



EXPLORERS CLUB NEWS April 2, 2021

MOVEMENT MATTERS SPOTLIGHT

powered by **boks**

Hop, Skip, Freeze

A new take on the age-old game of freeze tag, [Hop, Skip Freeze](#) is an interactive movement activity from our friends at BOKS – a Reebok Foundation initiative. This BOKS Burst is aimed at muscle movement and balancing skills, while supporting executive function skill development.

- Make sure you have space to move.
- Watch the video and listen to Mr. Nate as he calls out different movements like hop, jump, stand on one foot, bend forward, spin around, and chase me.
- When you hear “Freeze”, freeze in motion!
- Call out a new movement to un-freeze the children. Repeat several times and change the movements each time.

Watch the video: worldathome.brighthouse.com/activities/hop-skip-freeze
To learn more about BOKS visit their website www.bokskids.org.

UPCOMING WEBINARS

[Working, Learning, and Parenting in 2021](#) | May 25 at 3:00 p.m. ET

Bright Horizons shares insights from its annual surveys, Modern Family Index and Working Learner Index, which reveal what’s on the minds of thousands working families, and cover the intersection of parenting, education, and caregiving.



Get ready for a summer full of adventure at **Bright Horizons**®! Our program offers plenty of time to experiment with science and technology, engage in the creative arts, discover nature, and explore the world. Experienced teachers, a curriculum based on each child’s interests, engaging projects and activities, and virtual field trips and events will make summer fun and educational. Plus, our industry-leading health and safety protocols offer the reassurance you need.

Staff Updates

April 5- Alisha, Connie, Trinity, Ashlee K, and Mayra OUT

April 6- Alisha, Connie, Trinity, Aisha and Mayra OUT

April 7- Alisha, Connie and Trinity OUT

April 8- Alisha, Connie and Trinity OUT

April 9- Alisha, Connie, Trinity, Giannina and Jodi OUT

As a reminder, the center is open from 7:00am to 5:30 pm

Health & Safety at Bright Horizons

Our enhanced COVID-19 protocols ensure health and safety practices in every center align with the CDC and state and local municipalities. Learn more about what we are doing to keep children, families, and staff safe.

brighthouse.com/child-health-

Infants



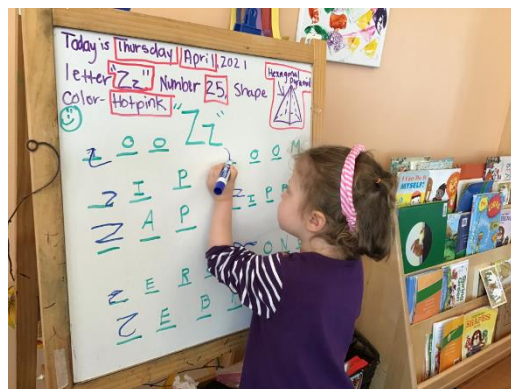
Toddlers



Transition



Preschool



Kinder Prep

