



Boys & Girls Clubs  
of Hamilton



## Queen Mary Preschool Newsletter ... Self-Regulation

Welcome to our Preschool Newsletter. Every week we will be focusing on a different area of learning. This week we are focusing on Self-Regulation.

We will also be featuring a different recipe in every newsletter. Our Parent Chat extends on Self regulation and also offers links to help begin the process of Kindergarten registration.

Please note the link for the for BGCH@Home where you can watch videos created for you by our childcare and EarlyON staff. Also note the link for registered programs for children 6 and up.

Sincerely;  
The Preschool Team

## What's Happening Around the Clubs

Keep up to date on club activity by visiting the following links:



Facebook

[www.facebook.com/BGCHamilton/](http://www.facebook.com/BGCHamilton/)



Twitter

<https://twitter.com/bgchamilton>



Instagram

<https://www.instagram.com/bgchamilton/>

**BGCH@Home**

<http://www.kboysandgirlsclub.com/bgch--home.html>

**Registered Programs for Children 6 and up**

<https://forms.gle/TP97DgdFKWLoe2iG6>

## Happy Birthday

To everyone  
celebrating  
during the month  
of MAY!!



## Recipe Corner: Cloud Dough:

This simple 2 ingredient dough is a soft sometimes crumbly mixture of equal parts conditioner and cornstarch. Finished product is soft and fragrant.

It can be messy so it may be something you want to have outdoors.

Mix :

- 1cup cornstarch
- 1 cup conditioner (whatever smell or brand you like)

Knead until mixture comes together in a ball. You may need to add more of one ingredient to get desired texture.



# The Learning Room

## Self Regulation= Well Being, Engagement, Belonging and Expression

Self-regulation skills help children to control emotions, thinking, behavior and motor actions in different situations. Throughout the day, children need the ability to tolerate sensations, situations and form appropriate responses. It requires that children control their impulses to stop doing something if needed and to participate in something even if the children does not want to do it. Playing self control games can help children learn the necessary skills to self-regulate while keeping it fun!

If you want to get your kids off to a great start, you can play fun games like Simon Says to practice self-regulation. Any game that requires controlling impulses and movements can help kids increase their control over their own thoughts, emotional responses, and actions. An added bonus is the experience of **getting off screens** and having fun with you is great for bonding too.

### ACTIVITIES

Along with Simon Says, here are six more of our favourite self-regulation games to get you started:

**1. Freeze dance.** Have a dance party with a small group of kids or family members and tell everyone that when you stop the music, they must hold very still. The first person to move is eliminated for the next round. The winner is the last one dancing.

**2. Red Light, Green Light.** One kid plays the traffic police and turns to face a wall. The other kids start at the other side of the room—or if they are outdoors, at a starting line. When the traffic police shouts “Green!” the kids can advance. If the traffic police shout “Red!” the kids must stop, and the policeman gets to turn around and see if everyone has stopped. If they catch any kid still moving, they can send them back to the start line. The winner is the first person to cross the room (**or yard**) and tag the traffic police.

**3. Musical chairs.** Set out enough chairs in a row, alternating facing front and back, for every player—minus one. Play music and have kids walk or dance around the chairs. When the music stops, they must make a beeline for the closest chair. Each round, the player who does not manage to grab a seat is eliminated, until just one winning player remains.

**4. Balloon Volleyball-** When kids play balloon volleyball, they must learn how to slow their movements down to control the balloon and not let it go flying!



### CALMING JARS

Fill half of the jar (or bottle) with water and half with oil (baby oil, vegetable oil or mineral water).

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- Add a few drops of food coloring of your choice.
- Mix them together, add glitter or small items if you would like.

## PARENT CHAT

### Let's Talk Calm Down Corner and Self-Regulation

#### What is a Calm Down Corner?

A calm-down corner is a safe space for kids to go when they need help self regulating or calming their bodies and emotions. It is meant to be a space for them to relax, recharge or even release their pent-up anger or frustration. It is also a great way for kids with sensory issues to meet their sensory needs.

#### How to create a Calm-Down Corner?

<https://www.cbc.ca/parents/learning/view/how-to-create-a-calm-down-space-for-your-kids>

#### 10 Self-regulation Children's Picture Books

<https://www.thehighlysensitivechild.com/self-regulation-childrens-picture-books/>

#### A Parents Guide to Self Regulation

<https://heartmindonline.org/resources/a-parents-guide-to-self-regulation>

*"You are exactly what your child needs.  
Don't ever doubt that. Not even for a second.  
Not even through a quarantine"*

### Need Help Registering Your Child for Kindergarten?

#### Kindergarten Registration Links:

Hamilton Wentworth District School Board

<https://www.hwdsb.on.ca/kindergarten/>

Hamilton Wentworth Catholic District Schoolboard

<https://www.hwcdsb.ca/kindergartenregistration/>

### This Weeks Family Challenge:

Lets All Complete the 7 minute Workout for Kids.  
(Parents/Caregivers, Siblings and Preschool Teachers)

<https://hes-extraordinary.com/downloads/7-minute-hiit-poster>

