SUDDENLY IN CHARGE:

Community Outreach

During COVID-19, it is important to reach out to friends and family. Reaching out to others, while practicing physical distancing, is good for your mental health. This is a time where people come together in fun and creative ways. When you come together it can give you a sense of purpose and belonging, especially when you are spending more time in your homes. Reaching out during COVID-19 looks different for each person. It can be calling or video chatting, writing letters, doing a porch drop-off of goodies, or a community window activity for when you are walking around town. Try one or all of the above!

May Day Baskets

May Day Baskets are an old tradition of leaving a basket full of flowers on the doorstep of your neighbors for them to find later. Follow these steps to make a May Day Basket for your neighbors with the kids you are babysitting.

Start by rolling a piece of construction paper into a cone and stapling it so it holds together. Children can decorate it if they wish. Then fill the cone basket with any goodies you want. Here are some ideas:

- Candies
- Homemade trail mix
- Real or handmade flowers
- Baked goods

Don't forget to add a note!

Leave the cone basket on the porch or hanging from the door handle, knock or ring the doorbell, then leave the porch.

Apple Smiles

Ingredients: apple, peanut butter, marshmallows.

Directions: Core and cut apple into slices. Add peanut butter to one side of two apple slices. Add marshmallows in between and put the slices

together to make a smile with teeth!

Scan the QR code for more "Suddenly in Charge" tip sheets and connect with your local K-State Research and Extension office.



Snack

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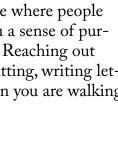
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> **MF3510** April 2020













Wash your hands first!

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