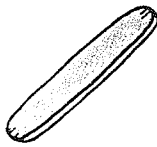


Olympic Distances

This event challenges you to beat your own record!

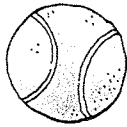
What You'll Need:



craft sticks



Frisbee flying disk



tennis ball

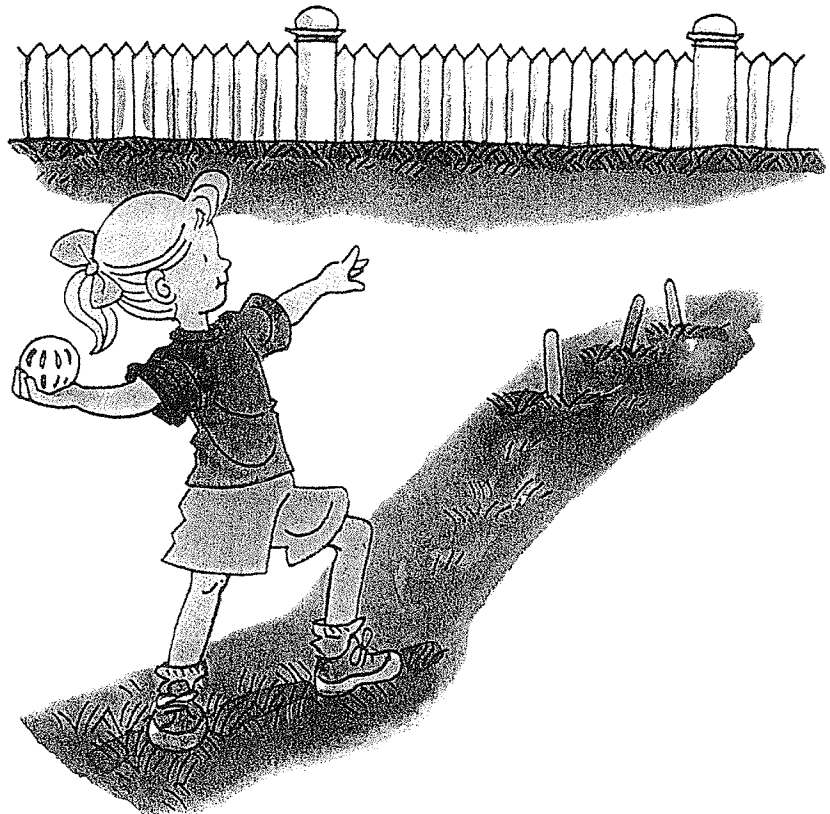


wiffle ball



marble

Pick a spot in the yard or park from which the child can safely throw the various objects. Mark the craft sticks with different colors to represent each object she'll be throwing. Ask the child to throw each object as far as she can, and use the craft sticks to indicate how far each one traveled. Encourage the child to note the distance and then retrieve all of the objects. Challenge her to beat her "record" by throwing each object again. Talk to her about the different objects and why some are easier or more difficult to throw long distances. Return to the yard or park from time to time for additional attempts. Make sure to cheer and applaud the child whenever she succeeds in breaking one of her old records.



Building Blocks

This activity enhances gross-motor abilities, self-esteem, and classification skills.

Something Is Missing

This interesting guessing game sharpens children's concentration skills as they begin circle time.

What You'll Need:



tray



small familiar items



cloth



Depending upon the children's developmental level, place between three and six items on a tray. Talk about what they are, and describe some of the distinctive features. Ask the children to look them over carefully, then have them close their eyes. Remove one item and hide it under the cloth. Now, invite the children to guess which item is missing. Give clues if necessary: "It has a long handle" (spoon). After they have played a number of times, sharpen their detective skills by removing two items or scrambling the position of the remaining objects.



Activity # 15

To be copied
for packet

Dr. Becky Bailey Conscious Discipline Relaxation Techniques

Dr. Bailey, Ph.D. is an internationally recognized expert in Childhood Education and Developmental Psychology and the Creator of Conscious Discipline. Conscious Discipline is a behavioral management system which helps adults teach and model appropriate behavior. The four main relaxation techniques on the cards provided are S.T.A.R, Drain, Pretzel and Balloon. These techniques help children learn to calm themselves in a positive way. We have used these techniques in our classroom. Have your child help you demonstrate these exercises.

Standard met with this activity is:

Social/Emotional Development

31.A.ECb Recognize feelings and perspectives.



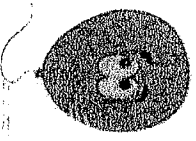
Drain

Extend arms out, pretending your arms are faucets. Tighten arm, shoulder, and face muscles. Exhale slowly making a "sssshhh" sound and release all your muscles, draining out the stress.



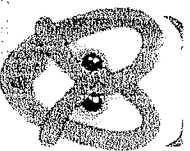
S.T.A.R.

Smile, **T**ake a deep breath **A**nd **R**elax. Encourage belly breathing where the tummy goes out when the air goes in, and in when the air goes out. Also help children learn to exhale slower than they inhale.



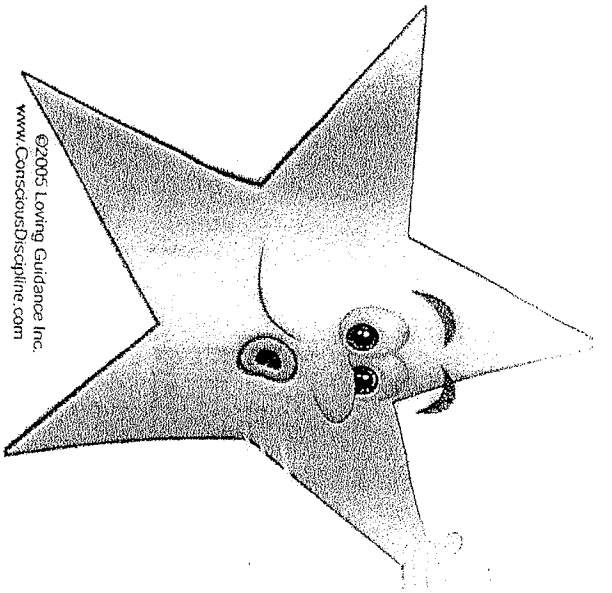
Balloon

Place your hands on top of your head and interlace your fingers. Breathe in through your nose as you raise your arms, inflating an imaginary balloon. Release the air in the balloon by pursing your lips, exhaling slowly, lowering your arms and making a "pbbppppbb" sound.



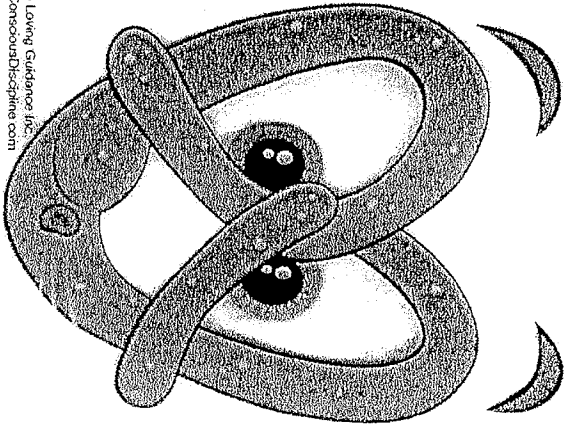
Pretzel

Standing up, cross your ankles. Now cross your right wrist over left, turn your hands so your thumbs are facing the floor, put palms together and interlace fingers. Bend your elbows out and gently turn your hands down and toward your body until they rest on the center of your chest. Put your tongue on the roof of your mouth. Relax and breathe.



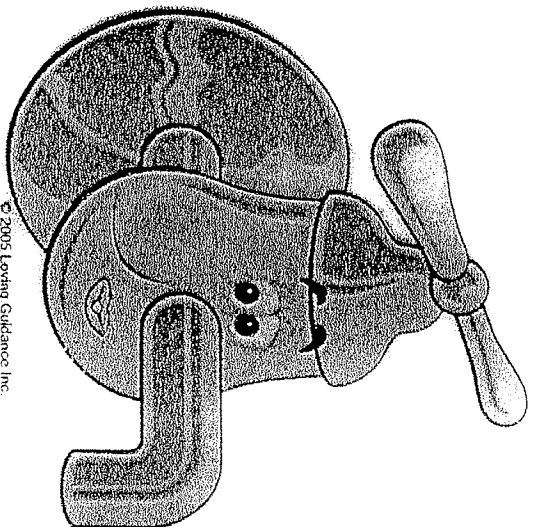
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www.ConsciousDiscipline.com

S.T.A.R



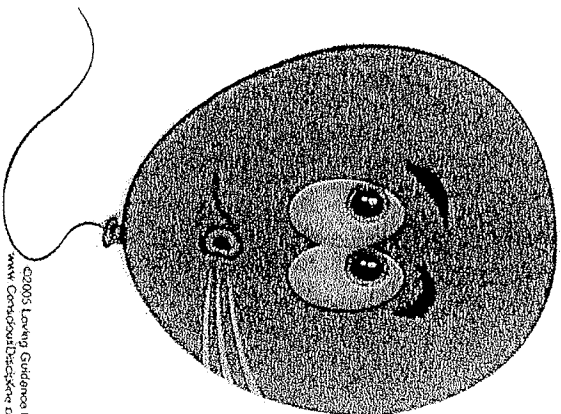
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Pretzel



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Drain



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Balloon