

Connecting with Your Kids: Budget Friendly Activities for the Whole Family

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Text

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When you see this



What are some of your favorite budget friendly family activities?

- Go to the park
- Stay home and watch movies
- Family Game Night
- Anything with my family is my favorite

What's a fond childhood memory of a time with your family?



What we will cover

- Variety of activities for a variety of abilities
- Indoor and Outdoor options
- Mostly free options
- Remind you of some things you might have enjoyed as a kid



Why? Connections. Experience.

**“tell me and
i’ll forget.
show me
and i may
remember.
involve me
and i learn.**

- Benjamin Franklin



**A mind that is stretched by a new
experience can never go back to
its old dimensions.**

Oliver Wendell Holmes, Jr.

Discovery



By letting our children lead us to their
own special places we can rediscover
the joy and wonder of nature.

Richard Louv

quotefancy

City Parks

More Than
What You
Remember



Inclusive Multisensory

In Central Arkansas, find these playgrounds in:

- Burns Park, North Little Rock
- Richie Road Park, Cabot
- Mills Park, Bryant
- Tyndall Park, Benton
- Maumelle is in the process of raising \$80,000 for a new inclusive playground, to be paid for entirely with private money. To make a donation to this worthwhile project, please contact Maumelle Parks and Recreation at 501-851-6990.



Burns Park, North Little Rock



Richie Road Park, Cabot

Burns Park, North Little Rock



Richie Road Park, Cabot #2



Richie Road Park, Cabot



Future maumelle inclusive playground



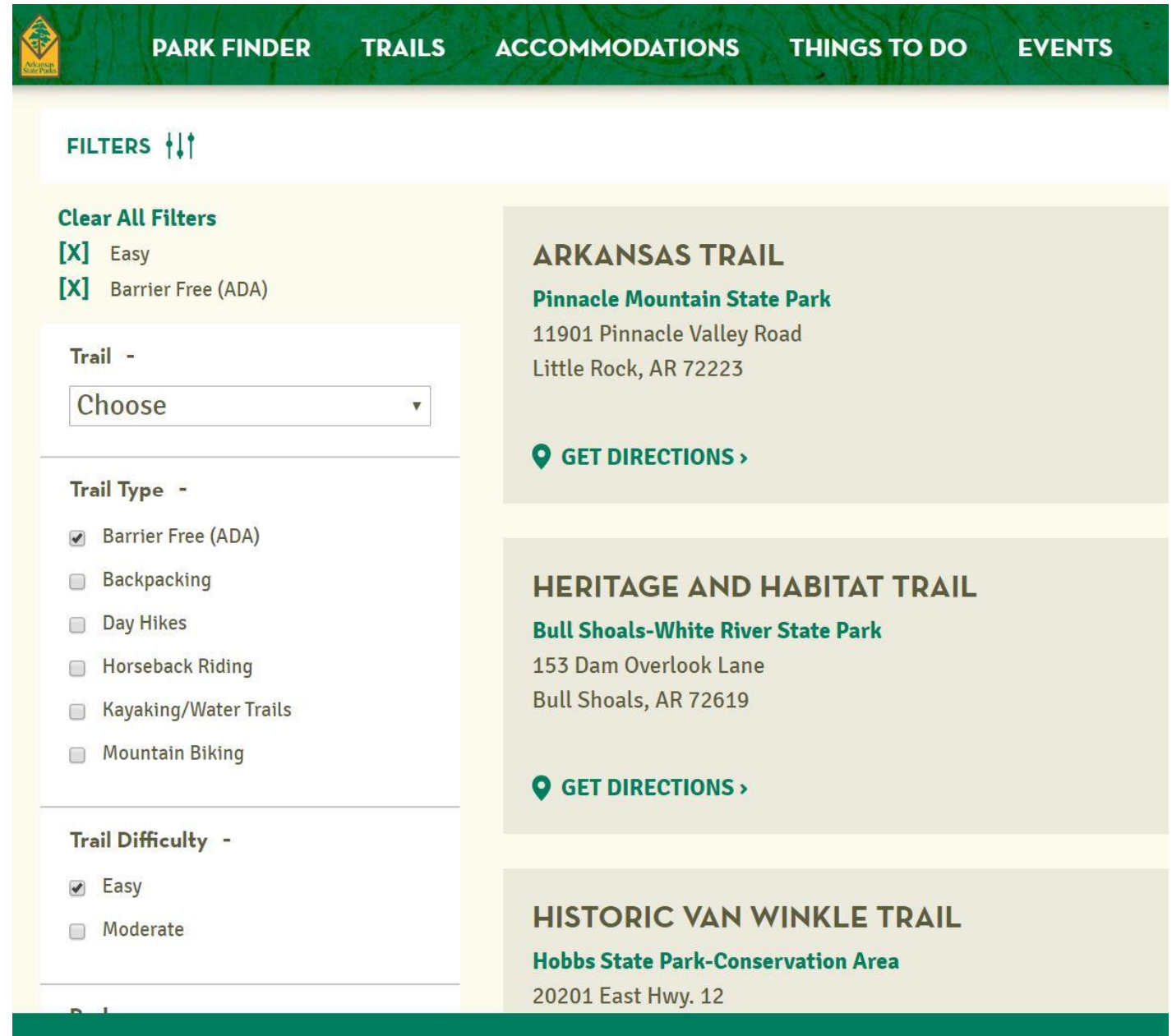
Mills Park, Bryant

Splash Pads




State Parks

- State Parks - wide range of options in AR
- <https://www.arkansasstateparks.com/trails> (select what type of trail)



The screenshot shows the Arkansas State Parks website's Trails page. The header features a green navigation bar with the Arkansas State Parks logo and links for PARK FINDER, TRAILS, ACCOMMODATIONS, THINGS TO DO, and EVENTS. Below the header, a yellow sidebar contains filter options. The main content area displays three trail listings, each with a title, park name, address, and a 'GET DIRECTIONS' button.

PARK FINDER TRAILS ACCOMMODATIONS THINGS TO DO EVENTS


FILTERS 

Clear All Filters

☒ Easy

☒ Barrier Free (ADA)

Trail -

Choose 

Trail Type -

☒ Barrier Free (ADA)

☐ Backpacking

☐ Day Hikes

☐ Horseback Riding

☐ Kayaking/Water Trails

☐ Mountain Biking

Trail Difficulty -


☒ Easy

☐ Moderate

ARKANSAS TRAIL

Pinnacle Mountain State Park


11901 Pinnacle Valley Road
Little Rock, AR 72223

 **GET DIRECTIONS >**

HERITAGE AND HABITAT TRAIL

Bull Shoals-White River State Park

153 Dam Overlook Lane
Bull Shoals, AR 72619

 **GET DIRECTIONS >**

HISTORIC VAN WINKLE TRAIL

Hobbs State Park-Conservation Area

20201 East Hwy. 12

Accessible Nature (accessiblenature.info)



Search this site ...

Welcome!

Places ^

United States ^

National Parks & Forests,
State Parks

A-F ^

ALABAMA

ALASKA

AMERICAN SAMOA

ARIZONA

ARKANSAS

CALIFORNIA

COLORADO

- **Buffalo National River**

There are a lot of trails in this 95,000 acre park surrounding the Buffalo river. Some sound easy and quite a few are accessible. The Buffalo National River flows freely for 135 miles and is one of the few remaining undammed rivers in the lower 48 states. The park is divided into three districts, Upper, Tyler Bend (Middle) and Buffalo Point Area (Lower).

The main phone number at Tyler Bend 870-439-2502 Here is the [website](#). [Map](#) [Hiking Trails](#)

[BuffaloRiver.org](#) has links to trail descriptions including difficulty for the upper and middle districts.



Quite a few of these trails sound as if they might be easy, although not suitable for wheelchairs. Call the visitor centers to learn more.

[Brochure of Upper District Trails](#) Pruitt Visitor Center phone 870-446-5373



[Lost Valley](#) 2.3 miles one way has views of the river from the bluffs.



[Erble-Cedar Grove](#) 4.3 mile one way to a historic cemetery



[Ponds Trail](#) 0.4 mile with a viewing deck on the South Pond.



[Koen Interpretive Trail](#) 0.4 mile with identified trees.

Nature for the Blind

<http://www.naturefortheblind.com/home>



HOME

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Trail Directory > Arkansas >

Trees of the Forest Trail

The barrier free Trees of the Forest Trail is located in the Lake Sylvia Recreation Area near Perryville, Arkansas. This easy, tree-focused interpretive trail has Braille informational signs about tree identification, uses by Native Americans, and modern applications for the wood and tree fruits.

Nearby City: Perryville

State: Arkansas

Location: Lake Sylvia Recreation Area

Braille signs: Yes

Sensory Garden: N/A

Guide rope: N/A

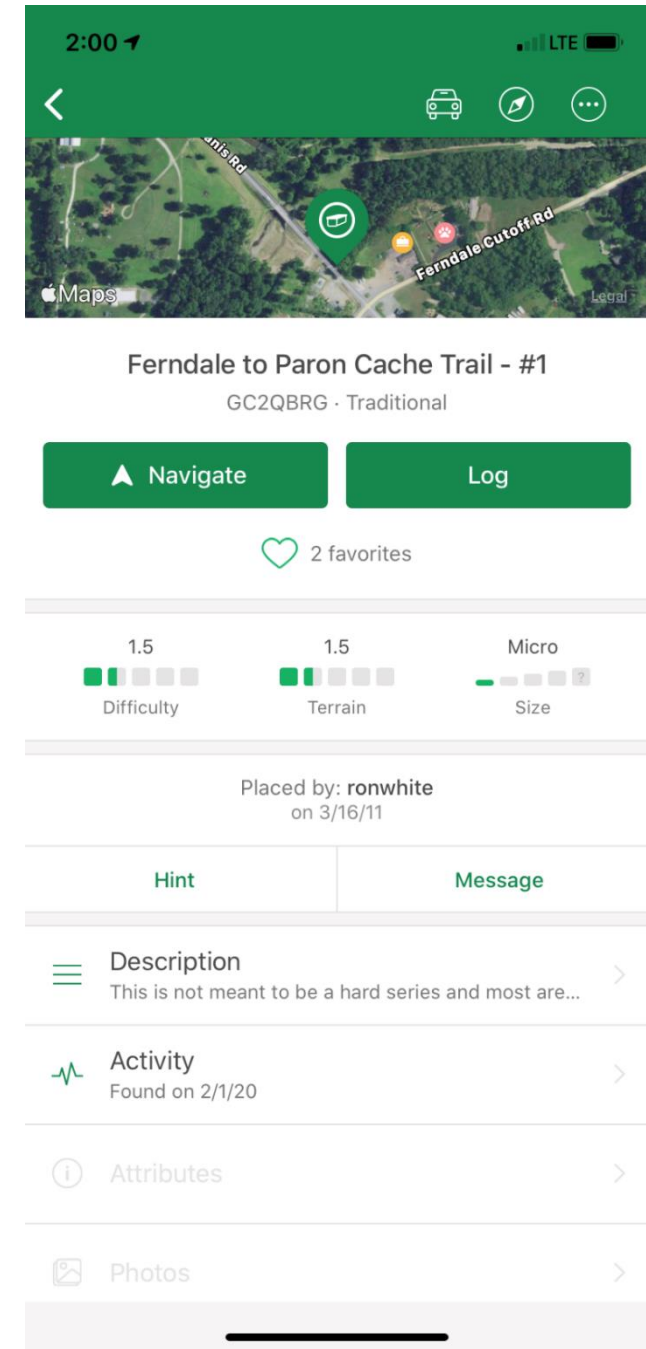
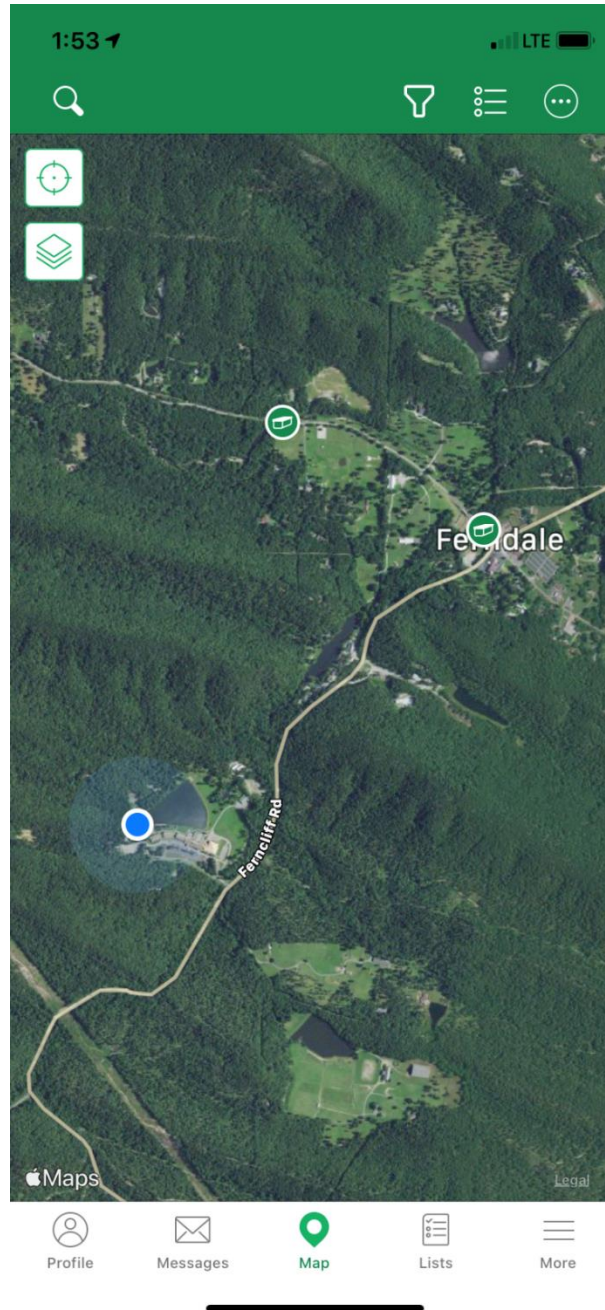
Tactile Pathway: N/A

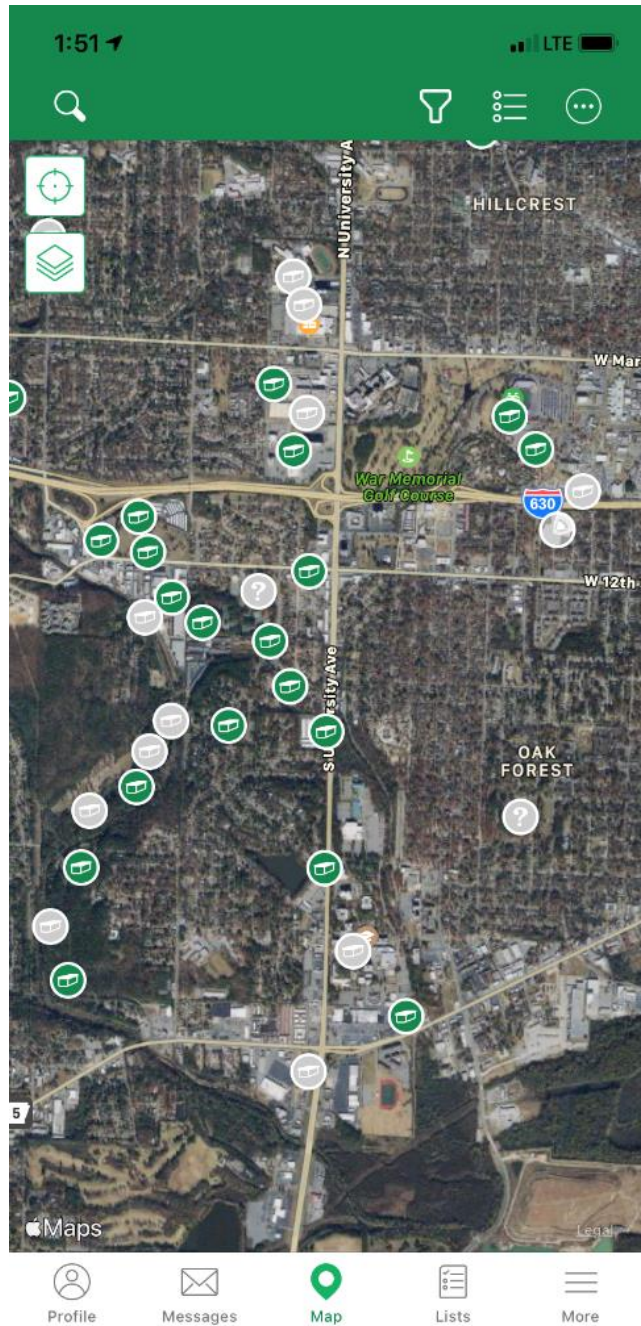
Wheelchair accessible: Yes

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

Geocaching

- Geocaching.com
- Can use with phone app
- Easy & Difficult
- Actual & Virtual
- Nature & City





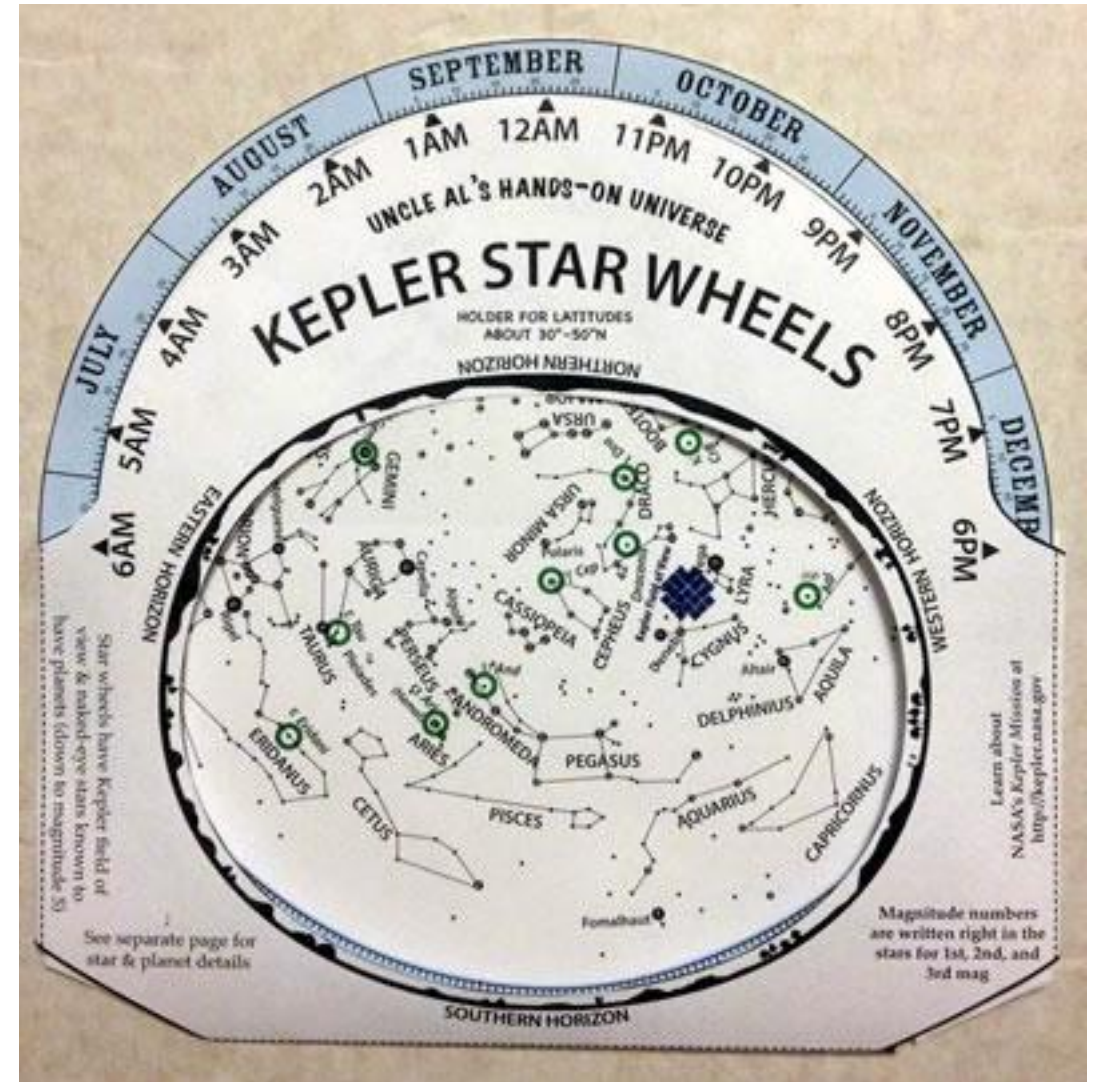


Can you find the Geocache?

- **At the LRSO?** Text “Geocache”
 - I’ll send you a clue
 - You find, you send me a photo of you with it.
 - I’ll send you a code to get into it
 - You keep it and it’s contents
-
- **Not at LRSO?** Text “Escape” and be in drawing for Escape Room in a box.

Star Wheels and Star Finders

- Make your own
<http://www.aosny.org/Starwheel.pdf>



Star Finder Apps (works indoors too)



Glow stuff



Grow Stuff

- Indoor/Outdoor
- Easy to grow (radish, grass, chia, sunflower, Amaryllis)
- Learn to care for living thing.
- They'll try (eat) what they grow.



Scavenger Hunts – Endless Possibilities

- Collect Items
- Collect photos
- Indoor/Outdoor
- Multisensory
(touch, smell, hear)
- Just do a search of
“scavenger hunts”



Cooking

- Recipe that has meaning in your family (give example of grandmother's rolls)
- Can be as easy or difficult as you decide
- Let kids choose



- FIND
At **tomorrow's** Valentine Day Bake Sale. Look for the volcano sticker.
TEXT a picture of you with the bag, and I'll send you a prize.



Tired of Slime?

Why not get nostalgic?

- Homemade Playdough
- NO GLITTER! NO GLUE!
- 4 ingredients
- Easy to get rid of. 😊

HOMEMADE PLAY DOUGH

Ingredients

2 cups flour
1 cup of salt
1 cup of water

Directions

Mix all ingredients together to make the dough.

Add natural dyes + scents. Set aside.

Store it in an airtight container for about a week.



DONTMESSWITHMAMA.COM


Recreation Centers


- Low membership fee
\$35/month family - Benton
\$16/month family
Jones Center - Springdale
- Indoor basketball
- Indoor walking/running
- Indoor pool
- Jones Center has more



Parks & Recreation Events




Department Information 



1800 Citizens Drive
Benton, AR 72015

[Get Directions](#)
[501-776-5970](tel:501-776-5970)
Fax: 501-776-5994
[Email](#)



Office Hours

Monday - Friday
8:00am-5:00pm

River Center Hours

Monday - Friday
5:00am - 9:00pm

Saturday
7:00am - 9:00pm

Sunday
12:00pm - 6:00pm

Underwater Easter Egg Hunt
Month Held: April | **Ages:** | **Price:** Free to Members; \$5 Non-Members | **Location:** River Center Natatorium

Sensory Art Night
Month Held: April | **Ages:** | **Price:** | **Location:** TBD

Tails on Trails Fun Run
Month Held: April | **Ages:** | **Price:** \$5; 12 and Under Free | **Location:** Riverside Dog Park

Princess in the Park
Month Held: May | **Ages:** All Ages | **Price:** \$25 per person | **Location:** River Center Gymnasium

This is a community outreach program that is designed to provide a high quality event to make children's dreams come true! Children in the community will be able to come meet their favorite princess, photo-opts and make memories that last a lifetime.

Movie at the Splash Pad
Month Held: May | **Ages:** All Ages | **Price:** Free | **Location:** Tyndall Park

Touch-A-Truck
Month Held: June | **Ages:** All Ages | **Price:** Free | **Location:** Riverside Park

Is a free community event that kicks off our "Beat the Heat" Summer Series and allows kids young and old to explore, honk , push buttons and get up close to the unique vehicles on display.

Photography

- Indoor/Outdoor
- Lots of uses
- Most have a camera
- Capture memories
- Teach them rule of thirds, etc.



Holiday WHENEVER

- Fun change
- Let the kids make decorations costumes snacks



Save up for other activities

- Gives them ownership
- Helps parents
- Feeling of accomplishment



A receipt from a coin audit. The receipt lists the number of coins for each denomination and their total value. The denominations are 0.01, 0.05, 0.10, 0.25, 0.50, and 1.00. The total value of the coins is 40.95. There is a customer fee of 0.00, and the grand total is 40.95.

AUDIT: 07399		UNIT	VALUE
COIN			
0.01	425		4.25
0.05	85		4.25
0.10	167		16.70
0.25	63		15.75
0.50	0		0.00
1.00	0		0.00
COIN TOTAL	740		40.95
LESS CUSTOMER FEE:	0%		0.00
GRAND TOTAL			40.95

YOUR Award Winning Camps

- Best Day Camp
- Best Overnight Camp
- Cloverbud Camp
- www.uaex.edu/daycamp
- www.uaex.edu/camp



4-H Can't Be Beat

- 5 – 19 years old
- Adult volunteers
- Learn so much
- Appeal to many interests
- Family friendly
- FREE



Resources

- Central Arkansas Water Parks and Splash Pads
<https://www.littlerockfamily.com/post/99469/cool-down-family-water-parks-and-splash-pads-in-arkansas>
- Night Sky Activities
<http://www.pbs.org/seeinginthedark/for-teachers/>
- Why Kids Should Learn Photography
<https://gtaphotographyclasses.com/4-reasons-why-your-child-should-learn-photography/>

One Last Contest



- TEXT me one thing you plan to do with your family in the next week
- Entered in a drawing for a gift card.



Why?

- “I sure love a parade.” ~ Shannon’s Grandmerna, Peggy Cobb



Shannon Info

- Shannon Caldwell, 4-H
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scaldwell@uaex.edu
501-786-1692 (work cell)



QUESTIONS?

