

**Psychologists have found** that humans... [have a strong] affinity for the natural outdoors. They call this love of the outdoors biophilia. Numerous studies of outdoor experiences have shown that natural outdoor environments have an impact on humans. They **reduce stress** and create a feeling of well-being. And small children consistently prefer the natural landscape over built environments. But not all small children have the chance to **explore the natural world**, and they risk developing an aversion to nature. This impulse, called biophobia, can make them uncomfortable in natural places and likely to regard nature as nothing more than a disposable resource. There is much evidence that concern for the environment is based on an affection for nature that only develops when children have **unregulated contact** with it. It is children's developmental tendency to empathize with the natural world. To nurture that tendency, children need **free access to a natural area** in which they can spend an extended amount of time.

*Vicki L. Stoecklin, M.Ed*



## ARTS & NATURE CAMP at Zimmer Preschool



An 8-week Summer Program  
for Children  
18 months to 5 years  
June 24 to August 16  
Half-day or Full-day Options





This calender is a listing of the SPECIALIZED ACTIVITIES. Please see daily calendar for full day's schedule.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
fun food day	recyclable art	color dress-up day	scavenger hunt day	challah baking & Shabbat party
June 24	June 25	June 26	June 27	June 28
Fun Snack: Sun shine Game: Hide and giggle Tour the Vegetable Garden	Recyclable Project: Tree Round Necklace Music and movement: Little Seed to Beautiful Flower	Yellow Like The Sun-dress up day Art: Collage with different mediums	Scavenger Hunt: Colors and Smalls in Our Garden Read: Sunflower Garden	Art: Grass Heads Bake Challah and Shabbat Party
July 1	July 2	July 3	July 4	July 5
Fun Snack: Clouds and Raindrops Game: "Musical garden chairs" Prepare butterfly garden	-Recyclable Project: Crayon Cupcakes Music and movement Free Flowing Water	Orange Like an Orange - dress up day Art: Collage with different mediums	-Independence Day: No camp	Art: Painting with Colored Ice Cubes Bake challah and Shabbat party
July 8	July 9	July 10	July 11	July 12
Fun Snack: Cars and Trucks Game: "I spy" Ball Races	Recyclable Project: Yarn Bowls Music and movement: Stretch as far as the sun	While Like a Cloud-dress up day Art: Collage with different mediums	Scavenger Hunt: Different shapes and different sizes Read: The Water Hole	Art: Mini Wooden Sculptures Bake Challah and Shabbat Party
July 15	July 16	July 17	July 18	July 19
Fun Snack: Caterpillars Game: "Shadow Catching" Tent Hide Out	Recyclable Project: Tunnels and Ramps Music and movement: Sun and Shadow dancing	Pink Like a Flower Petal-dress up day Art: Collage with different mediums	Scavenger Hunt: Homes in Nature Read: If You Find a Rock	Art: Ramps and Roads Bake challah and Shabbat party
July 22	July 23	July 24	July 25	July 26
Fun Snack: Strawberry Ladybugs Game: "Bees Fly" Design a Worm Habitat	Recyclable Project: Snake Socks Music and movement: Soar like a bird	Green Like A Turtle-dress up day Art: Collage with different mediums	Scavenger Hunt: Under Rocks and Under Leaves Read: The Firefly	Art: Butterfly Painting Bake challah and Shabbat party
July 29	July 30	July 31	August 1	August 2
Fun Snack: Intsy Wintsy Spider Game: "Sleeping Bunnies" Find Animal Trails in the Forest	-Recyclable Project: Wearable Bug House Music and movement: An Insects Day	Red Like A Ladybug dress up day Art: Collage with different mediums	Scavenger Hunt: High and Low Through the Forest Read: It's Summer	Art: Rock Bugs Bake challah and Shabbat party
August 5	August 6	August 7	August 8	August 9
Fun Snack: Edible Flowers Game: "Rock jump" Tree and Leaf Rubbings	-Recyclable Project: Plant-able Paper Music and movement: Hard Soil, Dark Soil	Brown Like a Tree Trunk-dress up day Art: Collage with different mediums	Scavenger Hunt: Brown and Hard in Our Play Areas Shake Rattle Roll-Jars of Different Soil	Art: Scented Flower Ornaments Bake Challah and Shabbat party
August 12	August 13	August 14	August 15	August 16
Fun Snack: Soil Pudding Plant Game: "Hot and cold" Walk down to the Passaic River	Recyclable Project: button bouquet Music and movement: : As Tall and Sturdy As a Tree	Purple Like a Grape-dress up day Art: Collage with different mediums	Scavenger Hunt: Wet and Slippery down by the river Read: If You Find a Rock	Art: Frame for Camp Group Picture Bake challah and Shabbat party

Concepts will be explored in developmentally- and age-appropriate ways. At the culmination of each week, the children will create a book documenting their experiences.

©ZIMMER PRESCHOOL & KINDERGARTEN AT THE CHABAD JEWISH CENTER IN BASKING RIDGE, NJ



TO REGISTER OR  
TO VISIT OUR SCHOOL:  
Please call LISA  
at 908.604.8844 ext. 115  
or visit us online at  
www.ZimmerPreschool.com



WHEN:  
3-day or 5-day Options  
June 24 - August 16  
AGES:  
18 months - 5 years  
TIME:  
18 months - 2.5 years: 9am to 12:30pm  
2.5 years and older: 9am to 2pm  
Please inquire about extended  
early-care and after-care  
TUITION:  
9am to 12:30pm Program:  
3-day (Mon, Wed, Fri) \$105 per week  
5-day (Mon-Fri) \$150 per week  
  
9am to 2pm Program:  
3-day (Mon, Wed, Fri) \$175 per week  
5-day (Mon-Fri) \$250 per week  
  
Registration is for a minimum of  
2 consecutive weeks

## RAISING (ECO-) CONSCIOUS CHILDREN

By Malkie Herson, Educational Director, Zimmer Preschool

Life has so many blessings. Our planet is one of those blessings. Our environment, the majesty of nature, is an incredible gift. But it's more than a gift; it's a responsibility. We are called to be 'partners in creation' by doing our part to protect, improve and meaningfully utilize our world and its resources.

Ancient as it is, this mindset is rapidly [re]gaining currency. Eco-friendliness is widely accepted as the responsible way to live. Every day, more people begin to appreciate a world beyond their respective driveways, recognizing that we each have a role as stewards of our world.

But, sometimes adopting this lifestyle is quite challenging. It is not easy to let go of long-standing habits, our default positions. It takes a lot of effort to reconstruct our perspectives. That is why it is so important to "educate a child when he is young," taught King Solomon, three thousand years ago. "For even when he grows old he will not depart from it." It is the lessons and practices of our youth that become ingrained as the habits in our adult lives. By inspiring our children to feel a genuine, palpable relationship with nature we are shaping this future-adult's perspective from the bottom-up.

Children are eager learners. By creating nature-friendly environments for our children, with loving role models who embrace the larger world with care and sensitivity, we foster a positive and constructive relationship with nature.

◆ Provide adequate opportunity for your child to play in natural playgrounds, as opposed to rubberized or concrete playgrounds. Children have an innate, sometimes subconscious, affinity for the outdoors. Children love to get dirty with mud and play with sand and pebbles. In warm weather, they love slopping around in water; and in the cold, they love the snow. They are captivated by creepy-crawlies, chasing butterflies and holding slimy inchworms. What better way for them to meet their natural instincts and to build lifelong connections with their world?

◆ Anchor your child's natural play with conversations about values. "Look at that bird! What a glorious world, full of glorious creations. We are so fortunate to share the world with them. It is our responsibility to protect them." Children are far more competent than society sometimes imagines. Don't underestimate the child's capacity to understand.

◆ Sensitize your child to cycles. Help them compare the outdoor world from one season to the next, the way the moon looks at different times of the month, nature's life cycles, etc. Since young children are not yet able to keep broad perspective, you can help jog their memory by showing photographs of past experiences.

◆ Point out responsible practices like solar panels, recycling, etc. Discuss with your child how these things help the world, and why they are so important. Even if the child is too young to fully comprehend your perspective and behavior, you are modeling a world-view which will eventually make sense to her.

◆ Of course, set a good example. And, talk about it. That way, both your actions and your words send a consistent message.

As adults, not only do we have the moral imperative to live responsibly in our own lives, we have to purposefully foster a relationship between our children and their world. After all, our world will become theirs!