

# My Family and Friends

## Dear Families,

Over the next four weeks, children will be learning about families and friends. This theme begins with a focus on the immediate family and extends to relatives, pets, and the community. Children will be discussing the similarities and differences in their families and will celebrate the support they receive from their extended families and community members.

### GREETING CIRCLE

During our Greeting Circle each morning, children come together as a School Family. We follow a routine to unite, calm, connect, and commit each day. Children will learn calming strategies they can use when they feel upset. During this theme, the children will pretend to “smell flowers” (inhale) and “blow out (unlit) birthday candles” (exhale) as they practice deep breathing. They will connect with their classmates as they learn to greet new friends. Children will also commit to help keep the classroom safe and take responsibility for their own actions.

### We will be introducing a new strategy

#### Balloon Breathing

Encourage your child to practice Balloon to disengage stress. Place your hands on your head and lock your fingers together. Breathe in as you raise your hands over your head as if air is filling up a balloon. Let the air out as you drop your hands back down to your head while making a “ppppbbbb” sound

#### Bible Study:

Memory Verse: “Be strong and courageous. Do not be afraid . . . for the Lord your God goes with you.” DEUTERONOMY 31:6,

Key Questions: Who can help you be brave?

Bottom Line: God can help me be brave

Basic Truth: God made me



#### Week 1: Immediate Family

Word of the Week: siblings

Focus Letters: C, c, E, e

Read-Aloud Time: Three Bears' Rap The Three Bears' Vacation

#### Week 2: My Relatives

Word of the Week: relatives

Focus Letters: A, a, G, g

Read-Aloud Time: Helping Grandma and Grandpa

Aunt Jessie's Hats

#### Week 3: Pets

Word of the Week: veterinarian

Focus Letters: I, i, P, p

Read-Aloud Time: Sara Sidney's Special Day Jasper's New Bed

#### Week 4: My Community

Word of the Week: community

Focus Letters: F, f, O, o

Read-Aloud Time: Community Helpers

Better Things to Do

Fire Prevention Week will be the week of October 7 through the 11. The Nassau Bay Fire Department will come show the children the fire truck and explain different parts of their uniform. It is also a way to familiarize the children with what a fire fighter looks like when they are in full protective gear, with all of this, get ready to see our children become little firefighters this month!

#### Important Dates:

10/5	GDLC Shrimp Boil see <a href="http://gdic.org">gdic.org</a>
10/13	Clergy Appreciation Day
10/14	Day DOCA Closed
10/7 --11	Fire Prevention Week
10/16	PK Hearing Screenings
10/20	Joy the Comfort Dag Visit
10/24	PK Vision Screenings
10/23	Parent Chapel
10/31	No Jack-o-Lanterns or Costumes

God's Blessing,  
Mrs. Judy