

Hello wonderful Little Sprouts' families,

As we begin this new year, I'm sure you've noticed the drop in the temperature. Things are getting chilly and with this change in the weather, we are needing to make changes to our wardrobes. With this in mind, we will focus our time together on the clothes we wear in winter. We will also be exploring the feeling of disappointment and how to navigate this often overwhelming feeling.

For the first Little Sprouts of this month, we will be joined by some of our friends' older siblings. They are out of school on winter break and will be a welcome and helpful addition as big buddies. For this special time together, we will be concluding our theme of hibernation as Tessa leads us in a wonderful cooking activity that teaches us about melatonin and its use in sleep and hibernation. She was sick the week we were originally going to do this, and I am so thankful there are so many weeks this month so we could fit this in.

The feeling focus of disappointment will be explored as we play through all the layers of clothes we wear in the winter. While drawing names, our kids will take turns choosing what color hat, scarf and gloves they want to wear for our circle time activities. Each set is a different color. If someone picks the one we wanted, what can we do with those big feelings of disappointment? We will also have the opportunity to work on empathy as are kids build an understanding as to why their friend is upset.

We will use our hats, scarves, and gloves as we sing, "Warm clothes for when it snows" and "Mittens." Many kids need time to adjust to all the layers winter brings and how they feel on the body. These songs will give the kids playful exposure to these sensations and the need for this additional clothing. They will help them develop finger positioning and movement, which they will need for many fine motor tasks, guide our kids understanding of their own bodies, motor planning, sequencing, following a group plan, and impulse control.

Our fine motor crafts will be scarf decorating, mitten sewing/handprints, and mouse in a mitten sticker activity. These crafts will strengthen our kids' skills at following simple directions, focus, motor planning, pincer grasp, following the group plan, impulse control, sensory tolerance, and sharing materials.

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 January be cozy.

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-

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

Thumbs in the thumb place,

Fingers all together.

This is the song we sing in mitten weather.

When it is cold,

It doesn't matter weather,

Mittens are wool or made of finest leather.

This is the song we sing in mitten weather.

Thumbs in the thumb place,

Fingers all together.

Action Poem/Song

Warm Clothes for When it Snows-sung to the tune of "The Farmer in the Dell."

My hat goes on my head

My hat goes on my head

Warm clothes for when it snows
My hat goes on my head.

My scarf goes round my neck
My scarf goes round my neck
Warm clothes for when it snows
My scarf goes round my neck

My gloves go on my hands
My gloves go on my hands
Warm clothes for when it snows
My gloves go on my hands

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>

