

# Ready, Set, Kindergarten

## This Week's Theme: Nature

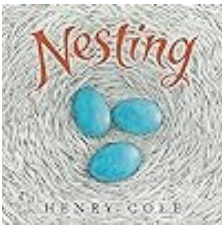
### Exploring nature with your preschooler

Research suggests that more outdoor time is excellent for your child's mental health. Allowing children the opportunity to physically explore their outdoor environment not only gives kids a better understanding of nature and our outdoor world, but can also help build confidence and cognitive skills. Bonus: It also gets them moving, which can reduce anxiety and improve sleep! More sleep at this age is a win for children and parents both!

### Make it a habit to go outside

- It can be easy to let nature pass you by and not notice the intricate details. Go on a nature walk with your kids and encourage your children to take careful note of what they see.
- Play I-Spy- Take turns trying to guess what each other spies. This helps kids with adjectives and observation.
- Go on a nature walk with your preschooler. Encourage them to see how many different kinds of animals they can locate; squirrels, birds, rabbits, insects, fish, etc.
- No matter the season, you can always find beautiful flowers to identify. Have the kids try to point out flowers for all the colors in the rainbow.

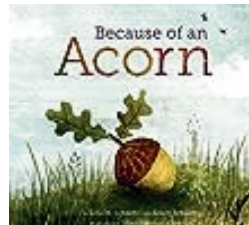
### Check Out These Books



Nesting  
Henry Cole



In My Garden  
Charlotte Zolotow



Because of an Acorn  
Lola M. and Adam  
Schaefer

### Say this rhyme

Two little owls sitting on a hill,  
One named Jack and one named  
Jill  
Fly away, Jack! Fly away, Jill!  
Come back, Jack! Come back,  
Jill!.



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