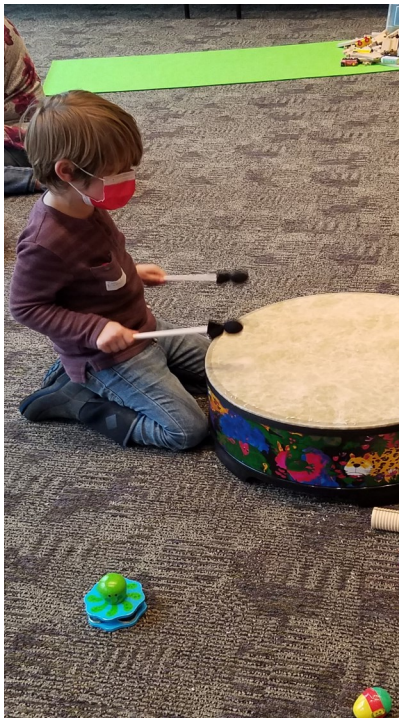
Play to Learn

HEALTHY BODIES

Each week highlights areas of development from the Washington Kindergarten Inventory of Developing Skills (WaKIDS) that are enhanced and supported as we playfully learn together!



PHYSICAL DEVELOPMENT: Large Muscle Development, spatial awareness and eye-to-hand coordination are supported by balancing, jumping, twirling, drumming and dancing.

SOCIAL/EMOTIONAL DEVELOPMENT:

- Role-playing can reduce anxiety associated with doctor visits.
- Singing a mask song & making a game of it can help children cooperate with masking when you need them to.
- Opportunities for appropriate risk-taking promote self-confidence.
- *Can you show/tell me some things that happen at the doctor's office? How can you help someone who is hurt? What helps you feel better when you are hurt or sick?*

SCHOOL READINESS OBJECTIVIES

- Demonstrates increasing skill in whole body movements
- Remembers and connects previous experiences with new ones.

BOOK SUGGESTIONS

From Head to Toe by Eric Carle

Little Yoga by Rebecca Whitford

Quick as a Cricket by Audrey Wood

Move by Steve Jenkins & Robin Page

Hop, Skip and Jump by Fionna Watt

CELEBRATE NATIONAL NATIVE AMERICAN HERITAGE MONTH

Inspired by the many Indigenous led movements in North America to protect water as a sacred source of and for life. *What are some ideas that you have to help protect water and the earth?*

SONG OF THE WEEK:

EARS, CHIN, MOUTH & NOSE

(Mask Song)

Ears, chin, mouth & nose, mouth & nose

Ears, chin, mouth & nose,
mouth & nose

Does your mask cover

All of those?

Ears, chin mouth & nose

Mouth & nose!

TRY USING:

- Loud voices
- Silly voices
- Fast tempo
- Slow tempo

play to learn Pierce County

powered by greentrike

Playing At Home

We are holding weekly interactive Virtual Play to Learn sessions with songs, stories, activities and conversation! Come together and have fun "playing at home!" Sessions are held on Mondays and Wednesday. Please visit our website at greentrike.org for session details and how to register. Hope to see you there!

"RECIPES" FOR A HEALTHY HEART

Eat Smart

- Encourage your young one to help you in the kitchen. Children as young as two years old can help scoop, pour, knead, stir, and scrub fruits or vegetables. Older children can measure ingredients, help plan meals, and begin to cut items with a small knife.
- Have a discussion with your child about the importance of the food we eat and how it gives us energy to run, jump, and play. Empower your child to make healthy food choices. For example, "Would you like a banana or a pear with lunch?"

Play Hard

- Think about the different ways that animals move. How can you make your body move like a frog, a bear, a snake, or a bunny?
- Create an obstacle course in your home. Set up different stations like: a taped line for a balance beam or a row of pillows to hop over. Time yourself and celebrate when you cross the finish line. Turn on some of your favorite music for a dance party.

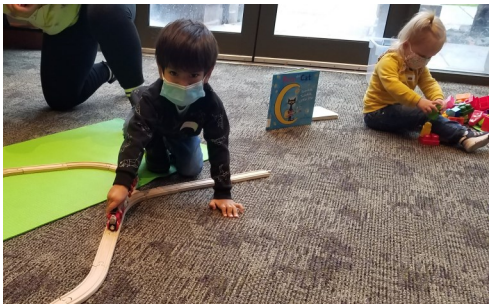
WHAT IS MY CHILD LEARNING?

- Providing opportunities for your child to help prepare meals boosts their self-confidence. Measuring ingredients requires **math skills** like awareness of volume (more/less), counting and fractions.
- Talking about a variety of foods helps children to learn about nutrition, energy, and making healthy food choices.
- Building an obstacle course promotes innovation, planning and engineering. This is an exciting way to practice **numeracy** skills such as spatial language/awareness, and **physical skills** such as balance and coordination. Moving in different ways helps children become aware of their bodies while using their small and large

POWER OF PLAY MESSAGE

Play Infuses Joy

- Play brings joy into our hearts, our families and our world.



MUSEUM HOURS OF PLAY

The museums offer *Pay As You Will admission.*
Pay what you can during your visit to help us ensure that every child gets a chance to play!

children's museum at JBLM

PUBLIC HOURS
Friday – Sunday 10 a.m. – 5 p.m.
Friday 2– 5 p.m. Low Sensory Hours

MEMBER HOURS
Monday 10 a.m. – 1 p.m.
Saturday 9 – 10 a.m.

children's museum of Tacoma

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Friday – Sunday 10 a.m. – 5 p.m.
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MEMBER HOURS
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Saturday 9 – 10 a.m.