

Hello wonderful Little Sprouts families,

The Autumnal equinox has come, it is officially fall and the world around us is beginning its preparations for winter. Staying true to the cycle of the seasons, we too are experiencing this change as our playgroup begins its transition back indoors. As the weather fluctuates, we will continue with our regular rhythms and grow our flexibility with where we do our activities. As we know, change can be hard, which has inspired our social emotional theme of “I can do hard things.” We will explore this theme through the use of fables that highlight the triumphs of overcoming difficult moments.

Through Fables and the social emotional song, “I Can Do Hard Things” our kids can begin to empathize with how we all struggle at times. We will take turns sharing something that we find hard and singing about them while we encourage and lift each other up through lyrics and understanding. This will be followed by the movement game 3 Billy Goats Gruff where we can practice motor movements that feel challenging while keeping in mind “I can do hard things.” With our wiggles out we will be ready to sit and relate to the characters in the read aloud fables who feel they can’t but persevere despite the odds. Our kids’ days are full of so many new challenges, and my hope is that this focus will make those moments a little easier to push through. In addition to this, our children will be building the state standards of “learning examples of honesty, courage, determination, and individual responsibility, from stories and folklore” and “understanding the consequences of the characters’ actions.” They will also build their skills of taking turns, gross motor movements, following a group plan, circle time etiquette, impulse control, attention and focus.

We will craft our way through our theme by making art and playthings to help us remember and retell the fables we will hear. These will include building the 3 little pigs house, decorating a tortoise shell, constructing an apple tree, and beading a lions mane. For our cooking activity, Tessa will help us relive the story of the Little Red Hen as we bake bread together bringing the story to life and creating something delicious for all to share. These crafts and activities will develop hand strength, following simple directions, sharing materials, practicing the pincer grasp, asking for help, working through frustration, impulse control, building focus, and sensory exploration.

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 they need to learn and grow.

May your fall be a reminder of the beauty that comes with change.

Warmest regards,

Emily

Welcome Song: Halo a H-uile Duine (Hello Everybody)

https://www.youtube.com/watch?v=xNNUOCOY_8I

Hello Everybody x2

How are you today?

(name) is feeling _____

That's how she/he's doing today

Social Emotional Song: I Can Do Hard Things

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

Has there ever been something that felt really hard to do

Like riding your bike, or tying your shoe

Sometimes I have to remind myself, I'm stronger than I think

I can do hard things, even when I feel weak.

I can do, I can do, I can do hard things X2

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>