

Dearest Little Sprouts families,

On these cold frosty days, I'm finding myself drawn to the kitchen more and more; filling the house with the warmth of the oven and the cozy smells of baking treats. With the kitchen often being referred to as the heart of the home and with many cold days predicted, the need to be warm and cozy is at the forefront of my mind. As I reflect on this and all the skills required when in the kitchen, it seems only natural to make baking and impulse control our focus for our time together in February and March.

Our theme will be introduced at circle time where we will sing and play through the process of baking. Together with a partner we will play "Pat-a-cake" reciting the rhyme and acting through the steps of making a cake. We will then practice our countdown skills with the fingerplay "5 Little Cupcakes," which will lead us through visiting a bakery and buying a cupcake. Following this, we will build our group participation and response skills with the classic game of "Who Stole the Cookie from the Cookie Jar?" To tie all these concepts together, and add to our baking vocabulary, we will reinforce our theme through fun and engaging stories. In addition to the above-mentioned skills, our circle time will also build their skills of impulse control, motor planning, following a group plan, circle time etiquette, focus and attention.

When baking in the kitchen we often find ourselves sampling a little here and a little there. Just a morsal of this and that as we are drawn to the ingredients and flavors that we are using. This is fine when cooking for oneself, but when cooking in a group there are different social rules we need to follow. Our impulse says eat, but it's expected that we use self-control and wait. This is a hard skill for children and adults alike and will be the focus of our baking time together. We will use a modified version of the song "Me Want It" and the delicious ingredients we will be baking with to practice waiting until everything is combined, baked and ready to eat. Baking will also provide our kiddos with a plethora of sensory experiences as they explore the different textures, tastes, visual transformations, sounds, and smells of the ingredients. Turn taking, sharing, patients, and participation skills will also be practiced during this time.

With fine motor skills in mind, we will playfully explore baking by crafting projects that reflect the story of the day. Together, we will decorate aprons and baker's hats, make a plate of paper cookies with chocolate chip buttons, ice puff paint cupcakes, and explore fractions with playdough pies. These activities will help us practice following simple instructions, the pincer grasp, sharing materials, creativity, and building early math concepts.

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 the coming months be filled with everything you knead.

Warmly,

Ms. Emily

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

https://www.youtube.com/watch?v=xNNUOCOY_8I

Hello Everybody x2

How are you today?

(name) is feeling _____

That's how she/he's doing today

Circle Time Verses and Songs

Pat-a-Cake

<https://www.youtube.com/watch?v=lq0mRxKPSoU>

5 little Cupcakes

Down around the corner at the bakery shop,

Five little cupcakes with sprinkles on top.

Along came (Name) with a penny one day.

She/he bought a cupcake and she/he took it away.

Four... Three... Two... One...

Who stole the cookie from the Cookie Jar?

<https://www.youtube.com/watch?v=3TST0MDt-jY>

Me Want It

<https://www.youtube.com/watch?v=9PnbKL3wuH4>

I get this feeling when I see a cookie on a plate
It's too hot, needs to cool, feel I just can't wait
But I know that self control is something I can do
I want to grab it want to eat it
But I wait
I want it
But I wait
Deep breath
And I wait
I did it!
I can wait

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>