



MINI MILESTONES

The Pre-Primary Center at Carpenter Street School

PARTNERS IN LEARNING

February: The Power of Movement

This month, let's focus on the benefits of movement in early childhood development:

- **Boosts Brain Development** - Physical activity strengthens neural connections, helping with memory, focus, and problem-solving.
- **Develops Motor Skills** - Running, jumping, and climbing improve gross motor skills, while activities like coloring and building with blocks refine fine motor skills.
- **Encourages Social Growth** - Playing games, dancing, and group activities teach teamwork, communication, and cooperation.
- **Supports Emotional Well-being** - Movement helps release endorphins, reducing stress and promoting happiness.
- **Enhances Learning Readiness** - Active kids tend to focus better and stay engaged in classroom activities.
- **Strengthens Early Literacy & Math Skills** - Movements like clapping, jumping, and rhythm-based games reinforce pattern recognition, sequencing, and spatial awareness—building blocks for future academic success.
- **Boosts Confidence** - Mastering new skills fosters independence and a sense of accomplishment.

Be sure to explore our Family Padlet for more resources on the many benefits of movement!

