

# CAN YOU SMELL SPRING IN THE AIR?

by: Nancy Cook PTS, NWS, CSEP-CFC

Can you smell spring in the air? I can't explain the excitement I felt as the grass patches began to appear after a long game of hide n' seek. As the sun begins to warm each day, letting the cold weather become a memory of last winter, it is a wonderful opportunity to become acquainted again with Mother Nature.

My favorite thing to do at this time of year is to sit and have the sunbeams warm my skin. To me nothing beats that feeling. Do you recall something from your childhood that made springtime special for you? I think that too often our children miss out on the opportunity of experiencing nature. Let us rejuvenate our children's excitement and enthusiasm for the outdoors. How do I do that you ask? I'd love the opportunity to share some terrific ideas and suggestions to get started.

With Easter quickly approaching, let's begin there. You could have an Easter egg hunt outside. I know what you are thinking. Who said anything about chocolate eggs? You can fill plastic eggs with all sorts of different things, such as super balls, jumping ropes and other outdoors activities. Maybe even have eggs filled with a note to partake in a hopping activity. Such as hop like a bunny five times or have a leap bunny (frog) race.

Chalk can be a great idea for activities. With chalk you can create games on the sidewalk and asphalt such as hopscotch or king corners. The options are endless to a creative mind. Lacking a little creativity; let the children make up some games of their own. When the children get to partake in the invention of the activity it will fuel their excitement and enthusiasm. By having adults participate in the action, it creates interests with the children. Children love playing tag and other outdoor games with adults.

The most important thing is to have fun with your family and get moving. Physical activity is not an option but a requirement in a healthy lifestyle. Families that are active together develop stronger family ties. It seems today, children's strongest muscle is their thumb from the video game controller. Let show them the delight in playing some physically active games. We can create memories and habits that will last a lifetime.

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