

## Children explore colors through their daily play

text & photos by Nicole Carl

The concept of color is a weekly focus for children in Toddler B. Last week red was our color! The children looked around the room to find the color red in their toys, in pictures and on a table. **Brown Bear, Brown Bear, What Do You See?** has been a great book to complement our adventures.

This week we have been learning about the color blue with the help of the book **Is It Red? Is It Yellow? Is It Blue?** The toddlers are practicing the Spanish words for blue (azul) and red (rojo). These colors are also showing up in the toddlers' artwork.

In Music & Movement, we sing the song "Leaves and Falling." The toddlers enjoy tossing fake leaves up in the air and then watching them fall to the ground. They are continuing their color exploration by naming the colors they see in the leaves.

Top to bottom: Derek paints lines and makes the color purple. Charles uses a q-tip to add red to his blue artwork. Joaquin paints with blue and red.



## Nature Explore Families' Club joins in Family Fishing Night

text & photos by Chris Kiewra, Family Programs Coordinator

Whether it was the overcast skies, a well stocked lake or just great angling technique, we caught a lot of fish during our Family Fishing Night at Bowling Lake a couple of weeks ago!

Nebraska Game and Parks volunteers supplied us with everything we needed; poles, bait, and pointers on how to cast a line and take fish off the hook. The children took care of the rest; watching for bobbers to sink down, searching for insects near the water, and even sketching the colorful fish that came out of the water!

Our ten Dimensions families and staff made up the majority of the participants in this event open to the public. Nebraska Game and Parks Commission administrator Doug Bauch was so happy to see us out there, he donated Nebraskaland Magazines that are available on the information displays on both the



Chris Kiewra (background) Addison and her sister, Catrice, and Henry admire a fish held by Henry's father. The fishing took place at Bowling Lake in Lincoln and was hosted by the Nebraska Game and Parks Commission.

preschool and infant/toddler sides of the building. These gorgeous magazines may give your family ideas about more area lakes you would like to fish at!

Our next Nature Explore Families'

Club event will be Saturday, October 17th at Spring Creek Prairie Audubon Center. We will meet from 10:30-noon to explore the prairie and woodlands like each of the preschool groups are doing on their field trips this fall. This will be an opportunity for your child to share with you all that they are learning in school and for your entire family to experience this uniquely Nebraska nature!

Please see the attached flyer for all the details and don't forget that the Club can be fun for grandparents and extended family so bring everyone along! If you have any questions or would like more information, you can reach me at 476-8304 or email me at [chrisk@dimensionsfoundation.org](mailto:chrisk@dimensionsfoundation.org)



The Formen boys catch a fish off the bridge during Family Fishing Night. photo by Amanda Foreman



Henry watches intently as his father removes a fish from Henry's line.

# You are invited



## Community Summit for Prevention of Childhood Obesity

Tuesday November 3 6pm - 8pm BryanLGH Plaza 1600 S. 48th Street Light dinner served

The Summit for the Prevention of Childhood Obesity will bring local experts and stakeholders together to increase awareness of this issue and identify opportunities to create community solutions.

Presenters include Karla Lester MD, Bob Rauner MD, and Jayne Snyder PT, DPT.

**Who should attend?** Anyone interested in making a difference in children's health in Lincoln, Nebraska. Everyone has a role to play in reducing and preventing childhood obesity.

The Summit is open to parents, teachers, school administrators, coaches, healthcare professionals, childcare providers, human service agencies, government, business, restaurant and faith community representatives.

**Space is limited.**

Pre-registration required by calling 483-4800 or email [dani@lcnmsne.org](mailto:dani@lcnmsne.org) by October 27th.



Teach a Kid to Fish

Creating community solutions for children's health

# Chili COOK-OFF Challenge

SUNDAY OCTOBER 18, 5-7 PM



**First-Plymouth Church 20th and D**  
**Call 476-7550 For Tickets**

Support First-Plymouth's Chili Cook-Off and our program at the same time! We are one of five organizations who benefit from this event. artwork courtesy First-Plymouth/Fred Schneider

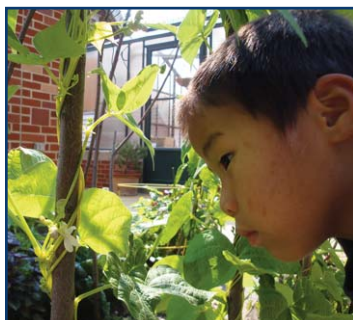
## Nature Explore Classroom yields discoveries

text & photos by Holly Murdoch

While on our Nature Explore Classroom I noticed Mac (age 4) all alone looking closely at bush bean plants growing in a raised garden bed. He was excited to see a ladybug on a bean leaf so we took the leaf inside to the science table insect aquarium. Back outside Mac asked why the bean plant was "swirling" around another bean plant. I explained that usually a bean plant

grows up a pole but in this case the vining bean had wrapped around the closest bush bean stem.

I took him over to some other pole beans and showed Mac how the beans wrapped around poles for support as they climbed. Mac spotted ladybug eggs on one of the leaves and then another ladybug. He watched it closely for awhile and then we took the second ladybug inside to the science table.



## Help Wanted

### Cleaning Volunteers

Join us for a Classroom Clean-up Day, Saturday, November 7th. We hope to start by 8 a.m. and finish early enough so that by the time we are done, we can still have most of our day left for some family time, football time or both! Can you help us out? It is a small thing, but can be yet another way we can support the teachers this year. If you have any questions, please feel free to reply to Jane Cogan at [jcogan@neb.rr.com](mailto:jcogan@neb.rr.com) or call her at 470-7263. And....spread the word! If we ask just one other person we can double the number of people there – it is just that easy.

### Book Fair Volunteers

We will be hosting a Book Fair during Parent/Teacher conferences, December 9th–10th. Volunteer opportunities include decorating the school, assisting classes with Student Preview Days, and setup, staffing and/or packing up the Fair. Contact Heidi Thurber at [heidithurber@yahoo.com](mailto:heidithurber@yahoo.com)

## Upcoming Events...

**Every 1st & 3rd Friday, Coffee & Conversation** for anyone caring for small children, 9:15-10:30AM in Courtyard Lounge. Facilitated by Renae Koehler.

**Oct. 3 – Community Summit for the Prevention of Childhood Obesity** 6-8PM, call 483-4800 for information.

**Oct. 17 – Nature Explore Families' Club** Details upcoming or email Chris Kiewra for more information at [chris@dimensionsfoundation.org](mailto:chris@dimensionsfoundation.org)

**Oct. 18 – First-Plymouth Annual Chili Cook-off** Call 476-7565 for information.

**Oct. 29 & 30 – No School**

**Nov. 14 – Families Matter Day** At Lincoln Children's Museum, 9AM-12PM.

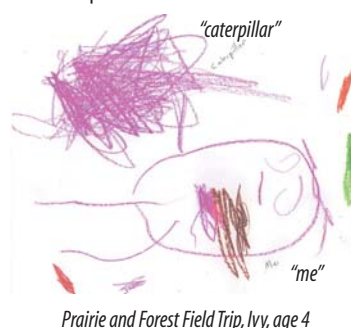
**Nov. 26 & 27 – No School (Thanksgiving Break)**

**Dec. 9–10 – Parent/Teacher Conferences**

**Dec. 21 – Jan. 1 – No School (Winter Break)**

## Spring Creek Prairie observations and artwork

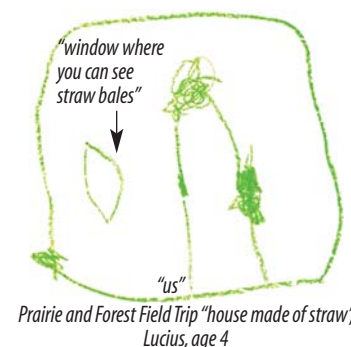
Spring Creek Prairie has been the focus of preschool field trips recently. Thanks to all the parents, grandparents and volunteers who have driven on field trips! It takes all of us to create the best experiences for our classes.



text by Kris Van Laningham, artwork by Holly Murdoch's class

Our recent trip to Spring Creek Prairie, an 808-acre tallgrass prairie nature preserve located 20 minutes southwest of Lincoln, Nebraska, was fantastic. The rain made it damp, but it didn't come down on us! Some of the high points of our trip were:

- seeing a Daddy Long Legs as we walked into the building (Mac and other children tried to get him to climb on their hand)
- eating a quick snack provided by Tristan and his family before we walked outside



## Roots in the past, reaching towards the future

(Reprinted from the Dimensions First-Plymouth Early Education Programs' archives, formerly known as Kinder Korner Nursery)

## Kinder Korner Nursery School Schedule • 1968-69

Daily Schedule  
 Begins at 9:00AM and  
 ends at 11:30AM

Each day will include health inspection, free play – both indoor and out, art and music activities, creative play, rest, snack time (juice or milk and crackers), story time, and group activities.

## Resources

**Brown Bear, Brown Bear, What Do You See?** by Bill Martin Jr. & Eric Carle

**Is It Red? Is It Yellow? Is It Blue?** by Tana Hoban

**Peter and the Wolf** by various authors

[springcreekprairie.org](http://springcreekprairie.org)

[lincolnchildrensmuseum.org/02\\_Whatshappening/aindex.php?page=01ao\\_FamiliesMatter.html](http://lincolnchildrensmuseum.org/02_Whatshappening/aindex.php?page=01ao_FamiliesMatter.html)

- walking on the path to the prairie, past the pond and to the woods
  - finding Foxtail grass and collecting their seeds in our hands
  - seeing what Turkeyfoot grass looks like
  - catching a grasshopper and putting it in a container with a magnifying glass on it
  - hiding in the tallgrass that was about three feet over their head
  - reading a map of the Nebraska City/ Fort Kearney Trail that intersects Spring Creek Prairie
  - watching Deb (our guide) make a tent out of a cottonwood leaf like Indian children did (because they couldn't go to Target!)
  - walking to the woods and seeing huge leaves
  - sitting on a fallen log
  - eating lunch outside on the picnic table and getting too cold
  - going inside to finish lunch
  - sketching stuffed wild animals that were in the Education Building.
- We will continue to talk and draw as we process all the things we experienced at the Prairie. You might ask your child what some of the highlights of the trip were for them!



Prairie and Forest Field Trip leaf rubbing, Levi, age 3. "I made the prairie. We woked them (the grasshoppers) up. I liked the rabbits. I saw one more (daddy longlegs). I like to go on field trips now."

Please, do not leave children unattended in cars while picking up siblings.

Be aware of the weather when dressing our child for the day. We spend as much time outside as we can and want everyone to be comfortable.

Plan to wear your Halloween costume October 27th (Tuesday) and/or October 28th (Wednesday)! This is optional.



Lucy, age 4: "This is us under Fall Fiesta (a sugar maple tree) when I was having a lunch picnic. This is the leaves and this is the sticks."