

Hello Wonderful Little Sprouts' families,

The end of winter is upon us and the daffodils are blooming signaling that spring is on its way. This time of change comes with the celebration of St. Patrick's Day. With this in mind, we will borrow our month's themes from this holiday and focus our time together on rainbows and the feeling of luck.

To explore the feeling of luck, we will be using our Feelings Face to discuss the expression of lucky. This will help our kids to recognize what this feeling looks like on our and other's faces as well as building their emotional vocabulary and understanding of their own emotions. We will play chance games so they can explore feeling how luck is a mix of surprise and happiness.

We will use the action rhyme "I See a Rainbow" to jump off our rainbow theme. As we act out this rhyme together, our kids will be practicing following a group plan, impulse control, focus, and gross motor movements. The gross motor movement we will be emphasizing is crossing the midline of the body. When we cross the midline of our body, we connect the left and right side of our brains. The ability to do this movement is beneficial for the growth of so many skills, one of which is the ability to read. For many kids, until this skill is mastered, crossing the midline can feel very uncomfortable. They will find ways to avoid or adapt a movement to avoid having to do it. By incorporating this movement into our group play, our children are more likely to try it out, explore how it feels, and practice it.

We will continue our look at rainbows during our fine motor crafts. Together we'll be creating rainbow sun catchers, rainbow windsocks, and doing rainbow dot art. We will begin by making suncatchers to bridge the home and learning environments. Our children will be using crystals to create their suncatchers which, when hung in a sunny window, will project rainbows on their walls. This lends beautifully into practicing our action rhyme "I see a Rainbow" at home. This will bridge the feeling of comfort and familiarity between both environments. As well as encouraging them to cross their midline at and away from home. Our children will also be practicing the pincer grasp, hand control, sharing materials, following the group plan, taking turns, impulse control, completion of a task, and following simple directions.

To add sensory explorations to rainbows, we will be enjoying creating and eating many rainbow snacks made from the amazing array of colorful foods our world has to offer. Eating the rainbow has so many health benefits and by exploring them together we will hopefully see them try some new foods. Tessa has come up with a kid friendly way to do just that using the all-time kid favorite of pizza. She will guide us through making a pizza and topping it with all the colors of the rainbow. As we explore the different textures, smells, sights and tastes of the rainbow, our children's senses will increase their understanding of rainbows.

Below you will find the links and words to the wonderful songs and verses for this month. Please feel free to sing and practice these with your kiddos ahead of time and all month long. This preview and practice will help to ease the anxiety and stress that new experiences and changes can bring. Which in turn, allows your child the calm needed to learn and grow.

May this month bring you an abundance of luck.

I look forward to spending it with you.

Warmest regards,

Emily

Welcome Songs

Good Morning Dear Earth

<https://www.youtube.com/watch?v=sfSmzx0LG8M>

Clean up song- skip forward to 3:00

<https://www.youtube.com/watch?v=vXPTN-lw46I>

Tick tock goes the clock

What does it have to say?

Time for us to pick up our toys

And put them all away

Listening Song

The Listening Song– Lindsay Munroe

<https://www.youtube.com/watch?v=Q1gUfnWJJCQ>

Eyes are watching

Ears are Listening

Voices quiet

Bodies calm

This is how we listen X2

At group time X2

Action Poem/Song

I See a Rainbow

I see a rainbow of colors

Way up, way up high

Long, long lines of colors

Bent across the sky

I can paint a rainbow

Paint it with my hands

Up and over, up and over,

And down across the land

Mealtime Verse-

Thank you for our happy hearts

For rain and sunny weather

Thank you farmers for this food

And that we are together