



*In
Partnership
With*



Sarah Fennell-Cooper here with Happy Gymnastics! I'm thrilled to begin 2018 with some new preschool ideas to share with you, Gymnastics Ontario members!



Here's a quick background about me (Sarah) and Happy Gym: I grew up (in Bolton, Ontario), doing gymnastics and power tumbling. My professional background is in preschool gymnastics, having managed programs in Kansas City, New Zealand and Chicago. I taught Kindergarten (in the classroom), where I really dug into how children learn, and earned my Masters in Educational Psychology.

Three years ago, I chose to leave the classroom and created Happy Gymnastics, where we make funky, fresh preschool products to grow your program and your business. I live in Denver, Colorado with my hubs and three awesome daughters.

Short version: Preschool gymnastics is my jam.

I'm over the moon about partnering with GO! The goal here is to give you TONS of preschool ideas and answer any questions (big or small) that come up. The best part? YOU GET FREE STUFF! Every quarter, you'll get a Happy Gymnastics lesson plan for free!

Please don't hesitate to email me at sarah@happygymnastics.com. I'm down to chat about all things preschool and preschool staff! Let's do

this!

Peace, love and preschool,

-Sarah



CLASS *Management*



Got a Wild Class? Smell the Flowers!



I had this REALLY WILD class last year. I mean, W-I-L-D. The combination of kids was just kinda funky and they really amped each other up. I went to my tried and true 'wear them out at the beginning of class' strategies for weeks before I admitted to myself that it wasn't working. I had to try something out of the box. Something new. Something totally counter intuitive than what I was doing.

I made them smell the flowers and blow out the candles.

Yup, we started our wild class with total and utter calmness. I had never tried it before, but IT WORKED and it was fantastic. Before each class, we would stand in the hallway and take three deep breaths together. We would "smell the flowers" (breathe in a deeeeeeeep breath) and "blow out the candles" (blow everything out). It was magic! I lowered my voice and walked them, calmly to our warm up space. Those breaths totally changed my coaching style for that class! Try it with your WILDEST class (hello, beginner boys!) and let me know how it worked!

PROP *-a- Palooza*



Preschool props (the little accessories that we use in preschool classes) are a MUST. Here are some cute star beanbags that I use ALL the time. They have different textures, so thats great. The kids love them because they're star shaped! They are made for school use, so these guys are DURABLE! You can find them at Wintergreen.



Click the image to check out these Winter Week ideas on our Pinterest page or Valentine-ish themes on the blog!

PRESCHOOL GYM IDEAS FOR: *Winter Wonderland*

Gymnasts have hands on the round block and jump two feet on the springboard for 'Reindeer Kicks'



SCHOOL GYM IDEAS FOR *Winter Week*

Gymnasts roll the snowball down the beam (keeping their hands on the snowball the whole time) and shoot it into the hoop.



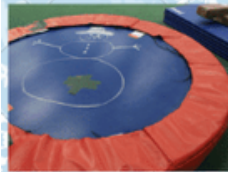
Straddle rolls down a panel mat. Stretch up to 'ta do' on the snowman placemat.



Use the snowflake carpet to practice the tuck or pike jump on the snowflake carpet.



Draw a snowman on the trampoline using chalk. Practice tuck, pike and straddle jumps.



FREEBIE LESSON PLAN: CANDY LAND WEEK!

This lesson plan is so 'sweet'! We work on "lolly, lolly POP" handstands to Tootsie rolls. Your gymnasts will have a blast!



CANDY LAND WEEK

LOVE YOU *The Sweetest Week Yet*

Gymnastics and candy...does it get any better than that? This week is all about a sugary sweet adventure based on the beloved preschool board game, Candy Land. From lollipop stick handstands to Tootsie rolls on bars, gymnasts will get stronger and more confident in their 'sweet' skills this week!

DIY Lollipops!
Use poly circles and a little white duct tape and TA DAI you've got your lollipops!

www.happygymnastics.com