

Husky Journal

A PAW-SITIVE PUBLICATION DEC. 2023

Friday, December 22nd early dismissal

If your child is regularly contracted to attend Fridays, we are expecting them at their early dismissal timing. Please contact us if your child will not attend Husky on this day.

Party Days January 3rd-5th are 8:30am-5:00pm

Please contact us to inquire about our availability as we may have a few spots available.

Husky House is CLOSED Dec. 25th-Jan. 2nd

Husky House is CLOSED on Monday, Jan. 15th for a staff development day

Thank you all for a
wonderful year in 2023!

Husky Pup Plans & Themes

DECEMBER THEMES:

Grassland Habitat & Fair Play

Our group continues the practice of positive relationship building by learning about the concepts of FAIR PLAY. Respect and kindness are important components when playing fairly. We will focus on these aspects:

- respecting our environment with the equipment and tools that we use
- sharing kind words and actions with our peers as we work together in play
- taking responsibility for our roles and actions
- remembering our group agreements

As the leaves and nature change, our group expresses their interest and excitement through exploration and imaginative play!



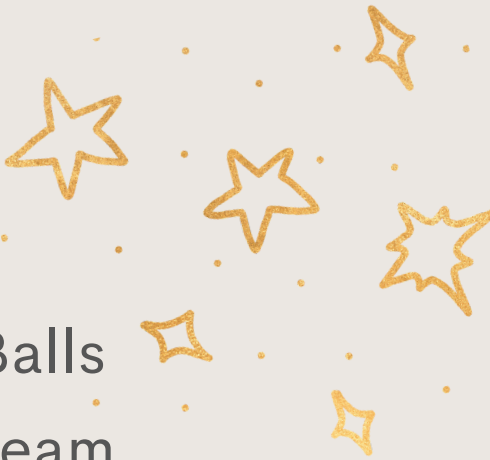
1st-5th activities to look forward to...

Husky Activities

- Lego Brain Puzzles
- Icicle Mural Painting
- Foot Golf
- DIY Slime
- Bouncing Balls
- Shaving Cream Sensory Play
- Perch Building

Top Dog Activities

- Elephant
- Toothpaste
- Gift-wrapping Art





WHY WE PLAY

...with Games!

Building executive function in young children is so important. The task sounds daunting, but it can actually -- quite literally -- be fun and games!

Executive function skills include the abilities that govern **goal-oriented behavior** and are generally controlled by the prefrontal cortex, one of the most developmentally advanced parts of the brain. **Executive function skills include abilities like impulse control, judgement, planning, organizing, flexible thinking, memory, and decision-making.**

It makes sense that these executive function skills are associated with long-term success (determined by measures like academic performance, staying away from drugs, and general life satisfaction). **Children with high executive function skills will generally be more likely to pay attention when there are distractions, stick with goals when there are frustrations, make choices that are thought through, and make and execute plans.**

The great thing is that research also tells us that one highly effective way children build these executive function skills is through play! **Games in particular are an amazing opportunity to build these important skills.**

Organized games – even something as simple as hide and seek or go fish – challenge children to **control their impulses** (*Don't give away your hiding spot!*), **practice decision making** (*Should I ask for fours or threes?*), **show emotional control** (*Losing is hard.*), and **follow directions** (*Roll the dice and then move the same number of spaces...*).

Games also give children plenty of practice with **social rules** like turn-taking, honesty, and being a good sport. **Cognitive skills** often help children play the games as do **physical skills** for the more rambunctious games like tag.

All in all, games provide your child with amazing opportunities to grow better bodies, better brains, and build skills for better lives.

With benefits like these, why wouldn't we play?

