



GROTON GO Explore!

Children First Groton encourages families to explore Groton with their children.

Learn more about your community by engaging in physical activity, promoting good health and well-being, developing safe and strong families, and actively learning new things.

Promoting HEALTH and WELL-BEING	Developing SAFE and STRONG FAMILIES
<p>Shop at the Farmer's Market. Aug. 13 is Family Day at the Market City of Groton Farmers Market at Washington Park CT NOFA Farm & Food Guide</p>	<p>Eat a meal together every day. Need ideas for conversation starters? Go to Conversation - The Family Dinner Project - The Family Dinner Project PS. They also have guides on discussing difficult topics with your children.</p>
<p>Cook a healthy meal to eat together with your family.</p>	<p>Bring unused medications to the Drop Box at the Town or City Police station lobby, 24/7. Learn more at http://www.grotonprevents.org/</p>
<p>Track your physical activity for one month. Was it more than 30 minutes a day? Drop your completed log off at the Parks and Rec Office.</p>	<p>Visit your local Fire House for a tour. Get reflective safety vests to wear while walking and biking.</p>
<p>Go on a family bike ride. Get your helmet fitted at City Day and National Night Out.</p>	<p>Make a family emergency exit plan and practice getting to your safe meeting space. Make A Plan Ready.gov</p>
<p>Collect nonperishable food and donate to Groton Human Services Food Pantry, 2 Fort Hill Rd.</p>	<p>Go on a family bike ride. Remember to wear your bike helmets.</p>
<p>Visit the Health and Wellness Hub at the Groton Community Center.</p>	<p>Contact the Groton Ambulance Association for a car seat check.</p>
<p>Check out the Nutrition Calendar on www.childrenfirstgroton.org for daily activities.</p>	<p>Check your smoke detectors and carbon monoxide alarms.</p>
<p></p>	<p>Attend National Night Out (August 6) to strengthen community bonds, support local anti-crime initiatives, and promote police-community partnerships for a safer neighborhood.</p>
Actively LEARNING NEW THINGS	Engaging in PHYSICAL ACTIVITIES
<p>Sign up for the summer Library Reading Program.</p>	<p>Go to a playground.</p>
<p>Look for neighborhood Pop Up Storytimes during the summer. Sign up for email notifications at www.childrenfirstgroton.org</p>	<p>Take a hike. Groton Open Space Association – preserving the natural beauty of Southeastern CT (gosaonline.org) and Connecticut Trail Finder : Explore Every Corner (cttrailfinder.com) will give you lots of ideas.</p>
<p>Make time to read every day. Keep a log and turn it in at the August Groton Go Explore celebration. Sign up at www.childrenfirst.org for email notifications.</p>	<p>Dance at a Summer Concert Concerts in the Park Groton, CT (cityofgroton.com) Discover Summer 2024! (groton-ct.gov)</p>
<p>Explore at the beach or the woods. Bring a bag to collect things, then go look up what they are.</p>	<p>Play a game outdoors- Twister is fun! Hopscotch? Four Square?</p>
<p>Go to a museum- free or discounted passes available at the libraries.</p>	<p>Walk or jog around a track.</p>
<p>Collect a variety of small items. What can you make out of them (popsicle sticks, pom poms, yarn, paper clips, beads, etc.). Post a picture of what you made on the Children First Groton Facebook Page.</p>	<p>Take a family walk every day. How many miles did you walk in a week? Watch for the opening of Groton's Bicycle Bump Track.</p>
<p></p>	<p>Attend City Day in Washington Park on August 3rd from 5 to 8 pm to engage in fun activities, learn about city services, and connect with community members, promoting neighborhood spirit and strong family bonds.</p>