

Hello wonderful Little Sprouts' families,

As we journey through the month of May, the season of spring, and the celebrations of May Day and Mother's Day, we will focus our time together on spring flowers, mothers, and learning to navigate "hard to have" feelings.

Our seasonal movement verse will be "A Little Seed." This verse will gently guide our children's listening and direction following skills as they use their hands to act out the life cycle of a flower. This will build their skills in following directions, participating in a group plan, motor planning, and sequencing. They will also practice quiet listening while we read seasonal stories. This understanding of Spring will then be observed and deepened as they play outside experiencing the season with all of their senses.

To explore our feelings, we will be learning the feelings song, "I am Kind" and begin reading our Kimochi books. These books will give our kids the tools to navigate through their big feelings and behaviors. We will start by meeting the Kimochi's characters and seeing how they navigate through their feelings and redo hurtful moments. They do this through a mix of "hard to have" and "enjoy to have" feelings and we will talk about and practice the skills the characters teach us.

To celebrate May Day, we will use our teamwork and group skills to wrap ribbons around our May pole and plant marigold flowers. Our Children will decorate terracotta pots, fill them with soil, and plant the seeds. Over the month we will water them and watch them grow. This will encourage patience, responsibility, and nurturing.

Our group activities will include the fine motor crafts of making Mother's Day cards and flower pinwheels. These will strengthen their skills using the pincer grasp, glue, peeling sticker backs, following simple directions, focus, impulse control, and sharing materials. 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 your month bloom with beauty.

I look forward to spending it with you.

Warmest regards,

Emily

Feeling Song

I am Kind – Lindsay Munroe

https://www.youtube.com/watch?v=UDc_8ikXcM

Movement Verse

A Little Seed

A Little Seed for me to sow,

A Little Earth to make it grow.

A Little hole, a little pat,

A Little wish, and that is that.

A Little sun, a little shower,

A little wish and then a flower.

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>

