

Move, Play, Learn

Beach Ball Bowling

Kid's Outdoor Activity

Materials

- 3-4 large empty soda bottles (1L)
- 1 beach ball or large playground ball

How to Play

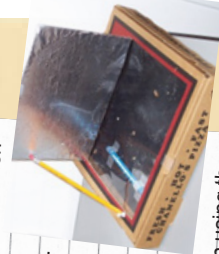
Arrange the empty soda bottles close together on the grass or a hard outdoor surface. Child stands an age-appropriate distance from the soda bottles and tosses or rolls the ball to knock down the bottles for the other child each time.

Teen S'mores Solar Oven

Craft taken from: icantteachmychild.com/make-your-own-solar-oven.

- Material:** pizza box • aluminum foil • box cutter (or knife/scissors) • marker • ruler • glue crackers, marshmallows

- Using ruler, draw a rectangle on lid of pizza box. The rectangle should be about 1 inch away from the pizza box edge.
- Cut out three sides of square, leaving side close to back of pizza box attached. Fold flap back so that lid will stand up when pizza box is closed. With the pizza box closed and the flap raised, there is now a hole in your pizza box.
- Cover underside of flap with aluminum foil.
- Tape plastic wrap to top and bottom of hole, creating a two-layer airtight seal.
- Line the inside bottom of pizza box with aluminum foil. Glue black paper to foil.
- Place the S'mores inside the oven, close the lid, and keep the flap popped open using the ruler. Set the S'mores in the sunlight until the chocolate has melted.



WebPicks

Rae Pica has been an education consultant, specializing in the development and education of the whole child and children's physical activity since 1980. A former adjunct instructor with the University of New Hampshire, she is the founder and director of Moving & Learning (now Rae Pica Keynotes & Consulting) and the author of 19 books, including the text *Experiences in Movement and Music* (in its 5th edition), the award-winning *Great Games for Young Children* and *Jump into Literacy*, and *A Running Start: How Play, Physical Activity, and Free Time Create a Successful Child*, written for the parents of children birth to age five. Her latest book, published by Corwin in 2015, is *What If Everybody Understood Child Development?: Straight Talk About Improving Education and Children's Lives*. Find Rae and great resources at movingandlearning.com.

In the indie music world, Kira Willey breaks through with her unique, two-in-one albums that blend upbeat, danceable music with get-up-and-move yoga inspiration. This innovative singer-songwriter from Bethlehem, Pennsylvania, has just released her third album, *How to be a Cloud: Yoga Songs for Kids Vol. 3*. Kira's pure, sweet, and soothing voice resonates with kids. Parents of special-needs children say they find their kids captivated by her songs, and preschool teachers, occupational therapists, and other youth workers regularly use Kira's songs in their work. Her fun and easy-to-follow yoga instructions teach self-awareness, improve balance and strength, and build confidence. "Kids need to move their bodies, it's how they learn best," notes Kira, who is also the mother of three children. "And music is a great way to get them moving. Tell a child to do something, and you may encounter resistance -- but start singing, or use a catchy melody, and kids are suddenly engaged and having fun! Find Kira and plenty of resources at kirawilley.com.

Summer Reads to Get Kids Moving

J-Easy (picture books)

- ANDR** *Giraffes Can't Dance* by Giles Andreae
- CABR** *The Wheels on the Bus* by Jane Cabrera
- IDLE** *Flora and the Flamingo* by Molly Idle
- LONG** *The Croaky Pokey!* By Eithan Long

J-Nonfiction

- J 333.72 M726G** *Get Out! 150 Ways for Kids and Grown-ups to Get into Nature and Build a Greener Future* by Judy Molland
- J 612 R684E** *The Busy Body Book* by Lizzy Rockwell
- J 613.7046 H294L** *Little Flower Yoga for Kids: a Yoga and Mindfulness Program to Help Your Child Improve Attention and Emotional Balance* by Jennifer Cohen
- J 780 H325K** *Kids Make Music!: Clapping & Tapping from Bach to Rock* by Avery Hart
- J-Fiction** (chapter books)
- LAYU** *Lay-ups and Long Shots: an Anthology of Short Stories*
- LEWI** *Girls Only! Volume Two* by Beverly Lewis
- PARR** *Amelia Bedelia Shapes Up* by Herman Parrish
- WALL** *Sports Camp* by Rich Wallace

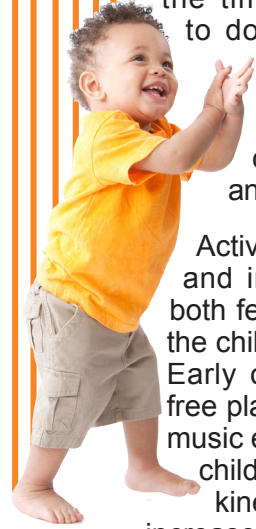
Books for Active Teens

Fiction

- ALEX** *The Crossover* by Kwame Alexander
- DRAA** *The Running Dream* by Wendelin Van Draanen
- FEIN** *Rush for the Gold* by John Feinstein
- KLAS** *Second Impact* by David and Perri Klass
- GIBN** *See No Color* by Shannon Gibney

Nonfiction

- 797.123 BROW** *The Boys in the Boat: The True Story of an American Team's Epic Journey to Win Gold at the 1936 Olympics* by Daniel Brown
- 613.7046 C558B** *Breathe: Yoga for Teens* by Mary Kaye Chrysticas
- 796.44092 D734G** *Grace, Gold, and Glory: My Leap of Faith* by Gabrielle Douglas
- 796.334092 S143OU** *Outcasts United: The Story of a Refugee Soccer Team That Changed a Town* by Warren St. John
- 796.342092 W727V** *Venus and Serena: Serving From the Hip, Ten Rules for Loving, Living, and Winning* by Venus and Serena Williams



Active movement boosts oxygen and increased blood flow which both feeds the brain and increases the child's ability to learn new skills. Early childhood experiences with free play and active movement and music experiences also enhances a child's spatial, mathematical, and kinesthetic awareness that only increases the child's ability to grasp early literacy concepts (Pica, 2013, p. 104).

Teachers and homeschool educators may utilize a child's natural need to move by incorporating creative movement into school days and across curriculum subjects. Integrating movement into language arts and an early literacy curriculum will enhance a child's cognitive abilities and make learning more natural and enjoyable.

According to Rae Pica (2013) when children are given "the opportunity to physically demonstrate such action words as stomp, pounce, stalk,



climbing, playing ball, and dancing" (Hoisington, 2007).

Healthy physical, cognitive, and affective (emotional) development relies on the child's ability to move and the adult's willingness to allow the time and space for children to do so. Moreover, movement and creative play enhance a child's "feelings of self-confidence and will benefit children socially, emotionally, and physically (Pica, 2013, p. 3).

Move and Play. This is what babies and children naturally do. In fact, children learn by "playing both indoors and out-running, jumping,

or slither - or descriptive words like smooth, strong, gentle, or enormous - word comprehension is immediate and long lasting (p. 7).

Math education through movement is an opportunity to discover shapes, numbers, and equations, while science lessons incorporating movement may include weight, gravity, and balance.

Play-based education can be incorporated into the homeschool curriculum to enhance physical, cognitive, and emotional abilities in children by allowing children to be active throughout the day, by creating areas in the house and outside containing boxes, balls, and other props to play on and around, and by encouraging children to use manipulatives and hands-on experiences during school time. Use these movement skills to get you started creating and adding to your amazing play based curriculum: crawl, creep, run, jump, leap, gallop, hop, slide, pull, push, lift, strike, climb, stretch, dribble, roll, shake, bounce, twist, fall, dodge.



References

Hoisington, C. (2007). *Earlychildhood NEWS. Let's play! Using play-based curriculum to support children's learning throughout the domains*. Retrieved from earlychildhoodnews.com/earlychildhood/article_view.aspx?ArticleID=453

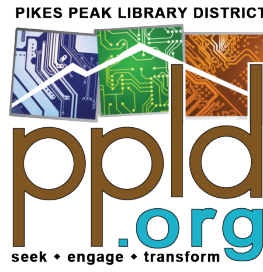


Kaye, P. (1991). *Games for Learning*. West, NY: Farrar, Straus, and Giroux.

Pica, R. (2013). *Experiences in Music and Movement: Birth to Age Eight*, 5th ed. Belmont, CA: Wadsworth Cengage Learning.

Pica, R. (2006a). *Great Games for Young Children*. Lewisville, NC: Gryphon House, Publishers.

Pica, R. (2006b). *A Running Start* New York, NY: Marlowe & Company.



HOMESCHOOL CONNECTIONS

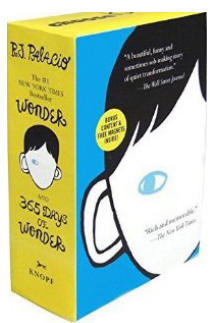
An Educational Resource Tool

Summer 2016

Play... Learn!

new The BookShelf

great new books for homeschoolers



Sometimes a book feels new, like a discovery, a treasure uncovered. Enjoy these treasures. - Melody

365 Days of Wonder

by R. J. Palacio (2014)

This great book was never meant to be read as a novel, cover to cover, but is a compilation of brief, uplifting quotations. I think it would be great fun to let kids pick one out each day to read and discuss. **Quotations, all ages**

Sweet Corn: Poems

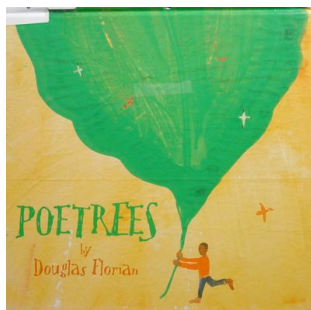
by James Stevenson (1995)

OK, this is far from new, but is a fantastic way to see poetry in an informal presentation. These are summer poems, fanciful poems, short and friendly poems. Look for his other books of poetry – these will have a catalog “shelf location” listed as 811.54, and the library has dozens. **Poetry, ages 5 - 15.**

Poetrees

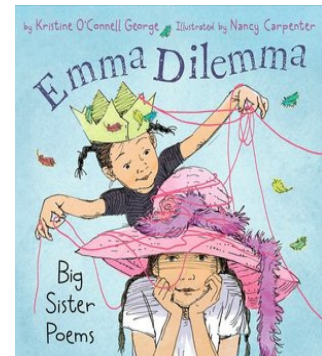
by Douglas Florian (2010)

Poetry and science (author’s end notes about trees, entitled ‘Glossatree’) together, make this an essential older book. You will notice how different this book is laid out, as soon as you open the cover. Florian does the art in his books, and it is usually art that a child can look at and say, “I can do that, too!” PPLD has over two dozen of Douglas Florian’s books! Read them all. **Poetry, ages 5 - 15**



Emma Delimma: Big Sister Poems

by Kristine O’Connell George (2011)



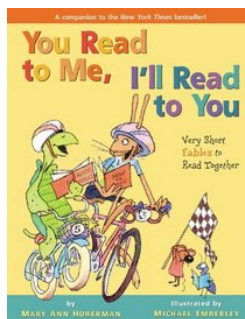
I love sibling stories, and this is all that and more. Little sister Emma is into everything. Big sister Jessica is not always happy about that. There is a little sister accident in this book – Emma falls off a chair and breaks her arm. There is opportunity to read and discuss sibling relationships, what we like, what we don’t like, and maybe space for a little more understanding. **Poetry, ages 5 - 15**

You Read to Me, I’ll Read to You:

Very Short Fables to Read Together

by Mary Ann Hoberman (2010)

There are five books in this series, and they make excellent “performance” pieces for homeschoolers. The books wear out at the library; they are worth tracking down. This particular one allows two readers to take turns reading - words are color coded - with only a few lines that are read together. It takes practice to get the timing just right; call it all ‘school’ time. **Poetry, literature ages 5 - 15**



Little-Known Secrets



WORLD BOOK

Are you working on a research project? Looking for maps to enhance your geography lessons? Stumped for a science project idea? **The World Book Encyclopedia** can help with all of those needs, and more. And you can access the **World Book**

Encyclopedia from home for free! All you need is a library card and a computer. Pikes Peak Library District subscribes to several World Book products, including **World Book Online for Kids**, **World Book Info Finder**, **World Book Reference Center**, **World Book Timelines**, **World Book Discover** and **World Book Encyclopedia**.

Estudiantil Hallazgos (Student Encyclopedia in Spanish).

- World Book Online for Kids** has several sections for exploring or searching, including sections for
- ♦ science project ideas
 - ♦ activities to print and learn at home
 - ♦ games
 - ♦ mini-biographies
 - ♦ a whole section on maps.

If you are looking for outlines of countries or their flags for a geography project, **World Book Online for Kids** has them.

World Book Info Finder is geared toward older students and includes more

- ♦ science project ideas
- ♦ links to news articles
- ♦ research tools
- ♦ an interactive earth

If you need specific information, you can utilize World Book’s search functions or if you want to browse for topics to research, **World Book** has a browse option as well. High School students working on research papers can utilize **World Book Reference Center** to find full text and primary sources for their projects. **World Book Online** is a free resource available to all PPLD patrons either in the library or at home with a library card. If you access the database in the library, you also get 10 free pages of printing per day.

Find **World Book Online for Kids** and **World Book Info Search** by going to ppld.org/kids and clicking on the **Homework Help** life preserver then clicking on the **Kid’s Databases** link on the left of the screen. To access the advanced **World Book** products, visit ppld.org/teens/homework and click on the link for **General Homework Help**.

Kids Summer Reading June 1 - July 31

We have two reading programs for kids this year, **For Babies and Toddlers” ages 0 - 2** For the younger children, parents will read and do some fun activities with their little ones.

For ages 3 and up Older kids will keep track

of the amount of time they read. Participants in both programs earn prizes along the way, including a free book to take home!

Visit our **“On Your Mark, Get Set, READ!”** web page from ppld.org to register and find dates and locations of our fun summer programming.



Homeschool Events

Save the Date!
September 2016

Homeschool Art Show and Reception @ Library 21c

Keep creating artwork all summer. We will collect artwork beginning August 1, 2016. For more information, contact Christa Funke at (719) 884-9800, x6331.

FREE! Curriculum Swap

Revitalize your family’s learning resources or start your homeschool library! Bring curriculum items you no longer need. Find gently used items other families are ready to part with. This is a totally free event. No money will be exchanged. Contact Gail at gsohns@ppld.org or (719) 531-6333, x1409 if you plan on bringing curriculum to swap so we can reserve a table for you. Hope to see you there!
Thu., June 30 + 1:30 - 2:30 p.m. + East Library

Homeschool Resource Fair

Come visit with local organizations and learn how they can help you educate your children. We’ll have enrichment programs, scouting, lessons, field trip destinations, support groups, and other resources represented.
Fri., Aug. 12 + 9 a.m. - noon + Library 21c

Game Day

Come play outdoor games with your family and other homeschoolers in George Fellows Park behind East Library. Bring a kite (if it’s windy), favorite game equipment, and a picnic lunch if you want. We’ll provide balls, jump ropes, chalk, bubbles, and ideas for some fun games. In case of bad weather, game day will be cancelled. Contact Gail at gsohns@ppld.org or (719) 531-6333, x1409 with questions.
Fri., Aug. 26 + 11 a.m. - 12:30 p.m. East Library (George Fellows Park)

Teen Summer Reading GET IN THE GAME

The teen summer reading program is open to anyone entering grades 6 - 12. Prizes include books or journals, T-shirts, and chances to win indoor climbing lessons and even a tablet! Participate in many fun programs offered throughout the summer including a life size game, tech days, craft and make programs, movie screenings and more!



Visit the teen webpage (ppld.org/teens) for event times and locations and for online registration. Please keep in mind that some teen programs do require registration and may have age restrictions.

Read

GET IN THE GAME: PLAY BOARD GAMES (all ages) Drop in to play board games to celebrate our Summer Reading theme **Saturdays + 10 a.m. - 5:30 p.m. + East Library Lobby**

MONDAY FUNDAY: BIG GAME (grades 6 - 12) Play supersize versions of some favorite games **Mon., June 6, June 20, and July 18 + 4 - 5:30 p.m. + East Library**

SMOOTH YOGA (middle and high school students) Teens will learn how to make healthy smoothies after an awesome yoga session. **Sat., June 11 + 3 - 5 p.m. + Old Colorado City Library Meeting Room**

TEEN MID-SUMMER READING PARTY! (middle and high school students) Join us in Bancroft Park for games, challenges, food, and fun! **Sat., June 25 + 10 a.m. - noon + Bancroft Park**

GEEKS WHO READ TRIVIA (middle and high school students) Do you think you're the biggest geek of them all? Gather your squad to compete against teams of teens in this Summer Reading themed Geeks Who Read Trivia Game! **Sat., July 9 + 3 - 5 p.m. + Old Colorado City Library Meeting Room**

Other Events & Programs



Learn to Sew (ages 9 - 18) On the second Thursday of every month, we’ll have a sewing program. You’ll leave with a pillow, stuffed animal, headband, or other cool thing, and you’ll learn some sweet new sewing skills! **Second Thursday of every month 4:30 - 6 p.m. + MAKE @ East**

Video Booktalks (grades 6 - 12) View these spirited previews for a selection of middle school and high school books **Available anytime on our vimeo page: <https://vimeo.com/album/3711738>**

College Prep: Help with FAFSA (ages 12 - adult) Help with the first step in funding college through applying for financial aid **Sat., June 4 + 9 a.m. - noon + East Library Learning Lab**

College Prep: Help with ACT/SAT (ages 12 - adult) ACT grader offers the inside scoop on writing for college testing. **Sat., June 4 + 10 - 11 a.m. East Teen Center**

EPIC Fails! It’s your night to cook (ages 12 - 18) Try your hand at some cooking basics with some help from the pros at Sonterro Grill **Thu., Aug. 18 + 4 - 5 p.m.**

