



Family YMCA of Black Hawk County

Y Kids Quest at Home

Infant - Toddler

Weekly Theme: Spring Into Nature

Age Range: Infant - Toddler

Overview: Welcome to Spring Into Nature! Come explore with us as we learn about nature and how we can protect it!

If you need assistance with supplies and resources for creative learning for the kid(s) in your home, we want to help.

[Click here](#) to learn about our Kids Quest financial assistance program.

Day 1

Theme Kick-Off: Spring Into Nature (literacy; online video)

- Watch a video introduction about nature vocabulary [found here](#).

*Set up a free account at getepic.com to access this video, as well as 40,000 other children's books and videos. See additional recommended books for this week's theme below.

Garden Yoga (physical activity)

- [Visit here](#) to explore garden yoga poses!
- What is your favorite pose?
- What was the easiest pose?
- What was the hardest pose?



DAY 2

Nature Sensory Bags (Fine Motor Skills)

- [Visit here](#) to make your own nature sensory bag!
- What did you put in your bag?
- How did it feel?
- What else could you add to your bag?



DAY 3

Special Guest: Y Kids Quest Special with Hannah Loy (UNI Botanical Center Tour)

- Join us live on Wednesday, April 29, 2020, 11am CST, for an exclusive tour of the University of Northern Iowa Botanical Center by horticulturist Hannah, as she shows us the center and plant life that lives there for our Y Kids Quest families.
- Everyone who joins during the livestream will be entered into a drawing for a free session of swim lessons at the Y (good for anytime in the next 12 months).

DAY 4 - This week's Kids Challenge!

Trash Art (STEM; art)

- Watch [this video](#) and/or [this video](#) to learn about how to make your own art from trash!
- Use any trash items at home (paper, cardboard, plastic, Styrofoam, etc.) to create art right at home! Search the internet for more information about creating art out of trash!
- Take a picture of the art you create and share about it in our Y Kids Quest Facebook post (see below).



DAY 5 – This week's Family Activity!

Nature Walk: Scavenger Hunt (physical activity; exploration, social-emotional)

- Go out and about for a stroll in your neighborhood!
- See scavenger hunt on the last page of this document.
- What do you see? What do you hear? What do you smell? What can you touch?
- Great for the whole family to do together!



WEEKLY THEME BOOKS (available through Epic)

Information: Parents/guardians may go to [this website](#) and access over 40,000 titles for free during a 30-day free trial available due to the COVID-19 pandemic!

Book Title (linked to Epic)	Approximate Ages
I Know The Seasons	Early Education
The Wildlife 123: A Nature Counting Book	Early Education
The Wildlife ABC: A Nature Alphabet Book	Early Education
I Know The Seasons	Early Education
Out of School And Into Nature	Early Education

KIDS CHALLENGE - Participate to Win!

Get creative and things you may normally have thrown away to make your own art out of trash as part of our **Trash Art** activity (Day 4). Learn about making your own art out of trash and how to perfect it from home!

Participating will also enter your child(ren) to win in a variety of ways:

- Earn a Kids Challenge Badge for this week.
- Earn one entry into our Y Kids Quest raffle to win Y gear and Y Bucks (to use for membership and/or programs).

If your child(ren) completes each challenge and posts every week and get entered to win a Year-Long Youth Membership (a \$190 value, and even more as it provides a discount for programs all year).



Please post a picture of your trash art with a description to our weekly Y Kids Quest Facebook post (available starting Thursdays at 5pm – post anytime from then through Saturday at 12pm). Participate by posting, earn our themed badges, and be entered to win some cool Y prizes. We look forward to seeing your entries!

FAMILY ACTIVITY - Participate to Win!

Nature Walk: Scavenger Hunt

- Go out for a stroll as a family around your neighborhood!
- Look at the scavenger hunt and see what items you can find on your nature walk! See big version on next page to print or use electronically.

Participating means your family will:

- Earn a Family Activity Badge for this week.
- Earn one entry into our Y Kids Quest raffle to win Y gear and Y Bucks (to use for membership and/or programs).

If your family completes each activity and posts every week and get entered to win a Year-Long Family Membership (a \$690 value, and even more as it provides a discount for programs all year).



Please make sure to post a picture or share about your family nature walk and the items you found in the scavenger hunt, to our weekly Y Kids Quest Facebook post (available starting Thursdays at 5pm – post anytime from then through Saturday at 12pm). Participate by posting, earn our themed badges, and be entered to win some cool Y prizes. We look forward to seeing your entries!

Nature Scavenger Hunt

