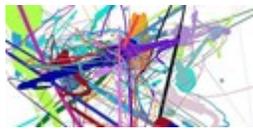




*A benefit I have received from being accredited - I'm treated like a professional in the field now. When State Licensing and Early Achiever monitors show up they are more receptive to my thoughts and ideas on child development. Accreditation also scores me extra points towards my state rating system.*

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### SUMMER ACTIVITY - THE INFLUENCE OF JACKSON POLLOCK



The free expression that Pollock uses in his works is the same type of free expression we encourage in young children. This activity is perfect for toddlers on up and especially suited for outdoor play.

Supplies:

*Washable Acrylic Paints*

*Canvas boards*

*Paint Brushes, evergreen branches, dish brushes (anything with bristles)*

During circle time talk about Jackson Pollock (there are some great books out there) and how he expressed himself through art. Ask the children open ended questions about his works (such as - how does the painting make you feel? What colors do you see? When you look at this painting what do you see?) . Then put the kids in their swim suits and encourage them to paint in the same manner as Pollock.

Lay the canvas board on the grass and setup paints in bowls (make sure the paint is fluid enough to splatter nicely) with different types of "brushes" for them to explore using. Show the kids how Pollock threw the paint off the brushes and on to the canvas. Let them create their works of art!

Since they are in swim suits have them run through the water to rinse off - this is great for a hot Summer Day and I do this activity every year!

### RECIPE

This can be a snack or a main breakfast or lunch item. My kids LOVE taquitos! These can be made with either shredded Roast beef or shredded chicken.

Ingredients:

8 corn tortillas

Either 10oz of shredded beef or shredded chicken breast

1/2c of your favorite salsa

1/3c Shredded Mexican Blend Cheese

½ tsp taco seasoning

**FOR BREAKFAST - use scrambled eggs, cooked sausage, and shredded cheese**

Preheat oven to 375.

Mix together the meat, salsa, seasoning, and cheese. Cover and place in the refrigerator for 30 minutes.

Next, place the tortillas between layers of wet paper towels and microwave for about 1 minute, you want them to be able to bend without breaking.

Take 2 tbsp. of filling and spread it across the surface, roll up and secure with toothpicks. Place them seam side down onto a lightly sprayed cookie sheet.

Bake for 16 - 20 minutes until crispy, cool and serve....if you have an **air fryer** you can make them in there too. Same temperature check after 10 minutes....

This recipe can easily be doubled or tripled to meet your needs.