



LYSB'S GROWING TREE



MARCH 2021 · EARLY CHILDHOOD NEWSLETTER



LYSB Winter Early Childhood Programs

All programs are held indoors under strict COVID protocols, but we will be outside as much as possible. Registration numbers are limited to ensure social distancing. Masks are required for ages 2 and up.

Mondays:

Bundle Up Outdoor Music & Movement II
2/22-3/29 from 10-11 a.m.

Tuesdays:

Adventures in Book-land
2/23-3/30 from 10-11 a.m.

Wednesdays:

Curious Wildcat Explorers (at South Champlain Open Space)
2/24-3/31 from 10-11 a.m.

Thursdays:

Magical Kingdom
2/25-4/1 from 10-11 a.m.
Bundle Up Music & Movement III
2/25-4/1 from 11:30-12:30 p.m.

Fridays:

Free Friday Groups 10-11 a.m.
2/26: Crafting Your Homemade Watercolors
3/5: New Parents Stroller Meet Up
3/19: Spring Cork Garland
3/26: New Parents Stroller Meet Up

For more information and to register
visit www.lysb.org

 **FYI! Camp Fair 2021**
visit www.lysb.org for details!



LYSB Coronavirus Relief Fund

LYSB established the Lyme-Old Lyme Coronavirus Relief Fund to provide financial support to vulnerable residents of Lyme and Old Lyme, whose lives have been affected financially by COVID19. In partnership with the Towns of Lyme and Old Lyme, this fund is supported by generous donations from the community. We have been helping residents with requests such as food, rent, fuel, bills, and other basic needs. Some residents were fine at the beginning of the pandemic, but long term job reductions have taken its toll. Our communities are working together in unprecedented ways, and it is the hope that this fund will support our vulnerable residents on a path toward stability and recovery. We want to remind all residents that we are here to help. Any resident of Lyme and Old Lyme who needs assistance may contact Social Services or LYSB, or submit a confidential request at www.lysb.org/covid19 All inquiries are confidential.





Cool Whip Dyed Easter Eggs

Source: www.thebestideasforkids.com

Dyeing Easter eggs with cool whip and food coloring is fun and edible! Best of all, it's simple. Try this fun take on Easter egg dyeing this year!

What you'll need:

Vinegar
Cool Whip (1 lb tub)
Liquid Food Coloring (find food coloring that is concentrated, you'll get more vibrant colors)
Eggs
Small Bowls
Rubber Gloves

Directions:

1. Boil your eggs for approximately 10 minutes. While they are boiling, put a plastic tablecloth down to protect your table.
2. Place vinegar in a bowl, and place eggs fully submerged in the vinegar. Keep there for 3 minutes. If all of your eggs don't fit, repeat for another round of eggs. The vinegar helps the color stick to the eggs better.
3. Scoop cool whip in small bowls and add 2-3 drops of food coloring. You can also try mixing colors for a fun twist.
4. Use a toothpick to swirl the food coloring and cool whip together. Avoid swirling so much that the colors completely blend together. This will give the marbling look to your eggs.
5. Put gloves on to avoid getting color on your hands *optional
6. Place eggs in the cool whip and swirl around. Then let them sit in the color for a few moments. The longer you wait, the more vibrant the color.
7. Rinse off the egg with water and use a paper towel to dry it.
8. Repeat steps 6 and 7 with each egg.

Enjoy!



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We tend to think of rest as a one-way approach. We assume rest is laying around and not doing anything. According to physician Sandra Dalton-Smith, MD, humans actually need physical, mental, social, creative, emotional, spiritual, and sensory rest to feel recharged. Once you've figured out the type of rest you need, it's time to adapt your rest to fit that specific need.

Physical Rest

Symptom Examples: struggling to keep your eyes open, walking to bed feels like moving through quicksand, etc.

How to rest: Try going to sleep 30 minutes early, or skipping your workout that day. Taking deep breaths and fitting in some stretching also helps.

Mental Rest

Symptom Examples: brain feels like its turned to mush, staring at something for 10 minutes, sending an unreadable email, your thoughts turning negative, etc.

How to rest: Turn off screens and take a few moments to ground yourself. You could try meditation, yoga, or repeating a calming mantra.

Social Rest

Symptom Examples: feeling exhausted after a social interaction, feeling apprehensive about social time, feeling competitive with others, etc.

How to rest: Balance draining encounters with restorative ones. Take a night off from Zoom chats with friends or phone calls, and focus on yourself.

Creative Rest

Symptom Examples: You've probably spent more time being creative than you think. Ever brainstorm ideas at work? Plan an activity for you and your kids? We tap into our creativity more than we think, meaning we need creative rest, too.

How to rest: Go for a walk in nature, or read a book. Surrounding yourself with inspiration can replenish your creativity without putting pressure on you to create.

Emotional Rest

Symptom Examples: Think about how you feel when you've just had a fight with a loved one; hungry, exhausted and confused all at once.

How to rest: Whether it be regular therapy sessions, or to someone you can be 100% yourself with, offloading your feelings to a willing listener is a great way to get some emotional rest.

Spiritual Rest

Symptom Examples: feeling afloat, unanchored, alone.

How to rest: Practice your religion if that works for you. Or find something that fills you with purpose and something to ground you.

Sensory Rest

Symptom Examples: being perpetrator is technology because we are all so plugged in.

How to rest: Put aside technology and get outside. At night, consider reading a book, instead of watching television.

(Source: Shea, Molly. *The 7 types of rest you actually need to feel recharged.* theshineapp.com. (2020).)