



Badlands Head Start: Prenatal to Five Newsletter



101 5th Ave. Belle Fourche, SD 57717 * Phone: 605-723-8837 * Fax: 605-723-8834

May, 2014

What's Happening?

April 30 th	Newell Screening
May 6 th	Pine Ridge Social
May 7 th	Kyle Social
May 8 th	SDHSA Meeting in Chamberlain
May 9 th	Leadership Team Meetings
May 12 th	Open House/Recruitment (Bison)
May 15 th	Last Day of Center (Lemmon/Bison)
May 20 th	Pine Ridge Social
May 21 st	Policy Council Meeting
May 22 nd	TREC Board Meeting
May 22 nd	Kyle Social
May 26 th	Memorial Day (Holiday)
June 18 th	Policy Council Meeting
June 19 th	TREC Board Meeting



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Family Community Specialist Email: wdunn@badlandshs.org
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Spread the Word:

Recruitment Time is here!!!

Badlands Head Start: Prenatal to Five is currently taking applications for the 2014-15 School Year.

Referrals from current and past Head Start families are one of the best resources we have for reaching out to new families. Please help us get the word out by informing anyone you may know that would qualify for our Head Start program in your area. Share with them the experiences and benefits of the Head Start Program and how they can contact us to obtain more information or to fill out an application.

In Butte County we serve prenatal moms and children 0-3 years old (who do not turn 3 before September 1, 2014).

In Harding and Perkins counties we serve prenatal moms and children 0-5 years old (who do not turn 5 before September 1, 2014).

In Corson, Shannon and Bennett counties we serve children 3-5 years old (who do not turn 5 before September 1, 2014).

We work closely with school districts to provide service to children with disabilities.

Remember when applying we need to see proof of age and income. We encourage families of all incomes to apply. Please give interested families the phone numbers to call the local offices or Belle Fourche office to fill out an application. Thank you!

Belle Fourche office: 605-723-8837 or 800-598-5859

Bison office – 605-244-5500

Buffalo office – 605-375-3179

Kyle office – 605-455-2799

Lemmon office – 605-374-3134

Wanda Dunn – Family Land Community Partnership Specialist

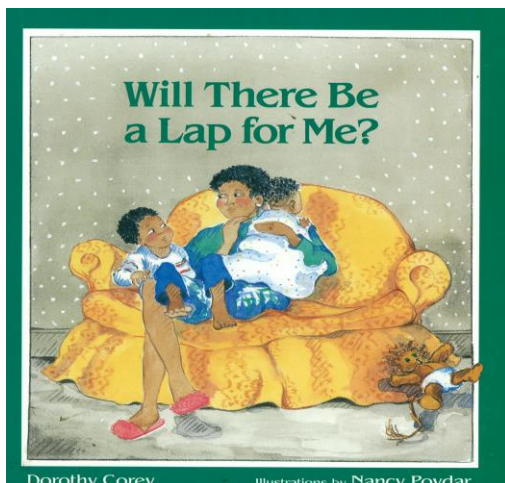
BOOK CORNER



Your Parent Resource Library is a wealth of information!

We will be highlighting a book, DVD, or other resource from the Parent Library each newsletter. Check out a book or other resource and let us know if there is a book or resource we should add to the Parent Library! (Not all materials listed are at all sites.)

Wanda Dunn, Family Community Specialist

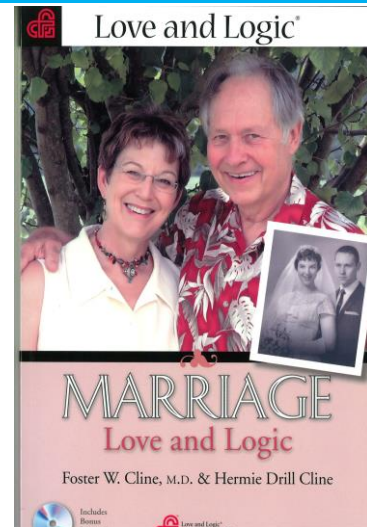


Will There Be a Lap for Me?

Written by: Dorothy Corey

Illustrations by: Nancy Poydar

This is an adorable children's book about a child's reaction to his mother having a new baby and how it would affect his time on his mother's lap.



Written by: Foster W. Cline, M.D. & Hermie Drill Cline

For thirty years Hermie and Foster have worked with other couples individually and in groups, in this country and abroad, helping them learn how to do the same thing: Build lasting relationships. They've worked with couples by the fireside in their home, and on houseboats lashed together on America's lakes. They've worked with couples around the campfire, and in many retreat centers. The wisdom gained through all these years and experiences culminated in a book that is enjoyable and effective for couples wishing to make the most of their relationship. – Jim Fay

This is a "read-and-understand, lock-it-in-with-practice" book that will enrich your relationship with your loved one. Foster and Hermie's DVD is packed with couple "laugh-and-learn" vignettes and links to a website that will help you understand yourself, your loved one, and your relationship along nine different scales



The Good Times are now...

Most parents wish they had more time – and energy – to tackle the many household jobs that never seem to get done.

Think about the dust that must be underneath every bed in your house, the jumble of closets, shoes and books in the hall closet, the infamous “junk” drawer in every kitchen in America.

Now think about the best things you remember from your childhood, the people, places, and events that are very dear to you.

Twenty years from now, what do you want your children to remember from their growing up years? Look at this list: Which items do you think kids will remember?

- The winter afternoons when the dinner dishes were left on the table while the whole family went sledding in the new snow.
- The arrival of Judy, the wild and crazy Irish setter who required lots of care, attention and feeding, but who loved everyone on sight and became a beloved family pet.
- The occasional summer night when all the neighborhood kids were allowed to stay up later while their parents played Monopoly.
- The spotless kitchen floor.
- Slacks with pressed-in creases.
- All of the family's clothes, washed, ironed, and put away at the same time.

The point is while we'd all like to have pressed-in creases in our slacks, absolute order in drawers and a spotless kitchen floor; sometimes these things have to give way to a more urgent need: time spent without children.

Today parents are bombarded with all kinds of information telling them how to be better parents, how to find quality time, how to have it all now to ensure that children grow up to be geniuses. If you ask the kids, they'd just like to have parents to themselves for a bit to play, talk, be silly, and have fun. It's something to make time for – right now. Twenty years from now those will be the good times they'll remember.

Borrowed from: Northeast SD Head Start Program Newsletter



Cook's Corner

Orange Juice Salad

A sweet fruity treat

Ingredients:

- 2 bananas, peeled and sliced
- 2 apples, sliced
- 2 oranges, peeled and sectioned
- 2 kiwis, peeled and sectioned
- 2 stalks celery, chopped
- ¼ cup chopped walnuts (optional)
- ¾ cup orange juice

Instructions:

Combine all ingredients in a bowl; keep in refrigerator until serving time. Makes four to six servings

Hamburger Muffins

Ingredients:

- 1 can (10 oz.) refrigerator biscuits
- 1 lb. lean ground beef
- ½ cup ketchup
- 1 tablespoon mustard
- Salt and pepper to taste
- ½ cup shredded cheddar cheese

Instructions:

Separate dough into 10 biscuits. Let your child flatten biscuits into 5 inch circles.

Lightly spray muffin pan with vegetable oil spray. Press each biscuit into a muffin cup. Press the dough into the bottom and up the sides.

Cook ground beef in a skillet until meat is browned. Drain off any extra fat.

Mix ketchup, mustard, salt and pepper into browned meat. Put about ¼ cup of the meat into each biscuit. Sprinkle with cheese.

Bake in a 375 degree oven for 15 to 20 minutes. Cool for 5 minutes.

Guidelines for Finicky Eaters

1. *Be a positive role model.*

Your child learns by watching you. You should eat the same healthy foods you expect your child to eat.

2. *Don't force your child to eat a specific food.*

No one food is essential. Choose another food from the same food group instead. For example, if your child doesn't like milk, try giving yogurt, cheese or calcium-fortified juice. Forcing your child to eat can make him or her dislike meal times. In many cases, your child just may not be hungry.

3. *Eat meals together.*

Make mealtimes special. Sit together and talk about your day. Turn off the TV during meals. Eating meals and snacks at the same time of the day may also help improve your child's eating habits.

4. *Try new foods.*

Try giving a new food once a month. Or try the same food in different forms. For example, serve mashed potatoes instead of baked potatoes.

5. *Offer a variety of foods.*

Along with food you know your child will eat, offer other foods. Your child may like to try foods that are different colors and shapes.

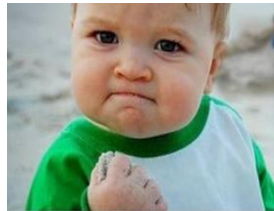
6. *Offer healthy choices.*

For example, offer more than one kind of vegetable and let your child choose which one he or she would like.

7. *Watch for food "jags."*

Sometimes your child may want to eat the same food every day. It is okay to serve the food your child likes, but try to add other healthy choices, too. Food jags often last only a few weeks and are generally not harmful.

Building a Healthy Child Parent Handout Lesson #18



Parents are often astonished to find their sweet, innocent little baby has suddenly turned into a noisy, demanding—and sometimes out of control—child. Help is here!

Badlands Head Start: Prenatal to Five
Is offering:

“Love and Logic” Parenting Classes!!!

We are currently surveying to determine how many parents are interested in this 6 week training opportunity for summer and how many for fall.

Please **contact Tammy McDaniel** by **June 1st, 2014**, at the Badlands Head Start Administration Office in Belle Fourche, SD at 605-723-8837 or 800-598-5859 or email

tmcdaniel@badlandshs.org

Farewell...

Malynda Wolf, our Health, Nutrition & Safety Specialist will be leaving us on May 9th. We are saddened by her departure but we wish her the best. Malynda has been a huge asset to Badlands Head Start: Prenatal to Five. She has been instrumental in connecting us with so many resources for our families, as well as, advocating for the children in our program throughout the health community. Thanks Malynda for your dedication and support of Badlands Head Start: Prenatal to Five. We will miss you!



**10 Tips on
Getting Kids
to Eat Their**

Veggies

1. Set a good example, eat **YOUR** veggies.
2. Shop with children, help them pick out veggies.
3. Let children help at meal time.
4. Dress up veggies with a bit of dip, butter, or cheese.
5. Turn veggies into fun names and shapes.
6. Hide vegetables in muffins, casseroles, tacos, or pasta sauce.
7. Try one-bite at a time. Then try again. It can take more than 10 tries before a child likes a new food.
8. Avoid pressuring kids to eat something, it doesn't work.
9. Keep it up, be consistent and persistent.
10. Make meals about family time.



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Look for Ten Tips:
Getting Kids to
Eat their Veggies
pamphlet in the
June 2014 catalog.



Week of the Young Child

The Belle Fourche Social Site was decorated with a Wall Art Project that Ms. Pita Estrada did with the children in her cluster for...

Week of the Young Child!

National Children's Mental Health Awareness Day – May 8th

Badlands Head Start: Prenatal to Five is a part of this national effort, and supports your child's Mental Health/Wellness in the following ways:

- ✚ Educational handouts on parenting issues and social-emotional development
- ✚ Individual consultations with parents who desire more information
- ✚ Encouraging Social/Emotional Development through Home Visits and Socials
- ✚ Conducting or arranging for screenings for possible mental health issues
- ✚ Helping with the referral process to a mental health agency if the parent wishes.

How Parents Support Mental Wellness

In their regular daily contacts with their children parents learn about child development, get to know their individual child, and form patterns of relating to their child. They learn to:

- Provide a secure base through loving connections and routines
- Use positive coaching skills to help their child be independent
- Establish a few age appropriate rules and be consistent in their response
- Help their child resolve conflict by staying calm and using a problem solving approach
- Spend time every day interacting with their child away from television and computer
- Keep up regular connections with extended family, friends and nature
- Recognize their child's unique contributions to the world and the family

Their child gains:

- A sense of who he or she is in the family and in the world
- A desire to communicate and make connections with others
- The confidence and persistence to reach goals
- The motivation to explore and learn

Parents have the most opportunity and responsibility to help their child feel safe in the world, to be connected, and be able to get along with others. They create an environment that nurtures and encourages mental wellness.

Terry Anderson, Mental Health Specialist

SPRING AND SUMMER "HOME WORK"

No one will know its "HOME WORK," but every time your child is playing with toys in sand/dirt/water/birdseed, etc. they are getting ready for kindergarten expectations. Read below for the surprising amount of learning opportunities:

- **COGNITIVE:** sorting, problem solving, investigating, exploring, explaining, critical/creative thinking, classifying, comparing volume and measurement properties.
- **PHYSICAL-MOTOR:** standing, squatting, stretching, twisting, using fingers, hands, arms, and trunk all while maintaining balance and coordination; playing with scoops, shovels and funnels provide a resistive activity improving body awareness; eye-hand coordination and grasping are needed for future writing.
- **SOCIAL:** Interactive and pretend play provides social skill development and verbal communication, sharing, helping, compromising, requesting, offering, and friendship building.
- **SPEECH AND LANGUAGE:** the gathering of children with or without adults around an engaging activity promotes the use of spontaneous speech and language...a MUST for all young children developing skills for reading and writing!
- **SENSORY:** playing in a variety of materials (sand, dirt, water, seed, flour, etc.) allows the child to feel different textures through their hands, giving the brain the opportunity to process a variety of tactile experiences in order to understand different sensations (i.e., grainy, smooth, dry, wet, etc.).

Stereognosis is the ability to recognize an item by touching only. This develops when a child can feel and identify an object they cannot see that is buried in the sand, etc.

If messiness is an issue, spread out an old sheet or shower curtain so all the spills (and there will be some) can be cleaned up easily...remember it is all about the children, their development and joy of learning! HAVE FUN TOGETHER!!

Adopted from "Write Out of the Box!" April 2013 by Marianne Gibbs, EdD, OTR (occupational therapist)

Submitted by: Cheryl Voorhis, PSD/EDS



Ten Tips to a Great Plate

1. Know how many calories you need.
Go to www.ChooseMyPlate.gov to find out your calorie level.
2. Enjoy your food, but eat less.
3. Avoid oversized portions.
Use a smaller plate, bowl, and glass.
4. Eat more vegetables, fruits, whole grains and low fat dairy.
5. Make half your plate fruits and vegetables.
6. Switch to fat free or low fat (1%) milk.
7. Make half your grains whole grains.
Eat whole wheat bread instead of white bread or brown rice instead of white rice.
8. Eat fewer foods that are high in fat, sugar and salt.
Desserts, candy, pizza, sausage and sugary drinks should be occasional treats.
9. Choose foods with less sodium.
10. Drink water instead of sugary drinks.



Information from United States Department of Agriculture Center for Nutrition Policy and Promotion

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ANALYZING RESULTS OF CHILD ASSESSMENT

As we've mentioned earlier this year in the newsletter, a major detail of the overall School Readiness theme for all of our children, Early Head Start and Preschool Head Start, is the process of aggregating (gathering) and analyzing the results of our ongoing assessment: TS GOLD. I'll try to simplify the process and summarize where we are in our program:

- Every enrolled child is first assessed after the first 5 weeks of the beginning of their enrollment (this can be different throughout the program, depending on when the child/family enrolls).
- This assessment is based on 1) *This is My Child*, 2) *Developmental Profile (EHS) or Preschool Developmental Profile (HS)*, 3) *Screenings: DIAL 4, ASQ and ASQ-S/E*, 4) *teacher/home visitor observations*, 5) *IFSP or IEP goals and objectives, if applicable*.
- The ongoing assessment procedure is repeated 3 times a year (fall, winter, spring) but only the *Developmental Profile or Preschool Developmental Profile and teacher observations* are formally repeated at the 2nd and 3rd checkpoints.
- After each of the 3 checkpoints, we do an Aggregation and Analyzation of the data gathered.
- This process is measured against the *BHS: P-5 School Readiness Goals and Objectives*, the *Head Start Child Development and Early Learning Framework (ELF)*, and *The Creative Curriculum GOLD Goals*.
- The information is gathered by cluster/classroom, child, disability, and can be separated into several other categories.
- Data is gathered for 3 main reasons: 1) to share the child's progress with the family and identify areas for next steps in development, 2) to identify areas for staff professional development, and 3) to identify areas for program adjustment and improvement.
- Aggregation and Analyzation Reports are to be shared 3 times a year with families, program staff, Policy Council, TREC Board of Directors and the general community.

The status of our program is behind where we expected to be at this point in time. Due to being short staffed at the beginning of the program year in September 2013, new staff that came in started behind the game and had to take time to be oriented to the home visiting process and paperwork, to get the required training for using the TS GOLD system, and to know their children well enough to be able to record the assessment data. Thus, we were not able to gather program-wide data in a timely manner. At this date, all home visitors have completed the GOLD Basic online training and are catching up on all data collection. Full reports will be available by May 21 and provided to the families, Policy Council, TREC Board and the community. If you have any questions about this process, please contact me at 605-723-8837 or cvoorhis@badlandshs.org.



Cheryl Voorhis,

Program Services Director/

Education-Disabilities Specialist

SOUTH DAKOTA EARLY CHILDHOOD EDUCATION CONFERENCE

The South Dakota Early Childhood Education Conference was held on April 24th, 25th, and 26th, 2014 in Sioux Falls, SD. Several of our Early Head Start home visitors and one TREC Board member attended, as well as, our Executive Director, Doug Jacobson, who was a presenter at the Conference. Staff from all of the SD Head Start areas were recognized at an awards dinner for their years of service. Badlands Head Start: Prenatal to Five recognized Guadalupe Estrada for 10 years of service, and Jeanne Blalock for 15 years of service. Below (left) is a picture of Doug Jacobson giving Guadalupe her certificate and pin.



On Saturday, the KEYNOTE SPEAKER was Keith Pentz. Keith has a passion for creating quality early childhood education. His areas of expertise include: brain-compatible teaching and learning strategies, cognitive development/child development and positive discipline models to name a few! His presentation was *Making the Body-Brain-Mind Connection in Teaching and Learning*. Our BHS: P-5 staff enjoyed his presentation very much. Guadalupe Estrada, Butte Co. home visitor is captured above (right) meeting Mr. Pentz after his presentation.

The following link from Portland State University contain their Harvest for Healthy Kids activity kits which are available for free download and may be of use to children and families. The parent newsletters included on the sight are available in three languages.

<http://www.harvestforhealthykids.com>

Early Years

WORKING TOGETHER FOR A GREAT START

May 2014

Badlands Head Start: Prenatal to Five

KID BITS

Research holidays

Why do we have Father's Day? How about Independence Day? As part of your family's celebrations this summer, help your youngster research each holiday in a library book or online. Together, learn about why it started and how people observe it. Then, think of a new holiday tradition for your family to try!

Little citizens

When you obey a law or rule with your child, point it out, and ask why she thinks it's important. For example, she might say that wearing a bike helmet keeps her from hurting her head if she falls. Or she could note that more people get to play if you stick to the tennis court's posted time limit. She'll learn about being a good citizen.

Thoughtful teacher gifts

Consider helping your youngster find an end-of-year gift related to his teacher's interests. If the teacher loves to read, he could give her a bookstore gift card or a bookmark. Or if she follows a sports team, your child might pick out a key chain or a sweatshirt with the team logo.

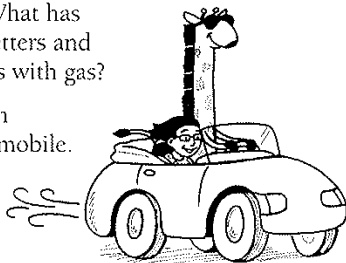
Worth quoting

"The nice thing about teamwork is that you always have others on your side." Margaret Carty

Just for fun

Q: What has 10 letters and starts with gas?

A: An automobile.



Learning with nature

The outdoors makes a great classroom! By enjoying nature together, your child can work on subjects like science, math, and writing. Here's how.

Start a gardening notebook

How many beans will grow on a green bean plant? How tall will a sunflower get? A gardening notebook is the perfect place for your youngster to record her observations of vegetables and flowers. Plant seeds with her, and, as they grow, she can sketch them in her notebook. Help her label their parts ("stem," "petal") or write other information ("I counted 17 beans").

Run a bug hotel

Punch a few holes in the lid of a clean plastic container to make a "hotel" for bugs. Then, have your child prepare for guests by stocking it with twigs. She can choose a bug (caterpillar, ladybug), carefully place it inside, and give it different kinds of leaves to see what it prefers. Let

the bug "check out" of the hotel (set it free), and try another type of bug. Which one is the best climber? Which one ate the most?

Create natural art projects

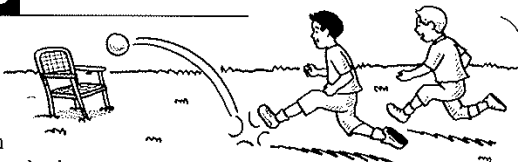
Nature is full of art supplies. Your child can dip acorns or maple seeds into finger paint and "stamp" them onto paper to make pictures. She could also drag blades of grass through the paint and then across her paper. Or she might paint rocks and leave them to dry in the sun. ♥



Homemade yard games

Keep your youngster active with easy-to-make family games like these:

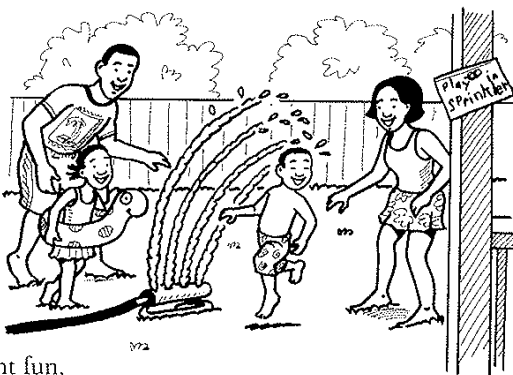
- Choose a target, such as a lawn chair or a trash can, and take turns kicking a playground ball toward it. The person who gets closest picks the next target.
- Ask your child to line up hula hoops or buckets. Then, players try to toss an empty water bottle into each one. If you miss one, your turn ends.
- Use brooms to sweep a tennis ball back and forth to each other across the driveway or sidewalk. See how many times you can pass the ball without missing. ♥



Routines for a pleasant summer

When school is out, having a routine lets your youngster know what to expect and can keep him from misbehaving or being bored. Help make days run smoothly with these tips.

Keep some things predictable. Relaxed summer days are perfect for spur-of-the-moment fun, but try to have a few activities that repeat regularly. Your child might have a play date every Tuesday or go to the park on Saturday afternoons, for instance.



Share the plan. Each day, talk about what will happen tomorrow. You could discuss it over dinner or before bedtime. "We are going to spend the morning at Grandma's. And after that, we're going on a picnic for lunch."

Leave wiggle room. Set aside time each day or week

for an activity your youngster chooses. Help him write ideas on index cards ("Play in the sprinkler," "Finger paint," "Visit the library"). Then, keep the cards in a recipe box or zipper bag, and let him pick one out.♥

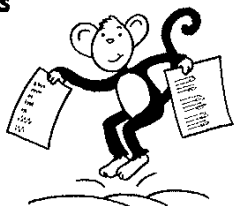
The power of poetry



Poems are packed with rhymes, interesting words, and ways to have fun with language—powerful stuff when you're learning to read. Use these activities to appreciate poetry with your child.

Look for rhymes

Choose a rhyming book such as *Five Little Monkeys Jumping on the Bed*, and ask your youngster to tell you which words rhyme (*bed, head, said*). Can she think of more words that rhyme with the ones she picked? She might come up with *red, bread, and fed*. Together, make up your own poem that includes the rhyming words!



Find words

Read poems aloud. Suggest that your child keep a list of words she likes—they could be words that are fun to say (*topsy-turvy, polliwog*) or that make her think of something fun (*peppermint, carousel*). Look up words she doesn't know. Then, try to use words from her list during conversations.♥

OUR PURPOSE

To provide busy parents with practical ways to promote school readiness, parent involvement, and more effective parenting.

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a division of CCH Incorporated
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ACTIVITY CORNER

Run a lemonade stand

Lemonade stands are a hot-weather staple in many neighborhoods. Consider letting your youngster set one up, and she'll practice a variety of skills with every cup served.

- 1. Decide what to sell.** Encourage your child to make her business stand out. Maybe she'll serve different flavors of lemonade by adding fresh strawberries or blueberries. She could give each one a creative name ("Tickled Pink," "Blueberry Blast"). She might also offer snacks, such as cookies cut into shapes.
- 2. Design a sign.** Help your youngster list menu items and prices. Suggest that she add a slogan to attract customers. Example: "The most colorful lemonade on the block!"
- 3. Make lemonade.** Together, read the recipe or the package directions. Let her measure and stir the ingredients.
- 4. Serve customers.** Your child can say things like, "May I help you?" or "Would you like a cookie with your lemonade?" When the person pays, help her count the money and give change.♥



Q & A

Get creative with chores

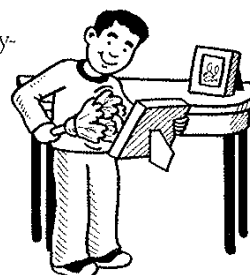
Q: My son complains so much when it's time to do chores that it's usually easier just to do them myself. How can I make chores less of a struggle?

A: Chores are rarely at the top of anyone's list of favorite things to do. However, with a little creativity, you may get your son to pitch in more willingly.

Start with chores you know he can do, like using a handheld vacuum or putting away stuffed animals. Then, turn it into a game.

For example, you might play a song and have him race to vacuum the stairs before it ends. Or he could make each stuffed animal run to its spot on his bed.






You can also build in learning by giving directions like, "Dust everything that's a square" or "Put away three grocery items that start with the letter c."♥



MAY

Get Moving Today!

ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Take a walk. Each time you see a sign of spring do 10 jumps for joy. 	Motions of the Weather. Use your body to pretend to be different types of weather. Rain, wind, thunder, snow...get creative.	Practice your throwing skills. Find a big target and throw as hard as you can at it. Work on stepping right at the target with your "opposite" foot.	Rainbow Run. Talk about the colors of the rainbow and as you name a color run and touch three things that are that color.	Log Rolls – find a safe space in your house and practice rolling in a straight, strong line. Use those muscles.	Silly Run: Get outside and run. Try running in a straight line, a curvy line, and then a zigzag line. 	Pretend that your elbow or your foot is a great big crayon, and move all around your home coloring the most beautiful picture.
Can you leap? Pretend that your house is full of puddles and your job is to leap over all of them. Don't get wet! ☺	Find an extra chore that will help you become a better mover (sorting clothes to work on throwing skills; sweeping the floor to work on strength).	Turn on some music and make your parent/caregiver dance with you. Tell them they have to dance for at least two whole songs.	Statues Game: Put your body into a balanced position and hold it while you count to 10. Try a more challenging position.	Say the ABC's by putting your body into the shape of each letter.	Go for a walk – breath in the air as you swing your arms and hold your head high.	Can you skip? Give it a try – step, hop, step, hop.
Cut out a bunch of different shapes, put the shapes in a pile and then try putting your body into these odd shapes. 	Find different kinds of shoes in your house. Pretend to move as if you were wearing each kind of shoe. Stomp in your boots, prance in your slippers, slide in your skates.	Get silly today and make up a new sound or word and then make up a new action to go along with that word or sound.	Get outside and pick up trash. Use different forms of movement to travel to each new piece of garbage. 	What animals do you see in the spring? Act them out.	Go outside and explore speed – try moving really fast. Now move very slowly. Practice changing from fast to slow.	Pick up your room! Each time you pick something up do five jumps before you put it away.
Ask someone to help you make a hopscotch pattern with paper plates. Practice hopping and jumping.	Practice your ball rolling skills by rolling a ball back and forth with someone. Each time you roll it, back up one step.	Nature Statues Game: Name something that you would see in nature then put your body into that shape. Try to hold that shape while you count to 10. 	Become a cloud! Watch the clouds today and change your body into all of the shapes that the clouds make – then float through space going high, low, fast and slow.	Draw some lines outside on the sidewalk using chalk. Practice jumping over them. Work on bending your knees and using your arms to get high and far. Also remember to land softly.	Do the Opposite! Work on doing opposite movements, such as run fast and slow, reach high and low, march soft and hard.	Pretend to play your favorite instrument and go on a parade around the yard.
All Aboard! Find a big towel or blanket and spread it out on the floor. Stand on it, move on it, then fold it up a little. Can you still stand and move on it? Fold it again – move again. How small can you make the towel?	Take five minutes – go to every space in your home and do a funny dance that makes your parent/caregiver laugh. Make them do the dance with you.	Get outside and play catch. Follow the ball with your eyes and move to where the ball is going.	Read your favorite Nursery Rhyme and put actions to it so you can say it with your body.	Motions of the Weather: Use your bodies to pretend to be different types of weather. Rain, wind, thunder, snow...get creative!	Make yourself really small and on the count of three spring up into the air, reaching and stretching to make yourself really big.	Go back and repeat the activities that you really enjoyed this month! 