

MAGICAL MINDSET NEWS

Week 5



It may have been a short week, but it was full of fun!

For art, the kids made paper plate silly faces with googlie eyes and pipe cleaners. They turned out so cute!

On Wednesday we had a very special community circle where we discussed how to take care of the planet. We gave gratitude to the earth and then sat around a tree barefoot. The kids held hands and practiced breathing mindfully. It was such a special site to see.

This week we also had a heavy focus on Spanish and the kids are totally enjoying it. They are getting really good at following directions in Spanish. We also played a fun game where I would say a food like broccoli, and they would tell me "Que delicioso or Que asco". They loved the game. We played a similar one where I held up an object and then pointed to another one and they would tell me if the second object was "mas grande or mas pequeno". I was so impressed by their focus and interest.



This week was also Jackson's birthday! He turned four. We did a special community circle where we all went around and said nice things about Jackson. Some of the kind things that were said were "Jackson is a good friend, He always shares. He is helpful, and he is nice.

We even got to enjoy extra special birthday donuts that Jackson brought to share with the class!

MINDSET WISDOM

"We need to model calmness. We have to be regulating our own internal states first before we expect our children to learn to regulate theirs."

— Michaelleen Doucleff, Hunt, Gather, Parent: What Ancient Cultures Can Teach