

EXPLORE THE WONDERS OF LEARNING!

October 15th

We continued this week's conversation about how to identify and use different coping strategies to self-regulate our emotions. Ms. A and Ms. B shared playdough with our class. **E** exclaimed that she loves playdough! When we felt it, we realized that it felt a lot like the stress balls we had made earlier this week. We decided that we could use the play dough like the stress ball when we are mad or stressed out. The class used the playdough with different alphabet and letter stencils to create letters of the alphabet. **S** named the letters as he filled them in but he was more intrigued by how the playdough felt.



L took the playdough and squished it between two alphabet blocks. The Kinders used the playdough to create both upper and lower case letters from a flash card. While rolling the playdough into lines **J** claimed she was rolling a "super long" snake to make her name. **E** made the letter T two different ways saying that you could make it from either two pieces of dough or three. We then began to make our names. **L** asked how to spell Ms. B's name and began to find the flashcards with the help of **E** and **J**. Eventually the playdough letters became pancakes and turkey that were slowly fried on the stove to perfection.


Throughout the day, we made surprise birthday cards to give to **D** on Monday. We decided that on Monday we would sing and give her covid safe hugs to celebrate. Everyone was very excited to show off their creative cards. **R** asked how to spell "happy birthday" so she could write it on her card. **L** wanted to use feathers in his card because he thought she would like them. **J** hunted for the perfect length of yarn

to add to her creation. **E** was very particular in the colors she chose to use for her card. **S** insisted on using the zigzag scissors to cut around his card to create a fancy design. **L** was fascinated with using the scissor handles to create circles with his crayon. **K** kept singing "happy birthday" to keep the celebration spirit alive.



Throughout this week, we have discussed self-regulation, our emotions, and the strategies we can use to cope with them. On Monday the Kinders decided to come up with coping strategies from A-Z to help us feel better. Each day, when somebody in the class would come up with a new strategy, we would add it to our list. The table below shows the amazing ideas the PreK and Kinder class came up with to help us cope with our emotions.

<p>A – ARTS & CRAFTS</p> 	<p>B – BREATHING EXERCISES</p> 	<p>C – COUNT NUMBERS</p> 	<p>D – DIM THE LIGHTS</p> 	<p>E – EAT A SNACK</p> 
<p>F – FIDGET TOY</p> 	<p>G – GO TO A SAFE PLACE</p> 	<p>H – HUMOR, TELL A JOKE</p> 	<p>I – INTERESTING HOBBY (trying out a new look – uniform edition)</p> 	<p>J – JOURNAL YOUR THOUGHTS</p> 
<p>K – KEEP BUSY</p> 	<p>L – LISTEN TO MUSIC</p> 	<p>M – MOVE YOUR BODY</p> 	<p>N – NAME YOUR FEELING</p> 	<p>O – OUTSIDE ADVENTURE</p> 
<p>P – PLAY A GAME</p>	<p>Q – QUOTE “I AM SAFE”</p>	<p>R – READ</p>	<p>S – SELF-TALK IN THE MIRROR</p>	<p>T – TOUCH SOMETHING SOFT</p>

				
<p>U – UNPLUG (TV) (find letters instead)</p>	<p>V – VENT (TALK) TO SOMEONE</p>	<p>W – WALK AROUND</p>	<p>X – XYLOPHONE MUSIC</p>	<p>Y – YOGA</p>
				
<p>Z – FIND SOME Z'S</p> 		<p>Morning Affirmations</p> <ul style="list-style-type: none"> • Today is going to be a good day • The world needs me • Today I will do my best 	<p>Listen with your heart</p> <ul style="list-style-type: none"> • Name what you are feeling • Listen to your body • Choose an A-Z coping skill 	<p>When we talk about our feelings, they become less overwhelming, less upsetting, and less scary.</p> <p>-Fred Rogers</p>