As we continue to explore our five senses, the word of this week is ‘Feel’. The activities in this newsletter help you to practice using your sense of feeling. When we hear the word feel, we might think about being able to touch something. When we touch something with our hands we can feel the texture - the smoothness of an apple or the roughness of a tree trunk.

We also might think about the word feel to describe our emotions. We could feel happy when we see flowers blooming or feel sad because we haven’t been able to see our friends at school. We challenge you to explore both meanings of feel in your life. Pay attention to the foods you are eating, what textures do you feel? Could you guess what something is only using your hands to touch it? No peeking! We also hope you take the time to explore your emotional sense of feeling. What makes you happy, excited or sad? Enjoy, take your time, and feel it out.

E.A.T. is an effort by community partners to help families make the most of their time at home by learning and growing together. Each week we will share engaging educational activities for families to get hands-on with nature, food, and physical activity together. Please take a look and try out at least one new or exciting option to do with your family. Enjoy and thanks for reading!

EAT is brought to by the following organizations. These local organizations are dedicated to supporting Durham families, students and teachers during this time of social distancing.
**Get Outdoors!**

*Nature-based activities to feel out at home this week!*

**Upcycled Plant Labels**

Grade level: Any grade  
Time: 15-45 minutes  
Supplies:  
- Labels – paper, cardboard, stones, popsicle sticks, etc.  
- Permanent markers or paint  
- Tape, skewers, sticks (optional if needed for your labels)  
Location: Indoor or outdoor  
Supervision: Adult supervision required for younger children

Directions:  
1. Decide what materials you are going to use for your labels. You could tape paper to skewers, paint a label on a stone, use permanent marker on popsicle sticks, or come up with your own idea!  
2. Take a look at the different types of plants in your yard or inside your home. Write a list of the ones you would like to label.  
3. Using your markers or paint, write a plant name on each label. For example, “Cherry Tomatoes”, “Slicing Tomatoes”, “Basil”, “Sunflowers”  
4. Get creative! Personalize your labels with planting dates, drawings and/or silly names.  
5. Put your labels in the soil next to your plants. If your plants are outside, make sure you keep the labels secure by placing sticks deep in the soil or even taping to the garden bed or pot if needed.

Need help identifying your plants? Check out this website!  
[https://gobotany.nativeplanttrust.org/simpe/](https://gobotany.nativeplanttrust.org/simpe/)

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**Soil Art**

*Create your own masterpiece using soil to make paint!*

Grade level: All ages  
Time: 1 hour  
Supplies: Soil, cup or container to collect soil, plate or baking sheet, wooden spoon, hammer or mallet, sieve or colander, water, glue, watercolor paper (or another paper/cardboard) for painting, paintbrush  
Location: Outdoor to collect soil; Indoor or outdoor for painting  
Supervision: Adult supervision required for younger children

Directions:  
[https://kidsgardening.org/garden-activities-soil-art/](https://kidsgardening.org/garden-activities-soil-art/)

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**Video of the Week**

"Right this Very Minute"  
*Book Reading*

Learn all about where your food comes from in this table-to-farm book about food and farming.

English Video - [https://www.youtube.com/watch?v=ObdWtpouXIM&t=106s](https://www.youtube.com/watch?v=ObdWtpouXIM&t=106s) (10 minutes)  
Spanish Video - [https://www.youtube.com/watch?v=aWisgakX0z8&t=1s](https://www.youtube.com/watch?v=aWisgakX0z8&t=1s) (12 minutes)

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**Do you want to grow more food at home?**

E.A.T. is creating seed growing kits for families. Please take our quick interest survey to tell help us learn about what you would like to see in the kits.  
[https://forms.gle/XMgiGTGAYk9aSWAj7](https://forms.gle/XMgiGTGAYk9aSWAj7)
Get Moving!
Physical activities to feel out at home this week!

U Can't Touch - Family Dance Party

Grade level: All ages
Time: 2 minutes
Supplies: none
Location: Indoor
Supervision: Child can do independently
Video:
https://family.gonoodle.com/activities/u-cant-touch-this-1
Spanish Video: Tu Puedes
https://family.gonoodle.com/activities/tu-puedes

Indoor Activity
Flex and Feel

Grade level: all ages
Time: 5 minutes
Supplies: Can print worksheet or read from website
Location: Indoor or outdoor
Supervision: Adult supervision required if reading assistance is needed
Directions: Flex and FEEL Your Muscles as you move through different exercises on the worksheet.

We're online! Get all the newsletters and more at www.Eatnc.org

We value your feedback! Please consider taking 2 minutes to fill out this survey.
https://www.surveymonkey.com/r/DNZK5PT

Outdoor Activity
Be Happy Bean Bag Game

Grade Level: Upper Elementary
Time: Unlimited
Supplies: 2 plates (paper or plastic) and 3-4 bean bags (balled up socks)
minimum 2 player game
Location: Indoor or outdoor
Supervision: Independent activity
Directions:
1. Player 1 places a plate on the ground, stands on it and waits with their eyes closed.
2. Player 1 has the bean bags (or balled socks).
3. Player 2 walks behind their partner and places the other plate (target) on the ground somewhere behind them.
4. Player 2 tells your partner to open their eyes BUT not to look behind them.
5. Player 2 communicates to your partner how far away the target (plate) is (ex. “The target is 5 feet behind you, straight back.”)
6. Player 1 will toss the bag (sock) over their shoulder to try to hit the target (plate) according to the Player 2’s instruction.
7. If they hit the target, switch positions. If not, communicate how they missed (e.g., “You threw it 2 feet too far”), and let them try again. (Repeat until you run out of bean bags.)
Get Cooking!

Eating activities to feel out at home this week!

Food Art

Grade level: Pre K-8th
Time: 10-15 minutes
Supplies: Plate and Spoon or knife
Choose one of the following as the base: Tortilla, pita bread, bread slice, English muffin or rice cake-
Choose one of the following spreads: Hummus, cream cheese, peanut butter (or other nut or seed butter), guacamole or smashed avocado- Have an assortment of sliced fruits or veggies such as: banana, apple, grapes, berries, orange segments, cucumber, spinach leaves, bell pepper, cherry tomatoes, carrot, radish, peas, raisins or whatever you have (Grades 3rd and up can slice with supervision)
Location: Indoor
Supervision: Grades 3 and up can do independently, PreK-2nd with adult supervision

Description: Let’s play with our food! We will make a piece of art that happens to be a yummy snack.
Directions:
1. Choose your base and put it on a plate.
2. Use a spoon or knife to put the spread on your base.
3. Use the fruit and vegetable slices to make a picture. Make a face, a plane, a boat, a recreation of the Mona Lisa, or whatever you want!
4. Take a photo of your food art if you can.
5. Eat your art! Enjoy!

Mindfulness moment: As you touch the different ingredients, describe what they feel like to someone at home or write about them. Are they hard, soft, smooth, bumpy, gooeey, cold, warm? What other adjectives or describing words can you use to tell us how the foods feel?

Recipe of the Week:

Peanut Butter Cereal Bars

Grade level: 6th and up independently
Time: 30 minutes
Supplies: saucepan, spoon, 8” square baking pan, non-stick cooking spray, recipe ingredients
Location: Indoor
Supervision: Adult supervision required
Ingredients:
• ½ cup honey
• 1 cup peanut butter
• 2 cups rice cereal
• 2 cups quick oats
• 1 cup raisins, or other dried fruit

Directions
1. In a saucepan bring honey to a boil.
2. Reduce heat to low and stir in peanut butter.
3. Add dry cereal, oats and raisins; mix well.
4. Remove from heat.
5. Lightly spray or oil an 8” square baking pan with cooking spray. Press into prepared 8” pan. 6. When cool, cut into 16 bars.
Store in an airtight container for up to a week.

Notes: Try this recipe with 4 cups of unsweetened cereal flakes instead of the rice cereal and oats. To avoid peanuts, try sunflower seed butter. Younger children can help measure and press the bars into the pan.
English: https://foodhero.org/recipes/peanut-butter-cereal-bars
Spanish: https://foodhero.org/es/node/238
Check out other recipes at FoodHero.org