

Dear Little Sprouts families,

With the last full month of winter upon us, and windy downpours outside my window, it is easy to contemplate this month ahead. With winter in mind and the upcoming holiday of Valentines, we will center our time together on snow and snowflakes with a warm and cozy feeling focus on love.

The song “Little snowflake” will be a fun way for us to explore how snow falls from the sky and how it feels when it lands on us. We will use our hands to mimic slow falling snow and utilize our turn taking skills as our children choose what parts of our body the snowflake will land on. They will also be developing, patience, impulse control, body awareness, following a group plan, and group participation skills.

We will be using the action poem, “Love is a Circle” to playfully practice the feeling of love. This poem will help our kids explore simple gross motor movements as they act out the rhyme. It will also reinforce their skills of sequencing, following a group plan and group participation.

The poem has a verse that says, “Love is on the inside, trying to get out.” We are going to focus on this idea by getting to know and express this feeling. Our play will help them recognize what love looks like on our and other’s faces as well as building their emotional vocabulary and understanding of their own emotion. By passing around a felt heart, we will use sentence prompts to hear about our friends’ experiences with love and share our own. The bonus to this turn taking game is that we can practice the social skill of how to show someone we are listening as we give our friends our attention when it’s their turn to share.

Our fine motor crafts will be centered around snow and snowflakes. Our kids will delight in making snow globes, torn paper snowflakes, and snow clouds. So many skills will be utilized for the making of these crafts. They will use the pincer grasp, build hand strength, follow steps in sequential order, build focus, do motor planning, use impulse control, share materials, follow a group plan and so much more.

Snowflakes will also be at the center of our cooking activity with Tessa. Using her gentle guidance and visual steps our kiddos will be making baked snowflakes out of tortillas. This scrumptious snack will also be made with the help of our big buddies who will be joining us over president’s week break. It will be a treat to eat and a treat to have our siblings join us and share in this activity.

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 February be full of love.

Warmest regards,

Emily

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

Seasonal Verse/Song-

Little Snowflake:

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

Snowflake, snowflake, little Snowflake

Little snowflake falling from the sky.

Snowflake, snowflake, little snowflake

Falling, falling, falling, falling, falling, falling, falling

Falling on my head (hand, nose, knee, ear...)

Action Poem/Song

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

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

Welcome Songs

Good Morning Dear Earth

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