

Dear Wonderful Little Sprouts' families,

For these past 2 years, Little Sprouts has been going full force year-round and even during Holidays and breaks. However, just like the earth rests in winter, Little Sprouts needs a rest time as well. That being said, I do not want to lose the beautiful momentum and growth of our kiddos. So, in order to meet everyone's needs in these winter months, I'm proposing we gather twice a month on Tuesday mornings. For January, this will be on 1/14 and 1/28. During this time, we will continue our reflection 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 by coming together to celebrate two festivals of light: Solstice and Lunar New Year.

When we gather for circle time, we will take 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. I will then read a story that shares about the festival we are celebrating and finish by lighting a candle and singing "Light a Candle for Peace." These songs and stories will help our kids with their skills of taking turns, following a group plan, circle time etiquette, impulse control, attention and focus.

To celebrate Winter Solstice, we will take turns participating in a Spiral Walk. This is a traditional Waldorf activity in which children take turns walking through a spiral of evergreen boughs while carrying a candle. Once at the center, they place the candle down and walk out. As each child adds their candle, the room gets brighter and brighter. This symbolizes how our small inner light grows brighter when added to those around us and small kindnesses add up to big changes.

To celebrate Lunar New Year, we will build our fine motor skills while crafting New Years Lanterns. This will be a great opportunity to practice our scissor skills as we create a lantern that helps us celebrate the return of brighter days to come. We will be developing hand strength, following simple directions, sharing materials, asking for help, working through frustration, impulse control, building focus, and sensory exploration.

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.

It is my sincere hope that you will join us to celebrate these winter festivals of love and light.

May the blessings of light shine on you.

Warmly,

Ms. Emily

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

[https://www.youtube.com/watch?v=xNNU0COY\\_8I](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

Light a Candle for Peace

<https://www.youtube.com/watch?v=FRwwA5nLugY>

Light a candle for peace  
Light a candle for love  
Light a candle that shines  
All away around the world

Light a candle for me  
Light a candle for you  
That our wish for world peace  
Will one day come true

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>