

## Fun Day for Care Centers (Paperback)



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## FUN DAY FOR CARE CENTERS (PAPERBACK)



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Paul Mackie, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. FUN DAY FOR CARE CENTERS Fun day activities for: Educational Centers; Childcare Centers; Senior Centers; Day Programs and Care Centers. About This Book and the Author The author (Paul Mackie) has over twenty years of experience working with children and adults as an educator and personal care worker. Paul is a certified level two Early Childhood educator in Alberta Canada; has worked as a Community Care worker with special needs children, adults and seniors; and has worked with special needs children in daycares, Day programs, and the school system. This book presents activities that may help children, adults and seniors be the best that they can be; the only difference is the way that the activities are presented to each group of participants. The activities are presented in sections, and it is up to you to choose the activities that you feel will suit your participants abilities. If needed, instructions will follow each set of activities, explaining how to present the activities to each group of participants. The instructions will be in the order of children, adults and seniors. As an example: Moving To Relax is presented in storybook form to children, with no explanation of the movements benefits. With adults or special needs adults, the movements are presented as a fun exercise, which may or may not have an explanation of benefits. With seniors the movements are presented as a daily morning exercise, with an explanation of benefits. A 5 to 10 Minute Exercise To Start Your Day Page 9. Water - Clear thinking. Page 10. Energy Boost - Energy when you need it. Page 11. Crossovers - Access and use both sides of the brain. Page 12. Connections - Solve problems...



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