

# PRESS RELEASE

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## Celebrate Springs Wonders

Spring is a beautiful time of the year that's all about celebrating new beginnings. Feeling warm sunshine for the first time in months or splashing through shower puddle are moments that parents and kids look forward to as winter passes. Now, that spring is starting to awaken, it's a great time for curious young minds to be outside and explore nature's gifts.

Enjoy teaching your children about the wonders of spring time with these low-cost and creative nature activities for kids:

### **Start an outdoor or indoor garden**

Most kids like playing in the dirt. They are also enchanted by unusual things. Creating an outdoor garden can be a fun way to enjoy both while teaching them about plants. At your local hardware store or greenhouse, look for seeds or starter plants with interesting names. Add varieties that can be fun to touch. Your little ones may also enjoy scented herbs such as mints that smell and taste like peppermint, chocolate, orange and other flavors.

Consider planting unusual varieties of vegetables, such as red carrots, blue potatoes and purple beans. Growing their own flowers and vegetables can capture children's interest and teach patience, as they wait for the seeds to sprout and mature. It can also interest them in trying new foods, especially those they grew themselves.

If you live in an apartment or don't have enough yard space for a garden, then flowerpots or window boxes are great solutions. Many vegetables, herbs and flowers grow well in small containers on balconies and windowsills. Bringing the outdoors indoors can be just as exciting as a yard garden for you and your kids.

### **Look for books on bugs, birds and other creatures**

Playtime can also be discovery time. Look for books at your local library that showcase nature's interesting critters such as ladybugs, caterpillars, butterflies, birds, earthworms and grasshoppers. As your children discover new creatures, use the books to help your children identify the creatures they've seen and the role they have in nature.

Springtime is full of life, so it's a perfect time to create new memories with your family that you can celebrate all year long. These nature activities for your kids can be great bonding experiences between you and your child, as well as between your child and the wonderful world around them.

Information for this article was adapted from the Gerber Life Family Times.

For more information about WVU Extension programs in Pendleton County contact the Pendleton Count Office of the WVU Extension Service at 304-358-2286,

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