



## KIDS RECIPES



### Crunchy Veggie Wrap

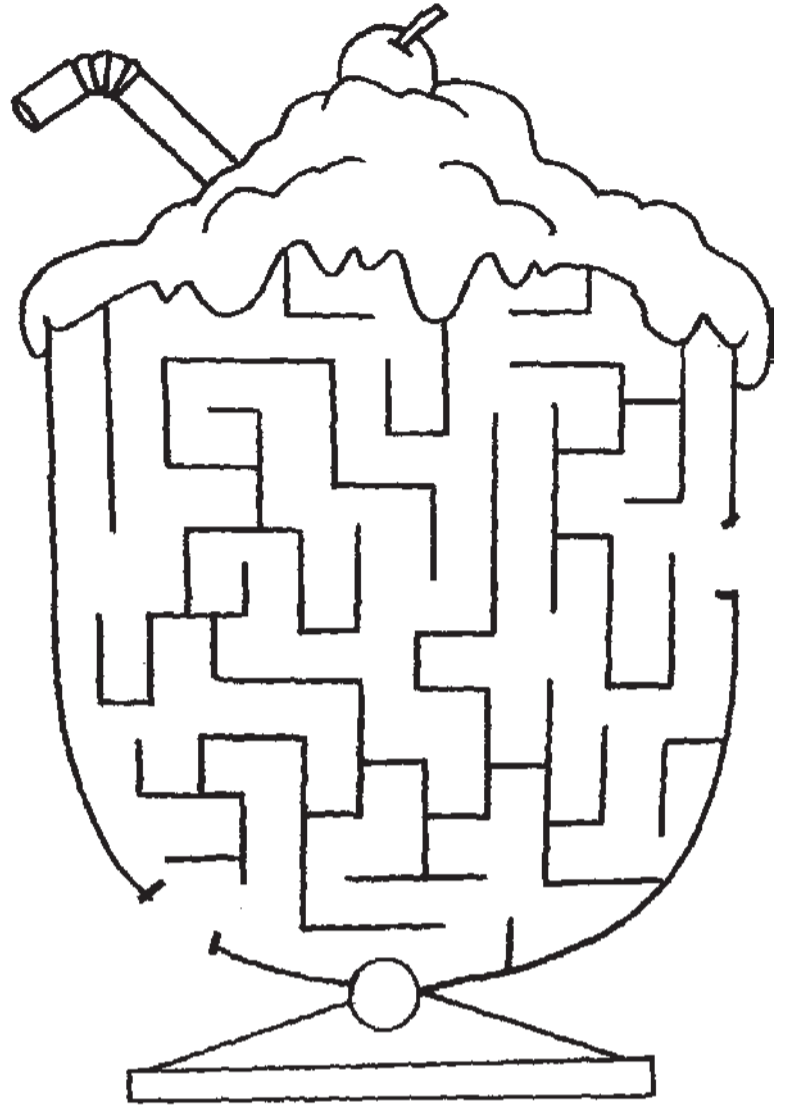
#### Ingredients:

- 1/2 c. fat-free cream cheese
- 4 8-inch flour tortillas
- 2/3 c. romaine lettuce, shredded
- 2/3 c. red cabbage, shredded
- 1 red tomato, diced
- 1/4 c. red onions, sliced
- 1/3 c. carrots, grated
- 1/4 c. blue cheese
- 1 c. alfalfa sprouts

#### Directions:

- Spread 2 tbsp. cream cheese over one side of each tortilla.
- Divide remaining ingredients evenly among tortillas.
- Roll up each tortilla.
- Cut each rolled wrap in half diagonally.

## MAZE

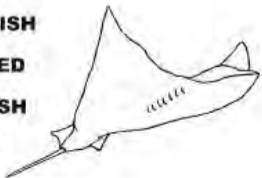


## WORD SEARCH

### Ocean Animal Word Search

S L S E Y S S S X V Z E E C Q  
M E B U Q N T H J H S N R Z R  
C E E U P I S A Y A E O N J S  
S S I R N O B R L I S M N R T  
J D E G O Z T K J C Y E L I A  
G E R M A L C C Y T B N B D R  
M A L N I H P L O D X A E R F  
Y V S L O B S T E R T E R T I  
X U D B Y Y C F E Y W G M C S  
P W F Z Y F J N L A O U U P H  
U N H Q W L I B E R H B B M L  
Y L J A D E F S Z Y F Y I G F  
J F M G L C L M H F V Z F K M  
P T W B J E N T D B Q X H A T  
S W O R D F I S H U D C W Q C

- |          |           |           |
|----------|-----------|-----------|
| ANEMONE  | CLAM      | CRAB      |
| DOLPHIN  | EEL       | JELLYFISH |
| LOBSTER  | OCTOPUS   | SEAWEED   |
| SHARK    | SQUID     | STARFISH  |
| STINGRAY | SWORDFISH | WHALE     |



## Jokes for Kids



**Q: A man rode his horse to town on Friday. The next day he rode back on Friday. How is this possible?**

**A: The horse's name was Friday.**

**Q: Why did the pony have to gargle?**

**A: Because it was a little horse!**

**Q: What did the horse say when it fell?**

**A: I've fallen and I can't giddyup!**

**Q: What did the teacher say when the horse walked into the class?**

**A: Why the long face?**

**Q: What do you call a horse that lives next door?**

**A: A neigh-bor!**

**Q: When does a horse talk?**

**A: Whinney wants to!**

## Tin-Can Wind Chime



#### Materials:

- 5 or 6 tin cans in different sizes
- Acrylic paint or latex wall paint
- Paintbrushes
- Painter's tape
- Hammer
- Nail
- Twine
- Scissors
- 10"-wide embroidery hoop
- Hot-glue gun

#### Directions:

1. Rinse cans in hot water and remove any labels. Let dry. Paint cans a solid color, applying two coats (TIP: Semi- or high-gloss paint gives cans a great shine.) Paint geometric designs on cans. For stripes, use painter's tape to mask off sections. Let dry.
2. Using a hammer and a nail, tap a small hole through center of a can bottom. Cut a 3' length of twine and thread through hole. Knot end inside of can. Repeat for remaining cans.
3. Tie cans to embroidery hoop using simple square knots. Space evenly around hoop. Vary lengths so they can hang at different heights. Make sure they are close enough to one another to collide when wind blows, so they will make a sound. Apply glue to each knot to keep it in place.

