

Hello wonderful Little Sprouts' families,

As we journey through the month of August, summer break will be ending and many of us are preparing for the start of the school year. This transition often comes with many "nice to have" and "hard to have feelings." With this in mind, we will focus our time together on finding our brave and our nature theme of Ponds.

We jumped feet first into our pond theme by taking a nature hike down to the Sequoia Park duck pond. It was such a joy watching our kids observe the nature around them, the pond life, delight in feeding the ducks and their ducklings, and counting the turtles they saw. We will continue to deepen our understanding of ponds through books, activities, and play.

Our nature handplay songs will be "This is my Turtle," and "Five Little Ducks." "These songs will build our children's hand dexterity and direction following skills as they use their right and left hands to act out the actions of the turtle and ducks. This will help to build their direction following abilities, participating in a group plan, motor planning, sequencing of a task, and sequencing of numbers.

To explore our feelings, we will keep learning the feelings song, "I am Kind" and continue reading our Kimochis books. These books will give our kids the tools to navigate through their big feelings and behaviors. We will continue to meet the Kimochi's characters and learn how they handle their feelings and redo hurtful moments through a mix of "hard to have" and "enjoy to have" feelings. After each book, we will talk about and practice the skills the characters teach us. This month, we will focus on finding our brave and putting our brave foot forward.

Our group activities will include the fine motor craft of turtle weaving. Using popsicle sticks to create the body of a turtle, we will weave yarn around and around to make its shell. In addition to this, we will explore the use of beeswax block crayons as we decorate wooden pond animal cutouts. These crayons are a staple in Waldorf schools and make it easy for small hands to create a variety of line sizes and shading. These crafts will strengthen our kids' skills by using the pincer grasp, following simple directions, focus, rhythm, motor planning, and sharing materials.

We will practice our group skills of turn taking, sharing, and impulse control by playing The Turtle Hatch game. We will work together in this collaborative water game to save the baby turtles before the sun comes out and bring them safely to their pond.

Our cooking activity, for the month, will be baking black bean brownies. This recipe will combine many healthy ingredients into a brownie that will meet their nutritional and sensory needs as well as their tummies too. It will encourage turn taking, 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 a hoppy one 😊

Warmest regards,

Emily

Feeling Song

I am Kind – Lindsay Munroe

https://www.youtube.com/watch?v=UDc_8ikXcM

Nature Songs-

This is My Turtle

<https://www.youtube.com/watch?v=VYsg80Myn3Q>

This is my turtle

He lives in a shell

He likes his home very well

He pokes his head out

When it's time to eat

And pulls it back in

When it's time to sleep

Five Little Ducks

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

Five little ducks went out one day

Over the hills and far away

Mother duck said, "Quack, quack, quack, quack."

But only (4, 3, 2, 1,) little duckies came back.

Mealtime Verse-

Thank you for our happy hearts

For rain and sunny weather

Thank you farmers for this food

And that we are together

Clean up song- skip forward to 3:00

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

Welcome Songs

Good Morning Dear Earth

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

Morning Has Come -please note: we will be using a slight variation on the last line in the middle verse.

https://www.youtube.com/watch?v=tbGrV_6WvkY

Morning has come,

Night is away;

Rise with the sun

And welcome the day.

Birdies and flowers,

Beasties and men;

Rise with the sun

And join us again.

Morning has come,
Night is away;
Rise with the sun
And welcome the day.