



## **Enrichment Activities**

### **Art with Erin**

Art classes focus on process-based art rather than a pre-determined outcome. Each class invites children to create with an emphasis on exploring different materials, media, and techniques, along with discussions around the elements of art, including lines, shapes, color, space, texture and feelings as they relate to art. The works of well-known artists are also incorporated into these discussions. For example, looking at the art of Matisse when we discuss shapes and Pollock when looking at texture. The overall goal is to encourage the children to explore art in its many forms and create what reflects their observations, experiences, and imagination.

### **Earthplace**

Every month, naturalists from Earthplace in Westport. Earthplace blends science, conservation, and education into pathways for learning about nature and the environment. During their CCDC visits children are exposed to and learn about the characteristics of various animals and nature.

### **Music with Lynn**

Our CCDC music program consists of classes for all ages. The goal is to cultivate a love of music as well as to encourage movement and learning through seasonal songs, dances, games, and musical theater. We incorporate all genres of music - classical, jazz, pop and folk. We encourage participation through movement and playing instruments and promote cooperative play and listening exercises as well. Most importantly- we have a wonderful time singing and dancing together!

The Preschool 4's class has additional enrichment. Small groups of children participate once a week, with each child attending twice a month. They are introduced to the fundamentals of music – direction of tones/notes (up and down), dynamics of music (loud and soft), beginning note reading and beginning piano. This is accomplished in a game-like atmosphere. For example, bean bag games on the music rug, art projects connected to listening to music, theater games, music and children's literature, and beginner piano instruction. In addition to increasing enjoyment and appreciation for all styles of music, the goal is to help children develop a deeper understanding of music and to learn to recognize the patterns of notes and find and play them on the piano at a beginner level.

### **Occupational Therapy with Ellen**

Occupational therapy playgroups include a variety of sensory motor games and activities to enhance and enrich gross motor (large muscle) and fine motor (small muscle) skills; as well as sensory processing (using and integrating sensation for learning and development). Playgroup activities incorporate core strength and stability and motor planning. Emphasis is also placed on social skills and self-regulation; for example, turn taking, sharing, listening, following directions, and cooperative play. For the children in the Fours classroom, priorities for playgroups are to strengthen early literacy and pre-writing skills to promote readiness for kindergarten. Our playgroups are about fun, learning, and self-esteem building.

Consistent feedback is provided to teachers regarding activities and strategies that can be incorporated within the classroom curriculum or during playground time. Suggestions are also provided regarding individual children, as needed, to address areas of challenge.

## **Physical Education with Coach Mike**

Phys Ed classes include the following:

- Introductory activities that help children prepare their bodies for activity. These also set the stage for following directions.
- Fitness development activities are designed for children to familiarize themselves with different types of physical fitness activities and help them develop a positive attitude about physical activity.
- Lesson Focus activities to teach global SHAPE Standards and specific instructional objectives. These activities provide a proper and safe sequence of activities for instruction.
- Closing activities include low organization games, sport lead-up activities, and cooperative activities. These are designed to review and bring closure to what has been practiced and learned throughout the lesson

The goals are to Have FUN, Learn / Try New Things, while following the Golden Rule!!

## **Social-Emotional Learning with Dr. Whitney**

Social emotional learning (SEL) play groups focus on supporting children's natural social emotional development in a playful, structured, and supportive environment. Preschoolers attend groups on a rotating basis so that all children can attend with a variety of classmates. Groups typically have four children, and usually take place in the Discovery Room. A typical group might begin with snack and conversation This is an opportunity for children to practice social skills, such as responding to and asking questions, remaining on topic, engaging in active listening while others speak, and waiting for a turn to speak without interrupting or talking over each other. A picture book is then read to the group and discussed so that in addition to what might be the intended message/lesson of the book, the children also are supported in attending to and identifying the feelings and perspectives of the characters throughout, how they cope or solve their problems, and how their actions in the book impact the other characters and the story's outcome. Groups then end with a hands-on activity or game where the children are able to apply some of the skills they've previously discussed, such as staying calm while waiting for a turn, coping with frustration when things don't go their way (such as not playing the game or getting the game piece of their choosing), offering supportive comments to each other (i.e. being a good sport), and working as a team to accomplish a goal.

## **Speech Therapy with Eva**

The primary goal is to provide speech and language support to individual students and small groups in all classrooms. Although not a substitute for formal speech therapy for students identified with speech and language disorders, it is an effective way to help students improve vocabulary, sentence formulation, social use of language, language comprehension, grammatical skills, and articulation (pronunciation). In the 4's class, small groups practice phonological awareness (recognizing the sounds of letters) skills which are a cornerstone of literacy. Another important part is to consult with teachers with ways to support speech and language development in the classroom setting. Families may also reach out with questions about their child's speech and language development.

## **Tae Kwon Do with Master KJ**

The goals are to help children develop self-confidence, to improve self-discipline for better behavior at home, sharpen listening skills, enhance strength, coordination, and lots of fun. Teaching TAE KWON DO, Korean Martial Arts TAE (foot) Kick KWON (fist) Punch, Do (Discipline). Children learn punch and kicks with self-control (not to use at home or to a friend), and do balance exercises with left/right hands, left/right legs training. They are expected to make eye contact when they speak to Master, "Yes Sir!", "Thank you sir". They also always cheer for friends and compliment them by saying "Champion" and giving a thumbs-up.

## **Wonderful World Language Experiences**

Spanish is integrated in each of our classrooms led by at least one teacher who is a fluent speaker. It is overseen by one of our Level 2 teachers who provides resources and suggestions. We have a collection of children's books in Spanish, many that children are familiar with in English. They will also sing songs in Spanish and talk about familiar objects, colors, and foods to increase vocabulary. Families who speak other languages at home are encouraged to share their language and family traditions with their child's class throughout the year. Our goal is for children to be exposed to the sounds and rhythms of different languages and experience a diversity of cultures, expressions, and experiences.