

Chnika

UNITING STRONG MINDED BUSINESS PEOPLE

Led by heart, backed
by mindfulness

Reflecting on life and
business pre-Covid and how
to strengthen the future

Dodging Sparks
How to make working
with your partner work

A new look at reading
readiness
Is your child physically
ready for reading?

6 Killer Tips
To boost your phone
conversations

Turning turmeric into
a thriving business

Colouring books by
children, for children
Creativity Without Borders





"You can learn new things at any time in your life if you're willing to be a beginner. If you actually learn to like being a beginner, the whole world opens up to you."

Barbara Shur



*You loved us,
so we're back!*

Wow, thank you all so much for your amazing and positive feedback to my first issue. I had no choice but to go ahead with a second issue with so many fabulous business owners getting in touch wanting to be involved and others just wanting to read the stories and soak up the knowledge being shared.

Many commented that there was a real gap in the market for this type of magazine. I really want to provide another platform for businesses to shout about their amazing-ness.

Because I am not super-woman, all the business owners involved have written their own articles and in most cases supplied their own photos. From the bottom of my heart I thank them for this. If I was doing the writing on top of the planning, editing, design and distribution this magazine would never have got off the ground. Please remember that for most writing doesn't come naturally and we're all

embracing imperfect action. Done is better than perfect is super hard for me to accept, but I'm learning that sometimes it's just the only way to get stuff finished.

It is a real honour to have an article from Gill Connell. I first came across Gill's work 13 years ago, as a new mum watching her on SPARC's Active Movement DVD about giving your child the best start. Many years later when she became a client I was star struck and speechless at our first meeting. Great reading for parents of young children.

Our power couple (no pun intended) on the cover have been married and worked together for five years. Have a read of their article to find out how that has worked for them.

Catherine

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DODGING SPARKS

In 2015 Scott and Cheryl decided to get married and start working together at the same time. They share how they make it work and what they've learnt along the way.

Scott started STS Electrical in 2009 while I was at University studying. It was originally never our intention for me to work in the business. I helped out from time to time but worked full time in banking while Scott grew the business to a team of three. At the time I had no desire to work in the electrical industry (had big ambitions of my own!) and Scott was happy running the business on his own. But over time as the business grew, the admin side of quoting, invoicing and even just job bookings built up, to the point where Scott would wake up in the middle of the night and work several nights a week just to get some tasks off his mind.

After weighing up all the options we concluded that the best option was for me to join STS full time. In my role at ASB I was working with documentation and financing for international trade. I loved working

with my business clients and had a good eye for details and organisation. Such a paperwork nerd! I realised Scott needed a similar skill set at STS, and that working in a small business would give me an opportunity to gain some HR and marketing experience to boot. In early 2015 we got married and started working together at the same time! Lots of friends and family thought we were a bit mad, and it did take us a few years to iron out all the kinks.

Now as I enter my sixth year of being at STS, I like to think we now run a well-oiled machine.

Here are a few things we learnt along the way that helped us make it work. These tips mostly apply to working with your partner but would also apply to working with a family member.

Run the numbers: You might be surprised by how financially viable it might be to hire an administrator or similar role for your small business. When we first considered the idea, it didn't seem cost effective, but once we took into account the savings that came from working from home (goodbye corporate wardrobe!) it became very feasible. Establishment of better systems also resulted in increased profit as we became more efficient with time and had a better handle on costs.

Ensure it's a good fit: Ensure that your partner (or family member) is actually someone you would hire to fill that role. If the business needs to become more organised but that's not their strength, then it may not be the best decision. You know them best, so if they don't have the strengths or skills that the business needs then it may make working together difficult and end in heartache.

Learn to love the industry: You have to be willing to learn about an industry that may not be one you are hugely passionate about. When I first started at STS, I wasn't sure I had made the right choice as I didn't understand the electrical world very well and felt like I couldn't help people. I missed being able to solve problems. Eventually after asking a lot of questions I began to learn the tricks of the trade. Now I love what I do - I can assist people with an electrical fault over the phone, deal with our suppliers and work with clients on their new home or renovation.

Give each other personal space: We are very lucky that we still have our own space and are apart for the majority of the workday - Scott is out on the tools and I'm busy in the office. We also belong to different networking circles to give us a chance to work on the business separately. Days where Scott works in the office are a lot more challenging and we run out of room in the office!


Set up a dedicated workspace: This one is crucial to anyone working from home. We have a home office and try to carry out all our work discussions and tasks in there. Once we leave that

room, we try to call it a day so that we can stop being "co-workers" and adjust to being husband and wife again! The physical change is the best way to feel that the "working day" has ended.

Keep growing: As people and as a business. It's sometimes easy in your own business to become complacent without KPI's and performance reviews to keep you in check. It can be even easier when your colleague is your partner. If you work together you need to be able to not just take feedback well but encourage it. We are always open to discussing what's working well and what isn't. We stagnated for a few years as we didn't want to grow the business in size, but we realised we need to keep learning and upskilling even if we don't want to get bigger. We try to say yes to all new opportunities (such as writing this article!).

Have formal meetings: We started making a lot more progress as a business when we began booking in "director's meetings" once a month. We book a time in the calendar and I set an agenda of all the upcoming things we need to do and decisions we need to make. We often go out to dinner to have these meetings as it helps to remove distractions and makes it more fun.

Celebrate the wins: Working together became much more enjoyable once we started celebrating special occasions and small successes. We make sure to go out for drinks and dinner when we have a success - whether it's winning an award or having a big month. I also found it hard to adjust at first to not having a big office Christmas party; now we have a tradition where we see the Basement Theatre Christmas play every year instead. It's not quite the same but it definitely helps. When you own a small business, you take the lows so personally that you can forget to acknowledge the highs.

It took us a few years to settle into our roles and getting used to working as a team, and the above lessons were key to making it work. We love working together and while we have tricky days, we wouldn't have it any other way. 



By Cheryl Lovell-Gadd, STS Electrical Services

Scott and Cheryl pride themselves on being professional, reliable and honest. You can trust that they will turn up when they say they will, complete the job to the highest standard, comply with all relevant laws, regulations and manufacturer warranties and always clean up.

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COLOURING BOOKS BY CHILDREN, FOR CHILDREN

Creativity Without Borders

Michelle Euinton is incredibly passionate about encouraging creativity and connecting children from around the world with their stories and art through her social enterprise Colour Our Story. Underneath her gentle and caring demeanor is a woman (and her team of volunteers) fiercely determined to share the magical powers of storytelling and creativity to make a better future.



Colour Our Story facilitates the creation of colouring-in books with short stories by children for children across the World. These books are designed to empower, inspire and create a real sense of connection and global citizenship through the magical and therapeutic powers of storytelling and creativity.

Through my own travels alone or with my partner as well as the adventures of global friends and Colour Our Story ambassadors, we've all shared the immense joy of getting to know so many wonderful and unique children. Children in Auckland, Dunedin, Melbourne, Uganda and Sierra Leone (at OrphFund Childrens' Homes), Zimbabwe, Bali, Sumbawa (through the Fairnomad organisation), Haiti (through the 'Charity Teas' social enterprise), Laos, Cambodia, Fiji, Mexico, Canada and Prague.

With a fair amount of difficulty we've also been able to get our creative packages, filled with our books and creative supplies, to some of these remote places where we believe they've had a powerful impact and widened a lot of beautiful smiles. Especially upon seeing their own drawings and stories in our colouring in books for other children to enjoy all over the world. In some cases we were able to personally transport and hand deliver large piles of books and art supplies and the reactions we received absolutely reaffirmed for us that this project matters!

Giving children everywhere an opportunity to share their own worlds through creativity also empowers those that may have come from challenging

circumstances. It allows them to feel that they matter, they are seen, heard and they are loved. Whatever their experiences, their backgrounds or their place in this world, they are embraced and celebrated by other children far and wide with kindness, curiosity and empathy.

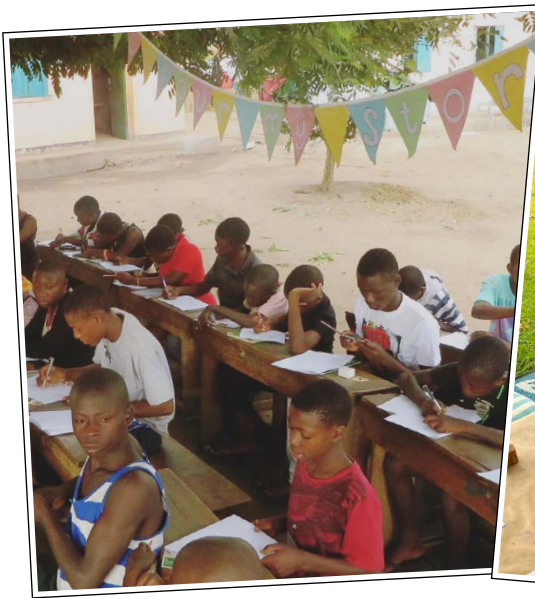
"... there is a whole global village of incredible volunteers, connected online and sometimes at our bookmaking events ..."

But beyond myself and others, who get to connect with the children more directly and personally, there

is a whole global village of incredible volunteers, connected

online and sometimes at our bookmaking events, who give so much of their time and talents to help out with so many aspects of this project. Without them Colour Our Story would not be able to create the magic that it does and intends to create in the future. Our doors and hearts are always open to anyone who wishes to become involved. Together we are united in a shared purpose and vision that uplifts all of us.

Particularly in times like this, with so many kids staying safe at home around the world, it's ever more important that they don't feel alone, they connect, they share and they feel heard. That is why we have launched a 'HOME TOGETHER' campaign that invites children everywhere to share a drawing and short story they've created with other kids and families everywhere for our special 'Home Together' collection. They could share something about themselves or where they're from, what they love,



their dreams or imaginations, what they've been doing, what they've been missing or changes they'd like to see in the world.

We want them to feel empowered to share from their hearts.

Inspired by the spirit of young people, Colour Our Story is also initiating a new global campaign called 'Save Our World'. We are inviting children of all ages everywhere on the earth to share - in their own words and art - whatever is in their hearts and minds... about the natural environment, plants and animals, climate change, and, most importantly, their vision for the world. We've already started receiving many beautiful, creative works from many children in places all over our planet.

It is our hope that the children's Save Our World contributions will reach and encourage all children, adults, and world leaders to learn to appreciate and love the earth.

Our Colour Our Story vision is to:

- create a safe and nurturing space for children to express themselves
- provide an interactive platform for them to share their own creations and stories with each other across borders and oceans
- empower children to share their own narratives rather than be defined by their past or current circumstances
- encourage a strong sense of global citizenship, connection and empathy as they start to explore each other's worlds

Children are the future but they also have the ability to be change makers of today, if given half a chance. They have the natural ability to believe, influence, inspire and create - create hope, create change and ultimately, create a better future. U



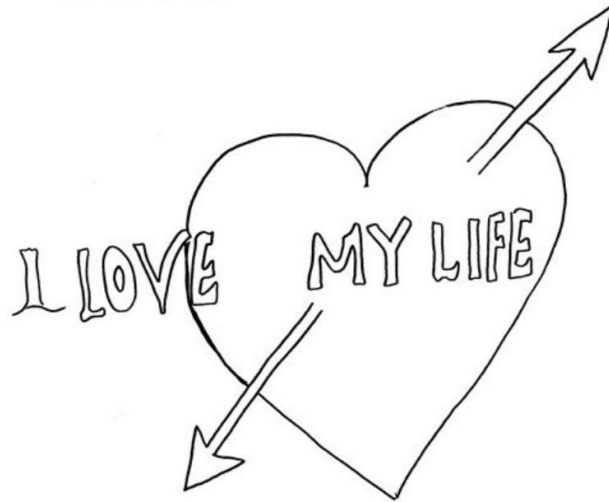
By Michelle Euinton, Colour Our Story

Michelle is a creative and a dreamer who feels at home all around the world. She grew up in Zimbabwe, with a few very special years spent in Kenya, and then moved to beautiful Aotearoa to begin the next chapter of her life. Despite always being told that she was a dreamer and a sensitive soul, Michelle chose to remain defiantly so. As a child, she privately sought solace within her wild imagination. However Michelle now believes in the power of children being given an opportunity to creatively and openly express and share amongst each other and that the transformational effects that could have in our world are boundless. This has become her WHY, her joy and her dream.

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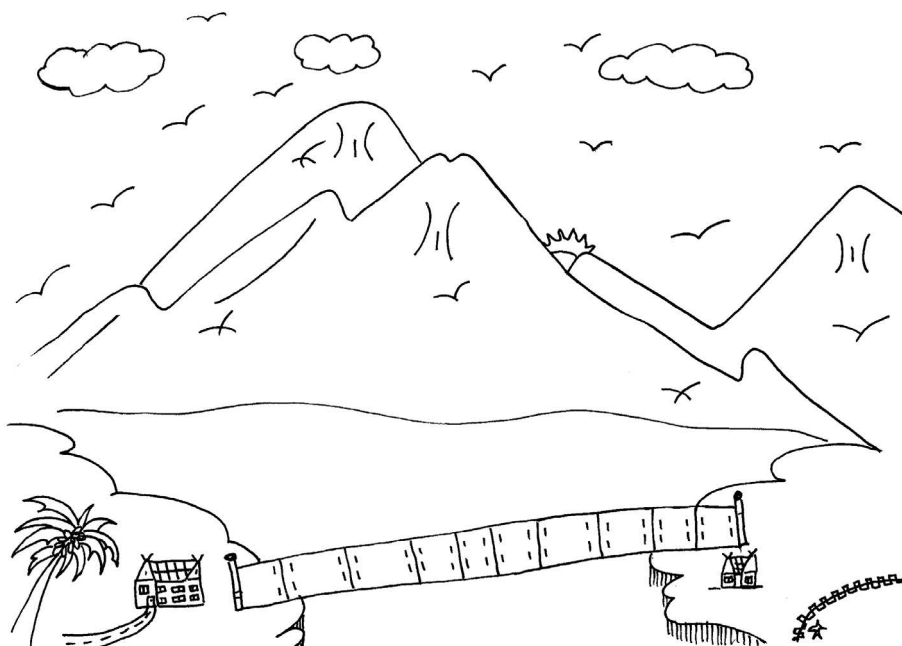
♥ Davis Twinge


Today I'm an orphan. Tomorrow I will
be a Scientist. I have life, I'm healthy,
I have a future. Being a lawyer could
also be my future job. I study hard.
God loves me.



♥ Wangi (boy) 11 yrs old. Sumbawa.

Harbour near the village
and the mountain called Rinjani.





Aarti Patel has always been passionate about health, beauty, wellness and self-care. In her pursuit of clear and smooth skin, she has tried everything from alpha hydroxy acid based glycolic acid peels to microdermabrasion and regular, expensive facials. Aarti has turned this experience into a gorgeous online business.

TURNING THE HEALING POWER OF TURMERIC INTO A BUSINESS

My interest in skincare arose out of a turbulent few years in my teens and early adolescence where I struggled with severe acne and despite all the avenues open to me such as a change in my diet and changing my skincare routine, I did not experience any success.

I have since spent many years looking for the perfect product to overcome and lighten my scars. I have tried very expensive products and brands and at the same time wondered about what I was putting on my skin, knowing that it is a known fact that most of what goes on our skin is absorbed into our bodies and bloodstream (think Nicotine and birth control patches).

It was then that a few years back I attended a friend's Hindu wedding and reflected on a cultural practice that forms part of every Hindu wedding ceremony where the bride and groom are prepared for their wedding day by having turmeric paste smeared on their face, neck and other parts of their body to make their skin vibrant and glowing for their big day. If you travelled to India, you will observe Indian women who don't have a lot of money, but beautiful skin that glows, who practice to this day, the ancient Ayurvedic practice of using turmeric for their face and skin.

As I age and mature, it becomes more of a focus for me to have awareness of my environment and what

goes into my body, to eliminate harmful chemicals and additives from my skincare regime and to revisit an age-old practice that Indian women and other women in Eastern and Middle Eastern society have practiced for many years - and this is what has given birth to Nothing Fancy Skin.

"My mission is to share with you what I have learnt from my culture in the hope that it will promote more consumer driven behaviour towards choosing natural products over chemically enhanced, modified and potentially environmentally unfriendly products."

What I know has come from years of observing the practices of the people from my culture and the practices and beliefs of Indians, based on a range of remedies and inherited over hundreds of years. My mission is to share with you what I have learnt from my culture in the hope that it will promote more consumer driven behaviour towards choosing natural products over chemically enhanced, modified and potentially environmentally unfriendly products. Some tried and tested practices remain to achieve mainstream acceptance in the west,




however turmeric remains to be nature's gold that is slowly emerging in acceptance in the West.

I like to introduce Nothing Fancy as a bespoke, artisan skincare range - targeting a particular type of consumer in mind, one who is keen to evolve their skincare routine to exclude chemicals, silicones, GMO's, and other harmful chemicals and fragrances. My products are formulated with the good of people and genuine beauty in mind....to be safe, effective, healthy and soothing and to provide a sense of healing and wellness that is everlasting. It speaks to me - ancient eastern and ayurvedic knowledge meets a modern, plant based lifestyle. My mission is to awaken your senses to the amazing benefits of turmeric for skin.

At the heart of Nothing Fancy products is our hero ingredient, Wild Turmeric, botanically known as *Curcuma Aromatica* or known in India as

Kasturi Manjal Powder. Wild Turmeric is the central ingredient used in all of our masks. Wild Turmeric is the turmeric that is most traditionally used in skincare and cosmetics for its highly potent anti-inflammatory and healing skin properties. It is also a lighter grade turmeric, less flamboyant in colour that does not stain your skin. Its counter-part, the other food grade spice Turmeric/botanically known as *Curcuma Longa* is brighter in colour and is used in food and cooking.

What's in the name...Nothing Fancy! Like its name, our products are inspired by nature in all its bounties, containing a powerful blend of some of nature's most simple ingredients, when combined give your skin a powerful, natural glow.

All our products are handcrafted, natural, vegan and cruelty free, which is extremely important to us. 



By Aarti Patel, Nothing Fancy Skin

I am a breast cancer survivor and whilst my cancer journey does not define the person that I am today, it does make me grateful for the work that the BCFNZ does. 10% of all sales go toward the BCFNZ to continue to support the wonderful work that they do within our community.

www.nothingfancyskin.com

- 
- 5 Tips to build client trust:*
- 1 - Maintain a consistent brand*
 - 2 - Share testimonials and work samples*
 - 3 - Be respectful of their time*
 - 4 - Be yourself*
 - 5 - Go the extra mile*

Led by heart, backed by mindfulness

Emma-Kate, like many New Zealand small business owners, had to shut the physical doors of her Massage Therapy and Mindfulness Coaching business while, together, we rode the early waves of Covid-19. During this time, she reflected on life and business pre-Covid and how her learnings will not only strengthen her future, but the future of those around her.

She shares her story with us.

I was born in 1974 with a rare heart condition - Truncus Arteriosus if you're curious - and given a 1% chance of life. I've been told my entire life that I'd need ongoing heart surgeries or worse - that I wouldn't survive. I was told that I'd never reach adulthood, have children or live a normal, healthy lifestyle.

Over the following years, my spirited determination saw me through many surgeries

and helped me rise when I was seriously ill. I went on to have three beautiful children who've helped to push and drive me to beat the odds. My middle child, Rossi, was also born with a heart condition and underwent open-heart surgery as a baby and countless other procedures over the years. Together, we know how scary it feels to have life taken out of your hands and to be at the mercy of hospital visits and medical intervention.

The power of Mindfulness

Four years ago, I discovered the power of Mindfulness. Put simply, Mindfulness is allowing yourself to be in the moment. An empowering practice that allows a person to sit with, and acknowledge, their thoughts and feelings – to Let Be, Let In and Let Go.

Mindfulness has been a gift to both myself and my family and has allowed us to keep our heads above water. Since introducing a daily practice of Mindfulness, I've managed to come off all my heart medication for high blood pressure and no longer take pain medications. My sleep has improved, I'm less tired during the day, I'm able to cope with my daily life with ease. Most recently I've increased my moments of mindfulness to guide me through the grief of losing my beautiful Mum.

Strengthening Wellbeing

As a dedicated massage therapist – I care deeply about relieving tensions in the bodies of my wonderful, supportive clients. As I was guided by my appreciation of Mindfulness it started to make sense that I looked to complementary practices to strengthen the overall wellbeing of my clients. To relieve tensions in both body and mind.

But, for a long time I treated my massage practice and mindfulness business quite separately. Under one umbrella, one location but clients generally booked one treatment or the other. Until, I was given the gift of slowing down....

The gift of slowing down

While it saddens me greatly that I wasn't able to treat my clients during our National response to Covid-19, and I – like many small NZ business owners – have suffered financially, I've appreciated the gift of slowing down. Slowing down has afforded me the time, patience and grace to look towards a new way forward.

I've recognised that our once busy lifestyles separated the alignment of body and mind. People treated one or the other but were never fully healed. Going forward, if I'm to treat the tensions, pains and sufferings of my clients I must gently blend massage and mindfulness together.

Time has allowed me to strengthen the connection between massage and mindfulness. To strengthen the new way forward for my business. And, most importantly – to strengthen the wellbeing of my clients and their futures. [U](#)

Wellbeing at home - Top 3 Tips

1. **Breathe and sit with your thoughts and feelings** – acknowledge them. Take 3 deep breaths. Do not dismiss or rush your feelings. Why are you feeling this way? What can you control? What can you change?
2. **The power of words** – be mindful of the words you use. Speak kind words to yourself and others. Replace negative words, with more empowering words. A current, topical, example – I chose to replace with word 'Isolation' with 'Self-Retreat' – I am not stuck at home, I am safe at home.
3. **Practice gratitude** – I start each morning with a heartfelt intention – "Good morning Emma, I love you" is my favourite intention. Journal your gratitude as a powerful reminder.



By Emma-Kate Woodham, Emma-Kate – Wellness

Emma-Kate is a Wellington-based Wellness Practitioner – specialising in massage therapy and mindfulness. She helps people gain back their quality of life by achieving freedom from tensions in the body and mind.

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6

Killer Tips

to

boost your phone conversations

Making a first impression doesn't just happen when we are face-to-face with someone. It happens on social media and it happens on the phone.

Your voice message or next phone call could very well be someone's first impressions of you, so it is important to get it right! So, how do you come across on the phone and what does your voice message say about you?

Here are six killer tips to boost your phone skills.

1. Your vocal tone can determine whether people think of you as confident or not.

If you answer the phone when you feel nervous you can sound pitchy or breathy and speak too quickly. This comes across as less confident. Before answering the phone make sure you are collected, take a breath and say 'Hello' while you breathe out. You will speak lower and slower and it will make you sound more in control and more confident.

The other thing that affects how confident we sound over the phone is whether we sit or stand while speaking.

Try this - Record yourself saying, "Hello, this is *your name*. How are you?" in three different ways:

- a. seated and slouching
- b. seated, sitting straight
- c. standing

Can you hear the difference? If you stand or sit up straight while speaking on the phone, you are more likely to sound more confident.

2. People can hear your mood over the phone!

Here's another exercise - Record yourself saying 'Hello' in different ways:

- In a 'neutral' tone.
- In a happy tone - (think of something that really makes you smile and say 'hello')
- In an angry tone - (think of something that really ticks you off - like rush-hour traffic)

Now play those recordings back and listen to the differences! It's amazing how our moods transmit over the phone!

The BEST way to answer the phone is with a smile on your face :)

3. Create warmth and connection

When we are engaged in face-to-face interactions with people we make eye-contact. This releases oxytocin (also known as the 'bonding' hormone). Obviously, this eye-contact is very absent during a phone conversation.

One thing that can help create some warmth over the phone is, when possible, to look at a profile picture or photograph of the person you are speaking to.

Again, smiling is another way to create warmth as it can be heard in your tone of voice.

4. Make a statement, don't ask.

Do not use the 'up' inflection (making it sound like a question) when you answer the phone or when you make a statement. This comes across as less confident. Only use the up inflection when you ask a question.

5. Don't be distracted!

While on the phone, make sure you don't read emails, google cute animals, look at social media or get distracted in other ways. This will make you sound distant and uninterested. People can hear this in your voice and you will miss out on important parts of the conversation.

6. Have a killer voice message

When last did you listen to or change your voice message? Go on, pause reading and listen to your voice message now. Are you happy with it? Does it make you sound likeable and confident?

Here is the format for my voice message:

"Hi! You've reached the voice mail for Elizabeth Herr :) I'm not available at the moment, but please leave a message and I'll get back to you as soon as I can. Thanks. :)"

(If you want to hear it, my number is +64 21 050 2627)

What I did:

- I made sure I was in a quiet space while I recorded my new message
- I knew what I wanted to convey (i.e. confidence, competence and warmth)
- I smiled
- I stood while I recorded the message

What I didn't do:


- I didn't speak too fast
- I didn't use the up inflection



Interestingly, the first time my husband heard my new message he said, 'Wow, that sounds really good!' It's not just the words we use in our voice message, but HOW we say them that will make it great or average.

Is it time for you to change your voice message? You could ask a trusted friend or two to give you some feedback on your current one.

If you're unsure and want another opinion, give me a call and I'll be happy to listen to yours.

Using these tips can transform your phone conversations. Being more intentional in how you engage during phone calls, gives you more control over how you will be perceived. Here is to greater confidence! 



By Elizabeth Herr, The People Toolbox

Elizabeth Herr is a body language specialist and founder of The People Toolbox. She believes that deliberate and intentional communication is at the heart of every successful interaction. Elizabeth will teach you how to harness effective body language to increase your confidence, have greater client engagement and control over how you present yourself.

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A new look at reading readiness

Is Your Child Physically Ready for Reading?

Homeschooling was a real eye-opener for many parents. Gill Connell is a world renowned child development authority and is a wealth of knowledge about how children learn. It is a real privilege to have her share some of her wisdom with us.

Today, there seems to be more and more programs popping up promising to turn your child into an independent reader with the idea that this will jumpstart their academic career.

Putting aside debates over cognitive readiness, this raises another important question you should consider: is your child physically ready to read?

Well-intentioned as these reading programs may be, when I review them, I never see any discussion of the physical demands reading puts on the eyes.

Reading puts physical demands on the eyes your child may not be ready for.

To be an efficient and effective reader, the eyes must be able to sustain precise muscle control over an extended period in order to follow multiple words

across one or more lines of text. That requires good Eye Fitness -- the ability to FOCUS automatically with both eyes working seamlessly as one (TEAMING) to study a static object without distraction (FIXATION) and effortlessly steer the eyes in a deliberate fashion (TRACKING).

Eye Fitness develops naturally over the first few years of life. And like everything else, it develops differently in each child, influenced in large part by how much activity the eyes have in those early years. With lots of multi-sensory play experiences, and parent/child fun time, the eyes will eventually grow strong enough to support even the most avid of readers. (And note, this does NOT mean time spent in front of a screen. Screen play occurs on a single, two-dimensional plane which has limited value in exercising the eyes for full fitness.)

But what happens if you start to teach your child to read before his eyes are ready for it? If you watch closely, his eyes may give you some clues. While reading, he may begin to...

- Get red, irritated eyes.
- Rub his eyes a lot.
- Get watery eyes.
- Blink excessively when looking at the print.
- Turn away to rest his eyes.
- Jerk his eyes across the page.
- Display a flicker or jump in his eyes when they reach the middle of the page.

But far worse than a temporary case of eye strain, if the experience is difficult, frustrating, or even painful for your child, it may leave him with a lasting, negative impression of reading which could be a big hurdle to overcome when he actually needs to start reading for school.

So, in addition to asking yourself is my child ready for independent reading, I'd ask you to stop and think, **SHOULD** he be reading at this stage?

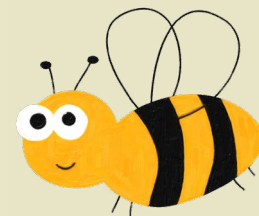
In addition to asking yourself is my child ready for independent reading, stop and think, **SHOULD he be reading?**

In my view, if you want your child to be a great reader when he grows up, focus on his eye fitness first by insuring he has lots of fun, playful, and three-dimensional visual stimulus throughout the day.

Then, spend time reading to and with your child. After a hectic day for both of you, nothing brings you closer, or instills the joy and love of reading more than a few favorite bedtime books before you turn out the light and kiss goodnight.

For a quick eye fitness game full of giggles, try this Moving Smart Playable Moment...

PLAYABLE MOMENT SEE THE BEE!



SET UP

Draw a little face on your finger or thumb to represent the bee. If you'd like and you have time, add a few paper wings with a piece of tape or elastic band.

Then sit face to face with your child and you're ready to get started. Explain to your child...

Bees are very busy, flying from here and there and you never know where they're going to land! Now, we don't want to scare it off, so you have to sit very, very still. Don't even move your head. Just watch with your eyes and let's see where he lands!

SEE THE BEE!

*A bee flew by
As busy as can be*

Fly the bee back and forth across your child's field of vision

*A bee flew by
Oh, the things it could see!*

Fly the bee closer and farther away from your child

*The clouds up here
The grass down there low*

Fly the bee way up high
Fly the bee way down


*Then it sat on my nose
and said*

Fly the bee onto your child's nose

Brush me off if you dare! Tickle your child's nose!

BUZZZZZZZZZZZZ!

After a few rounds, change roles. While reciting the poem, have your child become the bee and watch to see how she flies!

*See the Bee is courtesy of Moving to Learn,
by Robyn Crowe and Gill Connell. *



By Gill Connell, Moving Smart

Gill is a globally recognised child development expert, specialising in the foundations of learning through movement and play. Gill is co-author of *A Moving Child Is a Learning Child* and *Move, Play, and Learn with Smart Steps*. Through her seminars, workshops, conference panels, and speaking engagements, Gill provides developmental expertise and guidance to parents, preschools, primary schools, government agencies, and corporations worldwide.

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We focus on the role movement plays in early childhood development and readiness for formal learning. Moving Smart is committed to engaging and fostering children's natural move to learn style helping teachers and parents understand all the wiggling.

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