

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



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OH, Behave!

Make Outdoor Learning Your Plan This Summer



Tip of the Month:

Did you know being in nature is especially therapeutic for children prone to poorer health conditions, stress, and exposure to negative early childhood experiences?

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.](#)

With warmer weather approaching, spending more time outside is more important than ever. Being outside can transform an otherwise challenging day for children and staff alike. Being outside fuels social and emotional development. Preschool children are often engaged in social activities when outdoors, and active bodies often lead to active emotions. Rather than limiting outside time to certain activities, on many days, children and teachers can do everything outside that they would normally do inside.

When you take your classroom outside, it allows your students to explore and learn more about the environment. Children learn well through active play and the outdoors is ideal for active play. They can explore new territory and learn to play together well with others through using their imagination.

There are many benefits of children playing outside and some of them include:

- 1. Building skills and self-awareness.** Outdoor play encourages children to take risks and learn about their capabilities. Activities such as climbing, swinging, and jumping teach children what they are able to do.
- 2. It lowers stress levels.** Not only is the vitamin D you get from the sun while outdoors good for you, it has proven to lower stress levels. Time spent learning outdoors can improve children's mental and physical health, which is something today's children need more than ever.
- 3. It provides teaching variety.** By going outside, children have an endless amount of room which makes it possible to do new and different activities. The outdoors provides teachers with a way to vary typical teaching practices.

Here are some activities you can try outdoors this summer with the children:

- **Circle/meeting time.** Children can sit on the ground or a blanket or use outdoor seats such as logs. You can talk about the plans for the day and remind them of the expectations when playing outside to ensure everyone stays safe.
- **Bring books outside.** Teachers and children can select books to bring outside to read together or one on one. Bring books to the nearest tree or grassy area. Outdoor story time can break up a long day and rejuvenate kids spirits as they take in deep breaths of fresh air.
- For older children, you can bring out journals or clipboards and marker for a writer's workshop. Teachers can use prompts such as "I see ___, I wonder ___." Children can use the outdoors to imagine they are scientist, observing and documenting what they see.
- **Scavenger hunts.** Put a magnifying glass in the hands of a child, and instantly it feels like an adventure. You can hunt for seeds, leaves or rocks. You can also use scavenger hunts for language arts

such as searching for objects that start with a specific letter sound. There are endless possibilities for a scavenger hunt outside.

- **Nature walks.** A simple nature walk together as a class is another easy way to get children interested in the outdoors. You can walk around your school and collect trash to help keep your school grounds clean. Ask the children to walk and listen to what they hear around them. Using all our senses, we learn how to describe and articulate what is around us. They can wonder together as they notice small details such as seeing nature in the cracks of a sidewalk or under the stairs.
- **Centers.** All indoor centers can be duplicated outdoors. Let children use simple materials for props such as wooden blocks, cars, dinosaurs or an easel and paint for art.

Outdoor play is beneficial for children beyond the physical activity it provides. It helps them socialize, understand their bodies better, engage in imaginative play and find enjoyment in the outdoors. Not only does it help rejuvenate their minds and bodies, it also promotes those much-needed connections with nature and each other.

Check out an amazing video [here:](#)
"The Effects of Outdoor Play on On-Task Behavior in Preschool"



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

Question: A colleague of mine recently shared with me that there is a day designated to play in the mud. Is this a real thing? I have never heard of this before now.

Answer: Thank you for your question! Yes, it is a real thing! Not only is it legitimately a real celebration, it is the 22nd Annual International Mud Day! It began as an exchange between two children's programs, organized by Bishnu Bhatta of Nepal and Gillian McAuliffe of Australia. Now the event is shared throughout the world. Everyone participates in their own unique way. The World Forum Foundation encourages creativity when it comes to finding joy in playing with mud. Some ideas of ways to celebrate are splashing in mud puddles, soaking in mud, making mud pies or mud cakes, or make a mud slide. Take photos and invite families to participate. For more ideas or to share your thoughts, go to worldforumfoundation.org and get ready for your own Mud Day celebration! Spread the word by using #wfmudday on social media!

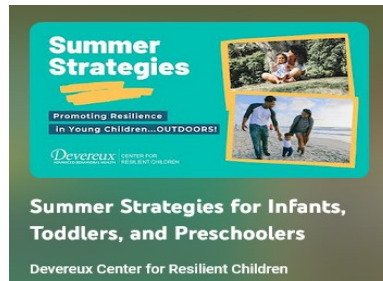
When I am upset, I can...

RACE MY FRIENDS



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

June 21 marks the first official day of summer. The Devereux Center For Resilient Children and Dr. Nefertiti Poyner have developed a series of videos on how to get outside with the little ones and help to build their resilience while enjoying nature! To watch the series, click [here!](#)

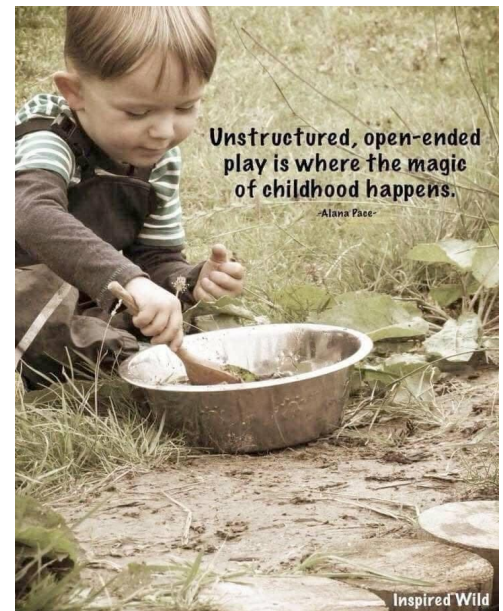


Introducing our **Pyramid Fidelity Tip Section** for those of you having the Teaching Pyramid Observation Tool (TPOT) or the Teaching Pyramid Infant-Toddler Observation Scale (TPITOS) completed in your classroom. This section will help you connect the main topic of each issue with indicators on these scales. These assessments support Pyramid Model practices which promote and support children's social-emotional development.

For this issue, we would like to point out how nature and outdoor time can sustain the interest of children in activities and routines which is critical for their development and for preventing challenging behavior. With the TPITOS, this is Item 4: Teacher Promotes Children's Active Engagement (CAE).

With the TPOT, Item 4 is Promoting Children's Engagement. Being outdoors is developmentally appropriate and captures the interests of all ages of children.

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



Aubrey and Zach spend their summers with dad, visiting different places and sharing in laughter and fun along the way. This delightful and fun book by Aaron Jeter highlights relationships and family. Teachers can use it to support children's transitions as they leave to visit with parents or other family members during the summer break. As a book written for children and parents in shared parenting situations, it is ideal for all ages.

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