



# Laguna Division of Early Childhood

April 2021 Newsletter

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## EARLY HEAD START NEWS

### Sunnyside Classroom

Andrea Lucario [a.lucario@lagunaed.net](mailto:a.lucario@lagunaed.net) Marilou Arkie [m.arkie@lagunaed.net](mailto:m.arkie@lagunaed.net)

Greeting Families,

Here we are entering a new month. In the month of March, we discussed and learned about the different types of buildings we see in our community, the people that built them, the materials they used. We learned about traditional pottery: designs, traditional and contemporary, materials used, and making our own with play dough. This month for our Nutrition activity we learned about cucumbers and the benefits from eating cucumbers.

Thank you to our parents for attending the Parent-Teacher conferences. Enrichment/Intervention sessions provide one-on-one instruction with your child to enhance your child's learning. Thank you to our families attending our zoom instructions and one-on-one Enrichment/Intervention sessions and reporting their children's progress and learning. In March, the milestones that the children achieved were: managing feelings, taking care of own needs, balancing skills, using fingers and hands, following directions, using an expanding expressive vocabulary, attending and engaging, and showing curiosity. Parents report that their children are reaching their milestones with walking, saying words, showing their emotions, recognizing people and objects.

Engage your child with the home activities and find a quiet place in your home to read daily with your child. Name and have your child point to the pictures or have your child name the pictures.

In the upcoming month of April, we will talk about Recycling. What is recycle and why do we recycle. Will have a presentation from teachers on the Transfer Station in Laguna. Planting different types of seed: flowers, vegetables. What materials do we need to plant? Yoga/ Meditation-using self-care to take care of ourselves through simple exercises. April milestones to reach will be to demonstrate writing skills: scribbling and making marks; begin to count and demonstrating an understanding of concepts: one and two and sorting two objects.

Thank You,

Sunnyside Teachers

#### Upcoming Events

**April 1, 2021** Family Engagement: Easter Pudding Demonstration/Clan Presentation

**April 2, 2021** GOOD FRIDAY No School!!

**April 14, 2021** Family Engagement: Transfer Station Presentation

**April 22, 2021** Nutrition Activity Blueberries

Earth Day

# CHINATOWN CLASSROOM



**\*\*Margaret Mascareñaz**  
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## CELEBRATIONS

Congratulations to our families in Chinatown classroom. Their children have met or exceeded all age appropriate developmental expectations for the most recent Check-point. We know that we honor parents as their children's first and best teacher, especially as infants and toddlers. Parents know their children better than anyone. The recent data collected about their children's ongoing development gains, clearly demonstrates this fact that they are great teachers for their children. Parents and other family members have consistently provided those wonderful learning opportunities by playing side-by-side with their children and by engaging their children in their everyday home routines- like feeding the horses, making their bed. **KEEP PLAYING, IT'S WORKING!**

Some of the milestones we will be working on in April include:

- Increase language/communication skills- Point to things or pictures when they are named; say sentences with 2-4 words and following a 2-3 step direction.
- Cognitive (problem solving and thinking skills)- Begin to sort shapes and colors; complete sentence and rhymes in familiar books/songs.

## Take Time for Yourself

Reducing stress is just as important for children as it is for adults. Here is a way for setting the time to relax and reduce stress. Besides being a great stress reliever, sharing a laugh can strengthen relationships. Find ways throughout the day to make each other laugh –at the dinner table or while doing chores.

## April Activities

**Recycle** – Virtual visit to the transfer station, learning about what we can recycle. The 3- r's (recycle, reduce, reuse).

## **Easter Pudding making**

## Reminders:

Good Friday April 2<sup>nd</sup> (No School)  
Easter April 4th  
Earth Day April 22nd

## Theme: **Recycle**

**LIFEWAYS:**  
**Planting**  
**&**  
**Native Herbs**

## Nutrition: **Blueberries**

**\*\*\*\*\* Family Time\*\*\*\*\***  
**Read a Book- Plant seeds- recycle-**  
**Listen or Tell Stories**

Teacher Margaret & Venessa

Teacher Andrea & Marilou

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>THEME:</b> Recycle</p> <p><b>LIFE WAYS:</b> Planting and Native Herbs</p> <p><b>NUTRITION:</b> Blueberries</p>				1 Learn a new Keres word. (Name of Child in keres)	2 Talk about Big/Little Clan Names  Good Friday	3 Talk about preparing for Easter.
4 Happy Easter  Family Time	5 I Spy – looking for objects in nature or your community.	6 Sit and read your child’s favorite book. Snuggle, enjoy each other’s company.	7 Nature Rubbings- using: paper and crayons/chalk/or marking materials that are available.	8 Counting Objects outdoors/indoors 1-10.	9 <u>Name Recognition</u> Write your child’s name and display throughout the home.	10
11	12 Fun Sounds – Making different sounds/ imitating sounds in surrounding area.	13 Pretend Play - going grocery shopping, baking cookies, taking care of baby doll. (Talk, Talk, Talk)	14 Songs and Stories Use your child’s name in the story/song.	15 Touch Your Toes - Invite your child to imitate your movements.	16 Turn Taking - Roll, Throw, Kick ball outdoors.	17
18	19 Encourage New words using the game “Simon Says” like: wiggle your fingers, toes, clap, leap and sway.	20 Follow the Leader Imitate simple daily routines like: picking up toys.	21 Telephone talk – Role playing, exchanging conversations	22  <b>BLUEBERRIES</b> Plant seeds with your family. Earth Day	23 Try new Motions Like: walk backwards, sideways, marching.	24
25	26 Move and Freeze To child’s favorite song.	27 Matching Objects around your home like: socks, blocks, spoons, Cups.	28 Dance with your child to a favorite tune.	29 Read with your child and talk about the pictures in their favorite book.	30 Scribbling – talking to your child about the marks they make.	
	<b>Daily Zoom Sessions</b> 8:05 am 10:05 am		Enrichment/ Interventions Sessions: China Town Classroom Sunnyside Classroom	Enrichment (Monday - Thursday) @ 1:00 Enrichment (Monday - Thursday) @ 1:30	Enrichment (Monday – Thursday) @9:00 Intervention (Monday - Thursday @ 9:30 Enrichment (Monday – Friday) @11:00	

# HAPPY EASTER



**RECYCLE**

**New York & Turquoise Springs  
Teachers: Juana, Bianca, & Annabelle**

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Guuwa' dzii, ho bah,

Greetings parents and families, from New York & Turquoise Springs Classrooms. Spring Break came and went!! I hope you and your child enjoyed spending time together while staying safe.

For the month of March, the children learned what a building is? Which was the strongest-straw, stick, or brick? The children are singing along to the Good Morning song while imitating the hand motions. Children are standing, bowing their head and holding them together in front of them as the Morning Prayer is being said. The children and families made a kindness tree for the Family Engagement and shared some of their kindness acts with the class, such picking up toys off the floor, helping to wash dishes, giving mom a hug when she is sick, just to name a few. The children are learning to repeat simple Keres words like dog, cat, mom, dad, and continue to imitate counting from 1-10 and saying the colors in Keres. For the month of April some of the developmental milestones we want to focus on are Literacy-recognize and name the first letter in their name; Language-engage in back and forth conversations with peers and adults, and Math-quantifies one and two, recognizes shapes.

A shout out to the following children and families: Y. Joe, A. Lucario, D. Kasero, C. Konico, C. Sarracino, M. Martinez, T. Sarracino, and C. Aragon for attending our daily ZOOM sessions. Thank you parents for getting your child up early and helping them participate by encouraging them to answer questions, singing and modeling. We appreciate it from the bottom of our hearts. A huge congratulation to Y. Joe and mom for perfect attendance on ZOOM session and one on ones for the month of March. Another congratulation to A. Lucario for perfect attendance for one on ones for the month of March.

Continue to encourage your child to count from 1-10 and name colors in Keres and English. Help your child with activities on the monthly Calendar. Engage with peers and adults on ZOOM sessions. If you would like to schedule a one on one for your child, please email, text, or call Teacher Bianca, Teacher Annabelle, or myself. Thank you again parents and families for all do for your child.

Theme for the month of April  
Recycle

Culture Lifeways  
Planting & Native Herbs

Important Dates to Remember  
No School  
Good Friday-April 2

Nutrition Activity  
Blueberry-April 22

Family Engagement  
Clan Exchange  
March 31

Easter Pudding Demo  
April 1

Transfer Station-How We Recycle?  
April 14

Daily ZOOM Sessions  
Session #1 8:25-8:40am  
Session #2 10:25-10:40am  
NY/TS Enrichment ZOOM  
Mon.-Thurs. 9-9:15am  
NY/TS Interventions ZOOM  
Mon.-Thurs.  
Session #1 12-12:15pm  
Session #2 1-1:15pm

## Da wah eh



# APRIL

# 2021

**Happy Easter!!! Turquoise Springs/New York Classroom**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Family Engagement Clan Exchange 	2 Good Friday Go for a Walk with Family	3
4 Easter Sunday	5 Experiment with Dying Easter Eggs 	6 Recycle Plastic milk jugs to make a planter 	7 Meditate for 15-20 minutes with Mom	8 Say the word for Eggs in Keres	9 Play Simon Says outside for 15-20 minutes	10
11	12 Go for a walk with Family Recycle a detergent bottle for a water can	13 It's That time of the year to plant. You can start a small garden.	14 Yoga/Meditation with Lora Patricio. Do 15-20 minutes of meditation with Family	15 While out on your walk look for Wild Celery.	16 Finger paint with your child. Make handprints on a recycled box.	17
18	19 Match colors with different shapes 	20 Go out to your Garden and water it Use your recycled milk jug	21 Make a smoothie with your favorite berries 	22 Nutrition Activity Berries 	23 Go for a walk and look for Wild Tea	24
25	26 Do some Yoga moves with Parents for 15-20 minutes	27 Go for a walk and pick Wild Onions	28 Check on your garden and see if anything is coming up yet	29 Recycle some water bottles and poke holes in them to make sprinklers for your garden 	30 Do some finger paint on a recycled paper.	

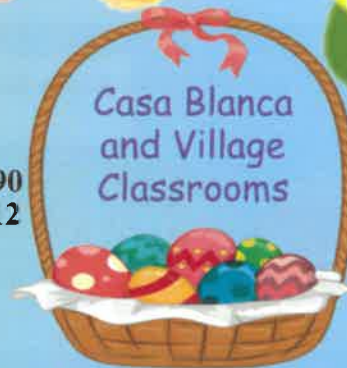
**Contact Information:**

**Office Hours: 12:00 pm– 1:00 pm**

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Kari Ray [kray@lagunaed.net](mailto:kray@lagunaed.net)



Gu'waa'dzi Hau'ba! Hello Spring!

Greetings Parents, Grandparents, Guardians, and Families! I hope everyone is doing well and staying safe!

Wow! March seemed like a very short month and it went by quickly. For the month of March Casa Blanca and Village classrooms learned about different types of buildings, wide buildings, tall buildings, thin buildings, and small buildings. We have discovered shapes on some buildings and did some counting of windows and doors. Then we moved on to learning about traditional potteries and discovering shapes on them as well. We have also discovered there are two different hearts, the heart in our body and the heart shape that represents love. We have a few students that started potty training and are doing well, also some language skills have been achieved especially back and forth exchanges through brief conversations.

For the month of April, our new themes will be:

**Creative Curriculum:** Recycling,  
**Cultural Life:** Planting/Native Herbs  
**Conscious Discipline:** Positive Intent  
**Health:** Yoga/Meditation  
**Nutrition Activity:** Blueberry Fruit

**Important Dates to Remember:**

**April 01, 2021- Clan Exchange**

**April 02, 2021- No School- Good Friday**

**April 14, 2021- Virtual Trip to the Laguna Transfer Station**

**April 22, 2021- Nutrition Activity: Blueberry Fruit**

**April 24, 2021- Diaper Distribution from 8:00-3:00 pm (Call ahead to let the ladies know you are coming)**

Here are some great tips for you to try with your child/ren.

- Reading to your child is important, it stimulates their imagination and increases their understanding of the world. It also helps to develop their language skills.
- When your child speaks to you, model good listening behavior and to make eye contact so your child will be more interested in talking.



A big SHOUT OUT TO Dale Whitmore and Naleah Viruet-Muniz for their participation on our regular zoom session. Thank you families for participating with your child.







**Happy Easter**

# April 2021

*(Bashoh' atsishe Daawaatra)*

## Casa Blanca and Village Classrooms



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>1</b> April Fool's Day- Play friendly pranks	<b>2</b> <b>Good Friday</b> <b>No School!</b> Take a walk enjoy the fresh air.	<b>3</b> Easter Egg coloring for the whole family
<b>4</b> 	<b>5</b> Stacking activity- plastic Easter egg halves. Using only tops or bottoms of plastic egg is challenging	<b>6</b> Mix and match plastic Easter egg colors-(patterns) 	<b>7</b> Balance one plastic Easter egg on several standing paper towel tubes.	<b>8</b>  String plastic Easter eggs together.	<b>9</b> Write numbers 1-10 on plastic Easter eggs with permanent marker and count each egg (one to one counting)	<b>10</b> Read-a-loud book- Planting a Rainbow by Lois Ehlert- YouTube
<b>11</b> Draw Easter eggs on construction paper and draw lines on the egg, and cut up the eggs -practice cutting skills.	<b>12</b> Take a short walk outside and talk about what you see and hear. Do you hear birds chirping?	<b>13</b> Go on a color hunt using plastic Easter eggs hidden inside/outdoor- color recognition	<b>14</b> Spoon plastic Easter eggs from one bowl to another bowl using ladle	<b>15</b> Outdoor walk- look for butterflies, when you see a butterfly pretend to fly like a butterfly 	<b>16</b> Read-a-loud-The Very Hungry Caterpillar book. Talk about the life cycle of the butterfly.	<b>17</b> Write letters on Easter Eggs with first name and spell out name by lining up Easter eggs- first name recognition 
<b>18</b> Sing Nursery rhyme songs with the whole family Twinkle Little Star Row, Row your boat Itsy Bitsy Spider, etc.	<b>19</b> Play outside for 15-20 minutes, kick a ball, run, walk, etc...	<b>20</b> Read-a-loud Earth Day, Birthday! By Maureen Wright on YouTube-talk about Earth Day!	<b>21</b> Writing Skills- Draw a big circle and color blue and green. Talk about Earth.	<b>22</b> <b>Earth Day-</b> Pick up trash outside as a whole family and talk about keeping the Earth clean.	<b>23</b> Homemade playdough-sensory play. 3 cups flour 1 cup salt 1 cup water 1/4 cup salad oil	<b>24</b> Shape hunt around the house-circle, square, triangle, rectangle, etc... shape recognition.
<b>25</b> Cook favorite meal together as a family.	<b>26</b> Read a favorite book and talk about the book.	<b>27</b> Writing Skills- Draw squiggly lines, straight lines, wavy lines in the dirt outside.	<b>28</b> Cut up cereal box and play puzzle 	<b>29</b> Count 1-10 in Keres, or Spanish, and or in English.	<b>30</b> Outdoor activity- Hop five to ten times like a bunny!	

# PRE-SCHOOL HEAD START NEWS

## Encinal Room

Teachers: Marissa Analla & Kailyn Aragon  
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[kailyn.aragon@lagunaed.net](mailto:kailyn.aragon@lagunaed.net)



Greeting Families,

We hope you all enjoyed your Spring Break. This month again, went by so fast. We can't believe that we are entering in a new month. For the month of March, we studied different Buildings and talked about traditional pottery. Some of the milestones that our friends have accomplished are counting the amount of windows and doors they have in their house. Our friends followed the directions to count the number of windows in their kitchen, living room and in their bedrooms. We also looked at different buildings that are different shapes and sizes from different cities and different countries. Another milestone that we have accomplished was having our friends interact during a read aloud. They answered questions about what happened during the story, answering "why" questions and talking about the characters in the story.

A huge thank you to all of our friends for joining in our Zoom sessions and being engaged in our activities and all your participation. Thank you families for having our friends ready for when we have any hands-on activities and continuing to have our friends ready for the day.

For the month of April, we will be looking at the following:

**Curriculum Theme:** Reduce, Reuse, and Recycle: Some of the milestones that we will be focusing on is Classification skills, Demonstrating the use of print, Comparing and Measuring and so much more to come.

**Culture Theme:** Planting & Native Herbs:

**Nutrition & Health:** Blueberries/ Yoga & Meditation:

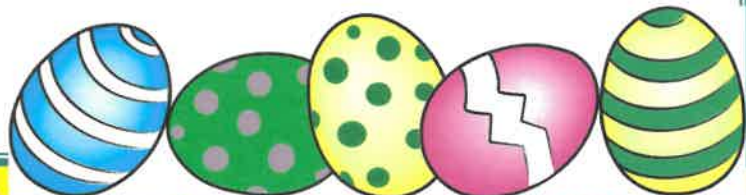
**Family Engagement:** Transfer Station: How we Recycle.  
Clan Exchange & Easter Pudding.

**Dates to Remember:**

April 2, 2021: No School-Good Friday.

Friendly reminder to everyone, we continue to encourage you all to join us during our daily Zoom instruction and also join us during our Enrichment and Intervention sessions. We are here to continue to support you and your children. If you have any questions about anything, please contact us.

We wish you well.  
Teacher Marissa & Teacher Kailyn










# Encinal Room 2021



## April Theme: Recycle

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>Connect with a relative to say hello and chat.</p>	<p><b>BUT FIRST, RECYCLE</b></p>		<p>1 Read the story <b>Why Should I Recycle?</b> Link to the book: <a href="https://www.youtube.com/watch?v=vaHmtCA_BIM">https://www.youtube.com/watch?v=vaHmtCA_BIM</a></p>	<p>2 <b>Be a Helper!</b> Pick up trash around your house and place the trash into piles. Ex. Paper with paper, boards with boards, etc.</p>	
	<p>5 <b>Active!</b> Go outside and enjoy a game of "Red Light, Green Light." Be sure to run, walk, slide, jump and enjoy other creative ways to move.</p>	<p>6 Read the Story <b>I Can Save the Earth</b> by Alison Inches Link to the book: <a href="https://www.youtube.com/watch?v=zMkwhe6LOBo">https://www.youtube.com/watch?v=zMkwhe6LOBo</a></p>	<p>7 <b>Sandy Letters</b> Write your name in the sand with your fingers. Challenge: spell out your name with rocks or sticks.</p>	<p>8 <b>Plant a flower and watch it grow!</b> Record in a notebook how many days it took for the flower to sprout. How often did you water your flower?</p>	<p>9 <b>Make blueberry pancakes!</b> <b>Blueberry song:</b> Let's make pancakes, yum, yum, yum. And drop on blueberries, one by one. Turn the pancakes, now their done. Blueberry pancakes, let's have some!</p>	<p>10 Create a cell phone / device parking lot so you can enjoy device-free moments together each day.</p>
	<p>12 <b>Create a centerpiece</b> Go outside and find materials to create a centerpiece for others to enjoy!</p>	<p>13 <b>Seed Mosaic</b> Children make a seed mosaic by first drawing a simple line drawing with a pencil. Then, apply glue to the pencil lines, and add seeds. A half sheet of construction paper works best.</p>	<p>14 <b>3-course meal</b> Work together to plan a 3-course meal. Write down / draw each part of the meal to share as the menu for the evening.</p>	<p>15 Read the Story <b>More Blueberries</b> by Susan Musgrave Link to the book: <a href="https://www.youtube.com/watch?v=NvXqOaDX4">https://www.youtube.com/watch?v=NvXqOaDX4</a></p>	<p>16 <b>Rainbow Crayons!</b> <b>Line a muffin tin with</b> aluminum foil liners. Place broken crayons in the <b>muffin tin and place in the oven to melt (200-250 degrees)</b></p>	<p>17 <b>Count your blessings:</b> List the kind things others have done for you.</p>
18	19	20	21	22	23	24

**Recycle Song:**  
 (Sing to the tune- row your boat)  
 We recycle glass,  
 Plastic, paper to.  
 Sort them out and bag them up,  
 in the box that's blue.



**Flower artist**  
 Observe flowers that are growing in or outside your home. Ask child to draw the flowers they observe on a sheet of paper using a variety of coloring tools. No flowers? Use Google to find a variety of flowers.

26  
**Be a recycler!**  
 Go to your local park and pick trash. Sort trash into bags

**Stack!**  
 Get a deck or two of cards and build a home. Talk about what makes a home safe and what connects us to others.

27  
**Make a homemade puzzle!**  
 If you have an old greeting card or cereal box, cut up the card or box into pieces. Have your child put the pieces together. Challenge: have your child glue the pieces onto a piece of paper.

**Thankful**  
 Thank 3 people you are grateful to and tell them why.

28  
**Scavenger Hunt**  
 Enjoy a scavenger hunt with someone. Both write lists of 5 things the other person will look for, switch lists and then GO!

**Make your own I-Spy bottle**  
 Link to the website:  
<https://theimaginationtr ee.com/diy-i-spy-bottles/>



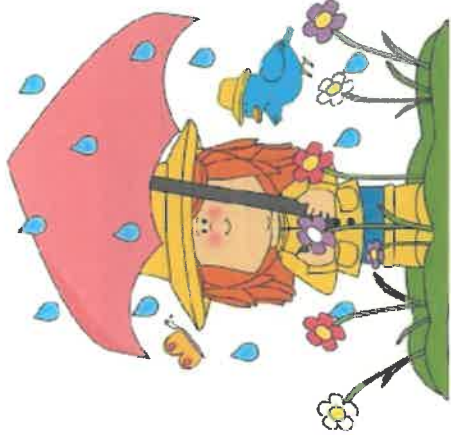
**Make your own stamps out of bottle caps.**  
 Link to the website  
<https://www.craftsonsea.co.uk/bottle-top-crafts-diy-stamps/>

29  
**Movie Night!**  
 Watch the movie **WALL-E**. Shows us the consequences of not being careful of our rubbish. After Earth is abandoned because it has become covered in trash, WALL-E is a little robot left to clean up the mess.



Go on a walk and pick wild tea.

**HAPPY EASTER**



## PARAJE CLASSROOM

Mrs. Carol Pedro

Contact Information: Office Hours 12:00 pm- 1:00 pm  
Email: c.pedro@laguned.net

Hope all families are doing well,



For the month of March, Paraje Classroom children explored by having hands on experiences in learning about buildings. This helped to motivate them to apply their developing skills in thinking of how structures are constructed.

For the month of April, we will be focusing on “The Study of Recycling” and who we are by identifying our individual clans. We will also learn about planting and native herbs we find in our environment (wild tea, scha'muu, and guu'puu) and possibly more that we use for illnesses. We are reaching out to family members who want to share their knowledge in this area identifying native herbs or a story that includes clans. Please notify Mrs. Carol Pedro and we will set you up to present a demonstration.

As we study about buildings we will learn the concepts skills related to literacy, language, math and science. We will also develop thinking skills as we observe investigate, ask questions, solve problems, make predictions and test our ideas.

When things are not going our way, and we need to release some frustration, pretend you have an orange or lemon in your hand. Enclose your fist as if you are holding one of the items and squeeze as hard as you can while taking in a breath and exhaling. Repeat until you feel you have calmed yourself.

### Dates to remember:

- April 02, 2021; Program closed 
- April 13, 2021; HAPPY BIRTHDAY JAZMINE 

# EASTER



# SEAMA CLASSROOM



GU'WAADZII

Seama Classroom Teachers:

Kayla Martinez- [kmartinez@lagunaed.net](mailto:kmartinez@lagunaed.net)

Mrs. Peacock- [l.peacock@lagunaed.net](mailto:l.peacock@lagunaed.net)

A Great Big Thanks to the parents of Seama Classroom for being involved in your child's learning and for taking time to meet with teachers to go over your child's progress. Daa wah eeh!

In March Milestones were met, children learned about Buildings, and what the process is to get a building built. Children were shown many structures of big and small buildings, how buildings are made, and what types of materials are needed to build a building. Children learned the different types of tools and their uses.

Milestones were met as we learned how to use kind words and actions. Helping around at home by picking up toys, giving hugs to family members that are having a rough day, telling others they are loved and giving kindness.

Our theme for the Month of April is **Recycle**, the objective of Recycling is that we want to help save our Earth the place where we live. What do the 3r's mean? Reduce, Reuse and Recycle. How important is it for children to understand why we have the need to recycle? How can children help out to keep our earth clean? Milestones for our children to get a better understanding about how we can help our environment in our community?

Culture Life ways: Clans learning our Big and Small Clans. Identifying some of our own Native Herbs that grow in our community, like the Indian Tea, wild onions, wild celery and gaa puu. Take a nature walk with your child to look for some of these wild plants.

Thank you parents, for your participation and assisting your child every day during the on-line learning. You are awesome!

One on One sessions Mondays @ 12:15, Tuesdays @ 12:15 Wednesday @ 12:15 and Thursday @ 12:15.



HAPPY BIRTHDAY! TO: Ila Nunez and Zaybien Kelsey  
Many more Birthdays to come!

## DATES TO REMEMBER:

March 31. Clan exchange- What is your big Clan? What is your little clan?

April 1 Demonstration of Easter Pudding- (Zit Shee) Special Thanks to Amy Arkie for doing the demo of the Zit shee our Easter Pudding. Daa wah eeh!

4/1 April Fool's day

4/2 Good Friday-NO SCHOOL/ZOOM- Program Closed

4/4 Easter Sunday

4/14 Trip to Transfer Station/Virtual

4/22 Earth Day



April 2021

**Bashch'atshe Daawaatra**

*SEAMA & PARAJE CLASSROOM: Mrs. Faye Peacock - Ms. Kayla Martinez - Mrs. Carol Pedro*

<b>Monday Ruunishedze</b>	<b>Tuesday Maasiidze</b>	<b>Wednesday Sinakiadranee</b>	<b>Thursday Sruuweweedeese</b>
			<b>01</b> Create a card for someone it can be a birthday card or special card to share.
<b>05</b> When you are going for a drive open the window a little if it's hot instead of the air conditioner. (natural energy)	<b>06</b> Create a necklace or bracelet, find anything in the home that children can string, cereal, beads, macaroni etc.	<b>07</b> Conserve energy in the home by turning off all lights if they are not in use.	<b>08</b> Let's show kindness, give someone a helping hand, wash dishes, pick up toys, take out the trash, do laundry or simply give someone a hug or a high five.
<b>12</b> Let's practice throwing get a ball, small and big or light and heavy. Now let's see how far we can throw. Mark lines on the ground to see if they can be moved past the current line.	<b>13</b> Use the pocket of an old pair of jeans. Help your child cut the pocket out making sure to leave the back on it, create a small bag by adding a strap to the pocket.	<b>14</b> Create a puppet using a sock, act out a puppet show together.	<b>15</b> Help your family clean-up the yard, make it fun by playing music outside.
<b>19</b> Experiment with some beans by wrapping some in a wet paper towel and place in a Ziploc bag. Tape the bag to the window and observe what happens.	<b>20</b> Use a Q-tip to paint a picture, if you don't have water colors using food coloring, (watered down).	<b>21</b> Listen to a song or book and retell what the song or story is about. Create a picture or project based on what you heard.	<b>22</b> Create a Kite out of an empty paper bag or use a plastic bag in your own creative way.
<b>26</b> Let's make playdoh 1 cup flour ¼ cup salt ½ cup hot water 2 tbsp. oil Food coloring	<b>27</b> Make a grilled cheese sandwich together and ask your child what they think is happening to the cheese.	<b>28</b> Find boxes and explore. Let's build a bridge, house or let's stack boxes. How many boxes do you need to build something.	<b>29</b> Using chalk, write your child's name on the sidewalk or use a stick to write in the dirt. Have your child walk along the letters and have your child make the sound of the letter as they walk along the letter.



# L a g u n a D E C E a s t e r A c t i v i t i e s

## Clan Exchange March 31, 2021

Each classroom will have the opportunity to share Big and Little clans to peers with their own classroom.



## Easter Pudding Demonstration April 1, 2021

Families will get to see a demonstration on how easter puddng is made by Leona Peacock .



**Any question contact your  
child's teacher.**

## Easter Pudding Recipe

4 Cups All Purpose Flour

2 cups Panocha Flour

1 cup Brown sugar

2 cups Wheat Flour

3 cups Granulated sugar

Corn husks

Mix all flours and sugars together and add boiling water until mixture reaches a soupy consistency. Use a wire whisk to stir. Soak Corn husks in hot water till they are soft. Line your bucket or crock pot with the corn husks.

Crock pot: cook on high overnight. Can stir occasionally.

Bucket: Place in oven at 250 degrees stir occasionally until turns dark brown and desired consistency.



April

# Mesita Room News

Candice Lucero: [c.lucero@lagunaed.net](mailto:c.lucero@lagunaed.net)

Kylie Patricio: [k.patricio@lagunaed.net](mailto:k.patricio@lagunaed.net)

Greetings families and friends:

We hope this newsletter finds you all in Good Health as well as staying safe and continuing to follow the CDC Guidelines. March was a fast and busy month for your children. They used their writing, drawing, thinking and problem-solving skills when we read the story "The Three Little Pigs". We talked about the types of houses the pigs built and why two of the houses were blown over by the wolf. The children then made a mini book, by drawing their own pictures and writing the words to their story in the book. Several of the children were then able to read their book to the class. Great work children! Our thinking skills did not stop there, we watched videos of some local potters, who showed us how to make pottery, and how to paint. We looked at pictures of many other pottery that is out there in the world. Some children who were not able to create a clay object, improvised and used a canvas to paint a picture, again great job! In our nutrition field we discussed the uses of cucumbers. We learned that there is a male and female, and they can be turned into many different flavorful treats. Mesita classroom children have been working very hard each day. We have seen improvements with writing their names, numbers, letters, colors, and shapes. Thank you for the encouragement to get the job done and to be great participants on zoom.

A New Month Means a New Theme. For the month of April we will use the following:

**Creative Curriculum:** Recycling: we will have activities with recycling, reusing, and reducing materials; understanding what we recycle, what we can reuse, and how it helps when we reduce many materials in our own homes. There will be 2 virtual field trips, 1 to the Laguna Transfer Station and another virtual trip to be announced.

**Culture Lifeways:** Planting/Native Herbs: we will talk about planting our own gardens and the different herbs that already grow in our community environment. Getting outdoors more now that the weather is warming up.

**Conscious Discipline:** Positive Intent/Using our emotions to express ourselves

**Nutrition:** Blueberry and Yoga/Meditation

**CLASS:** Scientific Theory

If you feel like your child could use some one on one time with teachers, please feel free to let us know, we are here to help. Any questions, concerns, or ideas you may let the teachers know as well.

## Dates to remember:

**April 1:** Easter Pudding demonstration/virtual clan exchanges

**April 2:** No School GOOD FRIDAY

**April 14:** Transfer Station Virtual Fieldtrip during zoom

**April 22:** Nutrition Activity with Blueberries at 10am





# LAGUNA ROOM

Caundice Deutsawe / [c.deutsawe@lagunaed.net](mailto:c.deutsawe@lagunaed.net)  
Yvonne Francis / [y.francis@lagunaed.net](mailto:y.francis@lagunaed.net)

Guuwa'dzii-ho-bah

I hope that you are all doing well, as we conclude the month of March and the study of Buildings. We have added and continue to build and expand on expressive language words such as foundation, construct, and frame. We have increased our Keres vocabulary as learned clan names and have begun to count to 30 in Keres. Kudos to parents who reinforce the Keres language at home. Children enjoyed constructing structures with things they had at home such as toothpicks, paper plates and uses marshmallows, tape and playdough to keep it together.

Parents, we do appreciate you getting your children on our zoom sessions. Thank you for doing your part in their education and getting them prepared to move on to Kindergarten.

In April, our study is Reduce, Reuse and Recycle. We will refresh and build on the knowledge the children have learned in the past from the Reduce, Reuse and Recycle. We will be taking a virtual field trip to the transfer station. We will look and get the children to brainstorm about ways they can reduce the things that are going to the transfer station. Our area of concentration in culture will be planting and the native herbs that are in our area. In our nutrition activity, we will learn more about blueberries and see what nutritious recipes our transition teachers will share. We will also be learning some child friendly yoga and meditation to incorporate for our health. As the weather warms up it is nice to get out there for some fresh air, so we have been taking our Zoom sessions outside to do movement on Monday and Thursday mornings. Please come join us, the more the merrier.

We like to extend the invitation to join our enrichment/intervention zoom session. These are separate zoom sessions that happen aside from our regular zoom at 9:45am and 11:45am.

Also encourage your children to get on the HATCH tablet, we use the data to create lesson for your children.

### Important Dates to Remember:

April 1, 2021 Easter Pudding

April 2, 2021- **NO SCHOOL**

April 14, 2021 Virtual Field Trip to the Transfer Station



**Fun Fact:** Recycling one aluminum can saves enough energy to run a 55-inch TV to watch your favorite movie. [16 Fun Recycling Facts for Kids - Communities for Recycling \(recyclingpartnership.org\)](https://www.recyclingpartnership.org)

# Paguate Classroom

Teacher Sue – [a.miguel@lagunaed.net](mailto:a.miguel@lagunaed.net) Ms. Maddie – [m.francis@lagunaed.net](mailto:m.francis@lagunaed.net)  
Gu'wa'dze

Dear Parents/Guardians,

We hope you are all in good health and doing well? Wow, March came and went. With that being said, in the month of March, paguate classroom discovered and investigated the subject of “Buildings” children used language skills to learn new like “Foundation”, “Steel”, and “Blueprint”. We used literacy skills and learned the meaning of each word and watched videos of the long process of how buildings are created. We did hands on activities where children used their fine and gross motor skills with materials found in our own households and attempted to create our own buildings while using prior knowledge of what a building needs to be built. We also dove into our tradition and culture on ‘Pottery’. We watched Teacher Sue and her friend Josie explain and walk us through on how potteries are made and why potteries are very meaningful to our people and tradition. Teacher Sue and I are proud of the milestones children are reaching, in knowing how to unmute themselves, following rules and expectations, and participating when called upon, as well as knowing our routine for AM Sessions. We thank you Parents for having your children prepared with materials and ready to learn.

With a new season vastly approaching comes a new theme for our Creative Curriculum. April's theme is “Recycling”. Paguate Classroom will be exploring Topics based around Recycling, such as, what does Recycle mean? How do we Recycle? What are items you can recycle? And so much more, all while doing fun, engaging, and hands on activities with children. We will continue to have children be kinder-ready by having children use cognition and problem solving skills to expand their thought process through asking questions and implementing the use of Conscious Discipline to assist children in relegating their social & emotional behavior through breathing exercises along with positive intent. In math, children will continue to recognize and count numbers 1-30, and will also use math by making comparing and measuring items within their house hold. Language and literacy skills will be implemented while we continue to practice writing our first and last names, upper & lowercase alphabet, we will share read- aloud stories based around our monthly theme of recycling all during Instructional ZOOM Sessions. **A friendly reminder Parents: AM ZOOM Begins at 9:45am and PM ZOOM Sessions Begin at 11:45 am. Having your children be logged into class on time or a few minutes before, helps Teachers not to have to repeat instructions or having your child be confused or lost about what we are doing for the day. We also ask parents to please be diligent in checking your email for any updates and when teachers send any upcoming events and our weekly/monthly schedules.** Teachers will continue to observe children during Instruction and will review recordings, as well as continue to monitor Hatch Tablet use. Teachers will also continue to do weekly-check-ins on Fridays, where we will ask parents for your feedback, on how your child did during certain instructional lessons and if there are any immediate concerns or questions you may have for us. A friendly Reminder, Teacher Sue and I are available to provide one on one zoom sessions to your child for enrichment session or intervention sessions. These sessions include one on one time with teachers where teacher Sue and I expand on the day's lesson, we also focus on letter recognition, letter sounds, and number recognition with children. If you feel your child would benefit from one on one's with teachers, please do not hesitate to contact Teacher Sue or myself. Thank you!  
Thank You!

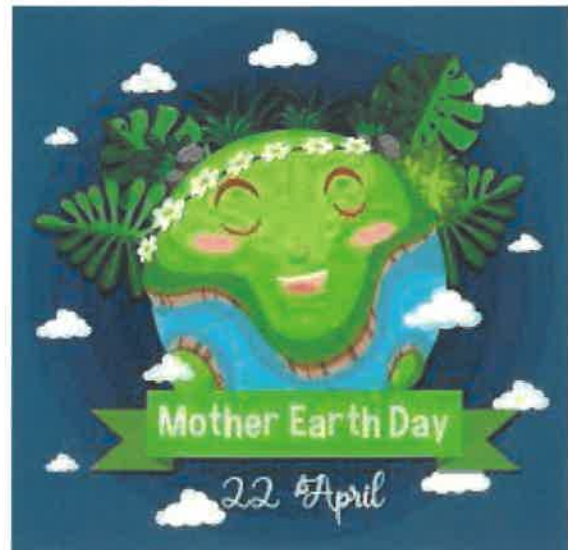
## Important Dates to Remember:







- April 1 – Clan/Easter Pudding Recipe Exchange
- April 2 – No School
- April 14 – Transfer Station Virtual Field Trip
- April 22 – Nutrition Activity “Blueberries”
- TBA – Health: Yoga/Mediation Activity

















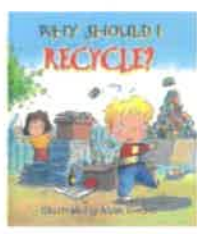
## Paguate Classroom March STAR Student Shout Outs!!!!

- Bransen Creager – Learning Letter Recognition/Letter Sounds
- Nico Ramirez – Always sharing Awesome stories/experiences
- Marion Sarracino - Joining in ZOOM Sessions/
- Kaius Brown – Participation in Class





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Make a homemade puzzle, cut up a cereal box and have your child put it back together.	2 Sink or Float (Science Exploration) Put water in a small bucket or tub, put items into water that you think will sink or Float ex...coin, pencil, yarn, key, button, paperclip.	Make a Recycled Outdoor Music Station: use emptied clean different sized cans, put string through can and hang from a tree, use a stick to bang on cans to make music
4 Happy Easter!! Enjoy the day with Family!! 	5 Donate toys and clothes instead of throwing away toys your kids no longer play with, help them choose some to be donated and reused by other children.	6 Tear some newspaper or magazines into small pieces and make a Butterfly. 	7 Go on a bug hunt. Take a walk around outside and lift rocks to see if you could find some bugs. Or dig deep into the ground. 	8 Play a guessing game with plastic eggs. You can hide small items inside of the eggs and take turns guessing what is inside or guessing where the hidden object is. 	9 Look for some rocks that you can paint, once they are dry, add them to your plants or outside your house as decoration. 	10 Use some sticks to spell out the word "April" or write your name in the sand. 
11	12	13	14	15	16	17

<p><b>Screen out Sunday</b> Read books, take a walk, play games. Cook or bake together, do yoga</p>	<p>Flip through a magazine and point to different pictures. Ask your child to tell you the sound of the letter it starts with. *reusing magazines, children cut out letters and pictures to make a collage</p>	<p>Take a walk and talk about all the plants and flowers that are blooming.</p> 	<p>Help your child write a message to a loved one. Mail or deliver the card together.</p> 	<p>Plant a Bean Place 5 cotton balls in a Ziploc bag. Add 2-3 beans to the bag. Add water to soak the cotton balls. Tape to a window. Observe the bean sprout over a weeks' time.</p> 	<p>Start recycling objects at home such as Plastic, and Paper. Save mother earth.</p> 	<p>Make binoculars with toilet rolls, paint them, and use string. Go outside and see things with your binoculars.</p> 
<p>18 Read aloud book on YouTube- Recycling is Fun by Charles Ghigna</p> 	<p>19 Do some yoga with your parents, siblings and friends. Here are some exercises you can do. Remember to drink plenty of water.</p> 	<p>20 Go outside and pick up trash around your house with your family for Earth Day.</p> 	<p>21 My Bottles Have Feelings too, just like me. Using recyclable items make a "Feeling Bottle".</p> 	<p>22 "Happy Earth Day" Use recyclable containers and plant seeds.</p> 	<p>23 Make Recyclable Bird Feeders, Wind Chimes. Planters.</p> 	<p>24 Using a variety of shapes. Make a 6-page book and write a story about your animal. Where it lives, what it eat and where it sleep What's the name of your pet?</p> 
<p>25 ROBOTS Make Robots, monsters, cars, animals, etc... out of Recyclable materials. "BE CREATIVE"</p> 	<p>26 Create a "Recycle Bin" Fill an old bin with sand and use toilet paper rolls, egg cartons, and small boxes for sensory play.</p> 	<p>27 Recycle Art Gather old crayons and melt them in the oven in a cupcake tin to make new crayons, use toilet paper rolls to paint with.</p> 	<p>28 Follow Along YouTube Video "Dance Themed Kids Yoga"</p>	<p>29 Egg Carton Color Sorting On the bottom of an egg carton make dots using different colors w/M&amp;M's or skittles. Have your child match the colors.</p> 	<p>30 Read Aloud- YouTube "Why Should I Recycle" By: Mike Gordon</p> 	

## DEC Daily Zoom Instruction Schedule

### Infants

**Sunnyside/Chinatown Classroom:** Session # 1 8:05-8:20

Session # 2 10:05-10:20

#### **Sunnyside Classroom: Monday - Thursday**

<b>Intervention:</b>	<b>Enrichment:</b>
	9:00 am
	9:30 am
	11:00 am

#### **Chinatown Classroom: Monday - Thursday**

<b>Intervention:</b>	<b>Enrichment:</b>
	1:00 pm
	1:30 pm

### Toddlers

**New York/Turquoise Classroom:** Session # 1 8:25-8:40

Session # 2 10:25 -10:40

#### **New York Classroom: Monday – Thursday**

<b>Intervention:</b>	<b>Enrichment:</b>
9:00 am	9:15 am
12:00 pm	

#### **Turquoise Springs Classroom: Monday - Thursday**

<b>Intervention:</b>	<b>Enrichment:</b>
12:00 pm	9:00 am
1:00 pm	

### Older Toddlers

**Casa Blanca/Village Classroom:** Session # 1 8:45-9:00

Session # 2 10:45-11:00

#### **Casa Blanca Classroom: Monday – Thursday**

<b>Intervention:</b>	<b>Enrichment:</b>
9:00 am	
9:15 am	

11:15 am  
11:30 am

Wednesday @ 1:00pm

**Village Classroom: Monday - Thursday**

<b>Intervention:</b>	<b>Enrichment:</b>
	12:00 pm

**3 year olds**

**Seama/Paraje Classroom:** Session # 1 9:05-9:20

Session # 2 11:05-11:20

**Seama Classroom: Monday – Thursday**

<b>Intervention:</b>	<b>Enrichment:</b>
11:30 am	
12:00 pm	
12:15 pm	
12:30 pm	

**Paraje Classroom: Monday – Thursday**

<b>Intervention:</b>	<b>Enrichment</b>
3:00 pm	12:00 pm
	12:15 pm
	12:30 pm

**4 year olds**

**Encinal Classroom:** Session # 1 9:20-9:35

Session # 2 11:20-11:35

**Encinal Classroom: Monday – Thursday**

<b>Intervention:</b>	<b>Enrichment:</b>
11:45 am	9:45 am
12:30 pm	
1:00 pm	

**5 Year olds**

**Paguate, Laguna, Mesita Classrooms:** Session # 1 9:45-10:00

Session # 2 11:45-12:00

**Laguna Classroom: Monday – Thursday**

<b>Intervention:</b>	<b>Enrichment:</b>
10:15 am	10:40 am
11:15 am	
12:15 pm	
12:30 pm	

**Mesita Classroom: Monday – Thursday**

<b>Intervention:</b>	<b>Enrichment</b>
10:00 am	9:00 am
12:00 pm	
1:00 pm	

**Paguate Classroom: Monday – Thursday**

<b>Intervention:</b>	<b>Enrichment:</b>
1:00 pm	12:30 pm
	1:00 pm



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# DEC FAMILY SERVICE PROVIDERS

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[T.TOUCHIN@LAGUNAED.NET](mailto:T.TOUCHIN@LAGUNAED.NET)

[K.HERRERA@LAGUNAED.NET](mailto:K.HERRERA@LAGUNAED.NET)



(505) 290-4297 – TIFFANY  
(505) 274-0992 - KATHLEEN

## ACTIVITIES

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- Have children help set the dinner table.
- Have children help put laundry away.
- Take a walk around your house
- Dance party to your favorite songs



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Greetings DEC Families,

Hope you and your families are all doing well.

We would like to Thank all the parents that join in our weekly Family Wellness presentations, Parent Committee, Story Telling events for the month of March. We appreciate your time with us as well as all your thoughts and suggestions.

I would like to share that DEC will continue to partner with Laguna Behavioral Health. Fridays @ 11:30am one of Behavioral Health Team member will be presenting on Topics that have impacted our Community. We would like to invite Parents, Grandparents, Guardians & extended family members to join.

Sincerely,

Tiffany & Kathleen  
DEC Family Service Providers

Reminder Dates:

All month Father Involvement Activity. (Don't forget to send pics!)

April 07, 2021 - Let's Talk! About Transition

April 28, 2021 - Story Telling

Please see flyers for all zoom information.

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## **EHS HOME BASE**

Kathleen Herrera

[k.herrera@lagunaed.net](mailto:k.herrera@lagunaed.net)

(505) 274 – 0992



### **HAPPY SPRING!!!!**

**RECRUITMENT** for the Home Base, continues. Applications are being accepted for Prenatal to 36 months. For further information, contact Patricia Charlie @ 235-9286 or Kathleen Herrera @ 274-0992.

Activities for Home Base:

**April 2** – NO SCHOOL: GOOD FRIDAY

**April 6** – Recycle: Recycle items with in the home.

**April 13** – Planting/Native Herbs: Plant seeds to begin a vegetable or fruit.

**April 20** – Positive Intent: Trust, Safety and Moral Behavior

**April 27** – Nutrition: Blueberries – Healthy ways to eat blueberries and nutritional value.

I would like wish all the families a very **HAPPY EASTER**, stay safe and take care!!!

Happy  
Easter!



# FAMILY WELLNESS

**PRESENTERS: DAVINA NEZ, RENEE  
LEVALDO, DONOVAN LUCERO**

**LAGUNA BEHAVIORAL HEALTH**

## TOPICS:

April 09, 21 – Alcohol Awareness

April 16, 21- Mental Health Awareness

April 23, 21- Positive Parenting Strategies

April 30, 21- Coping with Anxiety

**Time: 11:30am**



**LAGUNA DEC**

**Join By Phone: +1-349-248-7799**

**Join Zoom Meeting**

**<https://us02web.zoom.us/j/85702180085?pwd=SWdwRUtmc2MoUWhsUXZ6ejRDRDhiUT09>**

**Meeting ID: 857 0218 0085**

**Passcode: 398041**

# Telling Our Stories: Re-envisioning Early Childhood Education in New Mexico

**Spring 2021, virtual gatherings  
for Native American early  
childhood educators**

Join us for a series of VIRTUAL workshops focused on early childhood education in New Mexico. Each session will explore the stories of our communities and their visions for the care and education of young children. Re-envisioning what this can mean for early childhood education in Native communities including the survival and thriving of culture and language, the social and emotional well-being of children, and the cognitive benefits of learning a heritage language will be the key focus throughout. Tribal early childhood education program directors/managers/educators, Native language teachers working with young children, parents, and community members working with community-based or home-based programs, are especially encouraged to attend.



## Session One:

### The Story Of The Adobe Think Tank

Thursday, March 25, 2021  
2:30 - 4 p.m.

In this session, members of the Adobe Think Tank will share their story of listening and collaboration. Indigenous leaders from New Mexico early childhood education along with New Mexico educators inspired by the Reggio Emilia Approach will present their inspiration for the series: **"Telling our stories: Re-Envisioning early childhood education in New Mexico."**



NEW MEXICO

**Early Childhood**

Education & Care Department

**For registration information and a Zoom  
link to the sessions please contact:**

[AIECLPECHO@salud.unm.edu](mailto:AIECLPECHO@salud.unm.edu)

## Featured Presenters and Think Tank Planning Group

- Chris Sims, Ph. D. - Associate Professor Dept. of Language, Literacy & Sociocultural Studies PI/Director, American Indian Language Policy Research and Teacher Training Center, UNM College of Education
- Baji Rankin, Ed.D. - Excellence and Equity in Early Childhood Education
- Penny Bird, Ed.D. - New Mexico Tribal Language Consortium Member
- Trisha Moquino - Founding Education Director/ Guide Keres Children's Learning Center
- Danielle Lansing, Ed.D. - Faculty, SW Indian Polytechnic Institute, Early Childhood Education
- Gigi Yu, Ph.D. - Assistant Professor in Art Education UNM Department of Art
- Natane Lim - Early Childhood Mentor Network Program Manager, CNM
- Pam Remstein, Ph.D. - Program Coordinator: Associate of Science in Education/ Early Childhood Education & Development and Associate of Science in Education at UNM Taos
- Mike Ashcraft - Co-Founder/Director of Children's Choice

## Adobe Think Tank Events

### March 25

Introductory Session:  
Adobe Think Tank  
2:30 - 4 p.m.

### April 15

Keres Children's  
Learning Center  
2:30 - 4 p.m.

### April 29

Early Childhood  
Education Program  
SW Indian Polytechnic  
Institute  
2:30 - 4 p.m.

### May 13

The Reggio Emilia  
Approach  
2:30 - 4 p.m.

### May 27

American Indian  
Language Policy  
Research and Teacher  
Training Center  
2:30 - 4 p.m.

### June 10

One Day Early  
Childhood Education  
Virtual Institute!  
9 a.m. to 12 p.m.  
1-4 p.m.



**For registration information and a Zoom link to the sessions please contact:**

[AIECLPECHO@salud.unm.edu](mailto:AIECLPECHO@salud.unm.edu)



NEW MEXICO

**Early Childhood**

Education & Care Department



# That's Genius!



## Play ideas for busy days

Opportunities to play are everywhere if you know where to look.

### In the Car/On the Bus

**5–10 Minutes:** One person chooses a category (such as cities, streets, neighborhoods, countries) and names a place in this category. The next player says another place in that category that begins with the last letter of the previous word.

**Benefits:** Enhances cognitive skills

**Tip:** Challenge your child to learn more about the places named by researching them together.



### At the Store

**10 Minutes:** The Search—Select a color to search for in the aisles. Who can find the most items in that color?  
**Rules:** You can't pick them up. Kids must remember the items they see and count them by hand.

**5 Minutes:** Totals—Ask your child to add up the prices of several items (rounded to the nearest whole number) while shopping. Rule: No calculators allowed! How does the answer compare to the subtotal on the receipt?

**Benefits:** Builds math, analytical, and language skills

**Tip:** Make sure to congratulate your child on efforts made, whether right or wrong!

## Why is play important?

- It contributes to brain development and problem-solving.<sup>1</sup> Much of what children learn about the world begins with play. It allows children to learn through trial and error and master skills needed to move on to the next task.
- Play helps children build coordination, balance, strength, and motor skills.
- It enhances bonds between caregivers and children.<sup>2</sup>
- Play motivates children to be more successful in the classroom.<sup>3</sup> Children learn boundaries, cooperation, and collaboration!

Visit [TheGeniusofPlay.org](http://TheGeniusofPlay.org) for more amazing facts about play.

the GENIUS of  
**PLAY**<sup>™</sup>  
 .....  
 It's more than play!

1. Dewar, G. (2008-2014). The cognitive benefits of play: Effects of learning on the brain. *Parenting Science*. Retrieved from <http://www.parentingscience.com/benefits-of-play.html>.

2. Ginsberg, K. (2007, January). The importance of play in promoting healthy child development and maintaining strong parent-child bonds. *Pediatrics*, 119(1). Retrieved from <http://pediatrics.aappublications.org/content/119/1/182>.

3. Kohl H.W. III, Cook H.D. (2013, October). Physical Activity, Fitness, and Physical Education: Effects on Academic Performance. In *Educating the Student Body: Taking Physical Activity and Physical Education to School*. Retrieved from: <https://www.ncbi.nlm.nih.gov/books/NBK201501/>.



# The Genius of Indoor and Outdoor Play

**“Magic happens when an adult and a child play together.” —Kathleen Alfano, Ph.D.**

Play is critical to children’s learning, success, and well-being. According to experts at The Genius of Play™, a nonprofit initiative that educates and inspires families to play more, children should have a balance of indoor and outdoor play, quiet and active play, and activities done alone and in a group.

## Indoors

It’s so easy to just sit and watch TV together. Challenge your family by trying some new ways to play—without even leaving the house.

### **Puppetry:**

**60–90 minutes**

Use a craft kit and everyday materials (like paper bags and socks) to create puppets. Act out a story with the puppet characters. Use fairy tales for inspiration, or create your own stories.

**Benefits:** Enhances creativity and fine motor skills

### **Roller Coaster:**

**60–90 minutes**

Build an indoor roller coaster using strips of thin cardboard, tape, and books. Add a plastic cup at the end of the track. Release a marble from the top of the roller coaster and see if it travels along the entire track and lands in the cup.

**Benefits:** Builds problem-solving and engineering skills

### **Balloon Ball:**

**20–30 minutes**

Organize a game of indoor volleyball using a balloon as the ball and a row of pillows on the floor as the net.

**Benefits:** Builds hand-eye coordination and physical fitness

## Outdoors

Is the weather nice enough? Get outside and try these activities together.

### **Neighborhood ABC Hunt:**

**10–15 minutes**

Take a walk in your neighborhood. Look for something that begins with A, followed by B, and so on, until you have reached the end of the alphabet.

**Benefits:** Builds cognitive and language skills

### **Sculpture Garden:**

**30 minutes–1 day**

Collect objects, such as sticks and rocks, around the yard or park that can be used to make a wind chime, an animal shape, a lucky charm, or an item to decorate your home. Make as many as you like!

**Benefits:** Enhances creativity and fine motor skills

### **Invent a Sport:**

**60–90 minutes**

Try combining several of your child’s favorite sports or games into one! Decide on a goal for the game and how points will be awarded. Collect any sports equipment you have and decide how it will be used in this game. Write down the rules, if you like, then start playing!

**Benefits:** Builds social skills and physical fitness

## The Role of Toys

Toys are one way to promote learning through play. Choosing different toys for your child can help ensure that he or she has a balance of various types of play.

- **Sports gear**, such as jump ropes, pogo sticks, and in-line skates, can help kids stay active and build their physical coordination.
- Kids can use **board games and puzzles** to develop their ability to think flexibly, solve problems, and cooperate with others.
- **Model kits, science sets, and arts and crafts** kits can help kids explore new interests while building their fine motor skills.
- Kids can use **animal or action figures** and dollhouses to build creativity, express themselves, and develop communication skills.



the GENIUS of  
**PLAY**  
.....  
It’s more than play!

Visit [TheGeniusofPlay.org](http://TheGeniusofPlay.org) for more indoor and outdoor play ideas!



# LET'S TALK!

TOPIC: TRANSITION IDEAS

ALL PARENTS, GUARDIANS  
& GRANDPARENTS  
WELCOME

Join Zoom Meeting  
<https://us02web.zoom.us/j/84169579782?pwd=aXNwS1c5djlBTlR2aTFWKOhuN200T09>  
Meeting ID: 841 6957 9782  
Passcode: 257012

APRIL 07, 2021 @ 2:00PM

JOIN BY PHONE: +1-253-215-8782

# Let's Cook with Dad!!



**April's Father Involvement Activity:**  
**Meal preparation of your choice at home with your child/children**

***Cook it! Grill It! Bake it!***

Don't forget to take  
Pictures



Please send photos to  
Teachers or Family  
Service Provider  
[t.touchin@lagunaed.net](mailto:t.touchin@lagunaed.net)

Let's have daddy time!

Anytime during the month of April  
send us some snap shots of Daddy  
Time! We will share in the next  
month's newsletter!!







# Storytelling

## Planting

Story told by: Alvin Martin



**APRIL 28, 2021**

**TIME: 3:00PM**

*Join by Zoom:*

<https://us02web.zoom.us/j/89878823780?pwd=dENERGNqOHpVMUpreDFQZVBXSTBsUT09>

*Meeting ID: 898 7882 3780*

*Passcode: 742335*

*Join by Phone: +1-346-248-7799*

