

# WHAT'S A WEED? DANDELION PAINTING: DAILY PROGRAMMING

Spring is upon us, and you already may see the landscapes dotted with little yellow dandelions to mark its arrival! Here are more activities to keep you thinking and talking about spring!

## Quick Printable Activities:

- **Spring Word Scramble:** [Link Here](#)
- **Here's a fun Spring Crossword Puzzle:** [Link Here](#)
- **Dandelion Coloring Pages:** [Link here](#)
- **The Life of a Dandelion Sequencing Game:** [Link here](#)

## Dandelion Activities

Once you have dandelions readily available in your area, **lots of reminiscing may be evoked and talked about with these wild and familiar springtime flowers!** (Just make sure you source your flowers where you know pesticides aren't being used.)

- Someone can simply **feel and explore dandelion flowers** in a bowl.
- Provide hand support assistance to **cut and trim dandelion stems for a bouquet.**
- **"Dandelion Colander Bouquet"**: Here's a challenging activity for exercising fine motor skills and spatial awareness. Supplies needed: 30-40 dandelion heads, scissors and a colander. (See photo)
- **"Paint with Dandelions"**: Supplies: 10 dandelion heads, paper, paint, plate & paper towels, using flowers as paint brush/stamp. (See photo)
- **Dandelion Lions:** [Link here](#)
- **Dandelion Rock Family:** [Link here](#)
- Make **Homemade Dandelion Root Tea:** Learn how to safely harvest and cook dandelion roots as well as additional health benefits that you can get by drinking this amazing and tasty tea: [Link Here](#)



## Spring Movies:

- Even if it's still cold outside, the **sounds of birds and watching spring flowers in bloom** is sure to boost your mood (3 hours): [Link Here](#)
- Watch these **beautiful flowers** time lapse bloom! [Link Here](#)
- Dandelion time lapse **flower to seed head blowing away:** [Link here](#)

## Springtime Field Trips:

- Baby farm animals are so little and cute this time of year (not to mention the serotonin boost they give our brains), so head to your **local farm for a fun field trip!** If you can't make it there in person, here's a **video of "Baby Animals in Our World"**: [Link Here](#)
- **Feed the ducks – it's migrating season!** All of the ducks and other birds are heading back home, so bring a bag of bread to a pond near you and feed them a tasty snack.
- Virtual nature walk to the **Nisqually National Wildlife Refuge to watch waterfowl:** [Link Here](#)