



# Play N Learn

## May 2017

*Family  
Connections  
of Southwest  
Wisconsin*

### Celebrate May!

May 1 — May Day

May 14—Mother's Day

May—26—Sally Ride Day— Honor the first woman to go to space!

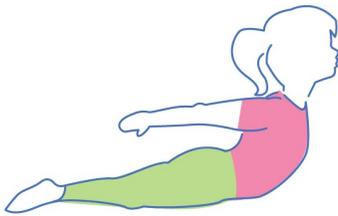
May 29—Memorial Day

### Kids Yoga

Why is it important?

- Improves flexibility, strength and coordination
- Can be used as a relaxation technique to help anxious kids combat the stresses of everyday life
- Helps regulate emotions and provides coping skills

### Yoga Moves for Kids



**Parent**  
ILLUSTRATION: ALEX MATHERS



**Parent**  
ILLUSTRATION: ALEX MATHERS



**Parent**  
ILLUSTRATION: ALEX MATHERS

### Snake

Lying face down with your legs, feet and belly on the floor, arms behind your back, hands clasped and fingers interlocked, lift your chest and hiss like a snake.

### Flamingo

Begin standing with your feet together. Extend your arms out like wings, fold forward and kick your left leg straight behind you. Return your leg to the ground and arms to your side and repeat with your opposite leg. Squawk and flap your wings, but stay balanced!

### Camel

Lean on your knees, with your feet hip-width apart. Place your hands on your hips and take a deep breath. While exhaling, arch your back while holding your hips and thighs upright. Lean back and place your hands on your heels, allowing your head to fall back.

# Upcoming Play N'Learn News

**Join us every Thursday from 9:30—  
11:00 for fun in the Discovery Room,  
gym, and playground!**

## Summer Fun Dates to Remember

Parent Café—At Family Connections

June 13, 27, and July 11, 10:00-11:30

Play N Learn Family Cookout—July 6th, after PAL

Party in the Park—July 27, Lancaster

On The Move—Legion Park, August 4, 5:30-7:30

### **Snack of the Month! 3 Ingredient Strawberry Banana Popsicles**

From Sally's Baking Addiction

#### Ingredients:

1 large ripe banana, peeled, cut into  
chunks, & frozen

12 large strawberries, sliced in half  
1/2 cup pineapple juice (or orange  
juice)

Special Equipment: Popsicle mold

#### Directions:

Blend all of the ingredients together  
on high speed until smooth -  
about 2 minutes. Pour the mixture

into popsicle molds. If your popsicle  
mold has slots for sticks, you  
can insert them before freezing - if  
not, freeze for 2 hours, then put a  
wooden popsicle stick in the mid-  
dle. Continue to freeze for an addi-  
tional 6 hours or overnight - over-  
night is recommended for easy re-  
moval.

Run popsicle molds under  
warm water to easily remove. Eat  
on a hot day. Enjoy!