

Hello wonderful Little Sprouts' families,

The last month of fall is upon us, and the animals are busy preparing for winter. As a part of this preparation, they are gathering and storing provisions for the long winter months. With this in mind, we will focus our time together on fall animals with an emphasis on gathering. We will also be exploring the feeling of thankfulness as many of us begin our own type of gathering to celebrate Thanksgiving. We will gather the ingredients needed for bountiful dinners and gathering friends and family around our tables.

With Little Sprouts moving and many of our friends traveling for the holiday, we will be taking the week of November 20th through the 24th off. I'm hoping to make this move as seamless for everyone as possible and appreciate everyone's understanding as we work through any wrinkles that may come up with this change.

Our feeling focus of thankfulness will be explored through song, verse, and the use of the thankfulness tree. We will use the song "Thanks a lot," and our mealtime verse to remind ourselves of the everyday things that we can be thankful for. In addition to this, we will take turns placing acorns onto the thankful tree while completing the sentence, "I am thankful for..." This will help develop fine motor skills while we pinch and pull apart the strings on the acorns, hand eye coordination as we put them on the branches, and patience as we wait for our turn.

Our seasonal verses will be "A Basket full of Nuts," and "The Frisky Little Squirrel." Our children will act out the lyrics to playfully enhance their direction following skills as they pretend to be squirrels gathering acorns around the room. They will also be building their understanding of participating in a group plan, turn taking, motor planning, and sequencing as we pass around the basket of acorns.

Our fine motor crafts will be making squirrel nut feeders and handprint forest animals. These crafts will strengthen our kids' skills at following simple directions, focus, motor planning, following the group plan, impulse control, and sharing materials. It will also build empathy for animals as we take a moment to focus on the needs of others.

For cooking this month, Tessa will be guiding us through how to make no bake banana nut bars. Our kids will have the opportunity to practice turn taking and tolerating loud sounds with the blender and explore textures visually and tactilely as they mix the ingredients and roll them into balls. It will encourage turn taking, impulse control, completion of a task, and following simple directions.

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 season be a bountiful one.

Warmest regards,

Emily

Listening Song

The Listening Song– Lindsay Munroe

<https://www.youtube.com/watch?v=Q1gUfnWJJCQ>

Eyes are watching

Ears are Listening

Voices quiet

Bodies calm

This is how we listen X2

At group time X2

Seasonal Verse/Song-

A basket full of nuts- Lorraine Nelson Wolf

https://www.youtube.com/watch?v=ESVH6XGzx2k&list=OLAK5uy_ns09b4pSTpA0X6yweuAjC6ICAfeTIHQMY&index=4

A basket full of nuts I've gathered from my hickory nut tree,
And now I'm going home and I am taking them all with me.

Fa la la, fa la la, fa la la la la la,

Fa la la, fa la la, fa la la la la la,

A basket full of nuts I've gathered from my hickory nut tree.

Thanks a Lot- Please note I've shortened the lyrics

<https://www.youtube.com/watch?v=ZLphADfy4tw>

Thanks a lot

Thanks for the sun in the sky

Thanks a lot

Thanks for the clouds so high

Thanks a lot
Thanks for the wonder in me
Thanks a lot
Thanks for the way I feel

Thanks for the animals, thanks for the land
Thanks for the people everywhere
Thanks a lot
Thanks for all I've got
Thanks for all I've got

Action Poem/Song

The Frisky Little Squirrel- Sung to the Grand old Duke of York

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

Oh, the frisky little squirrel
He gathers nuts and seeds.
He hides them for the winter months
So he'll have all he needs.
Oh, up-up-up he goes
And down-down-down he comes.
He runs around - goes up and down.
His work is never done.

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

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.

