

ECFE Learning Links—Winter 2019

Winter Wonderland



Welcome to Winter!

What we Did in School This Week:

Art Table: Snowy Craft

Easel: Snowman Shaped Painting

Math Table: Snowman Button Counting & Snowman Building

Science Table: Melting Snowman

Sensory Table: Snow with Colored Water Spray Bottles

Activity Table: Making Cereal Snack Mix

Hands-On Table: Create Your Own Winter Scene

Gross Motor Activity: Boat/Stairs

Activity: Parachute with Cotton Balls

Book: *The First Day of Winter* Fleming

Take Away Activity: ECFE Recipe Book

Child's Perspective:

I love the time I spend with you. I hope you love it, too!

Parent Learning:

Parents support their children's development when they find enjoyment in their parent role.

Minnesota Parent education Core Curriculum Framework, 2011



Contact Your ECFE Teachers! We love to hear from you.

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You can see all of our handouts plus more on each parenting topic at <http://faribaultecfe.wikidot.com>

You can find a copy of the McKinley Parent Manual at www.faribault.k12.mn.us/schools/mecc

under **"For Parents."**

We are also on Facebook:

facebook.com/mckinleyfaribault

THINGS I WANT TO TEACH MY CHILDREN EVERY DAY

THAT THEY MATTER
THE ONLY REAL REWARDS
IN LIFE ARE INTRINSIC
TO BE GRATEFUL
TO DO UNTO OTHERS...
HAPPINESS IS A CHOICE
I LOVE THEM
NO MATTER WHAT
ALL FEELINGS ARE OK
I'M WORTHY OF THEIR TRUST
MISTAKES ARE OK
IF AT FIRST YOU DON'T
SUCCEED...
SAYING NO IS OK
TO BE KIND

**Love and kindness are
never wasted. They
always make a difference.**

**The bless the one who
receives them and they
bless you, the giver.**

—Barbara De Angelis

When we practice random acts of kindness,

- It releases an energy. We feel better and the recipients of our acts feel better, which then makes them more likely to be kind to other people.
- It can release neurochemicals that result in a sense of well-being and can even reduce pain--the "helper's high." In fact, the neural circuits that are involved in chemical "highs" are the same ones activated by kindness and compassion.
- It enhances the release of oxytocin in interactions where two or more people are engaged in kindness behavior. In turn, bonds between those who are kind to one another are strengthened.
- It enhances both physical and mental health. Many physical ailments are either precipitated by or aggravated by stress. Kindness reduces stress.

Kindness is a habit of giving—of wanting to lift burdens from others, or to merely provide a helping hand or a shoulder to cry on. It humanizes us; it lifts us spiritually. And, it is good for us.

Interestingly, the simple witnessing of others being kind can release the same "feel good" chemicals that doing an act of kindness can produce. However, one can yield a greater benefit by being the performer of acts of kindness. Look for opportunities to be kind and count your acts of kindness. You will experience the rewards almost immediately. One act of small kindness can release an enormous chain of positive events. The miracle of kindness is that it is contagious and something we should all want to pass on and spread to many others.

From an article at www.psychologytoday.com