

Dear Families,

Thank you for giving your time and insight at conferences. It was a pleasure to meet with you and to share your children's strengths and growth.

This week we'll begin a new study with the Blossoms. It's titled, 'How Are You Feeling?' We will be investigating our own feelings and the feelings of others, how we organize our feelings, how we balance our needs with others, and how we manage our emotions when it becomes difficult to express them successfully. When children begin to label, describe and understand emotions and their origins, they are more likely to navigate negotiations, conflicts and social situations with increasing success and independence. They learn to stand up for themselves and to seek help when they need it. Children learn skills that help them cope with the more intense and complex feelings they experience. As their understanding and awareness of their own feelings develop, they are more apt to develop and display empathy and to stand up for others.

As we end the building study, our teaching team is reflecting on our classroom of young investigators. It was inspiring to watch the children begin to familiarize themselves with buildings and their features. The children created their own leaning towers and Burj Khalifa's, and they were able to develop stories and themes behind the buildings they created in their journals. As their interest and understanding of buildings grew, they became more eager to ask questions and make connections. The Blossoms began using our block area to recreate architect Frank Lloyd Wright's *Falling Water*, to build arches with our large 'box-blocks', to make castles, towers and skyscrapers. They were excited to discover photographs of eaves, domes and bricks in our library books and they worked together to build and share ideas, and were extra careful around each other's buildings – being sure not to knock down each other's work. We're looking forward to what we will accomplish as we continue to collaborate together as a Blossom team.

Our **Holiday Sing-A-Long** will be held at the Unitarian Universalist Fellowship from 6pm-8pm on Monday, December 12<sup>th</sup>.

Please remember to provide gloves, hats, a warm coat and other winter gear for your children. We go outside daily unless the weather is deemed unsafe.

Please feel free to talk with us at anytime and share your questions, concerns or ideas with us. We are here to help best support your children and accommodate your requests.

Thank you for the opportunity to work and play with your outstanding, creative, kind, brave, curious children.

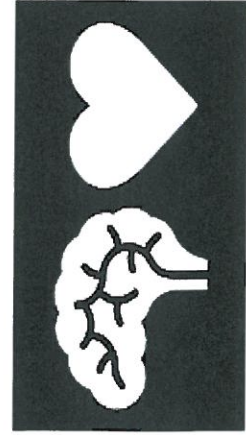
All the best to you!

Your Blossom Teachers, Lane, Caroline, Linda, Salina

December '16

Notes:

- DEC. 12:  
- Holiday Sing-a-long  
6pm UU Fellowship
- DEC. 26:  
- School Closed
- JAN. 2:  
- School Closed



# How Are You Feeling?

Monday	Tuesday	Wednesday	Thursday	Friday
5 What do we know about feelings?	6 What is respecting others?	7 What is respecting ourselves?	8 How do you feel? How do you show it?	9 How do you feel? How do you show it?
12 What is peace?	13 How can we solve our problems?	14 What makes us happy/excited?	15 What makes us upset/sad?	16 What makes us angry/mad?
19 What makes us scared/worried?	20 What makes us calm/safe?	21 What is kindness and caring?	22 What is being trustworthy/honest?	23 What is being loyal?
26 School Closed	27 What is courage?	28 What makes us feel better?	29 What is patience?	30 How do we resolve conflicts?
2 School Closed	3 PEACE WEEK	4 PEACE WEEK	5 PEACE WEEK	6 PEACE WEEK

