of days that have passed this month, clapping once for each number.

Center/Work:

- Create a dinosaur. This can be as simple or detailed as you want. Cut a paper plate or piece of paper in half. Let your child pick his/her favorite dinosaur, then they can color with chalk, crayons, or even paint and decorate with whatever you have at home such as eyes, glitter, tissue paper, construction paper or anything else fun you have around the house.

Physical Activity:

- Choose an activity from the **Movement** channel on your TEAMS page!

Music: Sung to (Teddy Bear, Teddy Bear)

Dinosaurs, dinosaurs, stomped around,
Dinosaurs, dinosaurs, shook the ground,
Dinosaurs, dinosaurs, some gave fear.
Dinosaurs, dinosaurs, we wish you were here!
Lunch: Talk about what they think dinosaurs ate.

Lunch: Ask your child, if they could be a dinosaur which one would they be and why?

Rest for 1 hour

Snack: Eat snack together unplugged!

Outside Time:

- Take a walk outside and imagine what things could be the size of a dinosaur.

Family Activity:

- Draw/color/paint flowers.

Day 42:

Breakfast:

- **Question of the day:** Check out your classroom's TEAMS page for a fun interactive way to answer!
- Do snails have teeth? Yes or no

Circle Time:

- See your classroom's TEAMS page for a fun **read aloud** of the book "Snail Trail" by Ruth Brown
- Message of the day:
- _____ . We are going to decorate shells.

Calendar:

- See the **Linear Calendar** channel on your classroom's TEAMS page for today's video!
- Clap and count the number of days until today's date.

Center Time:

- Begin by gathering paper plates and art materials (crayons, markers, stickers, etc.). Remind your child about the book we read about snails. What did the snail's shell look like? Invite them to decorate their own paper plate shell by using the materials. You can even make a spiral in the middle!

Physical Activity:

- Choose an activity from the **Movement** channel on your TEAMS page!

Music:

- Have some fun with "**5 Garden Snails**" finger play
"Five garden snails, sleeping in the sun.
Along came a (yellow) bird, and flies away with one.

"Four garden snails, sleeping in the sun.
Along came a (blue) bird, and flies away with one.

*Continue with Three garden snails, Two garden snails, One garden snail. Change the color of the bird each time.

Lunch:

- What do you think snails might like to eat for lunch?

Rest for 1 hour: Taking a nap or just having quiet time is important for everyone to get a recharge. It can be a great time to look at a book alone imagining your own story, gather thoughts, and reflect about the day.

Snack: What was your favorite part of today?

Outside Time:

- Make your own snail trails! Dip your feet in water and walk across the driveway or sidewalk leaving your "trail" behind.

Family Activity:

- Read a bedtime story together

Day 43:

Breakfast:

- **Question of the day:** Check out your classroom's TEAMS page for a fun interactive way to answer!
- Do worms have feet? Yes or no

Circle Time:

- See your classroom's TEAMS page for a fun **read aloud** of the book "Worm Weather" by Jean Taft.
- Message of the Day:
- _____ . We are going to paint with worms.

Calendar:

- See the **Linear Calendar** channel on your classroom's TEAMS page for today's video!
- Clap and count the number of days until today's date.

Center Time:

- Begin by gathering paint, a bowl, paper, and various bits of string (twine, yarn, etc.). Invite your child to dip the string into the paint. Then, take the string and slowly drag it across the paper. You can also make prints by placing the string on the paper and lifting it up. How many worms and trails can you make?

Physical Activity:

- Choose an activity from the **Movement** channel on your TEAMS page!

Music:

- Sing together: I'm a Little Worm (Tune: I'm a Little Teapot)
I'm a little look at me,
Wiggling around because I'm free,
I make flowers pretty for you to see,
Because I like to make people happy

Lunch:

- Meals can be a great time to build conversation skills. Try and get your child to talk in full sentences back and forth with you about the morning.

Rest for 1 hour

Snack: What do you think worms might like to eat? Is there anything they might not like to eat?

Outside Time:

- Go on a worm hunt! Young children LOVE looking for worms. Try turning over a rock or digging in the dirt to see what you find.

Family Activity:

- Sing your favorite songs to each other.

Day 44

Breakfast:

- **Question of the day:** Check out your classroom's TEAMS page for an interactive way to answer!
- Do bees collect nectar? **Yes or no**

Circle Time:

- See your classroom's TEAMS page for a fun **read aloud** of the book *Bee Dance*.
 - **Vocabulary-** prairie, pollen, cargo, waggle, jitterbug
 - **Questions to ask:**
 - What is a prairie in bloom?
 - What do bees use to sip nectar?
 - Why do bees dance?
 - When bees collect nectar, what do they make with it?
- **Message of the day:**
- _____ . We are going to learn about bees.

Calendar:

- See the **Linear Calendar** channel on your classroom's TEAMS page for today's video!
- Count the number of days that have passed this month, clapping once for each number.

Center/Work:

- Talk about bees with your child. What do they look like? Do they fly? What color are they? Where do they live? How many legs do they have? Do they have a sound? What is their job?
- After having this conversation, draw a picture of a bee. Can you sound out its name and write any of the letters on your paper? Can you add details using shapes for the head, wings, legs, eyes etc.? Send a picture of your bee to your teacher. Make sure to include your name on your paper so your teacher knows who it is from.

Physical Activity:

- Choose an activity from the **Movement** channel on your TEAMS page!

Music:

- The Bees Go Buzzing https://www.youtubekids.com/watch?v=bWUgZm_AE64a2qwaszqw32qweasw

Lunch: Make lunch together. Talk about what you can make with honey.

Rest for 1 hour

Snack: 15 minutes

Outside Time:

- Talk a walk outside and look for flowers. Observe any bees outside and look to see if they are flying to the flowers to collect nectar. Draw a picture of what you see using driveway chalk to paper and pencil.

Family Activity:

- Go for a bike ride with your family (or scooter or walk). Look for flowers in other people's yards and observe any bees searching for nectar.

Day 45:

Breakfast:

- **Question of the day:** Check out your classroom's TEAMS page for a fun interactive way to answer!
- Do crickets have wings? Yes or No

Circle Time:

- See your classroom's TEAMS page for a fun **read aloud** of the book *The Very Quiet Cricket* by Eric Carle
- **Message of the day:**
- _____ . We are going to learn how crickets make chirping sounds.

Calendar:

- See the **Linear Calendar** channel on your classroom's TEAMS page for today's video!
- Count the number of days that have passed this month, clapping once for each number.

Center/Work:

- Using playdough make your own cricket. Roll out small pieces for the legs, and maybe add sticks or rocks to finish your creation.
- Using thumb prints with paint you can make more crickets on paper and also create other insects.

Physical Activity:

- Choose an activity from the **Movement** channel on your TEAMS page!

Music:

- YouTube for Kids, The Very Quiet Cricket by Eric Carle with music and sounds
<https://www.youtubekids.com/watch?v=YdiGEjz5b0Q>

Lunch: Enjoy sitting together and talking about anything.

Rest for 1 hour

Snack: A healthy snack helps to refuel our bodies before our next mealtime. This is a great time to reflect about the day and talk about your favorite parts of the day.

Outside Time:

- Take a walk outside after dinner and listen for crickets. You may be able to hear some crickets during the day. Late evening is another time to listen for crickets.
- Crickets can be seen during the day under a rock or in the grass. Have fun looking for them and watching them hop around.

Family Activity:

- Plan a time to call a friend or family member.

Day 46:

Breakfast:

- **Question of the day:** Check out your classroom's TEAMS page for a fun interactive way to answer!
- Do you have a letter Bb in your name? Yes or no

Circle Time:

- See your classroom's TEAMS page for a fun **read aloud** of the book *Are you a Bee?*
 - Vocabulary- larva, queen, stinger, guard, fetch, storage, drones
 - Questions to ask:
 - How many legs does a bee have?
 - Where do bees built their nest?
 - Tell me about the liquid found in flowers.
 - What is a beekeeper and what do they do?
- **Message of the day:**
 - _____ . We are going to make a bee's nest.

Calendar:

- See the **Linear Calendar** channel on your classroom's TEAMS page for today's video!
- Count the number of days that have passed this month, clapping once for each number.

Center/Work:

- Talk about bee's nests with your child. What do they look like? What are jobs of bees? What color are the nests? Where would you find a nest? What is the purpose of a nest?
- After having this conversation, draw a picture of a bee's nest. Use the pictures from the book to create the cells of the beehive. Can you include some bees flying around? Try to label some parts of the hive using the vocabulary words and parts of the bee such as body, legs, wings, feelers and stinger. Send a picture of your bee to your teacher. Make sure to include your name on your paper so your teacher knows who it is from.

Physical Activity:

- Choose an activity from the **Movement** channel on your TEAMS page!

Music:

- The Bees Go Buzzing https://www.youtubekids.com/watch?v=bWUgZm_AE64

Lunch: Make lunch together. Talk about what steps you take to make lunch using First, Next and Last.

Rest for 1 hour

Snack: 15 minutes

Outside Time:

- Watch the waggle dance video <https://www.youtubekids.com/watch?v=GbitMAC38L8>
- Go outside and do the waggle dance.

Family Activity:

- Get some materials together and construct a 3-D beehive with your family. Share a picture with your teacher.

Day 47:

Breakfast:

- **Question of the day:** Check out your classroom's TEAMS page for a fun interactive way to answer!
- Do ducks swim? Yes or No

Circle Time:

- See your classroom's TEAMS page for a fun **read aloud** of the book *Little Quack* by Lauren Thompson
- **Message of the day:**
- _____ . We are going to act out Little Quack.

Calendar:

- See the **Linear Calendar** channel on your classroom's TEAMS page for today's video!
- Count the number of days that have passed this month, clapping once for each number.

Center/Work:

- Gather 5 objects to use as the ducks from Little Quack. Make a nest and then something to use as the water. Act out Little Quack having your child place one duck at a time in the water. Count how many ducks are left in the nest and how many ducks are in the water. Repeat this until all the ducks are in the water and none are left in the nest.

Physical Activity:

- Choose an activity from the **Movement** channel on your TEAMS page!

Music:

- Watch and sing along to Five Little Ducks. <https://www.youtubekids.com/watch?v=pZw9veQ76fo>

Lunch: Talk about what you are having for lunch. Count how many different foods you are eating.

. Rest for 1 hour

Snack: Continue to foster independence- allow your child to choose a snack (from a few choices) and help to prepare it.

Outside Time:

- Walk around outside like a duck and pretend to swim in the water too!

Family Activity:

- Go for a walk together and play an I Spy game and see how many things you can find on your walk.

Day 48

Breakfast:

- **Question of the day:** Check out your classroom's TEAMS page for a fun interactive way to answer!
- Do ducks fly? Yes or No

Circle Time:

- See your classroom's TEAMS page for a fun **read aloud** of the book Little Quack's New Friend by Lauren Thompson
- **Message of the day:**
- _____ . We are going to play with water.

Calendar:

- See the **Linear Calendar** channel on your classroom's TEAMS page for today's video!
- Count the number of days that have passed this month, clapping once for each number.

Center/Work:

- Have fun with water play today. Water play can be inside at the sink or if it is nice outside bring a bowl or bucket outside with some measuring cups and spoons scoop water into cups and see how many scoops it will take to fill the cup. You can also play a sink/float game and place objects in the water and predict will it sink or float.

Physical Activity:

- Choose an activity from the **Movement** channel on your TEAMS page!

Music:

- Little Ducklings
Little ducklings, running at a dash (have children run in place)
Jumped in the pond, with a great big splash! (Pretend to jump and splash)
Then their mother called them, quack, quack, quack! (Have children turn halfway around)
And the little ducklings, came swimming back. (Have children pretend to swim back)

Lunch: Talk about what you are having for lunch. Talk about the colors and shapes of your food.

Rest for 1 hour

Snack: Continue to foster independence- allow your child to choose a snack (from a few choices) and help to prepare it.

Outside Time:

- Practice hopping (on one foot, and then the other), jumping, skipping and galloping!

Family Activity:

- Make an outdoor obstacle course together.

Day 49

Breakfast:

- **Question of the day:** Check out your classroom's TEAMS page for a fun interactive way to answer!
- Where can Earthworms be found? A.) In the snow B.) In a tree C.) In moist soil.

Circle Time:

- See your classroom's TEAMS page for a fun **read aloud** of the book *Wonderful Worms* by, Linda Glazer.
- Vocabulary: *Fertilize, *Soil, *Stretch, *Burrow, *Nocturnal
- **Message of the day:**
- _____ . We are going to learn about Earthworms.

Calendar:

- See the **Linear Calendar** channel on your classroom's TEAMS page for today's video!
- Count the number of days that have passed this month, clapping once for each number.

Center/Work:

- Earthworms can be drawn on paper or on pavement using chalk. Play dough or pipe cleaners can be wonderful materials to help create your own Earthworm.
- Creating Earthworms that are different lengths is a fun activity to compare sizes while sorting them from longest to shortest.

Physical Activity:

- Choose an activity from the **Movement** channel on your TEAMS page!

Music:

- Enjoy listening to your favorite songs while wiggling around on the floor. Have someone stop the music a few times repeatedly so you can "freeze" and then start the music again to continue dancing, wiggling, or any fun movement until the music stops again. This Freeze game is a wonderful tool for learning about our bodies in space and self-regulation.

Lunch: Enjoy sitting together and talking about anything.

Rest for 1 hour

Snack: A healthy snack helps refuel our bodies before our next meal. This time can be an opportunity to talk about your favorite part of the day.

Outside Time:

- Lay down on your tummy and see if you can move along the floor like a Earthworm. Stretch your arms forward and straighten your legs while you pull yourself forward using your elbows. You can also push with your feet or knees to move your body. Earthworms' bodies are made up of parts or sections that they use to move along the ground.

Family Activity:

- sit outside and have a conversation about weather and/or nature observations

Nutrition Nuggets™

Food and Fitness for a Healthy Child

May 2020

Enfield Head Start

BEST BITES

Guess that food

Turn healthy eating into a guessing game for your child. Secretly put a different bite-sized food in each section of a muffin tin. Examples: raspberry, avocado chunk, pepper-jack cheese cube, edamame, pitted olive. Let her close her eyes and try each one. How many can she identify?

Cards + cardio = win!

Add physical activity to your next game of Go Fish or Crazy Eights. How? By doing a heart-healthy exercise every time you lay down a heart. The number on the card tells you how many reps to do (ace = 1, jack = 11, queen = 12, king = 13). You pick the activity. So if your youngster plays a 9 of hearts, he might do 9 push-ups or 9 sit-ups.



DID YOU KNOW?

While the best source of vitamin D is sunlight, it's hard for your child to get enough that way. That's because she needs sunscreen to protect her skin, blocking rays that would help her body make vitamin D. So be sure she eats plenty of vitamin-D rich foods like tuna, salmon, and eggs. Vitamin D-fortified milk, yogurt, and cereal are also good options.

Just for fun

Q: What kind of tree fits in your hand?

A: A palm tree!



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Playtime nutrition

Kids learn a lot through imaginary play, and learning about good nutrition is no exception. These pretend roles mix food with fun—and give your youngster inspiration for healthy things to eat this summer.

Astronaut

Aboard the International Space Station, astronauts make sandwiches using tortillas, since bread falls apart in space. Suggest that your child imagine he's an astronaut and make a list of out-of-this-world sandwiches to try. What nutritious ingredients could he roll up in a whole-wheat tortilla? Examples: hummus and shredded carrots, nut or seed butter with banana slices.

Veterinarian

Let your youngster pretend he's a vet and you're a pet owner. Bring him a stuffed animal, and help him research what it eats. Then, he can write a "prescription" for healthy meals and snacks. He might prescribe berries and sprouts for a hamster and spinach and papayas for a parrot. Now serve some of the foods



he read about—if they're good for humans, of course!

Chef

Encourage your child to write and illustrate a menu for a restaurant that serves healthy foods. Maybe his "Polka-Dot Pizza" has a cauliflower crust topped with diced tomato and green pepper. Instead of french fries, he could sell "Garden Taters"—baked potato wedges with broccoli and cheddar. Then, let him help you cook his menu items for your family. ●

Splash, splash!

"Marco!" "Polo!" Playing in water is a great way for your child to be physically active. Try these ideas.

- **Pool games.** Get a whole-body workout while splashing around. Teach your youngster a game you enjoyed as a child, such as Marco Polo or Sharks and Minnows. Or take a beach ball to the pool for a game of volleyball.
- **Water adventures.** Look for activities through the parks and recreation department. Your family might kayak (builds arm strength), paddle-board (improves balance), or sail in pedal-powered boats (strengthens legs).

Note: Always supervise your youngster in and around water. ●



This institution is an equal opportunity provider.

Healthy ways to stay hydrated

Water, fat-free milk, and fresh fruit are your child's best bets for staying hydrated. Consider these thirst-quenching tips.

Keep it interesting. Let your youngster develop her own liquid creations. She might drop lemon slices in her water or sprinkle nutmeg into her milk. Or together, brew unsweetened herbal iced tea, perhaps



peppermint or mango, and add a sprig of fresh mint.

Offer fruit, not juice.

Fruit helps your child hydrate, and it provides her with fiber that juice does not. Set out watermelon wedges for a snack rather than giving her fruit punch. Let her munch on crisp apple slices if she asks for apple juice.

Involve the whole family.

Make it easier for your youngster to drink healthy beverages by joining her. Don't keep soda or sports drinks in the

house. Also, have everyone take a refillable water bottle when you go out so you're not tempted by vending machines or convenience stores. ●

ACTIVITY CORNER I'm an Olympian!

Celebrate the 2020 Summer Olympics by letting your youngster bring the games into your own backyard. Here are two for your family to enjoy.

1. Hurdle jumping. Gather items of different heights to use as hurdles. Examples: lawn chair placed on its side, recycling bin, small step stool. Let your child line them up in a grassy area with enough space in between to run and gain momentum. Take turns timing each other jumping over all the hurdles, and subtract 3 seconds for any you touch. Fastest time wins.



2. Javelin throw. Place two sticks on the ground, about 10 feet apart. Holding a "javelin" (pool noodle), run from one stick to the other. When you reach the second stick, throw the javelin as far as you can. The player whose javelin travels farthest wins. ●

OUR PURPOSE

To provide busy parents with practical ways to promote healthy nutrition and physical activity for their children.

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Nutrition Nuggets™ is a registered dietitian. Consult a physician before beginning any major change in diet or exercise.
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Controlling portions

Q: My son tends to put too much food on his plate. How can I help him eat smaller portions?

A: A few tried-and-true strategies will make your child (and your whole family) less likely to overeat.

First, set out a healthy appetizer, like celery and carrot sticks, for your child to munch on while you cook. When dinner is served, he won't be starving and ready to pile on huge portions.

Also, downsize your dishes. Use kid-sized plates and bowls, or eat on salad plates. Put regular spoons (not ladles) into serving dishes so your son naturally scoops up smaller amounts. Finally, make it a tad harder to take seconds by leaving any extra food on the counter. That way your youngster has to get up from the table for seconds if he's still hungry. ●



IN THE KITCHEN

Fruity homemade ice pops

A frozen treat on a hot day is one of the joys of childhood. Keep your youngster cool with these recipes that contain less sugar than regular store-bought pops.

Note: Pour each mixture into paper cups. Freeze until slushy (about 2 hours), then add craft sticks and freeze until solid. Peel off cups before eating.

Peaches galore

Chop 4 peeled peaches and blend until smooth. Add the juice of 1 lemon, $\frac{1}{4}$ cup orange juice, $\frac{1}{2}$ tsp. vanilla extract, and 1 tsp. sugar.



Melon-lime treats

In a small pot, heat $\frac{1}{4}$ cup each of water and sugar to make a syrup. In a blender, puree chunks from 1 medium honeydew melon with $\frac{1}{2}$ cup fresh lime juice and the cooled syrup.

Berry pops

In a blender, puree 1 cup blueberries and 1 cup nonfat Greek yogurt. Stir in sliced strawberries and more blueberries. ●