



# LYSB'S GROWING TREE



NOVEMBER 2020 • EARLY CHILDHOOD NEWSLETTER



## LYSB Early Childhood Programs

Registration is now open!

### Mondays

Fall Sensory Crafts: Nov. 9, 16, and Dec. 7 from 10-11 a.m.

### Tuesdays:

Turkey Handprint Cookie Decorating: Nov. 17 from 10-11 a.m.  
Hot Cocoa Reindeer Crafting: Dec. 1 from 10-11 a.m.

### Wednesdays:

Busy Bags: Nov. 4, 11, 18, Dec. 2 from 10-11 a.m.

### Thursdays:

Cozy Autumn Play: Nov. 12, 19, Dec. 3 from 10-11 a.m.

### Fridays:

Salt Dough Potpourri Pies: Nov. 6 from 10-11 a.m.

More Info & Register at [www.lysb.org](http://www.lysb.org)  
all programs held indoors with COVID protocols



## Holiday Giving 2020

### Thanksgiving Food Drive

November 20-23

LYSB is offering private appointments for distributing donated holiday groceries to Lyme/Old Lyme families in need. You must book your appointment in advance. Location: LYSB, 59 Lyme Street, Old Lyme

### Holiday Giving Program

For families of Lyme and Old Lyme who need a little help during the holidays with gifts for their children. Fill out a wish list and return by November 6th. We will contact you when gifts are ready to be picked up (sometime near December 16th).

### Warm the Children Program

For families of Lyme and Old Lyme who need help with winter clothes for their children ages 0-18. Register:  
[www.lysb.org/holidaygiving](http://www.lysb.org/holidaygiving)

All inquiries are confidential. Questions? Contact Arleen Sharp at 860-434-7208 x207, [asharp@lsyb.org](mailto:asharp@lsyb.org) All Forms and Info at [www.lysb.org/holidaygiving](http://www.lysb.org/holidaygiving)

**Donate to the Holiday Giving Program at**  
**[www.lysb.org/holidaygiving](http://www.lysb.org/holidaygiving)**

## STRESS HAPPENS.

**#undeniabletruth is the antidote**

Parent Workshop Series with "The Burnout Professor" Erica Cuni, LMFT

Wednesday, October 19 at 7:00 p.m. • Effects of Stress • Calming Strategies

Thursday, November 5 at 7:00 p.m. • Building Self-Esteem

Tuesday, November 17, 7:00 p.m. • Helping Your Child Overcome Fear & Anxiety

Thursday, December 3, 7:00 p.m. • Building Stronger Connections in Your Home

All workshops held on Zoom. Register at [www.lysb.org](http://www.lysb.org) Free, for all ages.





## Gratitude Chain

This simple project for kids is a great way to help them practice gratitude. Simply cut strips of Autumn colored paper. Then write down things you are grateful for on each strip. Then loop your strip through another strip and staple closed. Use them to decorate a playroom, bedroom, or mantle!

Source: [www.carlaschauer.com](http://www.carlaschauer.com)



## HOLIDAY LIGHTED BOAT PARADE-MYSTIC

**Saturday, November 28th  
from 2-7 p.m.**

Spectators flood both sides of the Mystic River to see the decorated ships pass by. Entrance to participate in the Holiday Lighted Boat Parade only requires a toy or coat donation to the Pawcatuck Neighborhood Center and it is open to the public. Decorated vessels parade down the Mystic River at 6:20pm and return to the Mystic River Park, where spectators and judges gather. Boats are judged on creativity and team spirit, and prizes are offered for Most Charismatic Crew, Innovative Vessel, Best Dressed Vessel, Most Holiday Spirit and Miss Mystic Vessel of Grandeur. These holiday events have become beloved traditions in Mystic over the years-- don't miss out on being part of the festivities by sponsoring our candy canes, parade & more.



## **Pumpkin Rice Krispies**

- 6 cups rice krispies cereal
- 3 Tbsp salted butter
- 1 (10 oz) pkg. mini marshmallows
- Orange gel food coloring
- 3 pretzel rods, end portions broken off into 2-inch pieces (so you'll have 6 pieces)
- 6 mini green airheads or green fondant
- Non-stick cooking spray
- knife or kitchen scissors
- parchment paper

1. Measure out rice krispies and pour into a bowl. Melt butter in a pot over medium-low heat. Add marshmallows to pot and, as it begins to melt, stir in food coloring until desired color is achieved. Stir constantly until marshmallows have melted.
2. Remove from heat and pour rice krispies into the pot and stir until they are evenly coated.
3. Once evenly coated, spray hands with non-stick cooking spray and shape cereal into baseball size balls. Then add a broken off piece of pretzel rod to the top of the pumpkin. Put aside on a plate lined with parchment paper.
4. Use kitchen scissors to shape leaves out of the airhead and place on either side of the pretzel rod.

**Enjoy!**

Source: [www.cookingclassy.com](http://www.cookingclassy.com)

**lysb** Lymes' Youth Service Bureau  
> EMPOWERING YOUTH FOR A BETTER FUTURE

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