

SSPC

NEWSLETTER

JULY
2025



4th of July Paddle Board Balloon Game

★★★★★★★★★★★★★★★★

This game helps coordination, strengthening, and balance that the whole family can enjoy!



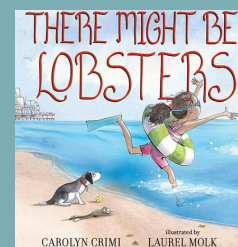
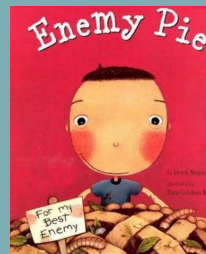
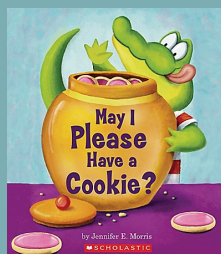
Materials Needed:

- Heavy weight paper plates
- Crayons, markers, or paint
- Red, white, or blue balloon
- Clear tape
- Popcicle sticks

How to Design:

1. Decorate paper plate
2. Attach jumbo craft stick to back of plate
3. Blow up balloons
4. Have the kids use their imagination to make up games with the paddles and balloons: timing how long they can keep the balloons up in the air.

School is OUT for SUMMER but we can keep READING and LEARNING about social skills!



During the busy school day, kids have constant opportunities to practice social skills such as: teamworking, handling frustration, compromising, and taking turns. Summer vacation can mean fewer opportunities to see other kids and practice these important skills. Talking at home about manners and working with others can make the transition back to school easier.

Family Fun & Outdoor Activities

FIREWORKS!

Fireworks are free and fun! Fireworks are set off in Portland on the Eastern Promenade and can be viewed from Baxter Boulevard, Payson Park, Martin's Point on Veranda Street, and Bug Light in South Portland.



WOLFE'S NECK CENTER FOR AGRICULTURE & THE ENVIRONMENT

Enjoy hiking, biking, and a visit to the Wishcamper Livestock Education Barn to see sheep, goats, rabbits, and chickens.

184 Burnett Road
Freeport, ME



PLAYGROUNDS NEAR YOU

Willard Beach - South Portland
Deering Oaks Park - Portland
Nan Jones Kimball Playground - Yarmouth
Eastern Promenade - Portland
Tuttle Town Playground - Cumberland

BEACHES NEAR YOU

Crescent Beach State Park - Cape Elizabeth
East End Beach - Portland
Pine Point Beach - Scarborough
Ferry Beach - Scarborough
Higgins Beach - Scarborough
Willard Beach - South Portland
Thomas Point Beach - Brunswick

