

# !THRIVE TIDBITS!

## Getting Through the Blahs Together!

1. When it's very cold outside, dress in very warm clothes, go outside for a very short time and blow bubbles. VERY cool!
2. Make a snowman and use Jell-O or food coloring for the eyes and buttons!
3. Take a cardboard box and make a fort, house, store, or anything the child wants to build and add some color to it with paint or markers. Let the child use their imagination to make it their own.
4. Take a blanket and make a tent, fort, house, barn....imagination is wonderful.
5. Use things around the house for a scavenger hunt! One example might be to go on an animal hunt using stuffed animals, pictures, for the hunt.
6. Use household items to create fun. Example: take a muffin pan and sort items of different colors. Let the child take the lead on activities, it will be amazing what the activities will be, and how you can use them as learning experiences.
7. Teach your young ones how to bake and help make things that they enjoy eating! Decorate cookies or make some yummy bread but make sure to let them do the work and help with clean-up!

## Upcoming Events

- Rock Climbing Open Gym at Brookside every Tuesday, Friday, and Saturday from 6:00 to 9:00pm
- Community Education Fit for Kids- Beginning January 3<sup>rd</sup> through the end of January on Saturdays out at Northbridge Mall 10:00 to 11:30 am: Let's get those little bodies moving! Give your kids ages 0-5 an outlet for all that stored energy. Enjoy parachutes, an obstacle course, ball play and yoga adventures with community resource groups like Park and Rec and the fire department. FREE FUN. Please pre-register.
- Sign Up for Parent-Child Classes through Community Education- "Snow Much Fun", "Be My Valentine", "Chicka Chicka Boom Boom", "Circus, Circus Everywhere", "Flower Power" Visit: <http://www.albertlea.k12.mn.us/community-education> to find out more and register! (Some classes cost and some are FREE)
- The Big Freeze Event in Albert Lea- Saturday, January 31, 2015 Activities Begin around 9:00am and go until the Live Entertainment at 7:00pm Location: Edgewater Bay Pavilion- Fountain Lake – A Fun Event for Everyone!
- Check out your school calendar and attend an event to support your community activities!
- Park and Recreation Event: Parents Night Out for ages 4-12 years. Mom and Dad, treat yourself and your kids! When: Fri., Feb. 13th. Time: Drop-off anytime 5:30 p.m. on; pick-up by 10:00 p.m. Where: Troy-Hammer Warming House. Fee: \$8 for first child, \$4 for each additional child. Register by Feb. 11th.
- Winter Warming Houses-open to everyone! Check the park closest to you to find hours. \*Academy, Hawthorne, and Lakeview will have ice, but warming houses only open on the weekends.
- Do you and your children know how to Ice Skate? Want to learn? Then visit the Albert Lea City Arena! Skates available to rent! Open to all Ages! A fun event for family and friends to do together!