


Water and It Will Grow



equipped & encouraged

Because you care 

Because You Care



A PROGRAM OF **equipped & encouraged**

2ND Quarter 2026

PACKAGE CONTENTS



REUSABLE WATER BALLOONS



INDOOR SCAVENGER HUNT



CUPS WITH LIDS



MINI PLANTERS & COCO COIR PELLETS



SUNFLOWER SEEDS



CHOCOLATE PUDDING MIX



SHOVEL SPOONS



ORGANIC GUMMY WORMS



GLUTEN FREE OREOS

Just like a garden, strong families are built one seed, one drop of water, and one day at a time. Inside this Because You Care Package, you'll find a collection of items your family can use to plant, water, and grow together. We hope it will help you slow down, get your hands a little dirty, and cultivate deep roots.

WORMS IN DIRT: This is a playful, hands-on snack that fits perfectly with the theme of growth. You can encourage active participation in Oreo crushing, mixing pudding, layering the ingredients, and squishing in the worms. It may get a little messy, but that's often where the best memories are made. (Don't miss the shovel spoons that are included!)



INGREDIENTS

- 1 package of chocolate sandwich cookies
- 2 cups cold milk of your choice*
- 1 package instant chocolate pudding mix
- 1 container whipped topping (like Cool Whip or TruWhip), thawed*
- Gummy worms
- Zipper bags for crushing Oreos
- Clear plastic or glass cups for serving

INSTRUCTIONS

MAKE THE PUDDING

Whisk the pudding mix in a mixing bowl with two cups of cold milk for two minutes, or until well blended. Place the bowl in the refrigerator for 5-10 minutes until it thickens.

CRUSH THE COOKIES TO MAKE "DIRT"

While the pudding is setting, place 3-4 cookies in each sandwich bag, then hand one to each child with instructions to crush them. Offer ideas or tools - rolling pin, wooden spoon, etc. - or just use your hands. (Be sure to supervise because the sandwich bags can break, and you want the cookie crumbs in the bags, not on your floor.)

MIX IN WHIPPED CREAM TO MAKE "MUD"

Fold the container of whipped cream into the pudding until it's smooth.

ASSEMBLE YOUR "WORMS IN DIRT" CUPS

Start by pouring half of the crushed cookie dirt into the bottom of each cup. Spoon in a layer of pudding mud. Top with the remaining dirt and add the worms!

ENJOY!!

*These items were not included in the package.

SUNFLOWER SEEDS & PLANTERS: Use the included pots and coco coir pellets to plant and grow sunflowers! The process of nurturing a seed into a plant together builds connections, teaches patience, and creates a sense of accomplishment.

SUPPLIES

- Mini planter
- Coco coir pellet
- Sunflower seeds
- Water



INSTRUCTIONS

EXPAND THE COCO COIR

- Place the coco coir pellet inside the mini planter.
- Slowly add about $\frac{1}{4}$ cup of warm water.
- Wait 5–10 minutes as the pellet expands into fluffy soil. Gently loosen it with your fingers if needed.

PLANT THE SEEDS

- Make a small hole about $\frac{1}{2}$ inch deep in the center of the soil.
- Place 1–2 sunflower seeds in the hole.
- Cover lightly.

WATER GENTLY

- Lightly water until it feels damp but not soggy.
- Keep the soil moist while the seeds germinate.

FIND A SUNNY SPOT

- Place your planter near a sunny window where it can receive at least 6–8 hours of sunlight each day.

WATCH IT GROW!

- Seeds typically sprout within 7–14 days.
- Once your sunflower grows several inches tall and outdoor temperatures are warm, you can transplant it into a larger pot or garden bed.
-

🌻 **Growing Tip:** Just like people, plants need sunshine, water, and care to thrive. Check on your sunflower each day and celebrate every new leaf that appears!

REUSABLE “WATER BALLOONS”: Every living thing needs water to thrive, but humans need fun and physical activity, too! Here are a few ideas, aside from the traditional water balloon tag, for using these reusable “water balloons” to have some family fun in the sun:

WATER BALLOON TOSS

Partners stand facing each other and gently toss a water balloon back and forth. After each successful catch, take a step backward. See how far apart you can get without dropping it!

TARGET PRACTICE

Set up buckets, hula hoops, chalk targets, or plastic cups and earn points by landing water balloons in or on the targets.

RELAY RACE

Divide into teams. Players carry a water balloon from one point to another using a spoon, then pass it to their teammate who finished the course.

KNOCK DOWN THE CASTLE

Build a tower from cups or blocks and take turns tossing water balloons to knock it down.

STORY SPLASH

Each person shares a sentence of a silly story before tossing a water balloon to the next player, who adds another sentence.

SUNFLOWER WATERING

Since you're already growing sunflower seeds, once they've sprouted, you can move them outside and try using reusable balloons to carry water from a bucket to your plants.

These games work especially well for families because they emphasize cooperation, shared experiences, and playful connection rather than competition. The goal is less about winning and more about movement and creating moments of joy together.

INDOOR SCAVENGER HUNT: When afternoon showers roll in to water our gardens, use these cards indoors to get your brains thinking, laugh together, and get the wiggles out.