

Hello wonderful Little Sprouts' families,

With the conclusion of planting month, it is only natural to now turn our attention towards the miniature world existing within our gardens. With this in mind, we will focus in on the garden helpers that create the delicate ecosystem our plants need to thrive and grow. Together, we will spend our month playfully exploring bees, lady bugs, butterflies, and worms with a feeling focus of using our words to share how we feel.

We will do two action poems this month, "Garden Helpers" and "The Caterpillar." "Garden Helpers" will introduce our kiddos to the many pests we might find in our gardens and the helper creatures that keep the pests away. They will use their hands to act out the suspense and bravery of this poem while building their hand coordination and manipulation. "The Caterpillar" will gently guide our children's listening and direction following skills as they use their bodies to act out the lifecycle of a caterpillar. This movement poem will guide them through the sensory experience of a cocoon. Using fabric, we will wrap our kids and apply gentle calming pressure to their bodies. This can be extremely regulating for many kids and is a great way to calm and prepare for times of quiet. Both poems will help to build their direction following abilities, participating in a group plan, motor planning, and sequencing.

To explore our feelings, we will continue reading and discussing the tools in our Kimochis' books. These books will give our kids the skills to navigate through their big feelings and behaviors. This month, we will meet a new Kimochis character, Bug, and see how he turns on his voice to share what he needs.

Our crafts this month will give us many opportunities to observe garden helpers. We will use our fine motor skills to make bee houses, explore a butterfly's symmetry, craft a ladybug, and make worm observation jars. In addition to this, we will also be watching caterpillars metamorphose into butterflies, releasing ladybugs into the garden and feeling wiggly worms in our hands. While doing this we will be building hand strength, following simple directions, sharing materials, practicing the pincer grasp, enjoying sensory play, and building focus.

For cooking this month, Tessa will guide us through how to make gummy earthworms. These wiggly garden helpers lend themselves beautifully to a fun sensory experience with gelatin that turns itself into a very lifelike snack for us to enjoy. Cooking together will increase our impulse control, turn taking skills, following simple directions, and meet many of our sensory needs.

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 garden helpers outnumber your pests.

I look forward to spending this month with you.

Warmest regards,

Emily

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 sunshiny day.

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

Seasonal Poem

Garden Helpers

This is the garden I love the best

But look what's that, a garden pest!

It wants to eat my garden so dear

My helpless plants quake in fear

But who is that so bold and brave

It's ladybug, my garden he'll save

He'll eat the aphids. Naughty pests
Ladybugs always a welcome guest

This is the garden I love the best
The soils too hard, I gave it a test
The roots are stuck tight in a ball
Oh dear, this won't work at all
But who is that so wiggly and brown
It's earthworm and he's soil bound
He'll burrow the soil and make it loose
Let's put this hero to good use

This is the garden I love the best
Will it grow? I'm feeling quite stressed
It has roots, shoots, and flowers galore
But where are the pollinators I adore?
Look there is bee and sweet butterfly
Gathering pollen and fluttering by
Now my garden will grow me food
These helpers turned around my mood

This is the garden I love the best
It's nighttime now and time to rest
But who will guard it this night long
The snails and slugs could eat it gone
But wait, what's that curled in a ball
It snorts and snuffles so cute and small
It puts out its prickles, it's up to the test
Hedgehog will eat those sluggy pests.

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 Song

Good Morning Dear Earth

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