



# the discovery center

November 2018

## DIRECTOR'S CORNER

Each child, family, and teacher at The Discovery Center has traditions, customs, and events that are unique and important to them. Fostering an awareness of the world and people around us is truly a big part of our program's philosophy and curriculum. In developing our goals, activities, and experiences for young children, it is essential to include a wide variety of materials, visual cues, and explorations that encompass the many special customs and backgrounds we represent. It is a celebration of how we are both the same and different. Learning about ourselves, others, and the world we live in is an important aspect of our development as people.

At The Discovery Center, we create many opportunities for the children in our care to develop their sense of world awareness and importance within the world. By sampling foods that are new, manipulating instruments, dressing up in a wide array of clothing, using art media, experimenting with games and songs, and celebrating everyone's uniqueness, we strive to expose children to the many different and exciting aspects of world culture. I welcome and invite each family to share in this experience by contributing something special whether family

traditions, celebration, or history with your child's classroom. Together, we can make a difference in recognizing the many facets of the human experience, for they are most definitely worth celebrating!

As we begin what is commonly referred to as "the holiday season", may you and your family enjoy the time spent with family, friends, and each other.

Warmly,  
Debbie



## COMING EVENTS FOR NOVEMBER

Sunday, November 4th

Daylight Savings Time Ends  
Set your clocks back one hour!

Thursday, November 8th

Storytelling with Laura at 10:15 am

Monday, November 12th

Music with Laz and San at 10:00 am

Tuesday, November 20th

All School Thanksgiving Feast

Thursday, November 22nd  
Friday, November 23rd

The Discovery Center Closed for the  
Thanksgiving Day Holiday

## STRESS BUSTERS!

Here are 12 activities to raise your child's spirits while calming them down:



**Clean Paint:** Set up your child with a simple paint set: an open and flattened grocery bag, a little bowl of liquid laundry starch, and a thick paint brush. Let her dip and dab—while you get something else done :)

**Clean Paint and Tissue Paper:** When your child gets tired of dipping and dabbing, give him some colored tissue paper to tear up and stick onto the wet starch. The tissue and starch will blend with colorful results. Make sure the surface is covered, so there is no staining of the table top.

**Gel Bags:** Fill a sturdy zip-top plastic bag part way with hair gel (it comes in all colors now!). Tape it shut with duct tape for good measure! Gel bags are relaxing to squeeze, poke, and smooth out. Add some glitter or crayon shavings for a colorful surprise.

**Rocking and Swinging:** Sounds like something you'd do on the dance floor, right? Not when you've got an upset child wrapped around your knees. Use rocking chairs and swings, of course. The steady back and forth movement almost always comforts kids.

**Bubbles:** Bubble blowing is instant stress relief. You get to do some relaxing deep breathing while blowing bubbles. Your child gets to let off steam while chasing them!

**Squishy Shaving Cream:** Use shaving cream on a cookie sheet or table with a smooth surface. Shaving cream is handy, inexpensive, and doesn't stain. If it starts to dry up while your child is "painting", sprinkle a little water on it.

**Corn Starch and Water:** Put two cups of cornstarch and one cup of water in a plastic dish pan. Let your child stir it with their hands. Playing with this mixture has the same relaxing benefits as finger paint, but a constantly changing texture. It too, doesn't stain and spills can be brushed off or vacuumed up after they dry.



**Music:** If your child is really wound up, turn on some fast music and dance to it. Gradually help her wind down by choosing slower and slower tunes.

**Scrubbing:** Give your child a small amount of soapy water and a quick lesson in how to wring out a sponge. What can he scrub? The woodwork, the doors on the kitchen cabinets, chairs, or toys. Water is always soothing. So is the feeling of competence that comes with doing "grown-up" work.

**Organizing:** Dump out your sock drawer (or any drawer that could use organizing) and let your child sort it for you.

**Forts and Houses:** Sometimes the best thing on a hectic day is simply a little privacy. Use an old sheet over a card table to create a kid size retreat. My sisters and I were easily amused by this for hours!

**Take a Walk:** Go for a walk together. An outdoor stroll is best, but if that isn't possible, a tour down the hall, up the stairs, and back again can provide a restful break.

