

... "bite size" news from your HSB Regional Behavior Specialists



Oh, Behave!

Volume 15 Issue 11

May 2022

Tip of the Month:

Want to help a child naturally improve their behavior?

Take the classroom outdoors!

By interacting outside with others, children learn how their actions can impact their friends and peers. Being outside in nature has a positive effect on children's emotions. Most children will calm down when they are given the chance to play outside.

Connect with us!

Check out [Tucker's NC Nest](#) on Pinterest!

Follow OhBehaveTips on [twitter!](#)

Join our new online community by clicking [here!](#) By joining Social-Emotional Connections, you will have the opportunity to network, post questions, and share resources with other early childhood professionals in NC!

Open our latest public resource, a growing library shelf of virtual binders that include archived issues of the HSB newsletter, *Oh Behave!*, a collection of Disaster Response Resources, and a binder of scripted stories for classroom use! Click [here.](#)

The Social and Emotional Outdoor Classroom

Outside time is a time when the children are free to explore but it can also be a time for them to practice social emotional skills. Being in the open space and not having to worry so much about the noise level is a great time for children to practice strategies like taking turns, solving problems, expressing feelings and learning how to make friends. Here are some ideas for extending the learning outdoors:

- Creating an obstacle course is a great way to teach children to wait and take turns. Not only is it a great way to see their gross motor skills, it also helps with problem-solving.
- Create a relay game. It can be as simple as rolling or kicking a ball to one friend. This can teach cooperation and working

together.

- Remember the old school games like "Red Light, Green Light", "Simon Says" and "Mother May I". These games help teach listening skills and waiting before acting. These type of games are perfect in teaching self-regulation skills.
- Have the children build a fort with big blocks or cardboard boxes. This will help them practice taking turns, sharing, cooperation, friendship skills, and increase their attention span.

With any outdoor activity, the solution kit cards are beneficial! The smaller cards are the perfect size for portable use! You can put the cards on a "jelly bracelet" (silicone coil bracelet) and take outside. The solution cards have

ideas for problem-solving such as "Take a Break" or "Use Kind Words" to help give children solutions when they have a hard time thinking of one. An additional tip is to make a card that says, "Your Idea" to add to the solution kit to encourage children to come up with their own solution.

To create your own solution kit, click [here](#) for the 2 x 2 size cards. For step by step instructions on creating a solution kit for your classroom, click [here.](#) For



more information, reach out to your local HSB Behavior Specialist!

How do you make the most of an outdoor classroom? Share your creative ideas and we will feature them in an upcoming edition! Email us at AskTheBehaviorSpecialist@gmail.com



May 1-7, 2022

"We often take for granted the very things that most deserve our gratitude."

-Cynthia Ozick





In each issue you will find a new card to help you build your very own "Calming Choices" Card Set for your classroom.



Question: With the weather warming up, we will be taking the children in my class out twice daily. Although they love going outside to play and are very active, I worry that we lose some of our more formal schooling time. How can I offer the children a more structured time outdoors?

Answer: Great question! Remember, anything that can be done indoors can also be done outdoors! Think of outside as an extension of your classroom. Set up stations around the playground where children can participate in art, books, dramatic play, blocks, etc. Here are some ideas for stations:

- Put a large blanket down in a shady area of the playground and lay out a selection of books (maybe even some that pertain to flowers, trees, animals, etc.). Encourage children to sit or lay on the blanket and read or look at the pictures.
- Hang approximately 4 or 5 feet of blank, giant paper (often referred to as a roll of "art easel paper") along the side of the fence and encourage children to paint a mural together. They can paint what they see outside. You could use clothes pins to hang the paper to the fence to keep it from blowing in the wind. This makes for easy clean-up too!
- Roll the sand and water table outdoors. Again, easy to clean up!
- Gather different size rocks for the children to paint and sort.
- Chalk is often overlooked as an inexpensive outside tool that young children love! You can let them use chalk as they desire or to add to the fun, use masking tape to create shapes the children can color. When the tape is removed, it reveals a fantastic mosaic of colors! If sidewalk space is limited, consider adding black poster board paper or a large piece of plywood (carefully inspect it for rough edges).

When I am upset, I can...

LAY ON MY BACK AND LOOK UP AT THE SKY



For durability and repetitive use, print on cardstock paper and laminate.

Here are some helpful links to explore as you consider setting up an outdoor classroom!

[Developing and Implementing an Outdoor Classroom](#)

[How to Create an Outdoor Art Studio](#)

[Creating Outdoor Play Environments for Infants and Toddlers](#)

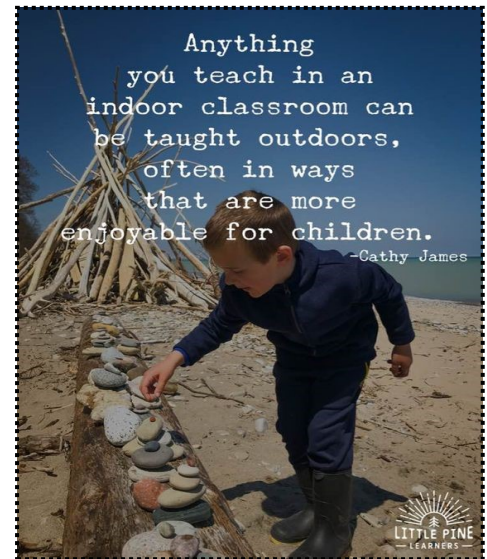
[Why Getting Messy Is Essential to Early Childhood Development](#)

[Incorporating Gardening into Your Lesson Plans](#)

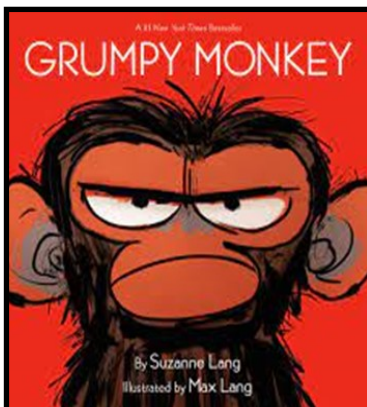
Do you have a question you would like to see answered in our column?

Feel free to email it to AskTheBehaviorSpecialist@gmail.com.

We will keep your identity private. Your question is probably one someone else needs answering, so ask away! Your time is appreciated!



Social/Emotional Book Nook



Jim the chimpanzee is in a terrible mood for no good reason. His friends can't understand it --how can he be in a bad mood when it's SUCH a beautiful day? They have lots of suggestions for how to make him feel better. But Jim can't take all the advice...and has a BIT of a meltdown. Could it be that he just needs a day to feel grumpy?

Suzanne and Max Lang bring hilarity and levity to this very important lesson on emotional literacy, demonstrating to kids that they are allowed to feel their feelings. Ages: 3 and up.



How To Reach Us!
336-245-4900

[Rena Lingafelt-Beeker](mailto:RBeeker@childcareresourcecenter.org)
RBeeker@childcareresourcecenter.org
Ext. 1010

[Cherie A. White](mailto:CWhite@childcareresourcecenter.org)
CWhite@childcareresourcecenter.org
Ext. 1017

