



# the discovery center

November 2019

## DIRECTOR'S CORNER

We are so excited to see our new playground spaces coming together! The classrooms have enjoyed exploring the turf and rubber mulch areas and truly love the "bubble windows", "plexiglass openings" and covered sandboxes. :) This has been a longer process than we had originally imagined, but we are very pleased with the results! The entire staff would like to thank our owners, George Miller and Deb Webster, as well as, Bill Meier our architect and Joe Hammond our construction manager, for their patience, support and diligence in making our outdoor spaces so amazing!

Additionally, we love our new Nature Playground space located adjacent to the Rainbow Room in the wooded area off the back of the building! What a truly remarkable space! If you have not yet seen it...please take a peek...it is fantastic! This new space allows for classrooms and teachers to freely explore all nature has to offer! Investigation, observation, seasonal changes, problem solving,

## WE LOVE OUR NEW PLAYGROUNDS

identification, classification, risk taking, collaboration, connection, conservation, physics, movement and an endless list of opportunities that develop through outside nature play! Be sure to check it out!

As we begin what is commonly referred to as "the holiday season", we welcome and invite each family to share in this experience by contributing something special to their classrooms. Whether it be a family tradition, celebration or a part of your history, together we can recognize the many facets of our life experiences...for they are definitely worth celebrating!

May you and your family enjoy the time spent with family, friends and one another.

Warmly,  
Debbie



## COMING EVENTS FOR NOVEMBER

Sunday, November 3rd

Daylight Savings Time Ends  
Set your clocks back one hour

Monday, November 11th

Music with Laz and San at 10:00 am

Tuesday, November 26th

All School Thanksgiving Feast

Thursday, November 28th  
Friday, November 29th

The Discovery Center Closed for the  
Thanksgiving Day Holiday

Late November, December and January

Parent/Teacher Conferences

## 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.



## Gemini Benefit Concert

Gemini, ([GeminiChildrensMusic.com](http://GeminiChildrensMusic.com)) the twin brothers who play music each month at the Discovery Center, will be playing a special Benefit Concert for Mott Children's Hospital on Thanksgiving Weekend, Sunday, December 1, at 1:00pm at the Ark Coffeehouse, 316 S. Main St. Ann Arbor.

The twins, San and Laz, will be joined by San's daughter, Emily Rose, a wonderful singer and virtuoso violinist, who was born and cared for in the NICU of Mott 25 years ago.

For tickets and more information: [TheArk.org](http://TheArk.org)

