



# THE TOOLBOX

INCLUSION SUPPORT SERVICES – SUMMER 2019

## The Benefits of Playing Outdoors

*Playing outdoors promotes well-being and physical development*

As an adult you may have uttered the phrase “I wish I had their energy!” Children do have all this energy inside them. They are naturally drawn to **playing outside** to utilize it. They have a great need for physical exercise and activity as well as a chance to use their muscles to run, swing, jump, skate, ride a bike, to be out in the fresh air, open spaces and sunshine. They are eager to challenge their body and spatial learning.

There are numerous benefits of outdoor play: it allows them to explore their environment, see things from another perspective (ie. Like in a swing), develop muscle strength and coordination to strengthen their fine and gross motor skills, as well as gain self-confidence, which is so important when we know children are also looking to belong as part of a group (ie. Park play). As adults we want them to also have a sense of well-being. To be better able to understand their impulses and have an understanding of consequences and knowledge around physical health and wellness.

Safety can be a concern for caregivers when we think about those climbers we see at parks and jumping from things we think are too high. However children want to take risks and engage in cause in effect play (If I climb so high, I feel scared/excited, when I use my arms like such, they feel strong/tired). They are learning as they play what their bodies are capable of and where they need to enhance their skills. The more we allow children to regulate their gross motor play the more awareness around risks you may find they learn on their own. Children are very capable and competent 😊

So this summer get outdoors with your families and just enjoy the natural environment and all the learning it has to provide. If purchasing toys, try ones that require balance and coordination, such as skates, scooters and bikes, ones that teach children new skills, encourage the development of self-confidence and satisfy their interest in exploration. More than likely your child, with all that energy and love for life, will take the lead and hope you follow. Enjoy the moments knowing how much their minds and bodies are taking in from the outdoor learning environment right at our fingertips. 😊

[https://www.fisher-price.com/en\\_US/parenting-articles/outdoor-play/the-benefits-of-outdoor-play](https://www.fisher-price.com/en_US/parenting-articles/outdoor-play/the-benefits-of-outdoor-play)

**Original Author Kathleen Alfano, Ph.D., Former Director of Child Research at Fisher-Price®**  
**Edited by Jennifer Fares**



**On June 21, celebrate the heritage, diverse cultures & outstanding achievements of First Nations, Inuit & Metis!**



# Chicken Tonight?

Perfectly golden, tender, and juicy skinless, boneless chicken thighs prepared on the stove top.

Course: Dinner

Cuisine: American

Keyword: chicken dinner recipe, chicken thighs recipe, stove top chicken

Servings: 4 serves

Calories: 283 kcal

Author: [Katerina](#) | [Diethood](#)



## HOW TO MAKE JUICY CHICKEN THIGHS ON THE STOVE TOP

- This recipe starts with a wide, deep 12-inch skillet and well heated olive oil.
- In the meantime, we will season our chicken thighs with a mix of garlic powder, onion powder, chili powder, salt, and pepper.
- Add chicken thighs, smooth side down, to the skillet and sear for about 5 minutes, or until you can easily flip it over. Cook chicken over medium-high heat.
- Flip and cook for 6 more minutes; add butter and garlic to the pan and cook for a minute before adding chicken broth to scrape up all the delicious bits on the bottom of the pan. This will also create the sauce to go with the chicken thighs.

### Ingredients

- 1 1/2 tablespoons olive oil
- 1.5 pounds (about 6 chicken thighs) boneless skinless chicken thighs (you can also use chicken breasts)
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon chili powder
- salt and fresh ground pepper, to taste
- 1 tablespoon butter
- 2 cloves garlic, minced
- 1/2 cup low sodium chicken broth (you can also use wine or juice)
- fresh chopped parsley for garnish

**Prep Time**  
5 mins

**Cook Time**  
15 mins

**Total Time**  
20 mins

### COOK'S NOTES:

DO NOT move the chicken thighs around; let cook for 5 minutes or until you can easily flip them over.

After adding in the butter and garlic, a splash of chicken broth will help with scraping up all the bits on the bottom of the pan. If you want, you can also use your favorite white wine or apple juice.

*Children will listen to you after they feel listened to.*  
Jane Nelsen





## WHY MESSY-SENSORY PLAY IS IMPORTANT?

**Messy play** is important for young children, giving them endless ways to develop and learn. All types of play are essential for children's development and early learning. Play helps children to develop and improve their gross and fine motor skills, co-ordination and concentration. Also how to work cooperatively and collaboratively, use all their senses to discover and explore their environment, and develop their imagination, creative thinking and ability to problem solve and experiment with solutions. <https://www.learning4kids.net/>

The kids are going to love this!!

**Digging for Spaghetti Worms in Dirt** is a simple **sensory activity** that only takes a few moments to set up. It's exciting, it's messy and the kids will have so much fun catching all the slippery and slimy spaghetti worms with tweezers and putting them into a jar.

You will need slightly wet sand/soil from the garden, a large container or tray and cooked spaghetti (left overs are great!). We have also used tweezers for the added fun and development of fine motor skills but this is optional.

- Slightly hide the spaghetti worms on the top layer of the sand/soil because too much sand/soil can be too heavy and may break the worms as they are being dug out.

### Some Ideas:

- Use your hands to squeeze, squish and dig out the spaghetti worms from the soil.
- Use the tweezers to catch the worms and place them into a container.
- Count out loud as each worm is caught and placed into the jar.
- Measure the different lengths of the worms such as "this worm is the longest" or "this worm is shorter than the last one".



### Who Wrote the Song "Happy Birthday to You?"

Today "Happy Birthday to You" is sung more times than any other song in the world. The Apollo 9 astronauts even sang it in their space capsule in 1969, high above the earth!

This song was written by a New York teacher named Patty Smith Hill. Miss Hill loved young children and wrote the words to this song for them to sing. Her sister, Mildred J. Hill, wrote the music. At first the song was called "Good Morning to All". Later the name of the song changed to "Happy Birthday to You." It was published in 1935 under that name. When you next have a birthday, think of the Hill sisters as you sing their special song.