

May 2020 Newsletter

The Bear Facts

Celebrating 62 Years of Early Childhood Education

Dear Parents,

Here we are again beginning a new week and month, holding on to each other as we navigate a time of too many changes too quickly. If you feel thrown off balance, I am with you. I do, too. And, at the same time, I am beginning to see glimmers of hope that there could be something valuable emerging, even as we worry and live this new reality.

Three of my friends sent me this YouTube clip. Take a look:

<https://www.youtube.com/watch?v=FHTGw7p8Sag>

When I watched this video, I was left with two questions:

1. Could this very challenging situation also be giving us opportunities to redefine ourselves as kinder, more compassionate human beings?
2. Are there strengths inside me I haven't cultivated before? What might be my opportunities to serve more?

If no one has told you lately, the work you are doing each day, the ways you play with your children and interact with your extended families, your jobs, your neighbors and friends, is vital and appreciated by so many. Thank you.

Sesame Street has always been a favorite in our family. If I search hard enough in the basement, I can probably find my girls favorite stuffed friends. Jessie wouldn't sleep without her Cookie Monster. Alex was a Big Bird girl. And Trisha had to have her Elmo each night. It's great to have these familiar friends helping today's children understand what's happening in the world around them.

<https://www.cnn.com/2020/04/25/app-news-section/cnn-sesame-street-coronavirus-town-hall-april-25-2020-app/index.html>

In May we celebrate Teachers and Mothers. Thank you to all the amazing moms who are part of the BHCNS extended community. Thank you to the best staff imaginable. Without our moms and our teachers our days wouldn't be as bright!

Liz
Liz Sobrino
BHCNS Director



**BHCNS RESOURCES ARE
UPDATED ALL THE TIME!**



BHCNS YouTube channel:

Don't forget to check out:

Letter Themed Directed Drawings
Crafts using recycled items
Fun with shapes crafts
Under the sea crafts
Circle Times
Scavenger Hunts
Art Projects

And more content added daily!

BHCNS website!



Activity Packets are posted weekly on our calendar page: Scroll down to activity packets. **Activity Packets**



And there are additional resources on the **Resource Tab** for parents and children.

BHPCNS BOARD UPDATE

Hi Nursery School Families - We hope that you and your families are continuing to do well and are adjusting to our new normal. Despite all of the closures, the Nursery School Board and our subcommittees have remained very active virtually.

The **Long Term Planning Committee** is in the process of finalizing our five-year Strategic Plan for the school and we are very excited to share that with you all when it's complete.

The **Safety Subcommittee** has also been actively engaged in overseeing the implementation of the safety grant funding that the school was awarded this year. They report:

A silver lining of the school closure is we have been able to have our security improvements installed while the building is closed. Crews are working 6 days a week for 14 hours a day to run new wiring, install new security cameras, install a global mass communication system between all building users, and enhance our door entrance security. When we reopen the school and the entire BHPCN property will be more secure than ever before. The funding for the security upgrades and enhancements is being paid for by a Maryland Department of Education Security Grant for \$115,000 awarded to the school in the fall of 2019.

Our Board will hold our final regularly-scheduled meeting of the school year on May 21st at 7pm. If you have any questions for the Nursery School Board or any of our subcommittees, please contact Missy Banashak at Missy.Banashak@gmail.com.



PARENTS' GROUP UPDATE



Thank you to every single BHPCNS family for submitting a Teacher Appreciation photo of your child. The Parents' Group has created the photos and will be delivering them to the teachers this week. While we are far apart everyone's willingness to participate in this project has made it a HUGE success!

We wanted to let you know that we still plan to hold **Kindergarten Night on a date still to be determined**, via Zoom. We know many of you may be concerned that this break from school might impact your child's preparedness for Kindergarten. We're hopeful that this session, which will include Q & A, will put you at ease. Send Dorene Michael at Dmichael@bhpcns.org where your child will be attending kindergarten and if you are interested in joining a remote kindergarten event. Stay tuned for information on how to join the session, submit questions, and RSVP.



Thank you,
Maggie Maloney

Sarah McGovern



Bradley Hills Presbyterian Church News

We hope all nursery school families are doing well and welcome them to join us in any of the virtual BHPC activities listed below.

Weekly Virtual Church School

All children in 5th grade and younger are invited to join DCE Matt Nabinger for a time of music, Bible story, and virtual social engagement every Saturday at 10:30 AM. Parents and family members of children in 5th grade or younger are invited as well!

Get ready to practice some crazy dance moves to beloved Vacation Bible School music, engage with the stories of our faith, and find connection.

Join Zoom Meeting

<https://zoom.us/j/111852006>

Weekly Virtual Church

Bradley Hills In-Person Worship Services moving to Virtual Worship through the end of May. Join us for one live service at 10:30 am on Sundays at the link below.

Worship is focusing on social disruption and what we can learn from the exodus journey of the Israelites in the wilderness

[Watch Services Live Click Here](#)

Blessing of Babies

We have begun a blessing of the babies in worship which is different from baptism. If you have a newborn in your family and would like a blessing during this unusual time, contact David

Weekly Learning Program

Thursdays at noon we'll have a weekly learning program on Thursdays at noon. This is for children and families and all to connect by Zoom and learn for 30 minutes from a member of our community.

Join us May 7 as a BHPC member demonstrates how to make dumplings if anyone wants to make breakfast for Mom for Mothers Day.

To join the Zoom Meeting - email david@bradleyhillschurch.org for information.

New Adult Education Offering

We are resuming adult education classes via Zoom on Sunday mornings at 9:15. Bring your coffee and join us for thought-provoking interactive sessions. We are still finalizing topics, so watch the church's webpage or Tuesday and Friday e-mails for links to sign in and details about topics. The first two sessions in May will be:

May 3: *"Civil Rights Journey through the South."* BHPC Seminary Intern Sarah Sadler will discuss the trip she and several classmates made earlier this year, retracing the route of major events in the Civil Rights Movement of the 1960s.

May 10: *"The Pandemic in the Developing World: What is Different?"* Dr. Andrew Foster is the George and Nancy Parker Professor of Economics at Brown University. He also "happens" to be Interim Associate Pastor Chris Foster's husband. He is an Applied Microeconomist who works on issues of Development, Health, and the Environment.

Partnership in Food Security

For those wishing to learn more about how to give or receive needed food, our partner with Smart Sacks, Manna Food Center, continues to serve those in need: <https://www.mannafood.org/covidresponse/>

Bethesda Helps Request:

Bethesda Helps is experiencing an increased need from its clients and decreased supply. The next time you shop or place an order for grocery delivery, please consider ordering some items for the Bethesda Help pantry. **Please note, we are not asking that you make a special trip to the store, just that you add some items for us when you're there. We don't want to expose anyone to additional risk!** A list of needed items is attached. Any of these items in any amount, even if just a few, will help us greatly!

Volunteers will be at the pantry the next three Wednesdays (April 29, May 6, and May 13) from 11:00-1:00 to accept your items.

The pantry is located at the North Bethesda United Methodist Church, 10100 Old Georgetown Rd, Bethesda (the corner of Old Georgetown Rd. and Lone Oak Dr). Just enter the parking lot from Lone Oak Drive. As you drive in, the building is on the right. The pantry entrance is the last door at the end.

Due to COVID19, we ask that when you drop off the items you remove them from your car and place them on the sidewalk near the pantry door. Once you are safely back in your car, a volunteer will retrieve them. A donation receipt is attached if needed.

NEWS FOR PRE-K CLASSES

From MCPS Regarding Online registration for new MCPS students

MCPS has launched a new online registration/enrollment process to support families who wish to enroll their children. Families who are enrolling their children in Prekindergarten/Head Start programs and kindergarten for the 2020-2021 school year, as well as new K-12 and international enrollments for the 2019-2020 school year, can complete the process in three ways:

1. Online, starting with this [Registration Survey](#)
2. Over the phone by calling 240-740-5999
3. By paper forms. Call 240-740-5999 to request forms be mailed to your home

KINDERGARTEN NIGHT WILL BE RESCHEDULED FOR LATER IN THE SPRING

Kindergarten is a big transition for your child and your whole family. Do you have questions or concerns about what MCPS Kindergarten is all about?

- A current MCPS Kindergarten teacher, Maura Backenstoe from Burning Tree Elementary School, will host a ZOOM meeting to share her insights about Kindergarten readiness and what to expect come September.
- Send Dorene Michael at Dmichael@bhpcns.org where your child will be attending kindergarten and if you are interested in joining a remote kindergarten event.
- If you have friends or neighbors who might be interested in attending, they are welcome to participate as well. Simply share the Zoom link, once it's available with them.
- Parents of our younger Bradley Bear cubs are welcome to attend too.



TROUBLE OR WORRY ROCKS BY MRS. JACOB AND MRS. HARRINGTON

Social Emotional Value: The "trouble rock" gives children an outlet for talking about their problems and frustrations. In addition, it encourages them to think about what they can do to solve their own problems.

You will need:

- Go on a nature walk and find a rock about the size of your fist with a nice flat bottom.
- Paint or markers
- Wiggly eyes
- Yarn or feathers for hair
- Elmer's Glue-All



This worry rock was made by Luke Harrington when he was 3 in Mrs. Jacob's class. Luke is the son of Alex Harrington, an assistant teacher in the M-F 3s 113 classroom. Luke is now 16!

Directions:

1. Begin by telling about a problem that you might be dealing with in your life, or about a frustration you had when you were a child. Ask your child to share troubles that they might have too.
2. Let your child suggest what they might do when they have a problem. Brainstorm ways to solve problems.
3. Explain that sometime we might not be ready to talk to someone else about a problem. A "trouble rock" is the perfect solution, because it won't tell anyone else!
4. Decorate your rock with paint or markers, "hair" and wiggly eyes. Ask your child to think of a name for his/her rock.
5. If you have a little piece of felt, glue it to the bottom of the rock to prevent the rock from scratching your furniture.
6. Bonus: One day, take your rock to College with you.



EGG CARTON FLOWERS

For Mother's day we make beautiful flowers with recycled materials. Child paint egg cartons and the other materials are all optional. The suggested project is a flower bouquet on a painted cardboard but can be finished with child's imagination.



Supplies:

- egg carton
- rectangular scrap of cardboard
- [acrylic paint](#)
- [paintbrushes](#)
- scissors
- [green pipe cleaners](#)/ some little tree branches/ popcycle sticks
- [buttons](#)/ pompoms/ tiny pieces of color papers (magazines) / sprinkles, etc.
- hot glue + [glue gun \(regular glue can work\)](#)

1. Cut the egg carton lid off and cut each of the egg cups apart.

Save that lid! They can be used for paints. Fill egg cups with different paint colors and you have a paint palette.

2. Paint the cardboard scrap background and each of the egg cups and let them dry completely.

3. Hot glue the button middles into each egg cup flower.

Paper circles or pom-poms, anything really can be used

4. Hot glue a pipe cleaner stem (any kind of stick) to each egg cup flower.

5. Glue the flowers on a painted cardboard.

FINE MOTOR FUN FROM MRS. STEVENS

While your children are home don't forget to have them practice their fine motor skills. Strong hand muscles are important for painting, pencil grasp, scissor skills, and self help skills like getting dressed and brushing teeth! One way children can build their hand muscles is by playing with play dough. Another way to build their hand muscles is to tear paper. This is harder than it sounds. When tearing paper, children will need to move their hands in two different directions! So give your children any junk mail to practice tearing. Cutting with scissors helps children increase their hand muscles with the open and close motion. Cutting helps with hand eye coordination. Cutting out shapes helps children to increase their concentration. Now is the perfect time to build hand muscle strength.



RAINY DAY IDEAS FROM MRS. MAGARY



Rainy day ideas:

- using empty plastic bottles set up indoor BOWLING area
- using cardboard boxes (let them sit outside or sheltered area for few days to decontaminate) create wearable CARS. Don't forget a Steering wheel, taillights, and decorate to your hearts desire. Attach scarf through holes in sides and around neck to hold up as child "drives".
- create a SENSORY BIN using an empty large plastic bin and beans or marbles or anything you have on hand. Water is always a favorite. Include a fluted vessel so child can practice POURING.
- an old German birthday game "Topfschlagen" (pot hitting). Hide a treat (edible or not) under a pot in a room. Child will be crawling on floor blindfolded with a wooden spoon hitting the ground until they find the treasure under the pot! Siblings can give "hot or cold" hints.
- these activities to help gross motor skills especially balancing, throwing, jumping, kicking, running. Both indoor and outdoor ideas.
<https://activeforlife.com/49-fun-physical-activities-to-do-with-kids-aged-2-to-4/>

SOME MORE ACTIVITIES TO LIFT THE BHP CNS COMMUNITY'S SPIRITS

Hang your Bradley Bear Coloring Pages in your windows or on your front door!

In our weekly activity packets we are including Bradley Bear coloring sheets with directions to decorate Bradley Bear in different ways. Along the lines of people placing stuffed animals in their windows, we thought it would be fun to suggest to families to place their Bradley Bear coloring pages in their windows or on their front doors, so when neighbors walked by, they would know that's a Bradley Bear house.



Dress your favorite Stuffed Animal or Bear in your Bradley Bear red school t-shirt* and place your friend in a window for all your neighbors to see.

Two Year Old Families, we will mail you a t-shirt for your child.

*Typically, BHPCNS distributes the red t-shirts to student in our 3 and 4s' programs to wear on field trips and school activities. New students and 2 year old classes should have received their t-shirts in the mail. Thank you, Mrs. McCauley!



Use sidewalk chalk to leave inspirational messages.

Have your children draw pictures and leave notes for their neighbors, friends, family, the mailman, the UPS person, the grocery delivery person, the carry out dinner person, and anyone else who walks up and down the sidewalk in front of your house.

Color Pictures for the “Helpers”

Cristina Brandaleone shared this link with me. It's to color pictures to thank all the workers who are bringing packages to our homes, helping us in stores, keeping the mail system running and more. I've colored my pictures and hung them in my front window. It's not a great picture but you get the idea!

If it's not an outdoor play kind of day, maybe your child(ren) would be interested in coloring some pictures too. Here's a link to the site!

<https://watereducationgroup.com/essential-workers-coloring-pages/>



SOME MORE EARTH DAY FUN FROM MRS. GOODSTEIN AKA MRS. “G”

Earth Day may have come and gone but our earth is always with us. There's no better way to think about our amazing planet than through an easy art project focusing on texture. Texture is everywhere. And is often used by artists to create visual interest. In this project, we will create Earth using torn pieces of construction paper.

You can follow along with Mrs. G to make our earth:

https://www.youtube.com/watch?v=0wDLFmgcWDs&list=PLoRhagzUJE6cXe1hQob6SehLP_pdJxdvh&index=8&t=0s

Once you have finished the project, take a minute to close your eyes and run your hand over it. Feel all the bumps, ridges, and edges. What words would YOU use to describe the texture? Now find other objects that have unique textures-rough, bumpy, furry- and try your best to describe them.

TEXTURE



SCAVENGER HUNT FUN FROM MRS. SCHWEITZER



Mrs. Schweitzer has created 2 wonderful Scavenger Hunts for you and your children to do. The Scavenger Hunts are attached to the email that accompanied this newsletter. They can also be found on the BHP CNS website under the May 11 through May 15th Activity Packets on the Calendar Page of the website.

MAY BEAR CUB BIRTHDAYS

Ari Jong
Aakash Patel
Claire Penfold
Liam Morales
Ren Craft
Sloan Paulson
Bo Davis
Lucas Koch
Isla Monica

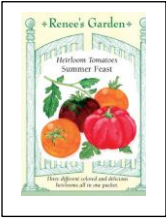


Evelyn Pryor
Linus Yang
Andre Gamard
Tommy Greeves
Tomohi Yokobori
Jamie Eisinger
Braden Bolla
Colter Koch

Wishing our Bradley Bear Cubs a virtual happy birthday day!!!!

STAY AND PLAY ACTIVITIES TO DO AT HOME

Milk Bottle Fun by: Mrs. Mac-n-Cheese



Supplies:

- an empty plastic milk bottle with handle
- stickers
- permanent markers
- piece of yarn or string about 18" long
- practice golf balls, spongy ball, sponge cut in half
- dirt
- seeds

Directions:

Cut bottle in half, decorate with stickers and /or markers.

Top half - Ball throwing game, cut two or more bottles, children hold handle and toss and catch ball to each other.

Or, solo game, tie yarn/string to handle and tie ball on other end.

Try to get ball in basket without using hands.

Bottom half - Fill with dirt and plant seeds, water and watch grow!!!



Milk Bottle
Fun by:
Mrs.
Mac-n-Cheese

In the Kitchen with Bradley Bear: by Mrs. McCauley



Are you tired of cooking the same old things? This month in In the Kitchen with Bradley we'll be taking some old favorites and giving them a twist, just to keep things interesting. And, we'll make some fancy sandwiches to serve Mom for Mother's Day. Your children will be sequencing, learning how to follow directions, increasing their fine motor skills, learning about math and science, all while having fun with YOU in the kitchen. And, did we mention, they just might eat something that they never have before and like it? On the menu this month are Tea Sandwiches, Dot's Chicken Tenders (Mrs. McCauley's Mom), Eileen's Mac 'n Cheese (Mr. McCauley's Mom), and Peanut Butter French Toast. Are you tired of cooking the same old things? Look for these recipes on our school's website under the calendar tab.

<https://www.bhpcns.org/calendars---newsletters22.html>

Bon Appetit!

Calling all Bradley Bear Dancers from Ms. Colleen:

How wonderful it has been to see so many of our dancers during the last few zoom classes. I cannot wait to see you again! Classes are weekly- 2:00 p.m. on Wednesdays. Dance families have been sent the link for these recurring classes. I also encourage you to follow us on Facebook @BCoDance for daily updates of online dance classes offered by our teachers and experts from around the world. The studio has also created an account with Dance Teacher Web that you are free to use. It has some good content for early childhood dance. To access classes and tutorials please visit: <https://www.myonlinedanceteacher.com/> Next, please enter Bethesda Conservatory of Dance and Bethesda, MD. Our password is 5678.

Dance Crafts on YouTube from Mrs. Stevens Bradley Bear Dancers: please stay tuned to our YouTube channel where your teachers will continue making our under the sea crafts with you! Have some thin paper plates or some white circles the size of a plate ready to make our crafts. We will make turtles, jellyfish, fish, and more!

Bradley Bear Dance Co.

By Ms. Colleen and Mrs. Stevens



Yogi Bears
By Mrs. Myers & Mrs. Martin

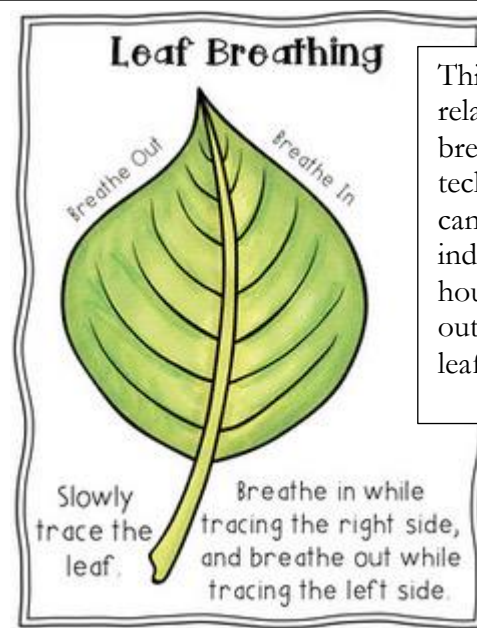
Yoga is a holistic, calming way to reduce stress and reconnect with oneself and the world, especially in uncertain times. The month of May will take our Yogi Bears on wonderful adventures, from a visit to the ocean to mermaids; camping to cars and transportation; and finally, a trip to the Summer Olympic games. Our budding yogis will transport themselves through practicing various poses, breathing deeply, mindfulness, being in the moment and enjoying the beauty that surrounds each of us. No studio is needed - just lay a towel or mat on your lawn and join in with your Bradley Bear! Check out the YouTube Channel for more yoga lessons too!



Mindfulness for Kids: Clever Breathing Exercises for Kids to Calm Down - Kumarah

Blow out the Candles: This is one the best breathing exercise for kids to help them calm down when upset angry. Hold up 5 fingers like candles on a birthday cake. Gently breathe in and blow them out one at a time, lowering each finger as you blow it out.
kumarahyoga.com

<https://kumarahyoga.com/12-clever-ways-to-breathe-with-your-kids-to-calm-down/>



This is a fun and relaxing breathing technique that can be practiced indoors with a house plant or outside with a leaf from a tree.

BEACH YOGA



I am a surfer.
WARRIOR 2 POSE



I am a beach chair.
CHAIR POSE



I am a sandcastle.
DOWNWARD-FACING DOG POSE



I am a swimmer.
LOCUST POSE



I am a sea star.
RESTING POSE

© Kids Yoga Stories.

Beach Yoga Poses

Check out the BHP CNS YouTube Channel where you will find many more yoga lessons your child can enjoy!



Where in the World is Bradley Bear?

By Mrs. Choi

ITALY

Videos to Watch

A Gondola ride in Venice

<https://www.youtube.com/watch?v=fKIPgvoYLO8>

Leaning Tower of Pisa

<https://www.youtube.com/watch?v=vl4w9UCoEIk>

2. Italian Cooking Activity

PIZZA TOAST – INGREDIENTS:

6 slices bread

1 c. pizza sauce

2 c. shredded mozzarella

1/2 c. mini pepperonis

1 tbsp. Parsley

DIRECTIONS

1. Preheat oven to 350° and line a medium baking sheet with parchment paper.
2. Place bread on prepared baking sheet and spread with pizza sauce.
3. Top with mozzarella and mini pepperonis and place in the oven.
4. Bake until cheese is melted and pepperoni is slightly crisped.
5. Garnish with parmesan and parsley and serve.

MAKE SURE TO LET YOUR PIZZAS COOL BEFORE EATING!



STAY AND PLAY ACTIVITIES TO DO AT HOME ITALY CONTINUED.....

Collage Pizza Art

Supplies:

Paper plate (for pizza dough use ready cut cardboard or
Papers or magazines
Glue
Paints
Brush
Scissors



Directions:

1. Paint a white paper plate with brown paint. Or use a round piece of cardboard.
2. Cut color paper or magazine for various toppings
(Yellow for cheese, black for olive, green for vegetables, red for pepperoni, etc)
3. Glue them on dough.

WEEKLY MUSIC CLASSES WITH MS. CASEY EACH TUESDAY!

With so much around us changing, it's comforting to know that April showers are ensured to bring May flowers – and songs about them! Music can be a respite and a celebration in strange times. With this in mind, Singing with Ms. Casey will be hosting weekly sing-alongs via Zoom beginning the first Tuesday in May! Hope to hear see you here!

Link for 2s & 3's class Tuesdays at 10 am:

<https://us04web.zoom.us/j/78296796261?pwd=NERkLzduZHA1TmhWNU RjdzVtcHBaQT09>, Meeting ID: 782 9679 6261

Link for 3s & 4's class Tuesdays at 11 am:

<https://us04web.zoom.us/j/77058751239?pwd=WFhrQlczczZwdDBMQTR 1V01uTEdnUT09>, Meeting ID: 770 5875 1239

The Password for both events is: Springtime

Just a reminder that you can find some of our favorite Bradley Hills songs here: <https://soundcloud.com/aracasey/sets/bhpcns-2016-end-of-year-performance-setlist/s-isUdy>

I've put together a list of fun online content spanning music, science, dancing, cooking and more! (There's even a cool playlist for the whole family!) Most of these creators are uploading new content regularly so please check them out to keep your kids interested in the arts!

https://docs.google.com/spreadsheets/d/11YvqhMAjH8-VPB_P971QQCp5nzLiCRDahlRcCrwcEHo/edit?usp=sharing

Check out my special greeting on Bradley Hill's YouTube channel:

<https://www.youtube.com/channel/UCLw9EC3Qxv9sG6ySuivSSGA>

Lastly, here's a super nifty video of my band The OSYX (pron. "oh-six") performing outside last summer!:

<https://www.youtube.com/watch?v=Bj0K1nc3Cy0>



**Music with
Ms. Casey
For our
2s, 3s, & 4s'
Classes!**



**Little Hands Music Classes
2s, 3s, & 4s'
Classes!**

Happy May from Little Hands Music!

Let's have a Tea Party and a Derby Hat party for Mother's Day!

**Here's a cup, and here's a cup
and here's a pot of tea!
Pour a cup, and pour a cup
and take a sip with me!**

[Here's a Cup poem with Teddy Bear Blue](#)

[Here's a Cup poem with hand motions](#)

[Here's a Cup poem with pictures](#)

(photo page to point to while saying the poem is attached!)

[Wearing Hats for a Derby party \(Shoe a Little Horse poem video\)](#)

[Songs and other poems to sing and play with a tea party or a Derby hat party with Moms](#) (on a Spotify playlist)

includes

I'm a Little Teapot
Polly Put the Kettle On
Jelly on a Plate
Hot Cross Buns
Little Sacka Sugar
A Tisket a Tasket
Besame Mucho
Big Bunch a Little Bunch
Shoe a Little Horse
Pony Macaroni
All The Pretty Little Horses
In My Daughter's Eyes
Goodnight My Angel



Happy May! We appreciate you Moms!



**Spanish Lessons
By Sra. Cardoni**

Sra. Cardoni Reports:

Hola!!! I've been able to upload several short videos in the Spanish Playlist that you can find on the Bradley Hills Presbyterian Church Nursery School YouTube channel. I wanted to record an entire class but cannot film more than 15 minutes or so, for some reason the audio got very messy. I broke my lessons and songs into several short videos so your child can pick and choose which songs they want to dance to, or you can click Play All on the Spanish Playlist and they'll be busy for a while!!! We will review *Verbos-Verbs* for a few weeks and I'll upload a new book and calendar meeting with the Mono weekly. Mid-April we started to learn about *Animales-Animals* and that section will be uploaded along with new songs *Los Pollitos* and *Itsy, Bitsy, Araña*, as well as a new book weekly.

LET'S GET MOVING WITH MRS. STEVENS – CREATIVE MOVEMENT FUN!

Mrs. Stevens Shares:

Hello! I miss all of my friends so much! Although we can't be together right now, we can still get up and move! Exercise reduces anxiety and stress, boosts brain power and self-confidence, and increases sleep. The Super Hero stretches that we do as a warmup will be posted to our YouTube channel as well as Moving with a Scarf. Go Noodle on YouTube has some good songs for children. Here are some to check out:

Koo Koo Kang-Roo

Dinosaur Stomp
Wiggle It

The Learning Station

Shake Your Silly's Out
Spring Songs for Children-
Spring Is Here with Lyrics

The Laurie Berkner Band

The Goldfish

Jack Hartman Kids Music Channel

Penguin Dance

The Kiboomers

Freeze Dance

Here is a game that you can play to get moving- roll a dice, and if you land on...

- 1-do 10 jumping jacks
- 2-hop on one foot 5 times
- 3-jump on both feet 10 times
- 4-touch your toes and hold for 15 seconds
- 5-gallop around the room for 30 seconds
- 6- do a silly dance for 30 seconds

Another idea to incorporate some movement is to draw an obstacle course with chalk. Use several symbols in a row to make your course

Star=jump

Circle =hop

X=leap

Swirl=spin

Dashes=gallop

M=High Marching

Just use your creativity and have fun!

Stay Healthy and keeping moving!



**Creative Movement
with Mrs. Stevens
For our
2s, 3s, & 4s'
Classes!**

