

RAISING RILEY

newsletter

The Wonders of Weather

Weather is a big topic, and the best way to explore it is to be outside in different kinds of weather. It's always changing! The early years are when children begin to understand and learn weather concepts. Depending on the season and region of the country you live in, they can jump in puddles after a spring rain. Plant a garden under the warm summer sun, run through piles of leaves in the fall or build a snowman in the winter.

Weather Activities to Try

Weather Talk: Introduce weather related vocabulary words such as: hot, freezing, rainy, windy, thunder, lightening, rainbow, clouds, umbrella, icicles, snow, puddles etc.

Run Like the Wind: Take a walk outside on a windy day. Is it light and breezy, or blowing hard enough to fly a kite? In which direction is it blowing? How can you tell? Run in the same direction as the wind, and then run against it.

Weather Stories: Share books that talk about the weather.

- *Sunshine Makes the Seasons* by Franklyn Branley
- *When the Wind Stops* by Charlotte Zolotow
- *Come On, Rain* by Karen Hesse
- *White Snow Bright Snow* by Alvin Tresselt

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Self Care Strategies for Managing Stress

Self-care, as the word itself suggests, is what we do to take care of ourselves. When we get stressed out, we tend to ignore the very things that might make us feel better, so it is important to find time to take care of yourself.

Remain socially connected. Between work, caretaking, and other personal obligations, it can be easy to lose sight of your other social connections. It is important stay in touch with your family and friends who can offer support. Set aside some time each week to spend time with others in your support network.

Maintain a healthy lifestyle. By improving your physical health, you will be better able to maintain your mental health, and therefore may be more effective in supporting others.

•**Exercising regularly** is an important part of staying both physically and mentally healthy. Exercise doesn't have to consist of a complicated workout routine at the gym. It can be as simple as taking the stairs instead of the elevator, or walking or biking instead of driving. Daily exercise produces stress-relieving hormones and improves your general health.

•**Eating healthy** foods is what will give your body fuel to exercise. By eating mostly unprocessed foods, you can lower your risk for chronic illness and stabilize your energy and mood.

Getting enough sleep is also important in maintaining your physical and mental health. People generally require 7 - 9 hours of sleep to stay healthy. Turning off your phone and TV about 30 minutes before you go to bed can help you sleep better.

Practicing relaxation exercises such as deep breathing and meditation can help reduce stress, and clear your mind.

Make time for yourself. When caring for children, it can be hard to find time to take care of yourself. However, to be a productive caregiver, it is important to have some "me time." Write out a list of activities that bring you joy to refer to when you need some time for yourself. These activities do not have to be elaborate or take a lot of planning. It can be something as simple as taking a walk in a park, listening to music, or writing in your journal. Anything that makes you feel better is worth a little bit of time out of your day.

Save the Date!!

04/30/2022

Trauma Informed Care Training

More Details coming soon!!

Early Childhood Community Screenings

March 4th, 2022

Peace Lutheran 9:00 to 11:00am

April 21st, 2022

College Hill Preschool 4:30 to 6:00pm

PLEASE CALL AHEAD AT 785-776-6363
TO RESERVE A TIME.