

Hello wonderful Little Sprouts' families,

As we journey through the month of July, we will be jumping, full swing, into the season of Summer. We will celebrate the 4<sup>th</sup> of July, watch caterpillars metamorphosize into butterflies, and learn how to turn feelings of silly into calm.

Our seasonal movement verse will be "The Caterpillar." This verse will gently guide our children's listening and direction following skills as they use their bodies to act out the story of a caterpillar spinning a cocoon and emerging as a butterfly. This will help to build their direction following abilities, participating in a group plan, motor planning, and sequencing. We will dive deeper into our understanding of metamorphosis by hatching our own butterflies to release into the garden and reading butterfly stories.

To explore our feelings, we will keep learning the feelings song, "I am Kind" and continue reading our Kimochi books. These books will give our kids the tools to navigate through their big feelings and behaviors. We will continue to meet the Kimochi's characters and learn how they handle their feelings and redo hurtful moments through a mix of "hard to have" and "enjoy to have" feelings. After each book, we will talk about and practice the skills the characters teach us.

To celebrate the 4<sup>th</sup> of July, we will read a book about fireworks. Though beautiful, fireworks can be very overwhelming for our kiddos. With this story, our children will gain the skills to understand what to do with these feelings when things feel a little too big to navigate. Our 4<sup>th</sup> of July craft will be beading red, white, and blue necklaces. Beading is a great way to build our fine motor skills, focus, hand positioning for writing, and completion of a task. Upon completion they will have a sense of pride and accomplishment in what they have created.

Our group activities will include the fine motor craft of butterfly threading. Using wooden butterflies, with pre-cut holes, our kiddos will use a beginner's needle and thread to decorate the butterfly by sewing designs onto it. It will strengthen our kids' skills by using the pincer grasp, following simple directions, focus, and sharing materials. Our cooking activity for the month will be to churn butter. Using a glass mason jar and a paddle attachment, the kids will take turns turning the crank and watching the heavy cream swirl around and solidify into butter. We will spread the butter onto banana bread muffins and enjoy the rewards of our hard work with a treat that will satisfy all their sensory needs and their tummies too. In addition, it will encourage taking turns, impulse control, completion of a task, endurance, and following simple directions. We will use these skills again as we build an obstacle course to practice the gross motor movements of jumping, throwing, crawling, and balance.

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 the light of the sun shine on you.

Warmest regards,

Emily

## Feeling Song

I am Kind – Lindsay Munroe

[https://www.youtube.com/watch?v=UDc\\_8ikXcM](https://www.youtube.com/watch?v=UDc_8ikXcM)

## Movement Verse-

The Caterpillar

A Caterpillar climbed to the top of a tree.

“I think I’ll take a nap,” said he.

So under a leaf he began to creep.

And he spun a cocoon and fell asleep.

All winter long he slept in his cocoon bed,

Until Summer came along one day and said,

“Wake up, wake up little sleepy head.

Wake up! It’s time to get out of bed.”

Then he opened his eyes on that sunny day.

And, lo, he was a butterfly and flew away.

## 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>

Morning Has Come -please note: we will be using a slight variation on the last line in the middle verse.

[https://www.youtube.com/watch?v=tbGrV\\_6WvkY](https://www.youtube.com/watch?v=tbGrV_6WvkY)

Morning has come,  
Night is away;  
Rise with the sun  
And welcome the day.

Birdies and flowers,  
Beasties and men;  
Rise with the sun  
And join us again.

Morning has come,  
Night is away;  
Rise with the sun  
And welcome the day.