

SPRING

PreK S.M.A.R.T. News

April 16, 2019

Dear PreK Families,

Can we say "Spring" yet? What a wild winter! Unfortunately, our preschoolers missed a lot of S.M.A.R.T. class on those snow days. When you're home with your child, please ask them about S.M.A.R.T. Many of the exercises you can still do at home, right in your living room!

These muddy/wet days can also be a challenge for us to get outside and to move around. That's why starting S.M.A.R.T. at the PreK level is so important. My favorite phrase about S.M.A.R.T. is we're **"Moving to sit still!"** Also, when you're home with your child, rather than hand him or her a gadget, do some jumping jacks or play a song you can all dance to! We do a lot of crazy, fun dancing in S.M.A.R.T.! If you need some ideas on how to go screen-free, visit: www.screenfree.org/resources/ The American Academy of Pediatrics has interesting articles on screen time as well: www.aap.org

As I mentioned in previous newsletters, it's very important for your preschooler to be drinking water throughout the day. Bodies need to be rehydrated every 45 minutes, so sending a water bottle with your child to school would be a good idea.

We had some really fun themes the past few months including The Bear Hunt, Car Racing and now Easter/Spring. Below I've included some pictures of our children doing the S.M.A.R.T. exercises all while enjoying a fun car racing theme!



car racing theme

"STOP!" and "GO!" on the Slap Track!

The Slap Track develops balance, depth perception, eye-hand coordination, bilateral coordination and eye teaming.



Race Track Vinyl:

Here is an idea I found on Pinterest. I drew a zig zag road, put a strip of vinyl on top and the children followed the track with a toy car. This also promoted eye teaming and eye-hand coordination; all while driving the race car!

WINDSHIELD WIPERS

In the photo on the right, Mrs. Meeker is helping a student with “Windshield Wipers”. This Fine Motor-Full Arm activity promotes eye-hand coordination and enhances mid-line development. This student is drawing lines from one “X” to the other “X” while standing in place crossing their midline.

CAR WASH - ALLIGATOR CRAWL

Another fun activity (which I forgot to photograph) is a car wash the children went through while doing the Alligator Crawl. Alligator Crawl is one of our core activities we teach right away at the beginning of the school year. This exercise develops coordination at the basic level and integrates both sides of the brain.



Please remember to send gym shoes with your children! This time of year, it's fun to wear open-toed sandals, Crocs and flip-flops; however, those shoes are not the best for exercising and going outside. Please continue to send gym shoes/sensible footwear to school.

We could also use some donations of Lysol, disinfectant wipes and hand sanitizer for the S.M.A.R.T. room. Please email me or your child's teacher if you're interested in helping out!

And finally, as always, you may find more information about the S.M.A.R.T. program at: www.actg.org

Have a great Easter weekend and start to SPRING! I hope to get the Preschoolers outside for S.M.A.R.T. very soon!

Sincerely,

Mrs. Sullivan

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