

Wellbeing

Our lives may be full of change and uncertainty at the moment, and as we learn to again adjust to these changes we may all be experiencing some big emotions.

As adults we have a better understanding of our emotions and how to identify and express them, whether it is through activities we love, having some quiet time, or connecting and communicating with our loved ones for support.

Preschoolers are learning about their emotions and a wonderful way to help them learn more about them and how to express them is through play.

Here are some play ideas to support expression of emotion, build confidence, or just create an opportunity to discuss and let some big emotions out.

Read a book together

Talk about the emotions of the characters in the book, or simply just enjoy the time snuggled up together sharing in the pages of your favourite books. Watch Janet read one of her favourite stories- The Little Mouse, the Red Ripe Strawberry and the Big Hungry Bear by Don Wood.

Outside play

Getting out for some fresh air, do a 'mindful safari' (see previous post) or just simply run in a big space, which is a great way to let out some big emotions. Rolling, tumbling, kicking or throwing a ball, going for a bush walk, beach walk or bike ride- get out there and let off some steam. Also, don't underestimate the joy in skipping- I can almost guarantee it will put a smile on your face!

Imaginative and creative play

Puppets, toys and dressing up are great opportunities for children to express different feelings through pretend play. Puppets invite children to express feelings through a character, rather than expressing them face to face.

Make your own puppet

You will need: old socks or gloves, googly eyes, tights, glue, wool, pompoms, or anything else you can find.

1. Glue or draw on some hair and eyes, leaving the mouth for now.
2. Choose an emotion for your puppet to have- talk about why your puppet might feel that way. Now draw this emotion onto your puppet's face.
3. Now you can make up a story using the emotions you have chosen. You could make a puppet for each different emotion- can you make up a story using all of your puppets?

This week's school readiness topic is literacy.

- Read with your child every day. Point to the words on the page as you read them and talk about the story line. Bring their attention to letters on the page that may be familiar to them (e.g. from their name). Notice together words that rhyme.
- Whilst driving/ walking/ shopping ask your child to spot any words on signs that begin with the same letter as their name.
- Play 'eye-spy', ensuring you use the sound, not letter name e.g. something beginning with p/mmm (not 'pee'/'em')
- Model literacy in your everyday life, e.g. write a shopping list, let them see you reading a book or newspaper.
- Acknowledge and encourage any form of 'writing' that your child does, this may be scribbles as they role play, or attempts to write their name on a drawing they are creating. It doesn't have to be perfect, it's more important that they enjoy having a go and build an awareness and understanding that marks have meaning and are used for communication.
- Provide lots of different mark making tools and different and interesting surfaces to make marks on, e.g. textas, crayons, paint or pencils on paper, white board and markers, chalk or charcoal on the driveway or fence, a stick in sand or even a found feather dipped in food colouring!
- Go on a sound hunt around the house- can you find 5 things that start with a 'sss' sound? Try different letters.



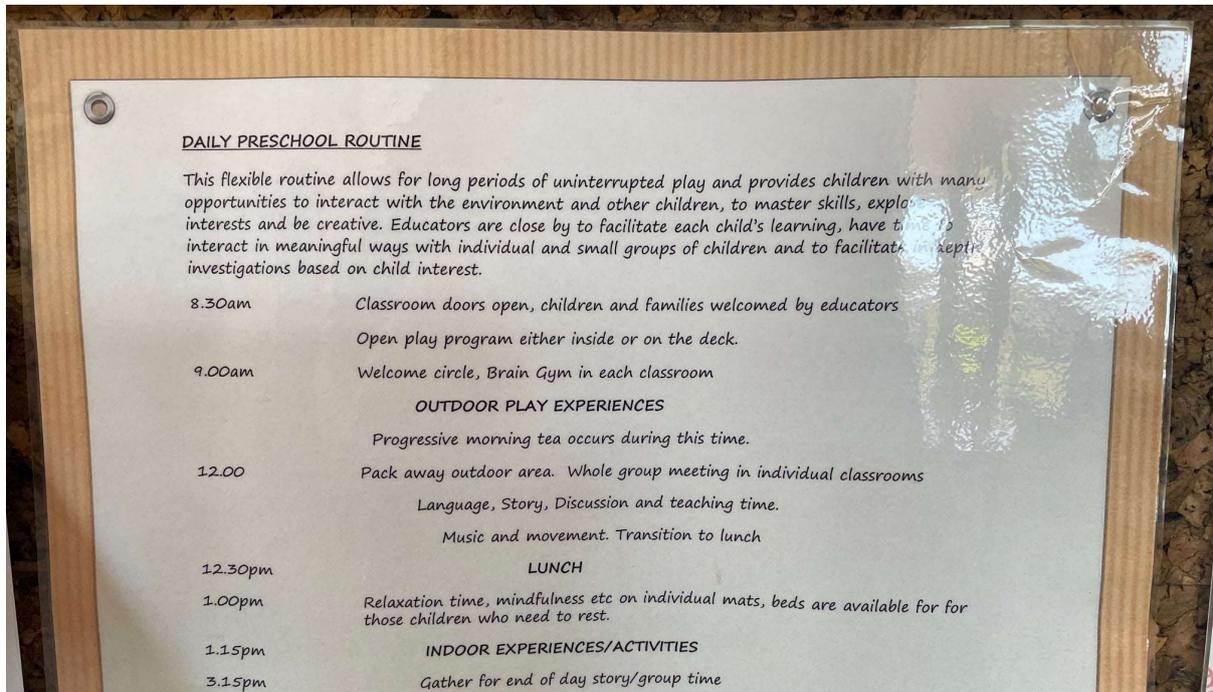
We'd love to hear how you go!

Next week's topic is gross motor.

Routine

Some families have been asking what our daily routine is at preschool so they can try to keep some consistency at home.

Please note that it is very flexible, each family varies and it's completely your choice as to how you use this, if at all.



Spring

What a perfect opportunity to join Carla and Shadow on their beautiful nature walk video.

Whilst you are exploring or playing in your garden today collect some colourful nature and create some nature paint- green grass, pink grevillea, brown dirt, yellow wattle? Crush them up using a mortar and pestle if you have one, or just with a rock on a hard surface. Add a little bit of water and see what you get!



We'd love to see any art you create.

The Very Sleepy Bear

Join our wonderful educator Jo as she reads The Very Sleepy Bear by Nick Bland.

Make your own den at home with sheets, tables, chairs, cushions etc. If you go to the beach, you could make one with driftwood. You could have your lunch in your den, or play a game, have some quiet time, or hop in there to watch Jo read her story. You could even have a sleep, like the Very Sleepy Bear!

As Jo mentions, now is the time our slithering friends start to move around more as the weather warms up. Have you seen any around your house or whilst out on a walk? Here are some great snake safety tips:

https://www.australiangeographic.com.au/topics/wildlife/2017/11/snake-safety-tips/?fbclid=IwAR1LhTpBL7D6xJf8ZlciTuU63MvD1mxXyrT7MZMG-6hrbhSbcvrsWE_sY2o

Acknowledgement of Country

Each morning at preschool we come together to acknowledge that we live, play and learn on Bundjalung Country. Doing so often prompts discussions about caring for Country or any changes in season we have been noticing.

We also like to sing our 'Good morning' song in Bundjalung too.

In this video, individuals across the country share how to greet others in 7 different Indigenous Australian languages:

[http://www.earlychildhoodaustralia.org.au/.../indigen.../...](http://www.earlychildhoodaustralia.org.au/.../indigen.../)

The NSW AECG Languages App is something that we use at preschool to support the children (and educators) to learn some Bundjalung language. If you would like to use it at home you can download the app here:

<https://www.aecg.nsw.edu.au/download-aecg-languages-app/>