



5 Simple Breathing Exercises For Children

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Besides being essential to life, conscious breathing can be used to successfully treat or prevent numerous health issues. Let's take a look at a few breathing exercises that your child can do anywhere and reap the benefits.

1. Bumble Bee Breaths

- Sit comfortably with the legs crossed and shoulders relaxed.
- Then cover both ears with the thumbs and both eyes with the index fingers of both hands.
- Now breathe out slowly, making a low humming sound.

Repeat steps 2-4, five to ten times.

2. Hissing Breaths

- Sit comfortably with the legs crossed and hands on the knees.
- Hold the upper and lower teeth lightly against each other.
- Open the lips and expose the teeth.
- The tongue may be kept flat or folded against the soft palate.
- Now breathe in through the gap between the teeth.
- Close the mouth and bring the tongue back to the normal position if folded.
- Exhale slowly through the nose.

Repeat steps 2-7, eight to ten times.

3. Elephant Breaths

- Stand with feet wide apart.
- Inhale through the nose, raising both arms up with fingers interlocked.
- Exhale through the mouth while dropping the arms.

Repeat steps 2 and 3, three to four times.

September 2018

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Please check your child's parent folder every day. There is important

Caterpillars/Buttercups Butterflies



We are having fun learning about each child's interests and their individual personalities! Each week we have planned lessons in the kids interest such as animals, colors and music. We are constantly working on their fine motor skills and sensory activities through art work and individual time between the teachers. The children are having fun exploring their classroom and making friends with their new peers.

-Ms. Natalie, Ms. Johanna, & Ms. Destiny

Pixie Butterflies

This new school year we've welcomed new friends into our school family and said good-bye to some too. We're working on building our school family by helping each other, using gentle hands and working on our sharing skills. Brown Bear, Brown Bear What do you see? will be our introduction to colors and early literacy as your child will create their very own book! Keep checking your Brightwheel app for more pictures and videos of your child's adventures in learning.

-Ms. Stacey & Ms. Maria



Elf Butterflies



Our new school year is off to a bright start. We are making new friends, continually working on our social skills, and learning the classroom, school rules and routine. We will keep working on building our relationships and our school family.

-Ms. Jessica, Ms. Beryl, & Mr. Anthony

Julia Butterflies

Welcome! We have been getting to know all of our new friends and teachers. For the month of September our class will be learning All About Me, friendship and kindness and working on tracing our names. Please check your child's folder daily and the Brightwheel app.

-Ms. Paige & Ms. Vicky





Birthdays

Ms. Crystal- September 12

Ms. Milena- September 15

Work Anniversaries

Ms. Shirley- September 25

Open House for Infant/Toddler Room on Thursday, September 13 from 6-7PM. Adults only event.

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4. Bunny Breaths

Children love to keep bunnies as pets and this exercise involves breathing like rabbits. Ask your child to quickly sniff three times and then exhale once through the nose. This exercise helps an upset child to calm down.

5. Flower Breaths

Children like to smell flowers, and you can use them to teach your child flower breaths. Give your child a fragrant flower and ask him to breathe in through the nose and breathe out through the mouth. You can give him flowers like daisies or roses. This exercise helps to relieve tension. However, be cautious if your child is allergic to pollen.

The mind, body and breath are very closely connected and deeply affect each other. By teaching our children to breathe consciously, we can help them positively influence their minds and bodies.

Leaf Hunt

Would your little ones enjoy a Leaf Hunt? It is definitely a hit and absolutely perfect for this time of year!

Here's what you'll need:

- ◆ Brown Paper or Grocery Bags
- ◆ Cards with Each Color Leaf (to help identify)
- ◆ Clothespins



1. Create different colored leaf cards with your child(ren).
2. Once the cards are ready to go, clothespin them to individual bags.
3. Venture out to your yard or closest park where lots of leaves can be found!
4. If it is a tad bit windy, use a small rock to use as a weight in the bottom of the bags.
5. Turn your kids loose to search for leaves of all different colors. They will love running around, picking up leaves and bringing them to you for help!



September

WPDN will be closed on Monday, September 3, 2018 in observance of Labor Day.

Super Supper

**Shepherd's Pie Comes w/ Side of Fruit
Pick-up is Wednesday, September 12th.**

**Chicken Enchilada Casserole w/ Black Beans & Side Salad
Pick-up is Wednesday, September 26th.**

**Feeds 1 adult and 2 children.
Sign-up at front desk. Payment is due day before pick-up.
\$5.00 each**

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Mission:

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.