

Using Our Words

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The New Year is often a time of reflection, even among the most jaded or stoic of us New Yorkers. We at Elliott's Classes, like many of you, have experienced both challenges and victories in 2017. We have made it through with the support of our family, friends and community. You have become our extended family and friends and we are truly grateful and proud of the community we have built together.

This New Year, we encourage you to send out hope, health and peace to all including those you have had conflict with. Look for the silver linings in the obstacles you encounter and opt to see the positive. From our home to yours, we wish you a very happy New Year!

Programming Notes:

Trampoline Skills: Students ages 5 and up can join our latest offering led by Garrett, a nationally recognized trampoline and power tumbling gymnast.

Juicy News: All the latest Elliott's Classes scoop is now featured on rotating bulletins on the lower level.

Elliott's Free Library: Visit our "Bring, Borrow or Take" library, conveniently located on our lower level!

Moosiki!: Grown-up and me music classes introduce rotating instruments including violin, trumpet, and banjos as well as sign language to even our youngest students!



ELLIOTT'S TIPS

The battle of the outerwear is a common problem when cold weather sets in. As parents, we arm our children with a supply of hats, gloves, coats and stroller accessories to avoid catching or even experiencing the cold. Many children, in response dig their heels in.

My winter weather advice is to choose your battles. They will not actually catch cold from experiencing cold. Germs fester in the heat. Bring your gear and when your child becomes uncomfortably cold, they will learn through experience and request their layers. And, if they don't, if there's no frostbite, there's no problem!

Many parents have reported that they fight the battle of the outerwear because they don't want to be judged by the active and highly communicative audience on the NYC streets. Be the example you set for your children, and don't worry about being judged. Leave the lobbies of your building confident in your parenting, your decisions and the fact that if your child is cold, they will request their jacket eventually!



ARTIST'S CORNER

At Elliott's Classes Art & Story time, we love pairing a beloved classic children's book with a fun and challenging art project that inspires creativity and encourages the development of those fine motor skills.

"Chicka Chicka Boom Boom" by Bill Martin, Jr. and John Archambault is a fun, silly story that helps familiarize children with the alphabet while getting them moving.

After reading this story, provide your child with a paper towel roll and letter stickers or simply cut-outs and create your own letter-covered coconut trees. Feel free to add your own Band-Aids to any letters that may get injured in the process!



BE A WINTER BUSYBODY

It's so important to continue keeping our children's small bodies busy and active during the winter. As I've gotten older, I've rediscovered my appreciation for the snow. Get out there with your children – run, slide and throw snowballs! You may remember why you so loved doing so in your own youth. And, when that gets tiresome, here's a list of other ideas:

1. **Snow Writing:** Use food coloring, water and a spray bottle to create your own snow work of art. Have your children practice writing words and numbers in the snow!
2. **Flake Catcher:** Prepare for snow by putting sheets of black construction paper in the freezer for a few hours. Once it starts snowing, have your children grab the construction paper and head outside to catch snowflakes. When you have caught a number of snowflakes, head back inside and use a magnifying glass to inspect the flakes and notice their differences.
3. **Weather Gauge:** When the forecast calls for snow or rain, tape a ruler inside an empty container and set it outside. After each snow or rainfall, measure the level of precipitation you have collected. Use that data to create a chart to track the total snowfall throughout the season.
4. **Temperature Detective:** Have your children place thermometers around the house, outside, in the garage or basement and measure the temperature. Ask your children to determine whether they think the temperature will be higher, lower or stay the same when they check back. Record their answers. After three hours, revisit the areas to re-measure the temperature and record your results. Be sure to discuss why the results may have been different from or similar to their guesses.
5. **Snow Detective:** Head outside and investigate footprints in the snow. See if your children can figure out whom or what made the prints. Ask your children to compare each footprint by size, shape and depth.
6. **Go on a Scavenger Hunt:** Before heading outside, compile a list of 15 – 20 items you might see. Bring a camera and take pictures of your findings!
7. **Blow Bubbles:** Blow bubbles in freezing weather - watch them turn into ice bubbles!

FOR GIGGLES

Eli (4): Elliott, are you Jewish or Christmas?