

# Room 8 April Newsletter

Last month in Room 8 we talked about Feelings, St. Patrick's Day, Spring, Bugs and Butterflies. We had so much fun chasing the leprechaun, even though we didn't catch him. No pot of gold means Ms. Lynne and Miss Kimberly will have to keep working.

We are so happy to hear parents tell us stories of how their children are using the skills we practice here at school when they're at home. Mostly, we love to hear how children are using the lessons we learned during feelings week. We wanted to take a minute and elaborate what we do in school to help regulate our emotions. First we try to give a couple minute heads up before transitions. When we transition we go over what we're about to do and what's expected. The biggest transition is outside to inside or whenever we transition to a quiet play time. We use a breathing technique to help bring oxygen to our brains and bodies and calm ourselves. We hold up one finger and say smell the flower, now blow out the candle (switching to pinwheel after renewing our conscious discipline training). This teaches children to breathe in through their nose and out through their mouth, a skill that is difficult for young children to master. We talked about how we can't help how we feel, but it's what we do with those feelings that count. We often ask children if they need a hug or to breathe with us to help them calm down and use their words. We have overheard many of our friends using their words when they do not like what other friends are doing. We teach them to say STOP, I don't like that! We are now working on having friends listen to the words of all our friends. We teach the children we are a family and we need to take care of one another. We use phrases like gentle hands or being kind. Some of our class mantras are "Inside we have calm bodies and quiet voices. Outside we run, jump, climb and yell." These are great skills for you to practice and talk about at home.

## Upcoming Events:

4/7-4/11 Week of the Young Child. More details to follow

4/12 Family Picnic concluding the Week of the Young Child

4/18 & 4/21 JPLC Closed For Spring Break

## Birthdays:

Bodhi April 21st

Mrs. Field April 30th