

Hello wonderful Little Sprouts' families,

As we journey through the month of April, the season of spring, and the celebration of Easter, we will focus our time together on welcoming spring, birds building nests, and we will begin our new social emotional program Kimochis.

Our seasonal song will be "Spring is Coming." We will use this song to strengthen group and cooperation skills as we work together to build a nest. We will then use this nest to act out the action rhyme "Birdies." This rhyme will gently guide our children's listening and direction following skills as they perform the story it tells. Once the story ends and our children are cozy in their nest, they will practice quiet listening while we read seasonal stories. We will also examine the senses of Spring as we play outside and use our Weather Watcher board to focus our sensory understanding of the season.

To explore our feelings, we will begin our new social emotional program Kimochis. Kimochis will give our kids the tools to navigate through their big feelings and behaviors. We will begin by meeting a handful of feelings. They will be a mix of "hard to have" and "enjoy to have" feelings. We will play out each feeling by naming it, showing it on our faces, and making the feeling sound if there is one. We will reinforce these feelings by building them on our Feelings Face.

To celebrate Easter, we will build an obstacle course with eggs hidden throughout. Using our bunny shaped tweezer squeezers, our kids will hunt for eggs while building hand strength, using a variety of gross motor movements, and crossing their horizontal midline. When we cross the midline of our body, we connect the left and right side of our brains. The ability to do this movement will be beneficial for later reading success while hand strengthening will help with writing.

Our group activities will include the fine motor crafts of making a paper plate birds nest and pinecone bird feeders. Our children will practice the pincer grasp, glue use, peeling sticker backs, tolerance of sticky textures, exploration of grainy textures, following simple directions, focus, impulse control, and sharing materials. Our cooking activity will be making playdough. As we explore the light powdery texture of flour, grainy texture of salt, and stir in the wet ingredients, our kids will watch the transformation as they combine into dough. We will then knead the dough and create nests and birds using the dough, twigs, and feathers. While cooking, our kids will be practicing taking turns, impulse control, completion of a task, and following simple directions.

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 your month be egg-celent!

I look forward to spending it with you.

Warmest regards,

Emily

Seasonal Song

Spring is coming- <https://www.youtube.com/watch?v=kUwmuSk4NGI>

0:00-0:21

Spring is coming

Spring is coming

Birdies build your nest

Weave together straw and feathers

Doing each your best

Movement Verse

Birdies

Little birdies asleep in their nest.

Little birdies taking a rest.

They do not twitter nor even tweet,

Cuddled in their nest fast asleep.

“Awake! Awake!” Mother bird said.

They open their eyes and lift their heads.

Come, come, come, and learn to fly

Open your wings and soar to the sky!

Fly, fly, fly away! Birds fly the best.

Fly, fly, fly away! Fly back to the nest!

Song for kneading dough - <https://www.youtube.com/watch?v=qOqJ4Nh1ScQ>

This is the way we knead the dough

Do it with rhythm and very slow
First you push with the heel of your hand
And then you do it over again

Mealtime Verse-

Thank you for our happy hearts
For rain and sunny weather
Thank you farmers for this food
And that we are together