

# Gym News June 2019

Looking forward to Field Day with its race, water games and sack-races. During the month of June we will explore backyard games such as Duck, Duck Goose; Mother May I, and Red Light/Green Light.

We will practice using equipment you may encounter during a block party or picnic such as hula hoops, horseshoe toss, volleyball, Frisbee and bean bag toss. So much fun to look forward to during the warm weather!



## **Parent Tips:**

Sprinklers and kiddie pools with lots of pouring toys provide endless fun. Just always supervise because of the danger of water play.

If possible provide your child with the opportunity to ride a tricycle, roller-skates or scooter (with a handle).

Hiking is another fun activity. Keep your child hydrated. Always bring water on an outing and a healthy snack.

Sunblock and tic checks are important health precautions to take during these fun outside activities.

Enjoy spending time with your child! A little activity outside will help tire them out so you can enjoy some quiet time later.

