

PLAN of the DAY



brought to you by Navy Region Northwest Fleet & Family Readiness (FFR)

TUESDAY, APRIL 7

Is your family getting cabin fever? If so, we're dedicating today's Navylife Plan of the Day to the Navy MWR Super Pink Moon Camp-in. Make tonight an indoor or outdoor camping adventure and then get outside and catch a glimpse of the biggest and brightest supermoon of the year!

YOU DON'T SAY!

What is a Supermoon?

A supermoon happens when the full moon coincides with the moon's closest approach to Earth in its orbit. Supermoons make the moon appear a little brighter and closer than normal.

Why is it Pink?

When a supermoon appears in April it is called the Super Pink Moon. The name Super Pink Moon comes from one of the first spring flowers, Wild Ground Phlox, also known as Moss Phlox (*Phlox subulata*) that cover the ground like a pink blanket. With the supermoon appearing during this time it only seems fitting to name it Pink Super Moon!

Source: Adler Planetarium

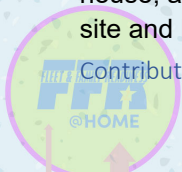
FAMILY FUN

Celebrate the Super Pink Moon by setting up a cozy campsite and pitching a tent indoors or outside in your backyard. A camping adventure without leaving home!

If you have a tent and a backyard: Treat your backyard just as you would when you are at a campsite. Find a smooth, flat surface to call home for the night. Get cozy in the tent by adding sleeping bags, yoga mats, bed rolls, or even multiple layers of blankets. There's no limit and you don't have to load it into your car! Time to get SUPER COZY!

Don't have a tent or a backyard? No worries. Create a shelter indoors by taking sheets and blankets and draping them over tables, couches, or chairs, becoming your campsite, fort, superhero cave, bear den, elf house, and so much more. Pull out the sleeping bags, blankets and pillows and set up your cozy camp site and have a sleepover in the living room!

Contributed by CNIC and NASWI Community Recreation



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TODAY'S WORKOUT

In honor of Navy MWR Super Pink Moon Camp-in, let's have a fun fitness workout today and break out all the games or fun we have while camping! Go find those Frisbees, volleyballs, or toss a football, kick a soccer ball, play catch, break out the Nerf toys, play tag and more!

Have a scavenger hunt. Write down flowers, trees, toys, or anything other items you may have and let the fun begin. Or watch a movie outdoors. No need to bring out the entire television set. Bring a tablet and a portable speaker.

Don't have any outdoor games? Build an indoor fort and dust off some classic board games like Monopoly, Checkers, Sorry, Uno, or even just a deck of cards to play War or Gold Fish.

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WHAT'S COOKING?

You don't need a campfire or grill to enjoy the best part of camping...S'mores and Banana Boats!

S'mores

Ingredients: graham crackers, chocolate bars, marshmallows

Directions: Break graham crackers in half and place them on a cookie pan. Place chocolate squares on one half of the graham crackers. Place marshmallow on other half of graham crackers.

Broil on low for 2 minutes, keeping an eye on them because they brown quickly. Remove from the oven, match a marshmallow top to a chocolate bottom and create a sandwich. Enjoy the perfectly toasted s'more. Yum!

Banana Boats

Ingredients: Bananas, marshmallows, chocolate chips, caramels, sprinkles

Directions:

Slice bananas down the center being careful not to cut through to the other side. Open carefully and fill with chocolate chips, caramels, marshmallow and sprinkles. Wrap bananas in aluminum foil. Place bananas on a cooking sheet in a 300 F for 10-15 minutes, or until chocolate and marshmallows are melted. Enjoy your delicious Banana Boats!

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