



Let's Go on a Safari!

Host a safari party at your center and use this time to reinforce messages about sun safety, healthy eating and physical activity with your children.

Use the following tips to plan your party:

Before spending any time out in the sun, make sure children are dressed appropriately. Send a flyer home to parents and guardians asking them to send children to child care with sunglasses and a wide brimmed hat on the day of the safari party. Remind parents and guardians to apply sunscreen on the children before they arrive at your center.

Activities for children ages 3-5

Safari Round-Up!

Materials

- Pictures of jungle animals from magazines or computer clip art
- Glue
- Construction paper
- 1 small brown paper bag per child
- Decorations for lunch bags: fabric, yarn, stickers, beads, crayons, glitter, paint

Preparation

- Glue jungle animal cutouts on construction paper.
- Hide pictures in various places outside.

Activity

- Have children decorate their paper bag with a safari theme.
- Have the children find the animals and place them in their bags. See how many safari animals each child can “round up.”
- Once all animals have been found, review with the children how each animal protects itself from the sun (such as turtles have shells, lions and tigers have fur, birds have feathers, koala bears sleep in a tree most of the day, elephants rub hay and dirt on their backs, chimpanzees avoid the peak hours of the sun).

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Monkey See, Monkey Do!

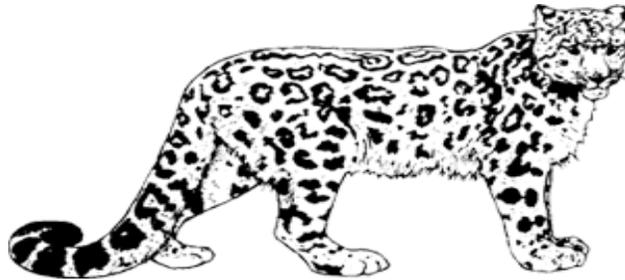
Activity

Play Simon Says with a safari twist. Some examples to use include Monkey Says, “swing your trunk like an elephant,” “run like a cheetah,” “squeal like a monkey” or “walk like a turtle.” Make sure children listen carefully and only do what Monkey says.

Leaping Leopards!

Materials

- 2 buckets of water
- 2 sponges
- 2 large cups
- 4 hula hoops



Preparation

- Have children wear their bathing suits.
- Divide children into two teams and have each team form a single file line.
- Place one bucket of water next to each line leader.
- Place 1 cup 20 feet away from each bucket.
- Place 2 hula-hoops between each bucket and cup.
- Hand both line leaders a sponge.
- Explain to children that they are pretending to be leopards, and leopards run very fast.

Activity

- When children are instructed to start, one child at a time on each team will dip a sponge into the water bucket.
- The child will race 20 feet to the empty cup and wring out the sponge filled with water.
- The child then races back and hands the sponge to the next “leopard” in line to dip in the bucket and race down to the cup.
- Tell the children that the hula-hoops are puddles and that they have to leap over the puddles when racing back and forth.
- The team that is able to fill up the cup first wins.
- Then use the water to cool off the “leopards.” Leopards are one of the few cats that like water.

Note: Before the game starts, demonstrate to the children how they are supposed to play. When the game starts, guide children through the game in case they forget where to go. It would be best to have one adult per team to help steer children in the right direction.



Activities for children ages 6-7

Binocular Craft!

Materials

- 2 toilet paper rolls, 2 styrofoam cups or 2 paper cups per child
- Colored saran wrap cut into circles
- Decorating materials: stickers, glitter, stamps, paint, crayons
- Scotch tape
- Yarn
- Scissors



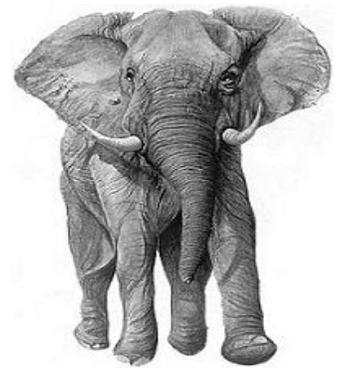
Activity

- If you are using styrofoam or paper cups, cut holes in the bottoms of both cups.
- Glue or tape together the toilet paper rolls or cups.
- Tape the saran wrap circles to the binocular ends.
- Have children decorate their binoculars.
- Tape yarn to the binoculars for a neck strap.

Elephant Race!

Activity

- Divide all the children into two teams and have them line up one behind the other.
- Have the first child bend at the waist, putting one arm in front of his or her face like an elephant's trunk and putting the other hand between the legs toward the person behind them.
- The next child bends over, grabs the leader's "tail" with their "trunk," then extends their "tail" through their legs and so on until you have two teams of "elephants" lined up and ready to race.
- Have the two teams race to a finish line.



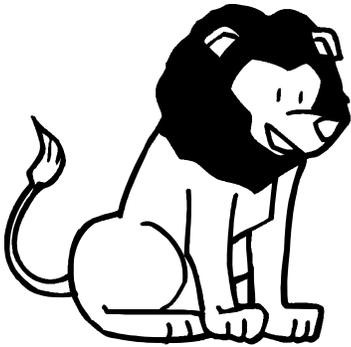
Shade Game!

Activity

- Choose a play area with several sources of shade, such as trees or playground equipment.
- Name a certain body part to put in the shade: "Put your toes in the shade!" Children then have a short period of time to run and find a place that shades their toes.
- When everyone has his or her toes in the shade, announce a new body part to put in the shade. The children have to change to a new location each time.
- At the end, have children feel their heart beating and share with them that moving more and sitting less makes their heart stronger.

Note: If your play area lacks sufficient shade, assign half of the children to be "shadow casters" and the other half to be "shadow finders." In each round, a shadow finder has to get a body part in the shadow of a shadow caster. Make sure to distinguish the two groups (i.e. stretchy colored wristbands for the casters).

Safari Snacks



Lion Pizza!

Toast 6-inch 100% whole wheat tortillas in the oven at 300 degrees for 5 minutes. Remove from oven and top each tortilla with 2 Tbsp pizza sauce. Then have children create their own lion face with pre-cut veggies, such as tomatoes, green peppers, onions and broccoli. Use shredded low-fat mozzarella cheese for the mane and whiskers. Top lion's face with a dash of oregano or Italian seasoning and place back in the oven for 5 minutes or until cheese is melted. Take lion pizza out of the oven and let children eat their own creations!

Ladybugs on a Twig!

Use pretzel sticks as the twig. Push half of a red grape onto the pretzel stick for the head. Next, cut off the strawberry leaves and push on the strawberry to create a body. For ladybug spots, use a toothpick to gently press 3-4 mini chocolate chips, tips down, into the fruit. Let children eat "ladybugs on a twig" and talk to them about the importance of eating fruits and vegetables.

Monkey Mix!

Combine dried bananas, dried pineapple, dried mango, sliced almonds, raisins and coconut together. Pour ¼ cup of monkey mix into plastic bags and let children try some of monkeys' favorite foods.

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