



Brain Building Bulletin

Vol.50 March/April 2021

A Winchendon CFCE and Winchendon Pre-K Publication

Bring on Spring with a Sensory Bin!

March in New England looks an awful lot like winter! Why not grab a plastic bin, and bring a little bit of spring inside? Dried beans, pastas, rice and sand are great for sensory bins! You can even add some bugs, trucks or sand toys!



Get those bodies moving!

Remember playing Hopscotch? Make an indoor version on cold days with some masking or painting tape!



FINE MOTOR CORNER

What are the benefits of beading and threading?

- Increases concentration span
- Improves hand manipulation (good practice for holding a pencil!)
- Improves bilateral coordination (both sides of the body at the same time)
- Prepares children for math concepts such as length, measurement, counting and patterns



**Need help, and have nowhere to turn?
Dial 2-1-1**

<https://mass211.org/services/>

24 hours a day/7 days a week.

WHOO likes a fun and healthy snack? Children do! How about a delicious and healthy owl? What do you need?

- ◇ Rice cakes
- ◇ Peanut butter
- ◇ Bananas
- ◇ Blueberries
- ◇ Apple slices
- ◇ Cereal (cheerios)
- ◇ Carrots for beaks!



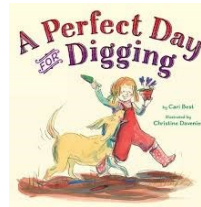
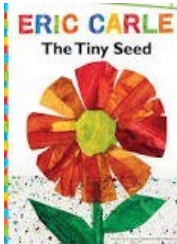
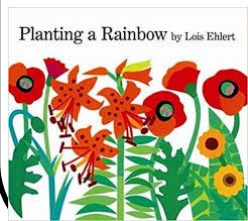
Speaking of owls, did you know...?

A new owl species is discovered approximately every ten years.



Great Books for Spring Reading!

www.bealslibrary.org



Virtual Playgroup

We have virtual playgroup every Wednesday from 10:00 to 10:30.

If you would like a Zoom invitation, please email Ms. Kristin at: kmoran@winchendonk12.org

Do you follow us on Facebook?

Type "Winchendon Community Playgroups and CFCE" into your search bar!



Helpful online resources

Do you worry that your child may be struggling with their mental health, especially with Covid-19 restrictions? Answers to your questions can be found at Handhold- www.handholdma.org

What is age appropriate behavior for your child? Is it normal behavior? It probably is! Check out this age by age guide. - www.heysigmund.com/developmental-stage/

Are you looking for an EEC licensed day care provider in or around Winchendon?-

https://eeclad.force.com/EEC_ChildCareSearch (Helpful hint-search by zip code for better results) If you need help, email Kristin at kmoran@winchendonk12.org



Everyone can be a brain builder! Visit brainbuildinginprogress.org for more information.

Curious about your child's development? Email Kristin at kmoran@winchendonk12.org to receive a link to the Ages and Stages Questionnaire, or find the link on our Facebook page!

Free literacy app for Winchendon children. Footsteps2brilliance: www.myf2b.com/iz (then enter zip code)



CFCE Coordinator: Kristin Moran : kmoran@winchendonk12.org or call (508) 714-1364

Funding provided in part by the MA Department of Early Education and Care and the Winchendon School District