

Over The Rainbow



Healthy Expressions Education, Inc./ Heeinc@wowway.com.

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Rainbow Play Comes To The Child Garden

In October of 2004, Healthy Expressions Education, Inc. introduced Rainbow Play to the Child Garden. Rainbow Play, the only curriculum based program of its kind in the region, is a research-based strategy that improves social, emotional behavioral and physical well being in children. Through the 5 key component parts children gain a set of health and empowerment skills that help them improve life and learning skills. These include Dramatic Play & Creative Arts, Playful Yoga Exercise, Interactive Games, Relaxation Breathing and other Stress Management activities.

Rainbow Play, sample classes, at the Child Garden was well received by children and staff. We played 'Tangle Up", a game that helps kids with body awareness by focusing on balance, coordination and flexibility skills. We stretched our bodies by becoming butterfly's, tortoises and lions and learned how emotions affect our bodies. We experienced floating like a feather, shaking like a rattle, popping like popcorn and being stiff as a board. Believe it or not, this activity helps kids understand their feelings and how they can express that emotion in appropriate ways for the circumstance.

The introductory level course, Raindrops, began on November 8th. It uses a combination of the component parts to deliver a lesson. The program, progressive in format, starts with Sunrays, continues with Raindrops, advances to Rainbow Play Pros and culminates with our summer creativity camp. We will offer Level 2, Sunrays this winter to those students who complete level 1. If space permits, we will also offer Level 1 again for those who would like to sign up for the 1st time. If you have any questions about Rainbow Play, feel free to e-mail the president of Healthy Expressions Education, Inc. at jgrignon@wowway.com.

Level II Sunrays

Sunrays, the Level II session will be offered in January and will began the 1st Monday in February. Level I, Raindrops will be offered, as well. Scheduled session TBD. Please bring in checks on the specified due date. Late checks may result in class cancellation.

"I love teaching children skills they can use their whole lifetime. When I was a child the creative arts and yoga stretches were an important part of my life. It gave me joy, balance and peace. I taught the Rainbow Play program to my 3 year old with great results. When she is tense or over excited, she will breathe in and out and it calms her down. At bedtime, she enjoys when I guide her through an imaginary journey!"
Dawn Gettig

For more information connect to this link, <http://www.familyeducation.com/article/0,1120,23-24399,00.html>

Who's Who

Dawn Gettig is a Healthy Expressions, health educator trained in the Rainbow Play program. Dawn has been part of the Hee, Inc. team since June 2004. Her experience includes an education at Cleveland State University focusing on the Arts, as well as, 20 years of yoga. She has worked at Berea Children's Home summer camp program through Hee, Inc. and was trained through Bellflower Center to work with special needs children.

Dawn is a mom whose child attends the Child Garden. As an employee of Holden Arboretum from 2001 to 2003, she has worked creatively with children and demonstrates love, patience and flexibility in the work she does. She has also worked for the Cleveland Clinic, Meridia Health System and Meridia Hillcrest Hospital. You can see Dawn work her magic on Monday's at 10:00 a.m. at the Child Garden in Chardon.

What is "Relaxation Breathing?"

Relaxation Breathing or Belly Breathing is a form of breathing that uses the belly and the diaphragm with very little emphasis on the lungs. If you watch a newborn baby breathe, they naturally breathe in this fashion. Unfortunately, as we become children and grow into adults, the stress of living impacts us. Many children and adults adopt a more shallow breathing form using the lungs as the primary organ to do the work. This adds to our feelings of stress. When we focus our attention on our breathing, we are able to tune into how we feel in the present moment, bringing clarity and stability to our minds. Relaxation breathing is a good tool for calming ourselves down, whether we are angry, anxious or excited.

What is yoga?

What is yoga? Yoga is simply an ancient system of physical and mental exercises meant to synchronize body and mind for a healthier and more aware whole self. In the fitness industry yoga represents a specific category called Mind-Body exercise. Essentially, it is about balancing the physical and mental body. The activities performed emphasize listening to your body and paying attention to your feelings. These exercises are performed in a non-competitive spirit. Using yoga as a tool in children's programming promotes a wide skill -set range, including: body awareness, cardiovascular and muscular fitness, coordination, general motor skills, listening, concentration skills, agility, strength, flexibility and endurance. Yoga helps kids move and think in a new way, a way that puts thought into movement and movement into thought. The confidence that children derive from building skills helps them learn not to fear failure, but to try again to succeed.

