



"CORE"tastic Kids Newsletter



Self Awareness and Attention and Focus

Individuals with attention and focus problems can focus attentively on certain activities like, playing video or computer games, checking and updating facebook. But when it comes to schoolwork, or managing day to day responsibilities, some are easily distracted and have a hard time staying on task. ADHD doesn't impair the ability to pay attention, but rather the ability to control what one pays attention to. The focus of your attention determines your life experiences. Where you put your attention, is where you put your energy.

Making simple changes in diet, sleep, exercise, and routines can help in improving attention and focus. Trying more involved approaches like incorporating relaxation techniques, and yoga are also beneficial in improving attention and focus.



Where performance meets potential.

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Fun Winter Math Activities

- **Snowman Combinations for Younger Students:** Using craft material, let students create their own snowman and 3 different choices for hats and 3 different color choices for scarves. Ask child to see how many different snowman combinations they can make using just those choices. The child can change the hat and scarf each time keeping a tally of the different combinations or they can draw pictures of the different combinations and see that there would be a total of 9 different combinations. Adjust this activity for older students by increasing the number of choices or add in a new snowman accessory, such as mittens.
- **Christmas Countdown:** Count down and chart the days, minutes and seconds till the big day. Make up your own advent calendar. Have older kids include minutes and seconds.
- **Ornaments and Decorations:** Construct your own polyhedral paper ornaments for the tree. Create patterns as you string popcorn and cranberries to decorate the tree. Make a Christmas paper chain with a math fact on each loop!

Calendar of Events

Closed for holidays
December 23 and 24
December 30 and 31

Winter Extravaganza
December 20
December 21
December 22
December 27
December 28
December 29

Exercise of the Month

Freeze Dance is a great active game for winter. Let the children get active in a fun new way. No equipment necessary except for lots of room to move and a radio or CD player. Put on your child's favorite music and have them dance or move around the room or backyard. When the music stops, they have to freeze to form an ice sculpture. They can not move again until the music resumes playing. While they are holding their ice sculpture pose, they are working on balance and core stabilization. This game is not only fun but a great way to release extra energy. It's exercise in disguise and the children won't even know it. We play this in our jungle gym class here at Core and the children love it. Give it a try, you will love it too! Happy Dancing!!!



SUGGESTIONS FOR SANTA

This month instead of a separate brain and body article, The Core Institute would like to pass along some Christmas fun gift ideas that promote mental and physical development. The best way to locate these items would be to do an internet search or trying one of the websites below.

Merry Christmas!

Preschool and Early School Years

Sing-a-ma-jigs [Fisher-Price](#) \$12.99

LeapFrog Tag Reading System [LeapFrog](#) \$49.99

Glodoodle [Spinmaster](#) \$19.99

Krazy Kars Light Up Marble Racers [Skulduggery](#) \$7.99

eeBoo Storefront Bingo [eeBoo](#) \$14.99

LeapFrog Leapster Explorer [LeapFrog](#) \$69.99

Dr. Seuss Super Stretchy ABC Game [I Can Do That Games](#) \$16.99

Simms Taback Animal Parade Floor Puzzle [Briarpatch](#) \$18.99

Guidecraft Interlox [Guidecraft](#) \$19.99

Order's Up [Gamewright](#) \$14.99

Optrix 3-D Bubbles [Imperial Toy Company](#) \$7.99 & up

LeapFrog Tag Interactive United States Map

Hide and Eek! [Gamewright](#) \$12.50

Early School Years and Later School Years

[LeapFrog](#) \$19.99

Wedgits Building Blocks Imagination Set [ImagAbility](#) \$20

Scrabble Flash [Hasbro](#) \$29.99

Make 'N Break Challenge [Ravensburger](#) \$29.99

Sumoku [Blue Orange Games](#) \$14.95

Quirkle [MindWare](#) \$34.99

Operation [Hasbro](#) \$19.95

[Blokus](#) [Mattel](#) \$24.95

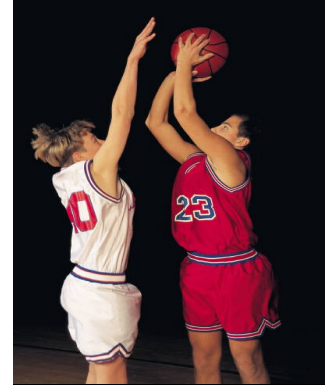
Legos

Puzzles

Bowling set

Trouble Magnet Mazes

Playdough



Christmas is a
necessity.

There has to be at
least one day of
the year to remind
us that we're here
for something else
besides ourselves.

~Eric Sevareid

Websites to search for
toy listing

www.hearthsong.com

www.columbia.learningexpres-toys.com

www.amazon.com

Family Reading Activities (Part 2)

Activity 1: Read to me

It's important to read to your children, but equally important to listen to them read to you. Children thrive on having someone appreciate their developing skills. For this activity, you'll need books at your child's reading level.

What to do:

- Listen attentively as your child reads.
- Take turns. You read a paragraph and have your child read the next one. As your child becomes more at ease with reading aloud, take turns reading a full page. Keep in mind that your child may be focusing on how to read, and your reading helps to keep the story alive.
- If your children have trouble reading words, you can help in several ways:
 - Tell them to skip over the word, read the rest of the sentence, and ask what word would make sense in the story
 - Help them use what they know about letters and sounds
 - Supply the correct word

Tell children how proud you are of their efforts and skills.

Listening to your children read aloud provides opportunities for you to express appreciation of their new skills and for them to practice their reading. Most importantly, it's another way to enjoy reading together.

Activity 2: Family reading time

A quiet time for family members to read on their own may be the only chance a busy parent gets to read the paper. For this activity you'll need your own reading materials and reading materials for your children.

What to do:

- Both you and your child should pick out something to read.
- Don't be concerned if your child picks materials that are easier than their school reading books. Practice with easy books (and the comics) will improve their fluency.
- If you subscribe to a children's magazine, this is a good time to get it out. There are many good children's magazines, and youngsters often get a special thrill from receiving their own mail.
- Relax and enjoy while you each read your own selections.

A family reading time shows that you like to read. Because you value reading, your children will too.

Activity 3: Story talk

Talking about what you read is another way to help children develop language and thinking skills. You don't need to plan the talk, discuss every story, or expect an answer.

What to do:

- Read slowly and pause occasionally to think out loud about a story. You can speculate: "I wonder what's going to happen next!" Or ask a question: "Do you know what a palace is?" Or point out: "Look where the little mouse is now."
- Answer your children's questions, and if you think they don't understand something, stop and ask them. Don't worry if you break into the flow of a story to make something clear.
- Read the name of the book's author and illustrator and make sure your children understand what they do.

Talking about stories they read helps children develop their vocabulary, link stories to their everyday world, and make sense out of stories.

Parents, are you tired of the kids sleeping in late, playing video games, and telling you they are bored during Winter Holidays? Bring them to CORE for a

Winter Extravaganza!

Let the kids have fun with a **BRAIN and BODY workout!** Then use your **FREE TIME** to do that last little bit of holiday shopping, baking, wrapping, decorating ... whatever you want!

Cost is \$25 for morning or afternoon sessions, \$50 for a *full-day session. (*Includes lunch). 6 dates available in December: 20-22, 27-29.



Call CORE today at 469-2673!