



Trips to the park

We know that playing outside and getting healthy amounts of exercise is good for us. Every place we have been posted we have worked hard to find a nice park/playground. Some have walking trails (which make out ex-military dog happy), some have huge fields for kicking a ball, and some have great playgrounds for imaginative play. In the summer we usually have a bag for the park that we keep stocked with chalk, and bubbles, and cups for art water (and water bottles for drinking from).

Besides sharing small containers of bubbles (like the kind you get in the wedding section of an arts and crafts store), making new friends, and playing tag, drawing with sidewalk chalk dipped in water is a favorite. Dipping the chalk into a cup or bowl of water makes the color appear more vibrantly, and it can also be used to make hand or foot prints along the side walk (if you are ok with kids getting messy). Sometimes kids and parents will turn each section of sidewalk into a community building ; fire station, police station, school, grocery store, flower shop, pet store etc. Then kids use it for pretend play as kids pretend to work there, or shop there. You can also leave messages of kindness on the sidewalk for others to discover.

Have fun and enjoy!

~A Northside ISD Military Wife

<http://nisd.net/militaryfamilies/activities-military-children>

