



March

Kindergarten News

Childhood is a journey, not a race...

Did you know?

"Creativity is an area in which younger people have a tremendous advantage, since they have an endearing habit of always questioning past wisdom and authority." -Bill Hewlett

Poem



"The Leprechauns"

The Leprechauns are marching,
They're marching through the hall,
They're marching on the ceiling,
They're marching down the wall.

They're marching two by two,
And now it's four by four,
You say you cannot see them,
LOOK OUT! Here comes some more.

"Parts of an Insect"- tune of Head, and Shoulders, Knees and Toes

Head and Thorax, Abdomen, Abdomen
Head and Thorax, Abdomen, Abdomen
2 wings,
6 legs,
2 Antenna
Head and Thorax, Abdomen, Abdomen



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Math Suggestions

- *Using a dice, or two, or three, roll it and start at that number to count forward as far as they can go (CA Kindergarten Association)
- * Remember to count backwards from time to time. Try starting from the teens then "Lift Off!"
- *Do all oranges have the same number of seeds? About how many do you think they have? Make a guess, then keep track as the family eats some over a few days and find out. How about sections? Do all oranges have the same number? As you compare them, use mathematical terms like more, less, about the same or equal.
- *When speaking of distances, try to use relative terms such as farther, nearer, closer that help to make comparisons. For example: "Which is nearer, your library or the grocery store?" "Which is farther away, the brown sofa or the blue lamp?"
(from Everyday Mathematics Home Links)



Physical Challenge

Exercises for when you are feeling restless or needing a new way to start your day or transition between lessons. (Ideas from hes-extraordinary.com)

Frog Hops

These are exactly what they sound like. Hop back and forth, like a frog. Depending on how much room you have, you may need to hop in one place.

Bear Walk

Place your hands and feet on the floor. Your hips and butt should be in the air, higher than your head. On all fours take two steps forward and two steps back, then repeat.

Gorilla Shuffles

Sink down into a low sumo squat and place your hands on the ground between your feet. Shuffle a few steps to the left and then back a few steps to the right. Maintain the squat and ape-like posture through the entire movement.

Starfish Jumps

These are jumping jacks! Do as many as you can, arms and legs spread wide like a starfish!

Cheetah Run

Run in place, as fast as you can!

Crab Crawl

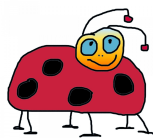
Sit with your knees bent and place your palms flat on the floor behind you near your hips. Lift your body off the ground and "walk" on all fours forward and then backward.

Elephant Stomps

Stand with your feet hip-width apart and stomp, raising your knees up to hip level, or as high as you can bring them up. Try to hit the palm of your hands with your knees.

And You're Done!

Take some time to cool down slowly. Do some stretches or yoga poses and allow your heart rate to return to normal. Those 7 minutes will give you and your kiddos a boost that will leave you feeling great for hours! The animal theme makes this work out enjoyable for kids. Encourage them to use their imagination and make this work out feel like play.



Happy Spring!



