



Stretch, Breathe, Move!

By: Sesame Workshop

June 2026

Our bodies can teach us a lot about our feelings, and our bodies can also help us understand and manage our feelings. Encourage children to notice the “clues” their bodies give them about what they may be feeling (for instance, a stomachache may be a sign that they’re feeling worried). Then, show them how to use their bodies to help them manage their feelings.

The natural world is full of inspiration for us —we might feel more steady as we stand straight and tall like a tree, or we might calm ourselves by buzzing like a bee!

Together, try these nature-inspired poses, movements, and breathing strategies whenever children need to calm their bodies, focus, or refuel. As they move, encourage children to notice how their bodies feel.

Balance, Stretch, Reset

Full-body movements like balancing and stretching can help children connect with feelings in their bodies and refocus their energy.

- **Reach for the Stars:** Stand tall with your arms by your sides. Take a slow deep breath in and out. Stand on your tiptoes and reach up as high as you can with one hand. (Repeat with the other hand.)
- **Elephant Pose:** Stand tall and take a slow deep breath in and out. Bend at the hips and let your arms hang down. Clasp your hands together and swing your arms from side to side, like an elephant’s trunk. Now, swing from side to side and walk like an elephant. Stand tall again and take another deep breath.
- **Tree Pose:** Stand tall with your feet together. Lift one foot slightly. Now rest that foot above your other ankle. Stretch out your arms. Let’s try to balance as we breathe in from our nose, out from our mouth. “We are strong trees!” Imagine your roots going deep into the earth. Here comes a breeze... can you sway your branches (arms)?
- **Crouching Cat:** Let’s get on our hands and knees. Slowly breathe in as you lift your chin and tilt your head up and back. Slowly breathe out while you slowly raise your back towards the ceiling and lower your head to look like a cat arching its back. (Repeat.)

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Please check Procure updates every day. There is important information there!

Also, make sure your child always has a change of clothes and/or diapers/pull-ups, if necessary.

Caterpillars/Buttercup Butterflies



In June, our infants will be exploring the outdoors through sensory play, tummy time, and imitation activities. We will encourage curiosity by experiencing different textures, sounds, sights, and movements both inside and outside the classroom. Through these activities, infants will continue developing their senses, motor skills, and social connections in a fun and nurturing environment.

- Meme & Ms. Cali

Happy June Buttercup Families! We will be exploring and enjoying the outdoors through experiences centered around gardening, picnics, summer and transportation. The buttercups will learn about planting and caring for gardens, enjoy activities inspired by summer fun, and discover different ways people travel. These themes will encourage creativity, social interaction, language development, and curiosity about the world around them.

-Ms. Denisse & Ms. Yaxi

Pixie Butterflies

Happy June Pixie families! This month, we are inspiring the children to explore through stories, songs, counting, and hands-on play. These activities enhance language, coordination, and social skills while fostering confidence through participation and engagement. We're excited for a fun and joyful month!

-Ms. Ayanna & Ms. Vanessa



Elf Butterflies



June is packed with exciting adventures as we explore the world of sports, discover games and traditions from different countries, and celebrate the power of friendship! Each week, students will dive into fun activities, teamwork challenges, and global sports stories that inspire cooperation, kindness, and healthy competition. Get ready for a month full of movement, learning, and making new connections!

-Ms. China

Julia Butterflies

Hello Julia butterfly families, this month we will start water days and movie days. We will review how to spell and write our names along with spelling and sounding out words. Please bring a bathing suit and towel for water days labeled with your child name on each item and make sure to check your child's file folder at pick up daily.

-Mr. Kaliq & Ms. Paige





Ms. Keyanni's 4 Year Anniversary—June 6th
 Ms. Tayah's 2 Year Anniversary—June 11th
 Noah's Landing Petting Zoo—June 17th
 Donuts with Grownups— June 19th
 Ms. Rochama's Birthday—June 26th

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 ..continued

Breathe Deep

Breathing helps children get in touch with their bodies, hearts, and minds... and can help them manage big feelings.

- **Star Breath:** Spread your fingers on one hand like a star. With the pointer finger on the other hand, trace each finger slowly up one side, and down the other. Breathe slowly in through your nose as you move your finger up, then slowly out through your mouth as you move your finger down. Continue with each finger.
- **Bumble Bee Breath:** Let's sit down and close our eyes. Listen to your breathing. Breathe in slowly through your nose. Breathe slowly out through your mouth, saying "bzzzz." (Repeat twice.)
- **Butterfly Breath:** Hold your arms out and imagine they are magnificent butterfly wings. Slowly raise your wings above your head as you slowly breathe in, then lower them as you slowly breathe out.
- **Volcano Breath:** To release energy, start with your hands together in front of your chest. Breathe in through your nose and raise your arms straight up. The hot lava is rising up and out! Breathe out through your mouth as you move your arms down. The lava flows down to the ground. Repeat.



Shape Collage Pizza

By: Kinderart.com

In this fun and creative craft activity, children will review and learn about different shapes while strengthening their fine motor skills. Your child will practice cutting skills by cutting out a variety of shapes and improve gluing skills using the dot-by-dot method. Through the creation of a cut paper pizza collage, children will explore the art technique of overlapping and learn how collages are made. Children will also be introduced to Pop Art and discover how artists such as Claes Oldenburg created artwork inspired by food and everyday objects.

Supplies Needed:

- Yellow or light brown construction paper
- Crayons
- Paper scraps for (shape: toppings)green, red, brown, black and white)
- Circle pattern for pizza shape
- Glue



Directions:

- Ask your child what shape most pizzas are. They will trace a circle on brown or yellow construction paper and cut it out.
- Color the "sauce" with red crayon leaving the edge of the "crust" showing.
- Ask your child what shape or line shredded cheese is? Next, cut out thin white rectangles for cheese and glue to overlap them on the pizza.
- Ask the different topping shapes and cut out the toppings accordingly. (Pepperoni slices are red circles, mushrooms are brown semi-circles, sausages are brown ovals, olives are black circles, green peppers are triangles, pineapple are yellow squares, etc.)
- Glue and overlap the topping shapes.

HELLO 
JUNE
Super Supper

Ms.
Shirley
will be
taking a
break over
the sum-
mer with
making
super
suppers.
They will
be made
available
again in
the Fall.
Thank you.

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The Winter Park Day Nursery provides a secure, nurturing and educational environment that is affordable and supports family diversity.

Vision:

The Winter Park Day Nursery will build a stronger community by providing high-quality, affordable early childhood education that will prepare our children to succeed in school and life.

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