



Building Social and Emotional Skills at Home

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Upcoming Events

- ◆ April 10-13 Public School Spring Break
- ◆ April 14 Good Friday Center Closed
- ◆ April 23-29 Week of the Young Child.

School classrooms are busy places where young children learn all sorts of things, including social and emotional skills such as how to express feelings and how to work together with friends on a project. Here are some suggestions for helping your child develop social and emotional skills at home.

Puppets. Teachers sometimes talk with children about conflicts and help them think about solutions while using puppets and families can try this technique at home. Puppets are a great way to introduce children to feeling words like *happy*, *sad*, *angry*, and children will sometimes talk to puppets about their feelings. Puppets can also help in discussions about challenging topics, like getting to bed on time.

Think out loud. When your child hears your thinking process, it helps her understand how to cope with frustration and solve problems: "Whoops. My favorite shopping bag has a hole in it. I'd better take another one with me to the grocery store."

Read bedtime stories. There is something magical about this end-of-the-day routine that makes it the ideal time for talking about feelings. Discuss the characters and events in the story. Invite your child to share her thoughts and feelings by asking questions: "What do you think he should do? How do you think she feels? What would you do if you were this character?"

Do a job together. Instead of asking your child to do a chore alone, do it with her. The two of you might fold laundry, set the table, rake leaves, or paint a wall. Help your child join in by shortening the handle of a broom to make it child-size or providing a small paintbrush or roller.

Play games. Card and board games and outdoor games such as tag or hopscotch offer built-in opportunities for helping children learn to take turns, cooperate, handle frustration, and more. While playing games together, focus on fun instead of winning or losing.

Prevent potential problems. Before a friend comes to play, help your child put away toys he does not want to share. Before taking a bus to the zoo, provide a step-by-step explanation of what you will do: "We will wait at the bus stop for 5 minutes, then get on the bus and sit together and watch the sights go by for about 30 minutes [explain this as the length of one episode of a favorite TV show]. Then we will walk three blocks to the zoo and tour the lion house before anything else!" During the trip, remind your preschooler of what will happen next.

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Director's News

March was a fun filled month at the Education Center and there is tons of fun planned for April too!

This month we have the Week of the Young Child to look forward to. To celebrate the Week of the Young Child we have planned themed days planned, see the calendar for details. We would also like to invite all families to come in a share an activity or story with us. Contact your child's teacher to set up a time that works best for you to visit the classroom.

We are all looking forward to a happy spring!

Miss Kristin



Hummingbirds News

This month in the Hummingbird room we welcomed our new teacher, Miss Nicole, along with Annabelle and Austin from the Buzzing Bees. We also wished Luke luck in his transition to RSFK and wished Atticus a Happy Birthday. Much of March was spent getting to know each other and changing the classroom to fit the developing needs of the children. We read books about friendship, sharing, and feelings. Next month we will be discussing Spring and observing all of the changes outside. In addition to learning about Spring we will be preparing for our upcoming Art Show, keep an eye on the calendar for the date!

Miss Nicole & Miss Barbara

Butterflies

Irish eyes were shining in the Butterfly room. Everyone loved pointing to the shamrocks hanging in the classroom. Many of our classmates are moving on to bigger and better things like, crawling and standing. Some have started baby food and others have graduated on to solid foods. We can't wait for the next step and for the Spring weather to arrive! In April we will prepare for the Art Show and April Showers!

Miss Lori & Miss Desirae

Buzzing Bees

Welcome Spring!!! The buzzing Bees are so happy the nice weather is quickly approaching.

This month we talked about and introduced colors to the children. Some of the children were introduced to color words while some of the older children worked on learning what each color is, from colored blocks to colors of paints and crayons being used. The older children enjoyed sorting colored pompoms while the younger children enjoyed mixing colors together with their hands to make a different color.

The children enjoyed the hidden color experiment where we mixed baking soda, food coloring, and vinegar together to see which color would fizz through!!

Next month the Buzzing Bees will be focusing on things that move!!

Mrs. Lisa and Ms. Kai



RSFK News

March was so much fun in the RSFK classroom! We made a leprechaun trap, but didn't catch him! The children enjoyed learning Irish dancing and seeing Miss Ashley in her fancy Irish dance dress and wig.

Some favorite books were *I Was So Mad* and *Anansi the Spider*. For music and movement we moved to rock and roll and "The Mexican Hat Dance." Tubes and balls were popular in the block area, as well as dinosaurs. The children also enjoyed playing hair salon and playing with wooden cookies in the living space. Outside we enjoyed sledding and digging in the snow. They have been doing a lot of counting, sorting, patterning, and playing with magnets in the math and science areas.

Next month we will be planting flowers. What are your favorite flowers to plant in the Spring?

Miss Ashley, Miss Liz, & Miss Erin

School Age News

This month in school age we have been having fun with all the new games that were donated to us. Everybody loves to play Connect 4 Launchers, the Ladybug Game, and Guess Who. All of the children were so excited to have three snow days this month, we got to play games and do art. Some of the children wrote a play. We love days off of school and cannot wait for Spring Break and especially Summer!

Miss Shianna

