

Activities for a Stress Free Environment

Presented by: Billy Truong
Created for the Aldeen Foundation
November 9, 2015



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**WELCOME
EVERYONE!**

roduction about me

WELCOME EVERYONE!

- **Brief introduction about me**
- **Close your eyes and think of a memory you have related to one of your senses:**
 - **Sight**
 - **Smell**
 - **Taste**
 - **Touch**
 - **Sound**
- **Turn to a partner and share this memory**
- **Discussion about how our senses impact our development and how we make sense of our world**





BOOK: "FAMILIES"

FAMILIES

Ann Morris



- Read the book with audience participation
- How would this type of book support language and literacy development in a stress free environment?

HOW CHILDREN BUILD LANGUAGE AND LITERACY THROUGH STRESS FREE PLAY

SOUND:

- Listening to and engaging in oral storytelling as well as books
- Recognizing and Imitating Sounds and listening to diverse music
- Creating musical sounds with instruments and bodies
- Hearing words and sounds and connecting it to experiences
- Activities:
 - *Engaging in finger plays*
 - *Singing and telling stories with children*
 - *Making instruments with our bodies* (clapping, humming, patting, whistling, etc.)



TASTE AND TOUCH:

- Exploring board books with all senses (turning pages, chewing, etc.)
- Sensory experiences deciphering squishy, bumpy, soft, etc. (Great way to release stress)
- Spatial Relationships and Problem Solving
- Sequencing, creating order, and anticipating what comes next
- Activities:
 - *Making Playdough, goop, water tables, clean mud, etc.*
 - *Puzzle making, sorting activities, stacking, building with blocks*
 - *Exploration...not always for our intended purpose*



SIGHT:

- Noticing and exploring the world around them (nature, environmental print, colors, people, weather, transportation, etc.)
- Telling stories with props, puppets and storyboards
- Reading facial cues, tones, and body language
- Making sense of their world (Promotes Critical Thinking)
- Activities:
 - *Creating artwork and artistic expression using Playdough, clay, crayons, collage materials, etc.*
 - *Using felt board stories to help their stories come alive*
 - *Going on nature walks or engaging in experiences that broaden their understanding of the world.*



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Play Stations: Of the non-technological kind

"They can still shine,
even if they are offline."
(Billy Truong)

PLAY STATION #6: MUSICAL EXPRESSION

- You will have 15 minutes to REALLY play at each literacy Play Station.
- There will be a paper at each station for you to list how children can build up their literacy skills through that particular type of play using the 5 senses will help guide you. This will be used to create your own take-home literacy book!
- Get creative and HAVE FUN!
- Be sure to utilize all the materials provided!!!



PLAY STATION #1: BUILDING WITH BLOCKS

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PLAY STATION #4: DRAMATIC PLAY FABRICS

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PLAY STATION #2: MAKING & CREATING WITH PLAYDOUGH

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PLAY STATION #3: FELT BOARD STORIES

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PLAY STATION #5: MUSICAL EXPRESSION

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PLAY BREAK!:

“Play gives children a chance to practice what they are learning...They have to play with what they know to be true in order to find out more, and they can use what they learn in new forms of play.”

~Fred Rogers of Mister Rogers' Neighborhood

NO COOK PLAYDOUGH RECIPE!

Ingredients:
2 cups of plain flour
1 cup of salt
1 table spoon cooking oil
1/2-1 cup cold water
2 drops of food coloring

Process:

Combine dry ingredients (salt and flour)
Add water, cooking oil and food coloring
Knead until dough is soft and ingredients mixed
If consistency is too wet, add more flour



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GOOP OR OOBLEK RECIPE!

Ingredients:

16 oz. container of cornstarch
Up to one cup of water
Liquid Watercolors or Food
Coloring (optional)

Process:

Place dry cornstarch in large container
Add water in small increments
Mix with hands until consistency is hard
to the touch, but as you lift it in your
hand it turns to liquid.
This will be messy!! But so FUN!



MAKING RAIN STICKS!

Materials:

- Paper
- Masking tape
- Aluminum Foil
- Rice (uncooked)
- Recycled paper towel or gift wrap rolls
- Markers, crayons, feather, rope, yarn, and other decorative materials

Process:

1. Cover one end of the tube with paper and tape it shut.
2. Crumble up strips of aluminum foil and place in the tube.
3. Pour a handful of rice into the tube.
4. Cover the other end of the tube with paper and tape shut.
5. Using crayons, markers, beads, or feathers, decorate your rain stick.
6. Shake your rain stick up and down to listen to the homemade sounds of the rain!



BLOCK AREA IDEAS!

Wood Chip Blocks:

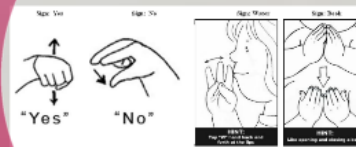
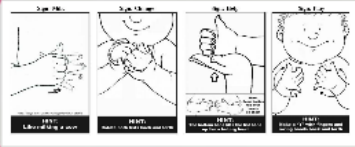
- Collect tree branches about 1-3 inches in width
- Get a handy parent or teacher to use saw to cut small, circular wooden blocks
- Sand them down and include in block area
- Some pieces can be left longer for building

Recycled Food Box Blocks:

- Ask families to bring in boxes of all shapes and sizes
- Have a “wrapping party” where children, families, and teachers wrap the boxes to make a whole new set of blocks
- Get creative with how you decorate them
- You can use contact paper to help them last longer
- You can even use these blocks in the outdoor environment



BABY SIGN LANGUAGE



Fun & Stress Free

Vs.

Stress & Pressure



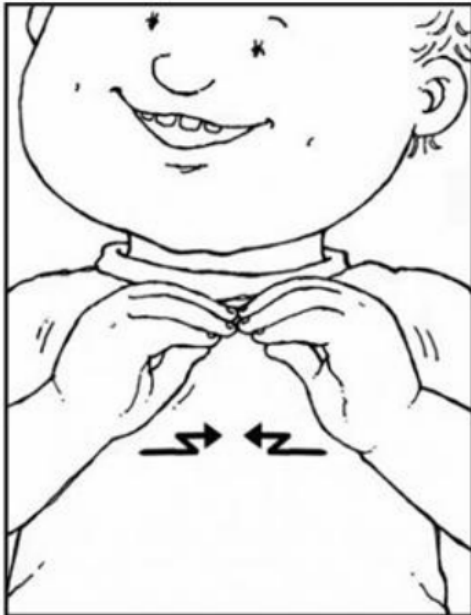
Thank you for having me!

Here are a list of resources for you to consider as you develop your skills in a Stress Free Environment:

- <http://earlyliteracycounts.blogspot.com>
- <http://families.naeyc.org/learning-and-development/music-math-more/playdough-power>
- <http://www.ed.gov.nl.ca/edu/earlychildhood/>

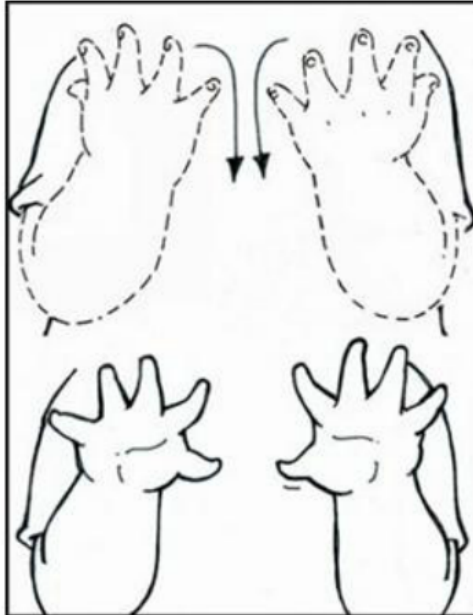
Baby Sign Languages By: Billy Truong

Sign: More



HINT:
Tap fingertips together twice

Sign: Done



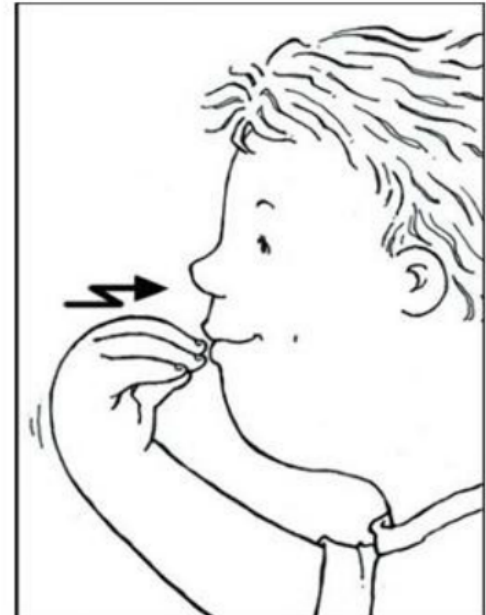
HINT:
Show that nothing is in your hands

Sign: Sleep



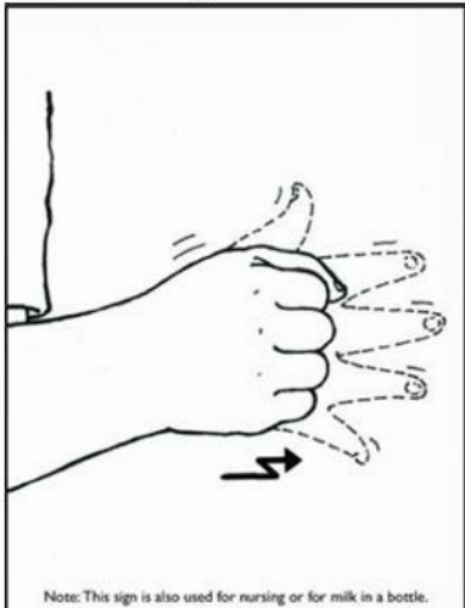
HINT:
Like eyes being closed

Sign: Eat



HINT:
Like putting food in your mouth

Sign: Milk



Note: This sign is also used for nursing or for milk in a bottle.

HINT:
Like milking a cow

Sign: Change



HINT:
Rotate both fists back and forth

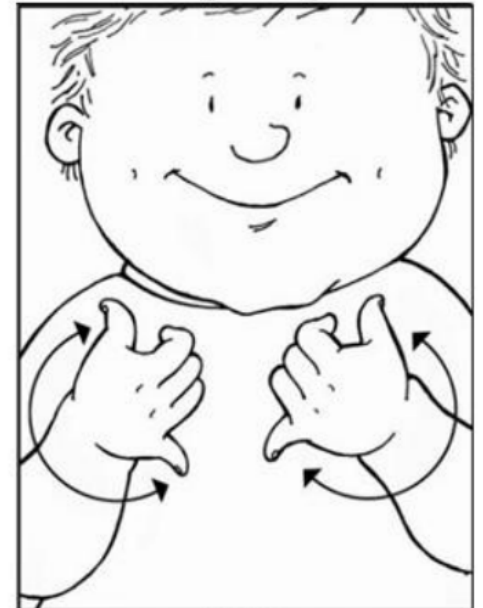
Sign: Help



Note:
Some babies
tap both
hands
on chest

HINT:
The bottom hand lifts the fist hand
up like a helping hand

Sign: Play



HINT:
Make a "Y" with fingers and
swing hands back and forth

Sign: Yes



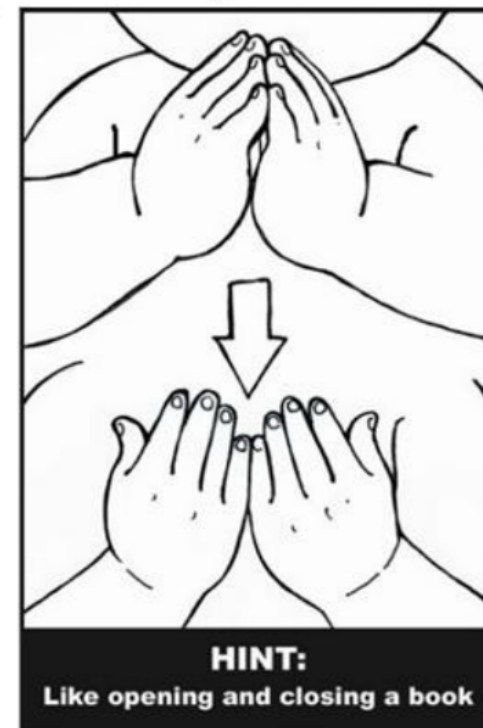
Sign: No



Sign: Water



Sign: Book



Sign: Please



HINT:
Rub hand over chest
in circular motion

Sign: Thank You



HINT:
Touch lips, then move hand out
like blowing a kiss

Sign: Mom



mom

Sign: Dad



dad

Images and materials were gathered from the following websites:

<http://drewsasl.weebly.com/> <http://www.parenting.com/gallery/baby-sign-language-words-to-know> https://en.wikipedia.org/wiki/Baby_sign_language



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- http://www.ed.gov.nl.ca/edu/earlychildhood/everyday_i_learn_through_play.pdf
- <http://main.zerotothree.org>

**Billy Truong
Vice President
So. Cal. Association for the
Education of Young
Children**