



Teddy Talk

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Dear Parents/Guardians:

It is hard to believe that the 2022-2023 school year is drawing to a close. It has been an exciting year at the preschool. The WSD3 Preschool Staff would like to take this opportunity to thank you for entrusting your children to our care. We hope that you have seen growth in all areas of development: pre-academic skills, cognitive, language, motor, social and emotional, and self-help.

In this issue of Teddy Talk, we wanted to provide some information about summer programs and activities. We hope that you have a great summer and stay safe during this time! For those of you that will be returning, we look forward to seeing you in August, and for those that are moving on to Kindergarten, we wish you all the best.

WSD3 Preschool Staff



Get Outside! The Power of Green Play

Playing outside has many benefits for your children.

According to the American Academy of Pediatrics in an article written in 2023 called [Playing Outside: Why It's Important for Kids](#):

"Children and teens who spend time playing outside and enjoying nature can be:

Physically healthier. Children play harder outdoors than indoors and they need daily opportunities to do so. More outdoor time is linked with improved motor development and lower obesity rates and myopia (nearsightedness) risk. Safely getting some sun also helps us make vitamin D that our bodies need to stay healthy and strong.

More engaged in learning. Playing outside promotes curiosity, creativity and critical thinking. Studies have found that children who spent more time in nature exploration had improved learning outcomes.

More positive in behavior. Research shows that when children spent time in natural settings they had less anger and aggression. Impulse control also improves. This might be especially important when normal routines change for children.

Mentally healthier. Stress and depression are lower for all people who spend time in nature. Children show increased focus and reduced symptoms of Attention Deficit Hyperactivity Disorder."

Local Places to Explore



Bear Creek Nature Center and Fountain Creek Nature Center offer many programs for young children. Little Wonders and Nature Explorers are at Bear Creek Nature Center for a small cost and Fountain Creek Nature Center has a variety of nature activities for a small cost.

Explore a State Park

Check out the families activities backpacks!



Ideas for Summer Activities

Check out these places for a variety of summer activities.



Stay in the know! Widefield School District 3 partners with peachjar to share information with you about events and opportunities in our community for your child and family.

Using the links/QR Codes below, you can access other community organizations and learn more about each of the opportunities they provide.



Summer Reading

When we think about reading with young children, we usually only consider the shorter picture books. But have you ever considered reading a chapter book with your preschooler?

Reading chapter books with young children builds:

Memory- the stories are told over days and children need to remember the previous parts of the story to be able to understand the current story

Listening- practicing to words being read aloud without many visual supports gives practice at attending to verbal information

Vocabulary- many chapter books offer a greater variety of words and more developed ideas

Visualization and Imagination- a child's ability to understand stories ties directly to their ability to visualize the story by making a movie in their mind

When choosing a chapter book to read with your child, consider: shorter chapters, engaging and memorable characters and the plot should be quirky and unique



SECURITY PUBLIC LIBRARY



Security Public Library offers a large variety of free activities, including crafts for adults and children, Bingo in town, 100 Book Challenge, Story time, and tons of books and movies for community members to borrow.



Pikes Peak Library Culture Pass, register with the library and check out a Culture Pass which can allow you to explore museums and attractions in the Pikes Peak region at NO Cost! The Pikes Peak Library also offers lots of activities.

Let Them Be Bored



What happens when we feel bored?

Our brains are constantly working and after a rigorous activity, they need to rest. This resting state of the brain is important for reflecting and strengthening memories.



Helping kids accept boredom

According to an article from the Mayo Clinic:

"It's not parents' responsibility to entertain their children every moment of the day. Kids are naturally curious and creative. Being bored helps them strengthen their creative muscles and learn to cope with feelings of boredom as they get older.

If they protest boredom, acknowledge their feelings and ask them to come up with a solution. If they struggle, offer ideas that don't include an electronic device.

Boredom can be more uncomfortable or distressing for people feeling fearful, anxious or depressed. If this is the case, they should seek professional help to work through their feelings and develop healthy coping skills.

Don't be afraid of boredom. It's a normal part of life. Try not to dismiss or dislike it. Instead, try to view it as an opportunity to restore your brain and develop create solutions to problems."

Ideas to Prepare for Boredom

Finding activities beyond electronics can sometimes be a struggle. Brainstorm some fun ideas and provide your child with a boredom tool. These tools can be a jar of popsicle sticks with ideas for play on each stick, a bingo board with ideas for play to cross off, or even a scavenger hunt.



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