



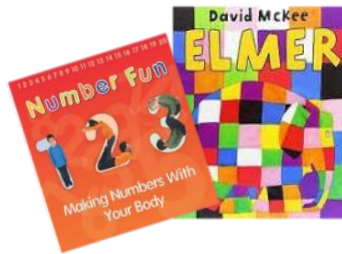
BRIGHT HORIZONS AT RECURSION

From the Director

As we all know, Math is an important part of life. At Bright Horizons, we believe that math is taught in multiple ways throughout your child's day. This happens through specific planned activities, through play & discovery during our learning centers, & most importantly through natural ways in our everyday experiences.

Here are some of the ways we teach & use math every day & ideas that you could do at home as well:

- Provide a variety of objects for sorting, classifying, ordering, & counting: shells, bottle tops, plastic numbers, boxes, baskets, shapes, animals, sorting trays, beads, & pinecones. (Watch the size of these items as they can present a choking hazard for children under three. Be sure to supervise closely if you choose to use them for an activity.)
- Provide a variety of resources for exploring pattern & shape: pegs & pegboards, multi-link cubes, patterned fabric, linking chains, magnetic shapes & numbers, & laces & beads of different sizes, shapes, & colors.
- Provide a variety of resources for measuring: in non-standard & standard units of measure - rulers, tape measures, balances & scales, graded containers, stop clocks, & sand or water timers.
- Present or make clear & appropriate number lines starting with zero.
- Point out references in storybooks to number, shape, size, pattern, & measurement.
- When counting objects, count out aloud & touch each item to strengthen understanding of one-to-one correspondence.
- Emphasize the cardinal number when you count. For example: "1, 2, 3... We have 3 bears for our story."
- Use ordinal numbers when children are taking turns such as, "You go first & then I'll go second."
- Point out nominal numbers when you are out in the community, such as on addresses or bus stops.



MOVEMENT MATTERS SPOTLIGHT

powered by **boks**

Beat the Clock

Try this fun activity designed to support developing coordination and executive function skills from our friends at BOKS – a Reebok initiative!

Directions:

1. Find an open place inside or outside your home to spread out.
2. When you say 'go' have your child to start running while you count out loud to 5.
3. When you say 'stop' have them freeze in place while you count out loud to 5.
4. Next, say 'go' and have your child start running while you count out loud to 10.
5. When you say 'stop' have them freeze in place while you count out loud to 10.
6. Repeat, adding more run/freeze as appropriate for age and abilities of your child.

Get Creative! Instead of running, have your child hop or jump and when they freeze balance in different positions.

Enhanced Health & Safety

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

brighthorizons.com/child-health-safety

Bright Horizons at Recursion

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Monday – Friday 7:00 a.m. to 6:00 p.m.

