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LISA J. MAILS LIBRARY

Once Upon a Time

Mrs. Wallace's Writes About the Library, Creativity and ART!

Practicing the Brain to Hand Connection

Pastimes that kids used to do all the time - like playing board games, making art, creating crafts, playing outside - all those things are not only fun, they are essential in making connections in your brain. Developing fine motor skills helps kids in many ways - penmanship and artistic skills like drawing and painting. Doing arts and crafts and taking the time to focus on an activity also strengthens our brains in other areas, like communication, reasoning, problem-solving and emotions. Studies show that the hand-brain connection is so strong that without active touch experiences with our hands, the part of our brain called the cortex will not become active in children. Help your kids exercise their brains and incorporate activities where they do things and making things with their hands.

Be inspired,
Mrs. Clara Wallace



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Are your kids current on their library books?
Students with overdue books or book fines are
not able to check out books.

Build Your Child's Focus

Wondering how you can help your child do better in school? Our occupational therapist Julie Keck shares this information. The whole brain benefits from art and creative activities done when using ones eyes and hands. Most of all it builds attention, which is what so many children and adults are lacking nowadays. We live in a three-dimensional environment and the technology and video games that fill our kids' days are only 2 dimensional and DO NOT build attention span or motor skills. This is the best thing a family can do for their child. Sit, focus, talk, learn, create, and love.



Happy Valentine's Day

Once Upon a Time

the short & sweet page

Kee

you!



CREATIVE CREW PROJECTS

We have a lot of creative kids and families here at Mails. We know that doing creative activities is a great way to spend quality family time. You get to have fun, learn how to use supplies and tools, learn new how-to's, and build experience making and doing new things.

Our occupational therapist, Ms. Julie Keck and I have talked many times about how important arts and crafts is to developing your brain. Using your hands builds fine motor skills, which improves penmanship, coordination and even communication.

Ms. Keck and I are collaborating to encourage families to do arts and crafts. We will be posting a few projects on our website starting in March. Students can bring their completed projects in to be displayed in the library.

We hope you can join in the fun and learning! More info in the Weekend Monarch!

BRAIN BUILDING ACTIVITY

Our brains are amazing. When we do things in a different way, our brains make new connections. Those new connections get stronger the more we repeat them - it's called neuroplasticity. Here's a fun activity to do with your kids - get some masking tape and tape two fingers together to immobilize them. Go about the day with those fingers taped together and see how your brain figures out new ways to do things - like buttoning a shirt, tying a shoe, eating, etc. Make this activity more challenging by taping a plastic spoon or popsicle stick between the two fingers - and try it on both hands! *Read more on the Kids Activities blog [here](#).*



TURN IN LEGOS FEB. 1-3

Bring in your Lego model Feb. 1-3 to be included in the Lego Gallery display in the library the following week. No kit models, size has to be smaller than a half sheet of paper and the themes are **Under the Sea, Dogs & Cats, and In My Garden**. Legos can be picked up Friday, Feb. 10.



CRAFT FAIR FUNDRAISER UPDATE

We raised \$3500 at the Holiday Market in December. Thank you for everyone who made stuff so students could buy presents for their families. If you are inspired to help us make the next one an even better experience for our kiddos, it's not too early to get started!

PRINTABLE VALENTINE NOTES

*Print this sheet and cut
out each of the three
Valentine notes on the
gray line. Fold the note in
half and write your own
message inside the card.*

