

Hello wonderful Little Sprouts' families,

Spring is here! The flowers are blooming, trees are sprouting leaves and the days are filled with birdsong. We will Celebrate this change of season together by welcoming spring with a focus on birds. We will also begin using the social emotional tools from the Kimochis curriculum to grow our understanding of feelings.

We've been playing with feelings using the Kimochis program informally. Now that our kiddos are more comfortable discussing feelings and have built a good rapport with each other, they are ready to really dive into the program. 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 using stories, our feelings face, and playing together.

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 get to experience our theme of birds firsthand as we venture out on a fieldtrip to the Arcata Marsh. We will walk a gentle trail, do outside circle time, enjoy a snack on the go and observe our feathered friends in their natural habitat. It looks like we will be having some April showers. So, I will send out more details closer to time so we can navigate around the weather.

Our group activities will include the fine motor crafts of making bird finder binoculars, pinecone bird feeders, and salt dough birds and nests. We will be making the salt dough together exploring the light powdery texture of flour, the grainy texture of salt, and stir in the wet ingredients. Our kids will watch the transformation as the ingredients combine into dough. We will then knead the dough, while singing the "Kneading song," and create nests and birds using the dough, twigs, and feathers. During these crafts, our children will practice tolerance of different textures, following simple directions, focus, impulse control, hand strengthening, following a group plan, and sharing materials.

To deepen our sensory explorations to birds, we will be enjoying, creating, and eating many bird snacks. Tessa will lead our cooking activity and guide us through making bird nest cookies. As we explore the different textures, smells, sights and tastes of the recipe, our children's senses will delight in learning about birds.

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

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