

Dear Wonderful Little Sprouts' families,

As we enter this season of love and light and the days grow ever darker, it is a good time to reflect on the light we have inside of us. The Waldorf pedagogy teaches that we all have an inner light. This light is kindness, goodness, love, and our individual talents. Our social job as members of a community is to share our light with others through our deeds and actions. Keeping this in mind, we will focus our time together on letting our light shine through the act of making and giving gifts to share for the holidays.

Our theme will be introduced at circle time where we will gather to focus on this feeling inside of us. To find our spot on the carpet, we will use simple dance moves and the traditional Shaker song "Simple Gifts." Once we are settled in our spots, we will greet each other with our hello song and check in on our feelings. This will be followed by taking a meditative moment to feel our light inside of us. Once we are filled with our light we will sing a modified version of "This Little Light of Mine" while we pass tea light candles around to personify sharing our light with those around us. To tie everything together, we will revisit the Gnomes and Fairies of the Green Woods while we hear stories about the many types of gifts that can be shared with others. These songs and stories will help our kids with their skills of taking turns, gross motor movements, following a group plan, circle time etiquette, impulse control, attention and focus.

We will build our fine motor skills while crafting our homemade gifts to share our light with others. These crafts will be introduced during circle time in the gentle gnome stories. Following the story our kiddos will have a chance to also make what the gnome's made. They will be creating ornaments, dried flower sachets, and cookie cutter stamped tea towels. Our cooking with Tessa activity will also be a gift to share. She will guide us through making recipe jars to share with a loved one. These crafts will develop hand strength, following simple directions, sharing materials, asking for help, working through frustration, impulse control, building focus, and sensory exploration.

Little Sprouts falls on December 24th this year. We will be taking this week off as many of us will be busy with the holiday. The week after, our Big Sprout buddies will be out of school and are welcome to join us on New Year's Eve for a special celebration to say goodbye to 2024 and bring in 2025. I hope you all can make it!

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 they need to learn and grow.

May your month be filled with the warmth of love.

Warmly,

Ms. Emily

Welcome Song: Halo a H-uile Duine (Hello Everybody)

https://www.youtube.com/watch?v=xNNU0COY_8I

Hello Everybody x2

How are you today?

(name) is feeling _____

That's how she/he's doing today

Circle Time Songs

Simple Gifts <https://www.youtube.com/watch?v=mk1crOXbsvc>

Tis a gift to be simple, Tis a gift to be free

Tis a gift to come round where you ought to be

And when we find ourselves in the place just right

Twill be in the valley of love and delight

When true simplicity is gained

To bow and to bend we shant be ashamed

To turn, turn, twill be our delight

Till by turning, turning, we come round right

This Little Light of Mine <https://www.youtube.com/watch?v=ZdsPbE9awKY>

This little light of mine,
I'm gonna let it shine x3
Let it shine, let it shine, let it shine

I'll give a gift from me to you
I'm gonna let it shine x3
Let it shine, let it shine, let it shine

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>