



Using Our Words

JULY/AUGUST 2021

NEWSLETTER

ISSUE 49

LETTER FROM ELLIOTT

I've always considered summertime to be nature's reward for the hard work winter brings. The fresh air brings fresh beginnings and the chance to approach life with renewed outlooks. In fact, this season, many of us are not only peeling back cold-weather layers, but also shedding masks and tightly held emotions.

We've learned so much this year. We are more flexible, resilient and considerate than we ever thought imaginable. I'm seizing the summer to apply these lessons to my regular interactions, ensuring that I no longer take daily touch-points for granted. Through this practice, I'm learning that kindness does indeed beget kindness.

At Elliott's Classes, we are welcoming each new day by resuming the familiarity of our old routines. Teachers and students alike laughingly falter through songs and movements that were once rote,

enjoying relearning it all together. That is truly how a sense of community is built.

Summer Programming Highlights:

Free Infant Gymnastics & Moosiki Classes: Learn new skills while meeting new friends! Parents and caregivers alike are welcome to join these free music and gym classes designed for infants.

Open Play: Kids can beat the heat during our 40-minute indoor Open Play sessions!

Beginner Tumbling: Children explore independent work, while being introduced to the concept of separation. Students gain a sense of pride as they set their own behavioral limits and take audio direction rather than visually mimicking gymnastics activities.

There's indoor and outdoor programming for everyone at Elliott's Classes! Visit our website to view our full [schedule](#).





FOR GIGGLES

Coach Aria: Nessia, go get your stickers from Kayla.

Nessia (age 3): Her name is Kayla?

Coach Aria: Yes, her name is Kayla.

Nessia: Well, why is her name Kayla?

Coach Aria: I don't know. You don't like her name?

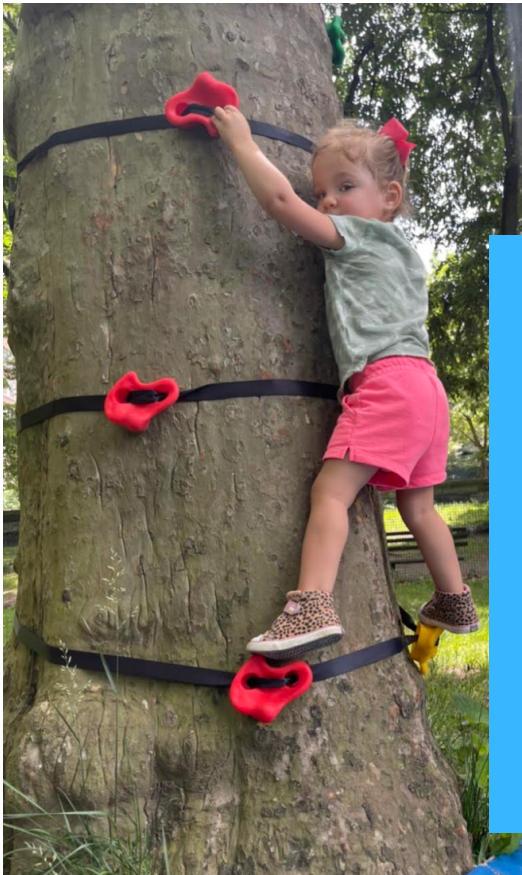
Nessia: I like cheesecake.

ELLIOTT'S TIPS

Parents often ask why children respond to me in a positive way. Though I don't have a definitive answer, I like to believe that it's because they know how carefully I choose my words when speaking to them. When a child appears upset, for example, I ask, "What's going on? How can I help?" instead of "What's wrong with you?" By asking the latter, we define the child's feelings as being wrong. By carefully reconsidering how we phrase ourselves, we can foster a more open, positive environment for our children to speak their truth!

LESSONS FROM THE FARM

The barn on our property predates our house, built in 1850. We were told the structure was insalvageable and that it would be more cost effective to knock it down. We, however, saw the beauty within the rubble. By investing time and effort, we brought it back to life, slowly straightening and reinforcing the foundation. A fresh coat of paint completed the process and our old barn is reborn.



PIC OF THE MONTH

Getting back to our "Elliott in the Park" roots, we creatively incorporate our surroundings into play -- no tree or rock is overlooked! Coach Aria's summer obstacle course turns the trees of Central Park into a rock climbing experience for Emery, age 2, along with her classmates.

To submit your own picture of the month, email us at elliottsgymnastics@gmail.com