

Hello wonderful Little Sprouts' families,

As we enter the winter month of February and the celebration of Valentines, we will focus our time together around this chilly season and the feeling of love.

Our Winter song will be "Mittens" to encourage our kiddos to make appropriate choices when dressing for the weather. It will help them develop finger positioning and movement, which they will need for many kindergarten fine motor tasks. We will also examine the senses of winter as we play outside and use our Weather Watcher board to focus our sensory understanding of the season.

To explore the feeling of love, we will be using our Feelings Face to build a face that shows the expression of love. This will help our kids to recognize what this feeling looks like on our and other's faces as well as building their emotional vocabulary and understanding of their own emotions. We will take turns sharing something we love and play with the Action rhyme "Love is a circle." As we do these actions together, our kiddos will be practicing gross motor movements, following a group plan, impulse control, and focus.

Our group activities will include the fine motor crafts of making Valentines and decorating mittens. Our children will practice scissor and glue use, hand control for placing stickers, sharing materials, finger positioning and hand strengthening. We will also be making no bake toddler cookies. As we crunch up graham crackers, stir in ooey goey peanut butter with agave, and poke in chocolate chips, we will be creating a cookie that will satisfy all their sensory needs and their tummies too. In addition, it will encourage taking turns, impulse control, completion of a task, and following simple directions.

Bellow 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 the child the calm needed to learn and grow.

May this winter month bring you cozy cuddles and lots of love.

I look forward to spending it with you.

Warmest regards,

Emily

Mittens- <https://www.youtube.com/watch?v=6fe7Ryu-AJ4>

Love is a Circle-

Love is a circle,  
Round and round,  
Love goes up,  
And love comes down,  
Love is on the inside,  
Trying to get out,  
Love is whirling and twirling about!

Mealtime Verse-

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