



## Parenting Forward in Tucson

[beth@parentingforwardintucson.com](mailto:beth@parentingforwardintucson.com)

[www.parentingforwardintucson.com](http://www.parentingforwardintucson.com)

(520) 300 - 4314



**LEAPING LIZARDS CLASS DESCRIPTION** – *This one of a kind program incorporates many opportunities for learning and enrichment through play. Some of the concepts we will investigate include:*

### Nature Explorers

This hands-on component will focus on exploration of many aspects of nature and the natural world. We will study and discover: plant and animal habitats, life cycles, how things grow, seasons, similarities and differences between various plants and animals, hands-on gardening, biomes, botany, and how all things connect together in a giant web of life. This will all be taught in the context of the 7 Continents and their particular inhabitants (mammals, reptiles, insects, amphibians, plants, and fungi). We will also talk about everyday concepts in physical science (like weights and measurements, using a microscope, investigating light/sound, states of matter, gravity, and inertia), the planet Earth, recycling, composting, the water cycle, and the various bodies of water (lakes, rivers, streams, oceans). We will spend time outside each day, exploring and learning about the Sonoran Desert.

### Kindness & Kid Yoga

This portion works on awareness of self and others, boosting confidence, recognizing emotions, and expression of feelings. We will stretch and breathe deeply during kid yoga and meditation, practice techniques for calming down and relaxing, work on communicating effectively with others, and learn to use kind words and gentle hands. Through movement and active play, the children will perfect skills that promote self-regulation, good sportsmanship, teamwork, and emerging leadership. Movement activities will incorporate and reinforce: body balance, taking turns, puzzle decryption, logical thinking, patience, and working in tandem. We will also incorporate musical sounds, sensorial and texture experiences, as well as musical instruments.

### Expression Through Literacy

Games of all kinds will set them up for future success by working on early literacy concepts, which include: handwriting and proper pencil grip, phonics and letter recognition, pre-reading and storytelling, shape and number recognition, introductory mathematics, sorting, counting, sequencing, the color wheel, reading and writing skills, strategies for board game play, recall and memory.

### Art & Theater

The focus here will be on creative and educational art projects centered on the *Sonoran Desert*. The children will also be introduced to well-known artists, spend time singing, acting out skits, learning to use a speaking voice, and practicing expression of emotions through use of stories, puppets and role playing.