

Spring 2022

WSU Children's Center Activity Kits In Partnership with GPSA



PICK UP DATE IS APRIL 25th

Register your child(ren) ages infant to 12 years for a Free Family Activity Kit

Each kit will provide activities and crafts for the child's age

- **LOCATION:** WSU Children's Center
- 1425 Olympia Avenue (between Rogers and Orton Hall)
- **TIME:** Designated times based on your registration

Simply go to: <https://www.signupgenius.com/go/805084CA8AE2CABFD0-gpsa4>

Registration closes on April 24th at 8:00 pm

If you need assistance please contact the WSU Children's Center at 509-335-8847

Kits will include:

Seeds and planting pots
Garden activity ideas
Games & crafts
Books & Activity Pages
Age Specific Toys/Novelties
Toothbrush Kit
S.T.E.M. surprise (age specific)
Parent Resources and Ideas



How gardening benefits children

SCIENTIFIC KNOWLEDGE Gardening fosters an understanding of the plant-growing process. Children learn how seeds eventually grow into plants, and learn the consequences and responsibility of caring for living plants.	NUTRITION Having a strong knowledge of healthy fruits and vegetables and where they come from will help to promote better long-term health . Food from our garden is used in our healthy daily meals, and helps to teach children that healthy food can taste good!
ENVIRONMENTAL STEWARDSHIP Exposure to gardening will lead to an increased appreciation for the environment , and gives children exposure to nature in a familiar setting. They can also learn how the surrounding environment can affect the health of their plants.	SELF-CONFIDENCE Children can feel proud and successful knowing that they helped to grow something healthy and that can later be incorporated into their nutritious meals.

Source: [Gardening for children - Better Health Channel](#)