

# March 2015 Keeping the Learning Going and Just for FUN



www.alternativesforchildren.org

## **Dr. Seuss Gross Motor Activities** Happy Birthday Dr. Seuss

Ten Apples Up On Top - use beanbags or folded washcloths to see how many your child can balance on their head. Try walking forwards, backwards, and sideways as an extra challenge.

The Foot Book - Using Masking/Painter's tape make a balance beam on the floor. You and your child can try all different variations of "walking" on the line.

Mr. Brown Can Moo! Can You? - Make

00 BUZZ RLURY POD BLURP DOPP DOPF SPLATT SPLATT

up as many funny, crazy, silly movements to go with all the things Mr. Brown can do. Pop like a cork - buzz like a bee clop like a horse - choo choo like a train.

Visit Seussville for lots of fun games & activities http://www.seussville.com/

		moving around.
March is Music Therapy Advocacy Month National Social Work Month Thank you to our Music Therapists who bring music to our lives and the members of our Social Work & Psychology Department		<ul> <li>Can you see a flag blowing in the wind?</li> <li>Is there a leaf being pushed along the road?</li> <li>Are the tree branches swaying?</li> <li>Stand still for a moment and enjoy the feeling of the wind blowing across your face.</li> <li>Help children understand that even though the wind is invisible, we can still see the effects of the wind.</li> </ul>
Draw them a Thank You picture and send it in and we'll post some of them on our Facebook page <u>https://www.facebook.com/AlternativesForChildren</u>		<ul> <li>BE THE WIND</li> <li>Let your child pretend to be the wind.</li> <li>Place several cotton balls on a table.</li> <li>Have your child sit or kneel so that he</li> </ul>
Spread the Word to End the Word Take the Pledge Today!		can blow across the top of the table, sending the cotton balls off the table with his breath.
ACCEPTANCE Be a fan of RESPECT S FRIENDSHIP	Language affects attitudes. Attitudes impact actions.	OR - With two children, have them stand on opposite sides of a small table. Play a game to see who can blow the most balls off the opposite side of the table in one minute.
	Join with Alternatives For Children and make your pledge to choose respectful people first language.	<ul> <li>OR - Use straws to blow the cotton balls.</li> <li>What else can you move by making "wind" with a straw?</li> </ul>
Let YOUR voice be heard! Take the pledge here <u>http://www.r-word.org/Pledge.aspx</u>		<ul> <li>Try some different items you find around the house.</li> <li>A Book - a Ball - a Banana?</li> </ul>



Winnie the Pooh and the Blustery Day - Walt Disney Presents

Wind in the Willows by Kenneth Grahame

The Windy Day by Anna Millbourne and Elena Temporin



WIND WALK



On the next windy day, bundle up and go for a walk with your child. Together, look for all the things the wind is

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## Sorting

When emptying the dishwasher include your child with the silverware - put the eating utensils on the counter, naming them while your child sorts them ands puts them in the drawer. At mealtime, put all the utensils on the table and ask your child to sort them.



Bonus if you show them how to "set" the table.



**Clothespin FUN!** Buy a bag of clothespins at the grocery store. Clothespins are a great inexpensive "toy" that

can be used in many ways for FUN. What your child doesn't know is that while "playing" with clothespins they are increasing their hand strength and improving their fine motor skills.



#### Healthy foods = healthy bodies = healthy families!



Discover the many benefits of adding vegetables and fruits to your meals. They are low in fat and calories, while providing fiber and other key nutrients. Most Americans should eat more than 3 cups - and for some, up to 6 cups - of vegetables and fruits each day. Vegetables and fruits don't just

add nutrition to meals. They can also add color, flavor, and texture. Learn More . . . <u>http://www.choosemyplate.gov/</u>

## Every student can learn, just not always on the same day, or in the same way.

## Anger in Children

Your child has a right to have "good" and "bad" feelings. But your child also needs to learn how to cope with those feelings. You can teach coping methods by the way you express your own anger and by telling and showing your child other ways to act.



It is important to separate behaviors (what the child *does*) from feelings (what the child *feels*). Martha may be angry at Sam because he won't play with her, but breaking his truck is not a good way to deal with her anger.

Let your child know that you *recognize the feelings*. Name the feeling, so your child learns what to call it. When Julio says he hates Rebecca, you might say: "It sounds like you're really angry with Rebecca." Julio then learns to name his feeling and that it's okay to feel angry.

### Making Dyed Pasta

Make your own Pasta Dye. 1 Tablespoon food color mixed with 2 Tablespoon rubbing alcohol. Mix the



food coloring & rubbing alcohol together in a bowl. Add the pasta (ziti, elbows or other shapes) and toss to coat evenly. Air dry the pasta on paper towels. Now with yarn or pipe cleaners make some Pasta Jewelry!



#### Shape FUN!

Shapes: Wherever you are, have your child look around and name objects and tell



what shape it is. You can give hints or make the game more like a riddle. Example - a clock is a circle; a window is a rectangle; a box is a square.

### Memory match games are

fun! Buy one at the Dollar Store or make your own using index cards and familiar pictures.



**Make a Rainbow Collage** - you will need a large piece of construction paper (or you can use a cereal box for a sturdier project), magazines, scissors, glue stick. Spend some time with your child as you cut out pictures from a magazine and sort them by color. Arrange the cut-outs on your paper/cardboard in a rainbow shape and glue away!



**Salt Drawing** Pour salt onto a cookie sheet with sides. Allow your child to explore the feel of the salt. Together with your child draw letters, numbers, shapes, or pictures.

