



Shapes and Sizes

This Week:

MONDAY and TUESDAY: Children will learn about ovals by exploring hard boiled eggs. They will learn about hearts and do shape paintings.

WEDNESDAY and THURSDAY: Children will learn about triangles and will paint with triangle sponges. We will make ice cream cones with circles.

FRIDAY: We will play a game using our shapes.

Conscious



Pretzel

Discipline:

The first step in any discipline encounter is to take a deep, calming breath. Three deep breaths shut off the fight or flight response in the body.

The next breathing technique we use is called the pretzel. Pretzel - Stand with feet crossed, extend arms out in front and cross the left wrist over the right wrist. Interlace the fingers and bring hands up toward the chest. Close eyes and press the tongue to

REMINDER:

Little Life Academy will be closed Monday September 4th in observance of Labor Day. Enjoy the extra day with your kiddos!

Faith In Training:

This week in F.I.T. we will be working on balancing on one foot. We will do this in addition to the frog sit, penguin walk, and bunny hops we have been working on. We will use active worship to accomplish these moves. The songs of the week are: "*Before I Go, I Stop*" and "*king of the Jungle.*" These songs can be found on youtube.

Bible Story:

"Abram and Sarai"

- ❖ One day, the Lord spoke to a man called Abram and said "Go away from your country and people to the land I will show you. I will make you into a great nation and bless you. Indeed, all the people on earth will be blessed because of you."
- ❖ They began to pack up all their things and said goodbye to their family and friends.
- ❖ So, Abram and Sarai obeyed God and they travelled to another land.
- ❖ God promised to bless Abram and make him a great nation, numerous as the stars in the sky.

Bible Song:

"Father Abraham"

Father Abraham had many sons
And many sons had Father Abraham
I am one of them
And so are you
So let's just praise the Lord
Yell "right arm" and move right arm, as if marching.]

Father Abraham had many sons
And many sons had Father Abraham
I am one of them
And so are you
So let's just praise the Lord
[Yell "right arm, left arm" and move both, as if marching.]

