



Nocturnal Animals

Conscious Discipline:

Power struggles can be difficult for both parent and child. Remember: Once you are able to regulate your inner state through deep breathing, you obtain access to the highest centers of your brain. While you are taking these deep breaths, affirm to yourself, "I'm safe. I feel calm. I can handle this." These words are chosen based on research: They unhook you from the survival center of your brain and plug you into the rational part of your brain. Now you can respond calmly in the face of a power struggle, and access your inner wisdom

This Week:

Monday and Tuesday: We will read "The Very Noisy Night" by Diana Hendry. We will learn about NOCTURNAL animals. Children will "fly" bats slowly and quickly to match the music. Children will make a bat with their hand prints.

Wednesday and Thursday: We will read "Owl Babies" by Martin Waddell. Children will play a matching game using trees and owls. We will make a spider web!

Friday: no school

Reminders:

- *As the weather is getting cooler we ask that you send a jacket with your child.
- *Please label cups, blankets, jackets, etc.

Thank you!

Upcoming Events:

- Parent/teacher conferences - October 14th - 15th
- Closed for Professional development day - October 18th
- Pumpkin Patch - October 24th
- Photo Bucket - October 29th & 30th

Bible Story:

"Jesus is the Light to the World"

Based on John 3:16-21

- God is the light of the world
- Just like the world needs light to grow, so do we.
- When we serve God, He helps us see the hurtful things we do so we can say we are sorry for being hurtful.
- This is how we can grow closer to God.

Bible Song:

"This Little Light of Mine"

This little light of mine,

I'm gonna let it shine.

This little light of mine,

I'm gonna let it shine.

This little light of mine,

I'm gonna let it shine.

Let it shine.

Let it shine.

Let it shine.