



## BRIGHT HORIZONS AT RECURSION

### From the Director

Playdough is a wonderful activity for kids of all ages. Not only is it a great sensory activity, but it also helps children work on fine motor skills which will help them later on with their scissor skills, writing skills, & coordination.

This “**No Cook Pumpkin Spice Playdough**” recipe is a fun way to keep your kids entertained this week & to help celebrate the fall season. Just add a few rolling pins, cookie cutters, & small dishes or pie tins. The soft dough & lovely spices will be a sure way to please the senses. And don't forget that your children can help measure, pour, & mix during the playdough creation as well.

#### Ingredients:

3 cups of flour (divided in ½ )  
 1 cup of hot water  
 ½ cup of salt  
 2 tsp of cream of tartar  
 2 tsp of vegetable oil  
 1 tsp of pumpkin spice  
 Orange food coloring



#### Instructions:

1. In a small bowl, mix the hot water & food coloring together.
2. In a separate large bowl, pour in 1½ cups of flour & the remaining ingredients. Stir together.
3. With a rubber spatula, mix the colored water into the dry ingredients.
4. Slowly add in remaining flour a little at a time & knead with your hands until the playdough stops sticking to your hands & the bowl.
5. Transfer dough to a table & continue to knead for about 3 minutes. Add flour to the table if the playdough is still sticking to your fingers.
6. Enjoy hours of play!
7. Playdough will stay good for a couple of weeks. Simply place in an airtight container & store in the refrigerator between uses.

### MOVEMENT MATTERS SPOTLIGHT

*powered by* **boks**

#### Rainbow Run

Your toddler or preschool aged child will enjoy dancing and moving to their own beat while strengthening and refining large muscle skills.

Rainbow Run is just one of many BOKS Bursts created by our friends at BOKS, a Reebok initiative.

#### What You'll Need:

- Strips of colored ribbon or scarves

#### Directions:

- Give your child a few strands of ribbons or scarves tied into a knot.
- Ask him/her to move, spin, and run so that the ribbons/scarves flutter around to make a rainbow.

To learn more about BOKS visit their website [www.bokskids.org](http://www.bokskids.org).

### Enhanced Health & Safety

Our enhanced COVID-19 protocols ensure our center's health and safety practices align with the CDC and local authorities. Learn more about what we are doing to keep children, families, and staff safe.

[brighthorizons.com/child-health-safety](http://brighthorizons.com/child-health-safety)

### Bright Horizons at Recursion

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 Monday – Friday 7:00 a.m. to 6:00 p.m.

