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Newsletter 6 - March 2018

Please join us! It's fabulous and free!

You and your preschooler are invited to join **story time and creative movement** in the Claremont Early Childhood Program's Sensory Room at 10:00am on the following Fridays in March.

3/09/2018 **Just A Nap** is a story about Little Sister needing a nap, but not wanting to take one. She has lots of reasons to stay awake, yet in the end even her teddy bear (who wasn't sleepy) takes a nap with her.

3/16/2018 **The New Potty** is a story about Little Sister learning to use the potty. How she gets used to the potty is funny and familiar to anyone who has helped children move from diapers to the potty.

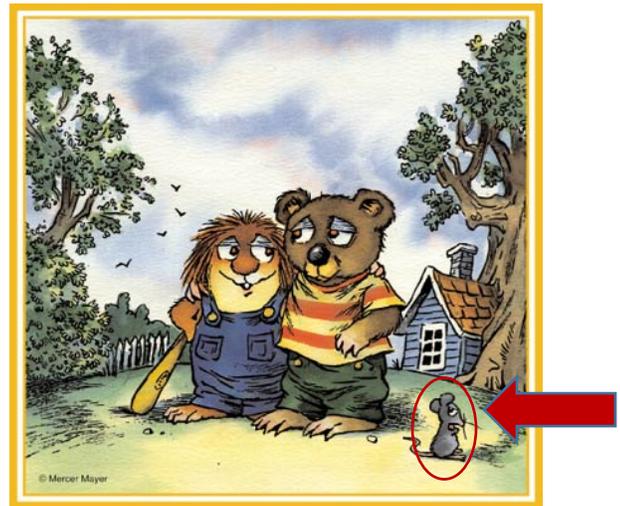
3/23/2018 **Just Say Please** is a story about the importance of good manners and how children should practice them. The examples are things children will relate to as well as laugh about.

3/30/2018 **Just Go to Bed** is a story about Little Critter NOT wanting to stop playing and get ready for bed. Little Critter tries everything he can think of to avoid going to bed, but when he finally does he falls asleep.

We will be having fun movement songs following the Mother Goose Club Nursery Rhymes on the smartboard. We are also doing "Going On a Bear Hunt" using some yoga movements.

Ushering in spring with Little Critter

Mercer Meyer's Little Critter books are just right for spring because each book features illustrations that include a cricket, grasshopper, mouse and or spider. Children delight in the stories as well as finding the critters on each page!



Another wonderful thing about Little Critter books is that they are full of adventures and dilemmas that children and parents can relate too. Little Critter has heartwarming challenges with going to camp, having a sleep over, being mad, being forgetful, having a baby sister, making a mess and so much more.

If you can think of a situation that could be frightening or confusing to a child, chances are there's a Little Critter book that can help. Mercer Meyer has written and illustrated more than 70 Little Critter books, and the **Fiske Free Library** has them all.

Call the **Fiske Free Library** for more information @ **542-7017** and ask about the 1,000 Books Before Kindergarten Club. It's free and as the children read they are rewarded with a book bag, books, stickers and a sense of accomplishment.

Let's Get Moving!

http://www.littlecritter.com/stuff2do_main.html

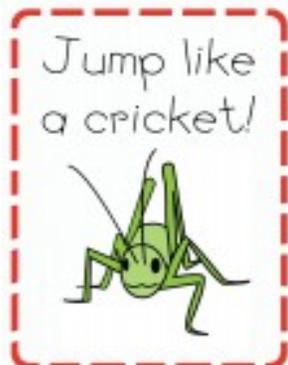
Visit the above link to explore activities to do that are related to Little Critter books. Also included is a section on jokes that preschoolers will enjoy. "What do you call a cow that eats grass? A lawn mooer!"

Visit www.momalwaysfindsout.com for more Mercer Mayer fun activities.

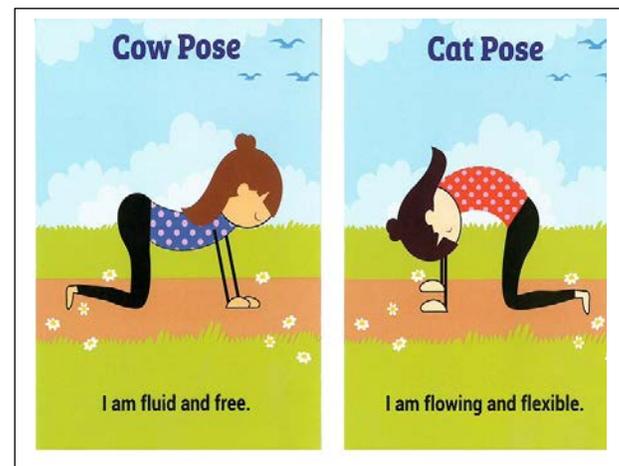
Spring is full of life. Moving like an insect is a fun way to learn about bugs while getting exercise. There are many great websites with downloadable activities, such as the cards below from <http://www.oopseydaisyblog.com/2011/08/i-is-for-insects-mommy-school.html>

Have the children do the movement of the insect they pick. Add sound with movement to make it more interesting, such as:

buzz like a bee while flapping your wings
chirp like a cricket while jumping
click like a beetle while crawling
wiggle like a worm while saying words that start with W
flap like a butterfly while saying words that start with a B



Children enjoy trying Animal Yoga poses because they are fun! Yoga also has other benefits, such as building strength, coordination, and managing stress. Make up your own yoga poses and enjoy creative stretching with lots of laughter as a family.



<https://www.yogajournal.com/poses/yoga-for/kids>

The Yoga Journal is a wonderful resource that includes videos and pictures of people in the various poses. Check out the Easy Pose, Happy Baby Pose, Cow Face Pose, Cobra Pose, Bow Pose and more.

Try them out with your kids and see which ones you enjoy most!