

# GETTING GROUNDED

## WITH GUNNY THE GROUNDHOG!

PRESENTED BY THE EXCEPTIONAL FAMILY MEMBER PROGRAM & CHILD AND YOUTH PROGRAMS

**Experiment with tracing shadows at different times of the day. Look at how shadows change during the day. Talk about how we change through life. Share ideas on how we take care of ourselves:**

### SOCIALLY

BY STAYING CONNECTED TO FAMILY AND FRIENDS.

### SPIRITUALLY

BY EXPLORING NATURE AND HOW WE FIT IN.

### MENTALLY

BY READING, LISTENING, AND LEARNING.

### PHYSICALLY

THROUGH HEALTHFUL EATING AND MOVEMENTS.

**There are a lot of ways to play with shadows: Trace the shadow of favorite toys, match objects to the cut out of their shadow, work together to trace each other's shadows, or put on a shadow puppet play.**

