



K C R E A D Y 4 S

MUNCH & LEARN

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UNLOCKING TALKING

Brief overview of speech and language milestones for 3 & 4-year-old children and ideas to expand language understanding and expression during everyday activities including mealtime, laundry, shopping and picture book reading. Facilitated by KC Ready 4s' Speech Language Pathologists, Heather Hudson & Jayne Trombley.



COMMUNITY RESILIENCY MODEL

Come learn how to make neuro science fun! Gain an understanding about the wise old owl and the barking dog while learning easy ways to gain control of out of control emotions. We will have fun with puppets and crafts. This Munch & Learn was adapted from the Community Resiliency Model and I am so excited to share it with you! Facilitated by CRM Certified Trainer, Erika Hamlet.



EXPLORING OUR SENSES

We make sense of our world through our sensory system - by touching, smelling, hearing, seeing, tasting, feeling, and moving. So, for us to feel calmed, centered, and ready to learn, we need to be exposed to a variety of sensory input every day. Join pediatric occupational therapist Rebecca Hernandez as she shares about the importance of giving our kids rich sensory experiences. Let's have fun and get messy! Facilitated by Occupational Therapist, Rebecca Hernandez.



DEALING WITH FEELINGS

Research indicates that strong social/emotional skills contribute significantly to a child's success at school. Being able to talk about emotions and work as part of a team are important pieces of learning to get a long with others. Do you want to strengthen your learner's social/emotional muscle and have fun at the same time? Children and their caregivers will play a cooperative game together, talking about feelings and taking turns to reach a common goal. Come join us! Facilitated by Behavior Support Specialist, Mary Baggerman.

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