<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wash bikes and outside toys</td>
<td>Splat art fireworks</td>
<td>Make homemade whistles</td>
<td>Make large soap bubbles</td>
<td>Have a special word that has a special noise</td>
<td>Paint with spaghetti noodles</td>
<td>Sidewalk chalk and outline self</td>
</tr>
<tr>
<td>Fizzy foam car wash</td>
<td>Edible gooey worms</td>
<td>Creepy crawlers in slime</td>
<td>Whipped cream sensory play</td>
<td>Ooblick</td>
<td>Squirt gun water paint</td>
<td>Mud painting</td>
</tr>
<tr>
<td>Glow in the dark chalk</td>
<td>Shaving cream slip and slide</td>
<td>Sand volcanos</td>
<td>Freeze items And excavate them out</td>
<td>Paint with your feet</td>
<td>Ice and Lemon play</td>
<td>Make watermelon slime</td>
</tr>
<tr>
<td>Water balloon paint party</td>
<td>Rainbow Glitter Sidewalk paint</td>
<td>Jell-O Foam</td>
<td>Nature Items tic tac toe</td>
<td>“Paint” the house with water</td>
<td>Sponge water bombs</td>
<td>Make your own pizzas</td>
</tr>
</tbody>
</table>

July 2022

With children being home through the summer, routines are not always followed and the expectations are not reality. We find the need to have activities for the kiddos that are “outside of the box.” During this time of the year the ECMH team wants to offer some “out of the box” ideas for you and your kids to try. These are colorful, exciting and should be enjoyable for everyone.
MEET CENTENNIAL’S EARLY CHILDHOOD CONSULTATION TEAM

**Amy Nation, MA, IMH-E® Infant Family Specialist**

Early Childhood Mental Health Consultant
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Fort Morgan, CO 80701
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**Ages 0-5**
Covers the following counties:
Logan, Morgan

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**Ages 0-5**
Covers the following counties:
Morgan, Washington & Yuma

**Shannon Parker, MA ECE/ECSE IMH-E® Infant Family Specialist**

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**Ages Prenatal-5**
Covers Cheyenne, Elbert, Kit Carson, Lincoln, Logan, Morgan, Phillips, Sedgwick, Washington & Yuma Counties

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**Launching Zoom Secure Telehealth Services!**

Our ECMH team is excited to announce that consultation services are now available using Zoom Secure Telehealth Services. These services are available to client families, schools, childcare centers and community partners with group and individual meetings available. All services will be provided using this private, secure video platform, and can be accessed using most electronic devices. For more information or to set up a consultation appointment, please contact our ECMH team or your local Centennial Mental Health Center office.

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**For additional support during the COVID-19 Pandemic you can call Centennial’s Community Support Line**

You can do this by calling your nearest Centennial office:
- Akron - 970.345.2254
- Burlington - 719.346.8183
- Cheyenne Wells - 719.346.8183
- Elizabeth - 303.646.4519
- Fort Morgan - 970.867.4924
- Holyoke - 970.854.2114
- Julesburg - 970.474.3769
- Limon - 719.775.2313
- Sterling - 970.522.4392
- Wray - 970.332.3133
- Yuma - 970.848.5412

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