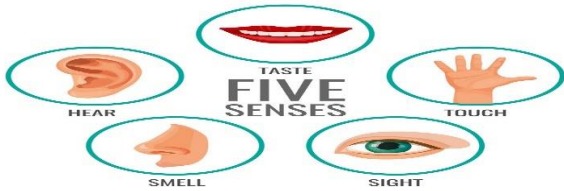


P596X Wellness News
What's Happening@ P596X



APRIL'S EXERCISE
CHALLENGE: SENSES



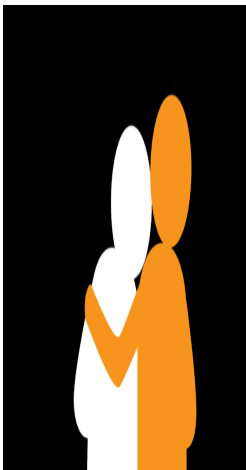
What is sensory development? the maturing of the *five familiar senses: hearing, smell, taste, touch, and vision.* It also involves the way your child's nervous system receives input from these senses and then forms an appropriate motor or behavioral response. This is known as sensory processing or sensory integration

THE FIVE SENSES



Sensory learning is a learning technique in which children use any of their five senses to learn about and make sense of the environment around them

A Peek At Last Month's
Kindness to self and others



Students watched videos and engaged in fun activities about how to show empathy and build true friendship. Students across 596 did activities around walking in each other's shoes, showing compassion and being a friend to build empathy.

Empathy places ourselves in the shoes of the other. Empathy reminds the other that we share in their humanness.

Food for Thought

When you start using senses you've neglected, your reward is to see the world with completely fresh eyes.

Barbara Sher

Upcoming Wellness Activities

May1 596x will be focusing on NUTRITION
Book: The Proudest Blue: Ibtihaj Muhammad