

Do more, watch less...  
Together!

# SCREEN SMART WEEK

## May 1-7, 2017



FOR MORE INFORMATION PLEASE VISIT  
[WWW.CCCMONTANA.ORG](http://WWW.CCCMONTANA.ORG) UNDER [WHAT'S NEW](#)

### Get Out & Volunteer

#### Give Back to Our Community

Contact EJ Porth (406) 587-8404 ext. 8, [ej@gvlt.org](mailto:ej@gvlt.org), at Gallatin Valley Land Trust to learn about volunteering opportunities and events.

#### Gallatin Valley Food Bank

Shop for and deliver food to the food bank – go online to “Give Help” and check out their “Wish Lists” to meet specific needs.

#### Show some love to pets

You can help out at the Heart of the Valley Animal Shelter by making toys for the dogs and cats out of recycled materials (they have easy instructions for you to follow).

#### Bring joy to Senior Citizens

There are so many wonderful ways you can bring joy and companionship to folks at Gallatin Rest Home.

### Literacy Activities

**Play a Game:** Explore reading while having fun together by playing games! Try crossword puzzles, Hangman, Scrabble Junior, Boggle Junior, Apples to Apples Junior, Pictionary, Charades, or Zingo.

**Rhyming:** Rhyming helps prepare children for reading, develops phonemic awareness, and improves oral language skills.

**Poetry:** Reading or writing poems encourages self-expression, imagination, and emotional growth.

**Storytelling:** Take turns telling a story.

**Write a letter:** Help your child write a letter or postcard to a friend, relative, or pen pal. Writing is an important part of our daily lives and is a big part of your child's education.

### Games & Activities

**Rhyming jars:** This game is designed to work with word families, working on reading (decoding unfamiliar words) and rhyming. Click [here](#) for more information.

**Sticker station:** This is a great fine motor activity to turn to when you don't have a ton of time to play. Click [here](#) for more information.

**Twig & bead fairy wands:** Beading is a fantastic fine motor activity and beyond that it often leads naturally to counting so you can slip some math in there too. Click [here](#) for more information.

**Hot Lava:** A game, usually played by children, in which the players imagine that the floor or ground is made of lava (or any other lethal substance, such as acid or quicksand), and thus avoid touching the ground lest they get burned or otherwise injured. Click [here](#) for more information.

### Arts & Crafts

#### **Paint the Town**

- Make your own washable sidewalk paint
- Mix equal parts water with cornstarch. Then add washable paint to get desired color.

#### **Shipshape Sailboats**

- Materials needed: 1 pool noodle, electrical tape, fabric (sail), tacky glue, 12 in. dowel, wooden skewer.
- With a pair of scissors (adults only), cut two 13 inch lengths from a pool noodle, angling the ends. Strap the pieces together, side by side, with three strips of electrical tape.
- For the sail, cut a fabric triangle (8 ½ x 8 ½ x 12 inches). Run a line of tacky glue along the back of one of the short sides. Place a foot long dowel onto the glue so that the bottom end extends 2 inches past the fabric.

#### **Recycled Materials Bird Feeder**

Rescue a 1-2 liter soda bottle (or milk jug or water bottle). Then look around your house or yard for wooden spoons, dowels or twigs you can use for the project; these will create a place for the birds to sit while they eat. To make the bird feeder colorful, use multiple colored pieces of tissue paper ripped up into squares. Glue the squares on the outside of the feeder with modge podge for instant color.

#### **Egg Carton Seed Starter**

- Materials needed: Cardboard Egg Carton, Potting Soil, Seeds, Spray Bottle, Scissors, Garden Trowel
- Cut egg carton in half. Add potting soil to individual egg cups in carton.
- Poke a hole in the soil in the center of each cup. Place one seed in each hole. Cover with soil.
- Spray soil with water. Place on tray and take indoors. Keep them in a warm light filled location until they begin to sprout. Make sure to water seeds everyday. The soil should stay very moist.



- Once the seeds have sprouted into small seedlings, you can transfer them to a permanent location. Make sure the egg carton is very wet and saturated before moving the seedling outdoors. Tear off one of the egg carton cups.
- Dig a hole in the container you are transferring to, using your trowel. Place the egg carton cup directly in the soil. It will decompose. Water your seedlings every day to help them grow!
- Tips: Start with an easy to grow plant. Our favorites are cucumbers and radishes. Before planting your seedlings it's a good idea to take your tray outside and acclimate them to being outdoors. You can start by taking them outside in the shade for a day or two before transferring them.



### Nutrition Activities

- Plant your own fruit or vegetables, click [here](#) for the full article
- Share a screen-free meal at the Community Cafe
- Sun dry your own fruit, click [here](#) for more information.

### Outdoor Activities

#### **Hiking**

- Bear trap canyon
- Triple tree trail
- Sourdough trail
- Gallatin Regional Park

#### **Biking the Gallagher trail**

**PLEASE STOP BY THRIVE, 400 EAST BABCOCK-BOZEMAN, BETWEEN 8AM AND 4PM DURING SCREEN SMART WEEK TO PICK UP A [FREE BOOK!](#)**

