

# LCCC's Arboretum

## BENEFITS OF OUTDOOR PLAY

Written by Samantha Mokshefski

- Outdoor play leads to endless opportunities for children to use their imagination and creativity!
- Children build social skills for making friends and building relationships.
- Children learn a lot about the science in their environments.
- Outdoor play also promotes taking appropriate risks, physical health, and better sleep.



## FACTS ABOUT LCCC'S ARBORETUM

Written by Jessica Cestare

- LCCC has planted 24 trees as part of the project.
- 20 species of climate change resistant trees were planted- oak, maple, redbud, sycamore, cherry, aspen, pine, and gum.
- The Schnecksville campus builds on the efforts of the students that are In Phi Theta Kappa honor society.







## COOKING RECIPE

Written by Maddie McGlinchey

**Peanut Butter Apple Sandwiches with Granola**  
 After gathering some apples from the apple trees located in the arboretum, you and your group can make peanut butter apple sandwiches--with granola, of course! Wash and remove the core of your apples, then slice them into 8-10 pieces. After prepping your apple slices, smooth some peanut butter, or any nut butter of your choice, onto one side of each apple slice. Sprinkle some granola onto the peanut butter and complete your snack by adding another peanut butter apple slice on top! Now you can enjoy your healthy AND delicious snack in the company of nature!

<https://www.heathershomemadekitchen.com/peanut-butter-apple-sandwiches-with-granola/>

## SENSORY PLAY RECIPE

Written by Alicia Rutkowski

Benefits of Mud ... and Getting Dirty

- enhanced awareness of the senses / sensory play / tactile skills
- gross motor skills / increased challenge / physical activity
- boosted immune system - healthy germs
- happiness - serotonin-boosting bacterium
- imaginative play / creativity (spa day, waterways and roads, act like a piggy)
- science and nature education



## FIVE SENSES NATURE SCAVENGER HUNT

Tick off each item as you find it

### SIGHT:

- Find something white
- Find something patterned
- Find something tiny
- Find something heart shaped
- Find something long
- Find five of the same thing

### SOUND:

- Find something that snaps
- Find an animal sound
- Find a soft sound
- Find something that crunches
- Find something loud
- Find something to make music with

### TOUCH:

- Find something bumpy
- Find something wet
- Find something warm
- Find something soft
- Find something prickly
- Find five of the smooth

### SMELL:

- Find a flower with a scent
- Find a smell you like

### TASTE:

- Find something humans eat
- Find something an animal would eat

## OUTDOOR GAME

Written by Naomi Cooperman

Nature Sensory Scavenger Hunt

- Allows children to explore using their five senses.
- Enhances sharpness and alertness when discovering
- It helps support language development
- Encourages problem solving, exploration and creativity.
- Helps children to form their own knowledge
- It helps with fine and gross motor

**FOR MORE VISIT:** <https://www.lccc.edu/about-lccc/news/lccc-completes-first-phase-of-campus-arboretum>