Fire Safety

The children have spent the last couple of weeks deeply engaged in our fire safety program. We have practised our fire drills, created different forms of fire art, used charcoal, had deep conversations around imaginary campfires and played fire fighters rescuing native animals in the preschool fire station.

The most thrilling part of our fire fighter program was when the children had a visit from real fire fighters. The children learnt about good fire and bad fire, watched a fireman dress into his safety gear and explored the different parts of his uniform. A fire alarm was set off so that the children know what it sounds like. Most of the children could actually tell the firemen where the fire alarms were located in their homes. Everyone practised dialling “000” for an emergency, using “Stop, Drop and Roll,” to put out fire on their clothes and how to “Get Down Low and Go, Go, Go” to get outside if there is lots of smoke.

After the talk, the children were walked outside to explore the big red fire engine. They had a turn using the big fire hose, they sat in the truck and asked lots of questions about the different tools they could see on the sides of the truck.
Focus Article: How You Can Incorporate Mindfulness

In early childhood education many approaches come and go when it comes to teaching children to handle their feelings, many of which they may be experiencing for the first time. One such approach that is prevalent at the moment is mindfulness.

Mindfulness is “a mental state achieved by focusing one’s awareness on the present moment, while calmly acknowledging and accepting one’s feelings, thoughts, and bodily sensations, used as a therapeutic technique.”

On Reachout.com it is described as being “about training yourself to pay attention in a specific way”.

When a person is mindful, they:

- Focus on the present moment
- Try not to think about anything that went on in the past or that might be coming up in future
- Purposefully concentrate on what is happening around them
- Try not to be judgemental about anything they notice, or label things as ‘good’ or ‘bad.’

It is safe to say that practising mindfulness is something that just about anyone will benefit from, no matter the age. One way that is frequently recommended is through meditation, often parents and other educators query how on earth it is possible to get very young children to sit still and partake in the act of meditating but it truly is possible through some gentle guidance. It only takes mere minutes of deep breathing and some thoughtful reflection each day for your children (and adults) to feel happier, more relaxed and more in control of feelings and life in general. Practising mindfulness works towards combating stress, dealing with all the obstacles life throws at us and ultimately (and crucially), building resilience.

Here are three additional tips from ParentsCanada.com that are easy and fun ways of incorporate mindfulness into every day:

Mindful listening: Tell your child you are going to ring a bell or a tone bar. Ask them to listen carefully to the sound of the bell and raise their hands when they can no longer hear it.

Breathe awareness: Have your child lie down on a mat on the floor, or on their bed, and place their favourite stuffed animal on their belly. Have them rock the stuffed animal to sleep with the movement of their belly as they breathe in and out. This is how they can begin to pay attention to their breathing.

Mindful eating: This is a time when playing with your food is OK. Give your child a piece of fruit and ask them to pretend they are from another planet and have never seen this piece of fruit before. Ask them to describe their experience using all five senses. What does it look like? Smell like? Feel like? Taste like? Does it make a sound when you bite it?

Try these activities with your child. You may find that it is an activity that needs to be introduced gradually, start small and increase time as your child becomes more comfortable.

Source: http://musicearlychildhoodpresenter.com
Health & Safety: Everyday Mindfulness

Mindfulness activities can be as varied as your imagination, take the time to have ‘mindful moments’ with your child whenever possible.

Some suggestions:
- One minute of mindful eating during dinner
- A mindful walk around the house
- A mindful moment while driving
- Mindfully brushing your teeth
- Mindful gardening/cooking/craft time with your child
- Mindful patting/grooming of a pet
- Mindfully throwing a ball/dancing/moving

Be aware that we don’t ALWAYS have to be ‘in the moment’ and to force mindfulness upon someone can be counter-productive! We also need time to plan, think about things that have happened etc. It’s only when we get ‘stuck’ outside the moment for too long that we miss what’s going on around us. And remember, the younger the child, the shorter the time. Even a few seconds of really being ‘in the moment’ is a good start.

Make your own Crayons

Have you ever wondered what to do with all those broken crayons that don’t get used anymore? Here’s a fun and easy eco-friendly craft that will give those crayons new life and renewed interest. This great craft transforms those crayons pieces into unique and exciting crayons the kids will be clamoring to use.

METHOD

Parents can use the knife to chop crayons into pea-size pieces, taking care to keep colours separate so kids can combine them, as they like.

Preheat the oven to 150 degrees while children fill the tin with crayon pieces, arranging them in interesting designs. Bake just until the waxes have melted, 15 to 20 minutes. Remove the shapes after they have cooled. If they stick, place tray in the freezer for an hour, and the crayons will pop out.

If you do not have shaped mini cake pans, you can make larger crayons in plain mini muffin pans. A large muffin pan will prove to be too big for little hands to hold. Remember that this is a craft where adult assistance is needed. It would help to make little piles of each color, you can use an old empty egg carton to hold the pieces so kids can pick from them easily. Encourage the kids to use their imagination when making crayons.

However, another more practical way of making these is to encourage colour associations. An example would be white and blue could combine to make a crayon perfect for colouring the sky. Another example would be shades of green and brown for colouring grass and trees.

Anyway you put them together it will be fun and you will be giving old crayons a new purpose. This is a very entertaining craft because the kids get to pick out both the colour combinations used and the shape plus the time spent together being creative will be a happy memory to reflect on forever. And they get to have fun using their new crayons afterwards as well. Source: http://planetforward.ca

WE WELCOME YOUR FEEDBACK

How can we make your child’s experience at Bugdlie even better?

What information would you like to have about what we do at Bugdlie?

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