

## July 2017

S	M	T	W	T	F	S
30 <b>International Day of Friendship</b>	31 Go on a shape hunt. Which shapes can your child find around the house?		<b>Blueberry Month Hot Dog Month Ice Cream Month Picnic Month</b>			1 <b>Creative Ice Cream Flavors Day</b>
2 <b>Build A Scarecrow Day</b>	3 <b>Stay Out In The Sun Day (Don't Forget Sunscreen!)</b>	4 <b>Independence Day</b>	5 It is the 7th month. Count to 7 with your child, then count out 7 objects.	6 <b>National Fried Chicken Day</b>	7 <b>Chocolate Day</b>	8 <b>Blueberry Day</b>
9 <b>Sugar Cookie Day</b>	10 <b>Teddy Bear Picnic Day</b>	11 <b>Cheer Up The Lonely Day</b> E.B White's Birthday (Charlotte's Web)	12 Peel and cut an orange. Count the number of wedges with your child.	13 Help your child think of words that rhyme with "bee"	14 Plan a family booknic. Pack lunch, a blanket and books. Find a shady spot to eat and read!	15 <b>Tapioca Pudding Day</b> Clement C. Moore's Birthday (Twas The Night Before Christmas)
16 <b>National Ice Cream Day</b>	17 <b>Global Hug Your Kids Day</b>	18 Felicia Bond's Birthday (If You Give A Mouse A Cookie)	19 Make moon sand. Mix 4 cups flour and 1/2 cup baby oil. Let your child mix it up. Talk about how it feels.	20 <b>Lollipop Day</b>	21 Explore marshmallows. Let your child cut, tear, get them wet, squish and taste them.	22 <b>Hammock Day</b>
23 <b>National Hot Dog Day and Parents Day</b>	24 <b>Cousins Day</b>	25 Walk barefoot in the grass today. Talk with your child about how the grass feels.	26 <b>Aunt &amp; Uncle Day</b>	27 <b>Take Your Pants for a Walk Day</b>	28 Beatrix Potter's Birthday (The Tale of Peter Rabbit)	29 <b>National Lasagna Day</b>

# Teddy Bear's Picnic Song

(Hear the tune on YouTube at: <https://youtu.be/uxFIGWm9M6w>)

If you go out in the woods today  
You're sure of a big surprise.  
If you go out in the woods today  
You'd better go in disguise.

For every bear that ever there was  
Will gather there for certain, because  
Today's the day the teddy bears have their picnic.

*Picnic time for teddy bears,  
The little teddy bears are having a lovely time today.  
Watch them, catch them unawares,  
And see them picnic on their holiday.  
See them gaily dance about.  
They love to play and shout.  
And never have any cares.  
At six o'clock their mommies and daddies  
Will take them home to bed  
Because they're tired little teddy bears.*

If you go out in the woods today,  
You'd better not go alone.  
It's lovely out in the woods today,  
But safer to stay at home.

# Teddy Bear's Picnic Song (cont.)

For every bear that ever there was  
Will gather there for certain, because  
Today's the day the teddy bears have their picnic

## CHORUS

Every teddy bear, that's been good  
Is sure of a treat today  
There's lots of wonderful things to eat  
And wonderful games to play

Beneath the trees, where nobody sees  
They'll hide and seek as long as they please  
Today's the day the teddy bears have their picnic

## CHORUS



## **5 Minute Ice Cream Recipe**

Milk can become homemade ice cream in five minutes by using a bag!

This homemade, creamy treat is a summertime delight for kids and adults alike.

### **What you'll need:**

- 1 tablespoon sugar
- 1/2 cup milk or half & half
- 1/4 teaspoon vanilla
- 6 tablespoons rock salt
- 1 pint-size plastic food storage bag (e.g., Ziploc)
- 1 gallon-size plastic food storage bag
- Ice cubes

### **How to make it:**

1. Fill the large bag half full of ice, and add the rock salt. Seal the bag.
2. Put milk, vanilla, and sugar into the small bag, and seal it.
3. Place the small bag inside the large one, and seal it again carefully.
4. Shake until the mixture is ice cream, which takes about 5 minutes.
5. Wipe off the top of the small bag, then open it carefully. Enjoy!

### **Tips:**

A 1/2 cup milk will make about 1 scoop of ice cream, so double the recipe if you want more. But don't increase the proportions more than that -- a large amount might be too big for kids to pick-up because the ice itself is heavy.

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# ***Blueberry Hand Pies***

## **Ingredients:**

- 1 ¼ cups frozen or fresh blueberries
- 3 tablespoons blueberry preserves
- 1 ½ teaspoon cornstarch
- 1 teaspoon lemon juice
- 1 teaspoon lemon zest
- ¼ teaspoon ground cinnamon
- 2 tubes refrigerated buttermilk biscuits (8 count)



## **Instructions:**

1. Preheat oven to 375°. Grease baking sheet with nonstick cooking spray
2. In bowl combine blueberries, preserves, cornstarch, lemon juice, lemon zest and cinnamon. Set aside.
3. On lightly floured surface, roll each biscuit into a 3 ½" diameter circle. Divide reserved blueberry mixture evenly between 8 biscuits (about 2 tablespoons per) arranging in center of each dough circle to within 1/2" of edge. Top with remaining biscuit and seal edges securely with a fork.
4. Arrange hand pies on baking sheet and bake 10-12 minutes or until golden brown and baked through.
5. Transfer to wire rack to cool at least 20 minutes

## **Optional Glaze:**

In bowl combine powdered sugar and 6 teaspoons warm water. Stir until smooth, adding additional 1-2 teaspoons of water if needed. Glaze top of hand pies.