

Hello wonderful Little Sprouts' families,

As we journey through the month of September, we will say goodbye to summer and autumn will begin. This transition comes with many changes to the natural world around us. With this in mind, we will focus our time together on the changing season with an emphasis on trees.

Our seasonal song will be "My Roots Go Down." I've altered a few lyrics of the song to represent the life cycle of a tree from seed to fruit. 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. We will further develop our understanding of trees through stories, crafts, and activities.

We will use our tree theme to guide our social lessons this month. Just as a tree plants itself with its roots, we will learn to plant ourselves on the circle time rug to practice our group listening skills. With the help of "The Listening Song," and stories, we will gently teach the rules of whole body listening with eyes watching, ears listening, voices quiet, and bodies calm.

Our group activities will include the gross motor poem "Autumn." This poem leads us through the activity of raking fall leaves and jumping into the pile. With the use of fabric leaves and brooms, we will rake up a leaf pile to take turns jumping into. This will work our kiddos big muscles, direction following skills, following a group plan, impulse control, and patience as they wait their turn to jump into the leaves.

Our fine motor crafts will be leaf rubbing, leaf crumble handprint trees, and a "leaf man" collage. 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, we will be making granola bars. Using fraction measuring cups and a simple visual recipe we will create a snack that will introduce early math skills, let us explore different textures and meet their nutritional and sensory needs. 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 Autumn help us remember how beautiful it is to let something go.

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

## Nature Songs-

My Roots Go Down

<https://www.youtube.com/watch?v=nZfRunmd8c>

My roots go down, down into the earth x3

My roots go down

I am a small seed waiting to be born x3

My roots go down

I am a sapling reaching for the sun x3

My roots go down

I am a strong trunk thick and round x3

My roots go down

My leaves and branches are swaying in the breeze x3

My roots go down

My fruits have seeds to bring new life x3

My roots go down

My roots go down, down into the earth x3

My roots go down

#### Action Poem/Song

Autumn-to the tune "Sing a Song of Sixpence"

Autumn is the season

When leaves turn red and brown

When the wind starts blowing

The leaves fall to the ground

When it's time to rake them

We do it with a smile

And when we've made a giant heap

We jump into the pile

#### 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](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.