

Hello wonderful Little Sprouts' families,

As we journey through the month of October, we will notice a drastic change in the weather as the earth begins preparing itself for winter. As a part of this preparation, the final harvests of the year begin. With this in mind, we will focus our time together on the fall harvest with an emphasis on apples and pumpkins.

We will have two fieldtrips this month. The first will be to go apple picking as a jump start to our harvest theme. For the second, we will dress in costume and go on a pumpkin hunt. These field trips will give us a wonderful opportunity to build upon last month's social skill of group listening by practicing being listeners in an outdoor setting. We will continue to plant our roots and sing "The Listening Song," to gently teach the rules of whole body listening with eyes watching, ears listening, voices quiet, and bodies calm. Then, we will focus on a seasonal book to put these skills into practice. Keep a look out for more details headed your way soon.

In addition to the social skill of group listening, we will introduce the concept of self-control using the gross motor song "The Dingle Dangle Scarecrow." This song will give us an opportunity to practice how to calm down after being silly while the waiting component will help develop our kiddos impulse control. It will work their big muscles, direction following skills, following a group plan, and patience as they wait to jump up and be the scarecrow.

Our seasonal verses will be "Picking Apples," and "Let's Walk Around the Pumpkin." Our children will act out the lyrics to playfully enhance their direction following skills. They will also be building their understanding of participating in a group plan, motor planning, and sequencing.

Our fine motor crafts will be making apple stamps, scarecrow puppets, painting with pumpkins, and pumpkin decorating. These crafts will strengthen our kids' skills at following simple directions, focus, motor planning, following the group plan, impulse control, and sharing materials.

For cooking this month, Tessa will be guiding us through how to make apple pinch pies. Using premade pie dough, our kids will have the opportunity to use rolling pins, cookie cutters and their fingers to create a crust to fill with yummy apples. This will allow them to explore different textures and smells while using both large and fine motor movements to create this seasonal snack. 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 the views out your window bring you the beauty of the season.

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-

Picking apples

Just out of reach, so high in a tree,

Is a juicy red apple, waiting for me.

Get on my toes, and stretch up my hand,

But I can't reach no matter how tall I stand.

So, I must jump as high as I can,

Till I have that apple in my little hand!

I make it shine; my job is complete,

My juicy red apple is ready to eat.

Yum!

Walk Around the Pumpkin-the tune of "The More We Get Together"

Let's walk (jump, crawl, sit...) around the pumpkin,
The pumpkin, the pumpkin
Let's walk (jump, crawl, sit...) around the pumpkin.
It's circle time.

Action Poem/Song

Dingle Dangle Scarecrow

<https://www.youtube.com/watch?v=cgLSB3dxXc8>

When all the cows were sleeping
And the sun had gone to bed
Up jumped the scarecrow
And this is what he said!
I'm a dingle, dangle scarecrow
With a floppy floppy hat
I can shake my hands like this
And shake my feet like that.

When all the hens were roosting
And the moon behind the cloud
Up jumped the scarecrow
And shouted very loud.
I'm a dingle, dangle scarecrow
With a floppy floppy hat
I can shake my hands like this
And shake my feet like that.

When the dogs were in the kennels
And the doves were in the loft
Up jumped the scarecrow
And whispered very soft.
I'm a dingle, dangle scarecrow
With a floppy floppy hat
I can shake my hands like this
And shake my feet like this

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.