

Nature Immersion

Weekly Recap

Week of:	May 13-18th, 2018
Quote of the Week	Bring ALL OF YOURSELF TO LIFE. And, if you're told you're "too much" - smile and think: Maybe. Or Maybe their capacity is too small. - Glennon Doyle
Conscious Commitment 	This week I commit to self-care.
Birthdays 	<u>Happy Birthday to April School Family Members!</u> May 25 - Olive
NI News 	To celebrate the end of our school year together, we will be having a Messy Water Play day on Thursday, May 24th. You're welcomed to attend even if it's not your scheduled day, however you will need to stay and play. We will need the extra help. Please let us know if you have kiddie sized pool, slip and slide or sprinklers that we can use for the day. We are also collecting shaving cream bottles for play. Swimsuits and a change of clothes will be needed. :)
The More You KNow...	Participate in the first of its kind "Family Camp" for parents and their children with hands-on age-appropriate sessions for parents and children in separate and joint sessions in this unique opportunity with the creator of Conscious Discipline, Dr. Becky Bailey and some of her Master Instructors. As one of her Conscious Discipline Certified Instructors, I plan to be there as well. I'm super excited to attend! One Day Family Camp with Shubert!
NI Recap	I can't believe we're down to the last week of school! I want to take this moment to thank all of you for welcoming me with open hearts. I know it can be distressing when there's a change in staff and new teachers. I've truly enjoyed getting to know your children, sitting in the dirt, playing games and just having conversations with them. It's been good for my soul to get back into the classroom. Thank you for sharing your children

	<p>with me. This week in Nature Immersion we had tons of fun exploring the rain, water and rainbows! We took advantage of the rainy week to throw our rain gear on and play in the rain as long as the thunder and lightning stayed away. The kids had a blast! Inside our play studio we read enjoyed a shared reading of Planting a Rainbow and followed up with a activity where the children had an opportunity to play with primary colored drops of water and make rainbow colors of their own using eye droppers to transfer the colored water from cups to aluminum foil and coffee filters. We sang songs and learned a new rhyme that focuses on the letter R.</p>
Toddler time	<p>We started the week off enjoying free exploration in the rain! The toddlers made mud puddles and pies, we had a lot of rain to work with. I've noticed the toddlers showing more interest engaging in conversations. We read books about rain, storms, and weather. We talked about wind and I pointed to the trees swaying, as well as blew on their legs and paper to give them relatable examples.. Our snack conversations have been lively lately, we brought out loose parts to talk about the shapes and colors of them. We spent more time on colors as we used different fruits and vegetables to explore for a sensory activity. We saw red apples, oranges, broccoli, and pineapple. This activity was particularly fascinating because we were able to smell, squeeze, and (secretly) taste the fruits and vegetables. We talked about different juices and foods we could make, and pretended to make different things using water and dirt, yum! The toddlers noticed that after mixing the fruits with dirt and water, it was a good idea to only pretend to eat whatever we were creating. A few weeks ago when Beebs and the Money Makers visited, the toddlers loved the kazoo more than anything! We were able to make kazoos using toilet paper rolls, wax paper, and rubber bands. We rocked out with our kazoos making a wide variety of sounds and one of a kind music. Some of our friends love to make loud noises, the kazoos gave the perfect opportunity to let it out! We could bolt it out from our chest and it would end up sounding really silly!</p>

We Care Center



stressful day TO-DO LIST

- CALL A FRIEND
 - TELL SOMEONE "I LOVE YOU"
 - WRITE HOW YOU FEEL
 - CELEBRATE WHAT'S WORKING
 - EAT SOMETHING HEALTHY
 - FIND A DOG
 - TAKE A TIME OUT
 - GO OUTSIDE
 - WEAR SOMETHING COMFY
 - TRASH NEGATIVE THOUGHTS
 - DRINK WARM TEA
 - REMEMBER HOW FAR YOU HAVE COME
 - LOOK AT PRETTY ART
 - DON'T OVERBOOK
 - SLOW DOWN
 - COMPLIMENT YOURSELF
 - LISTEN TO HAPPY TUNES
 - BE YOUR OWN CHEERLEADER
 - REMEMBER: YOU'RE SMALL
 - CONSIDER HOW YOU'RE LUCKY
- Diana DiPiero '17