



NEW! Bug Bash (All ages with parent) \$5/\$7
Addt'l Child \$3/\$4

It's an end of the summer party for the whole family to enjoy and celebrate nature! We will learn about the beautiful bugs in our parks, try catching fire flies, make crafts, create, and enjoy a healthy snack of ants on a log! Fee applies only to child, parent must be present, but doesn't need to register. Children receive a bug catcher to take home.

JAC TH 8/16 7-8:30pm Reg by 8/14 #1539



MIDWEST GENERATION

An *EDISON INTERNATIONAL*SM Company

Acknowledging our generous Partner, Midwest Generation, we are able to bring many nature programs to you for little or no fee.

NEW! Bowen Park Campfire FREE

Bring you campfire tradition to Bowen Park. Share your Boom Chic-a-Boom song or story and make a yummy S'more or Chocolate Banana Boat right over the campfire. All the fixings are provided. The evening will be great fun for the whole family.



Please dress for cooler temperatures for when the sun goes down. If it is a clear night we will also star gaze before heading home. Preregistration required.

JAC FR 7/13 7-9pm Reg by 7/1 #1876

NEW! Environmental Education Workshop Growing Up Wild

(18 years & older)

\$39/\$43

Early childhood educators and caregivers of children ages three to seven years are invited to participate in this exciting, fun, three-hour interactive, hands-on workshop designed to help you discover how to engage young children in activities that encourage exploration of the natural world. The workshop may include crafts, art projects, music and movement, reading and math connection and much more. Activities are correlated to the National Association for the Education of Young Children standards and the Head Start domains. Workshop participants will receive a copy of the guide and certificate of completion. For more information please call Jen at 847-360-4705. You may also go to: <http://projectwild.org/GrowingUpWILD.htm> to learn more about this workshop. CPDUs and CEUs available.

BRC WE 7/25 9am-12pm Reg by 7/16 #1878

Our school has used the "Growing Up Wild" as a resource for the past six months. Not only does it have wonderful activities for the preschool and pre-K classrooms, but many of the activities are easily adaptable for the toddler classrooms. We can use it to generate a thorough curriculum which includes math, literature, music and social skills in addition to science and nature. It offers activities and ideas that inspire my teachers and expand their own knowledge and teaching styles.

—Donna Gorman
Goddard School (Westford, MA)

Benefits of Nature to Children

According to an article in the Journal of American Medicine, unstructured free play in the out of doors brings cognitive, social and health benefits to children in a variety of ways. Generally children who get outside on a daily basis are smarter, more cooperative and healthier overall.

The Benefits:

- Did you know children who play outside on a daily basis demonstrate increased creativity, better problem solving skills, more focus, and better self discipline. What mother wouldn't want their child to have more focus and better self discipline?
- And the article goes on to cite many social benefits like better cooperation in groups, greater flexibility, and self-awareness. Pediatricians should be prescribing regular time outside to our kids.
- The emotional benefits of time outside include increased stress reduction, reduced aggression and increased happiness. I am a mother of three boys, sign me up for anything that will reduce aggression.

Basically children in the study who had regular opportunities for free and unstructured play in the out-of-doors were smarter, better able to get along with others, healthier and happier.

Family Programs

NEW! Belvidere Park Family Bocce Ball

Parent & Child (6 years & up) \$10/\$11

Sign up with your child to play a fun non-competitive game of bocce ball. The kids will enjoy interacting with mom, dad, grandpa, grandma, or any adult relative as they roll the bocce balls down the lane to get closest to the "pallina". Play at Belvidere Park, because during our family bocce time all different levels of experience including beginners are welcome! We will provide a short instruction on how to play the first meeting and equipment at every meeting. The game requires two people per team. At least one adult must partner up with each child. Price is listed per couple, register under the adult's name.

BRC TH 6/7-6/28 5:45-6:45pm Reg by 6/5 #1543

NEW! Family Ball Game Days

(7 years & older) \$10/\$12

Fun in the sun! Enjoy playing wiffle ball as a family one week and kickball the next! Sweet talk your neighbors, and extended family members to sign up as well, and a great game is sure to be had by all. Games will be played in Belvidere Park. A deli style lunch is included for all who participate on both days. Price is per person and fee covers both dates. All children must be accompanied by an adult.

BRC SA 7/28 & 8/4 11am-1pm Reg by 7/25 #1828

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JAC TH 8/16 7-8:30pm Reg by 8/14 #1539

Don't You Know You're Beautiful?
(8 years & older)

FREE

Join a group that aims to bring women together to build positive self esteem. Mothers/Mentors and daughters unite to build positive self-esteem! Free yourself from beauty stereo-types by discussing challenges we all face and open our eyes to what self esteem is and to build a positive self image. Many feel beauty is unattainable, after this program discussion, young ladies can feel inspired that beauty is within! This is a workshop for young ladies and a mentor or mother to experience together! Help boost your daughter's confidence before she goes back to school!

BRC TH 8/2 6-8pm Reg by 7/31 #1537



NEW! Science Made Fun!- High Touch High Tech

These programs are an excellent opportunity for your child to explore and learn. High Touch High Tech of Chicago is an educational organization who specializes in providing fun and engaging science and environmental activities for children. With financial support from Midwest Generation we are able to provide these programs to you for FREE. Each class is 45 minutes in length. Family program: supplies are provided for child only.

Up, Up, and Away© (4-6 years)

FREE

Learn about aerodynamics and what makes things fly. Learn about lift and drag as we use blimps and balloons. Launch a rocket and calculate altitude, make a helicopter and discover why what goes up must come down.

BRC SA 6/23 9:30-10:15am Reg by 6/18 #1831

Edison's Workshop©
(Family ages 4 & older)

FREE

Explore the amazing world of electricity. Learn what's "current" as you make your very own electroscope and much more! Get all the hair-raising facts!

BRC SA 6/23 10:30-11:15am Reg by 6/18 #1832

Chemfun© (7-12 years)

FREE

Find out how much fun chemistry can be! Build your own chromatography chamber and watch the colors separate before your very eyes. Make your own silly putty and gummy bears as we learn real chemistry

BRC SA 6/23 1-1:45pm Reg by 6/18 #1833