

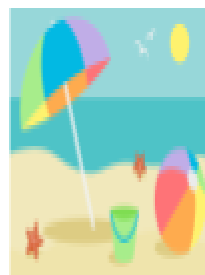
Creative Curriculum

Study: Exercise

What You Can Do at Home :

Ask your child about the LECC's Unified Game Day which was held on May 18th. Young children are in nearly constant motion. Moving makes children feel capable and confident, releases tension, and builds strong bodies and minds. Children's love of movement will make a study of exercise very exciting. We will try many types of exercise, watch other people exercise, explore the places that people exercise, and discover what equipment they use.

Talk with your child about exercise and do a few exercises with your child each day. Point out when you notice people in your community exercising. Help your child keep a daily exercise chart. Create a list with your child of your family's favorite exercises. As you read books with your child, notice and talk about the character's physical movements.



Have a Great Summer From
Your Friends at the LECC

JUNE 2022



Upcoming Parent Workshops:

- Tuesday, June 7th- 8:45 -9:45 am
- "Maximizing your Summer – Preparing your Child for Kindergarten"
- Google Meet joining info
- Video call link: <https://meet.google.com/rmh-wrqq-yet>
- Or dial: (US) +1 513-788-1933 PIN: 120 507 602#

Join us in June for two presentations from the **Lakewood Library!**

• https://drive.google.com/file/d/1LChi0X1nRh_ckJSHeK6dy4DSzcvw261q/view?usp=sharing

- Wednesday, June 8, 2022 · 12:00 – 1:00pm
- Google Meet joining info
- Video call link: <https://meet.google.com/fpq-qmcq-bdx>
- Or dial: (US) +1 662-967-1269 PIN: 836 028 639#

OR

- Monday, June 13, 2022 · 7:00 – 8:00 pm
- Google Meet joining info
- Video call link: <https://meet.google.com/tkn-uhud-kiu>
- Or dial: (US) +1 720-500-3268 PIN: 121 455 003#



Resource:

NJ Performcare-

- English <https://www.performcarenj.org/families/index.aspx>
- Spanish <https://www.performcarenj.org/families/spanish-links.aspx>
- Call PerformCare New Jersey regarding your child if you are concerned about an emotional or behavioral problem, or if a trusted person, such as a friend, family member, teacher or counselor, your doctor, or your clergyman, thinks your child, youth, or young adult needs help.

Youth who are eligible for services through PerformCare are primarily between the ages of 5 and 21 (up to his or her 21st birthday), reside in the State of New Jersey and have an emotional or serious mental health or behavioral need. Special consideration for services is given to children under the age five. There is no charge for calling PerformCare. The services we recommend are authorized without regard to income, private health insurance, or eligibility for Medicaid/NJ FamilyCare or other health benefits programs. When your child is registered for services at PerformCare, you will be asked to provide details about your insurance coverage.

