

Hello wonderful Little Sprouts' families,

As we enter the month of March, the start of spring, and the celebration of St. Patrick's Day, we will focus our time together around the change of seasons and the feeling of luck.

Our seasonal song will be "Winter Goodbye." Children can have a lot of big emotions when things change and it's time to say goodbye. We will use this song and the change of season to reassure our children that they are safe and will stay the same even when the things around them change. It will help them see that goodbyes are often followed by fun new opportunities. We will also examine the senses of winter turning to spring as we play outside and use our Weather Watcher board to focus our sensory understanding of the season.

To explore the feeling of luck, we will be using our Feelings Face to build the expression of lucky. This will help our kids to recognize what this feeling looks like on our and other's faces as well as building their emotional vocabulary and understanding of their own emotions. We will take turns sharing ways we are lucky, play chance games, and read books to build their understanding of what luck is.

To keep with the theme of St. Patrick's day, our action rhyme will be "I See a Rainbow" As we do these actions together, our kiddos will be practicing following a group plan, impulse control, focus, and gross motor movements. The gross motor movement we will emphasize is crossing the midline of the body. When we cross the midline of our body we connect the left and right side of the brain. The ability to do this movement will be beneficial for later reading success.

Our group activities will include the fine motor crafts of making tissue paper shamrocks and pompom rainbows. Our children will practice the pincer grasp, tweezer use, hand control for placing the tissue paper, sharing materials, and hand strengthening. We will also be baking almond flour shortbread cookies. As we explore the light powdery texture of almond flour, stir in ooey goey agave, watch the coconut oil melt, and smell the almond extract, we will be creating a cookie that will satisfy all their sensory needs and their tummies too. In addition, it will encourage taking turns, impulse control, completion of a task, and following simple directions. We will also build an obstacle course to practice turn taking, impulse control, and gross motor movements like 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 this month bring you an abundance of luck.

I look forward to spending it with you.

Warmest regards,

Emily

Seasonal Song

Winter Goodbye- <https://www.youtube.com/watch?v=DdtZ44P-sG8>

Movement Verse

I See a Rainbow

I see a rainbow of colors

Way up, way up high

Long, long lines of colors

Bent across the sky

I can paint a rainbow

Paint it with my hands

Up and over, up and over,

And down across the land

Mealtime Verse-

Thank you for our happy hearts

For rain and sunny weather

Thank you farmers for this food

And that we are together