

# JULY



## Learn It

We do not all have large spaces for beautiful outdoor gardens, but we can all try a small indoor garden. This can be done and the children in your care will be enthusiastic assistants. You can do a small hydroponic system or even just use a couple of small pots. Choose an area that will get about 8 hours of light and use a quality organic potting soil for your seeds. Then choose your plants. Lettuce, carrots, spinach, beets, scallions, tomatoes, and hot peppers all tend to do well inside. Teach the children as you prepare the garden and allow them to be involved as much as possible.

## Eat It Cowboy Corn Salsa

- 3 cups corn
- 1 red pepper, diced
- 2 large tomatoes, diced
- 2 garlic cloves, minced

Mix corn, pepper, tomatoes and garlic together. You can add cilantro or even jalapeno peppers. Sprinkle with lime juice to keep fresh for longer. Give each child ½ cup of salsa and serve with 14 grams whole grain tortilla chips



## Play It Horse's Tail

The teacher will start the game by placing a streamer on the back of their clothing. In a designated safe area, the children will run and try to steal the teacher's tail. The child that steals it will place the tail on the back of their own clothing and become the horse.

## Create It Lasso the Letter L

Using the Letter L template or construction paper with the Letter L, have children use twine to glue and trace the letter. When they are done tracing, they can tie twine knots to make lassos and glue to their letter L. Squeezing glue, tracing and tying twine are all great ways to practice fine motor skills.



## Read It



- Plants Feed Me* by Lizzy Rockwell
- Grandma Lena's Big Ol' Turnip* by Denia Lewis Hester
- Green Green: A Community Gardening Story* by Marie Lamba
- At the Farmer's Market/En el mercado* by Anna W. Bardaus
- B is for Buckaroo: A Cowboy Alphabet* by Louise Doak Whitney and Gleaves Whitney
- Cowboy Camp* by Tammi Sauer
- Celebrate My Hopi Corn* by Anita Poleahla
- The Brave Cowboy* by Joan Walsh Anglund



## Laugh About It

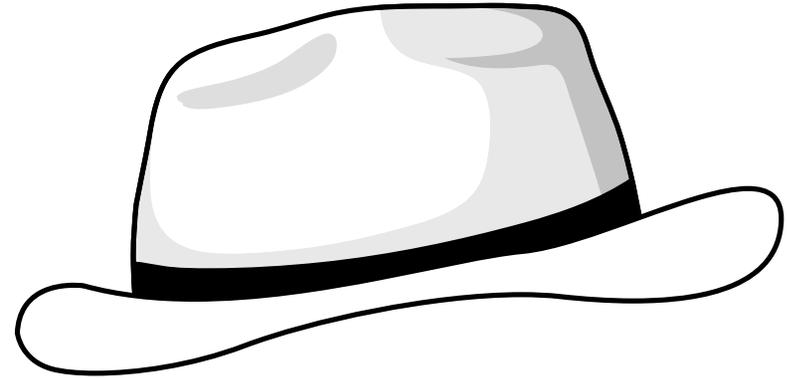
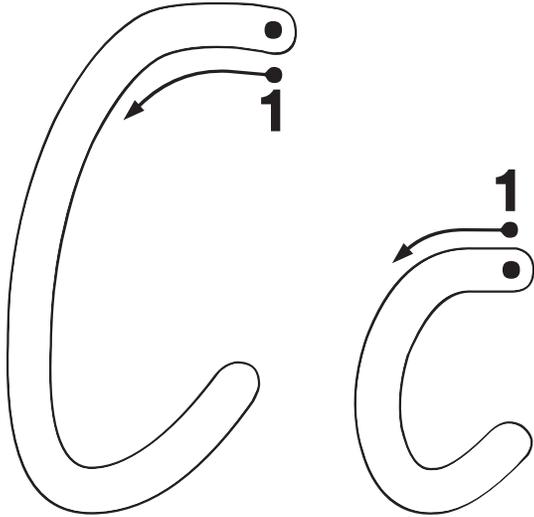
Where do cowboys eat lunch?  
The CALF-eteria!



Name \_\_\_\_\_

# C is for Cowboy

Practice writing the letter C. Start on the dot and follow the shape or dotted lines to form the letter. Do this for capital and lowercase C.



**cowboy hat**

