

## EARLY CHILDHOOD PROGRAMMING FOR OUR YOUNGEST LEARNERS



### **Art + Making** Wishing Sticks

January is a great time to make wishes for the year to come! Let's make some wishing sticks to cast our wishes and good intentions into the New Year.

#### Materials Needed:

- A stick
- Some yarn, string, or stripped fabric
- Bells, beads, or fun found objects to tie on
- Glue or tape
- Scissors



#### Directions:

1. Start by wrapping your stick in colorful yarn or string! You can change colors as you wrap and wind your string.
2. It's helpful to tape or glue down the ends of your string so they it doesn't come untangled.
3. Try stringing and tying on some bells and beads for some extra magic!

# Wellness

## Meditation Chains

Making your own meditation chains is a fun way to practice mindfulness, reduce distractions, and focus your thoughts.

Materials Needed:

- Beads
- String or Pipe Cleaner
- Scissors

Directions:

1. Tie a knot at one end of your string.
2. Place beads on the string. Number and pattern is up to you!
3. Tie a knot when you're finished.
4. To use, slowly slide your fingers along the beads, saying one positive thing about yourself for each bead.



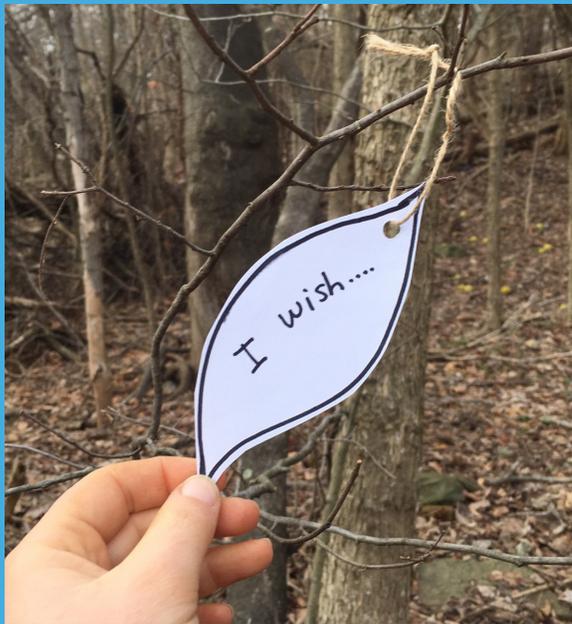
## Outdoor Exploration

### Wish Tree Nature Hike

Take an imaginative winter tree walk.

Take inspiration from the book *The Wish Tree* and imagine a tree with magical powers, like granting wishes. Go on a search for a special tree and give it your wishes once you find it.

You can hang your wishes on this special tree like leaves, whisper it through the tree's bark, or cast it in the tree's direction with your whimsical twig.



## book suggestion

### The Wish Tree by Kyo Maclear

Charles and Bogen are on winter hunt to find the Wish Tree! Join these two friends on their journey and meet all the woodland friends they make along the way!

This is a whimsical book that encourages outdoor exploration as well as investigates the life cycles of different animals.