



## THE SOUTH SHORE NATURAL SCIENCE CENTER



### Nature Center Preschool News

March 2014

We have an exciting month of March planned! A Dental Hygienist from South Shore Children's Dentistry in Cohasset is visiting in the second week of March to teach children about healthy teeth. We are immersing ourselves in the country and customs of India culminating with a Classical Indian Dance performance on March 26<sup>th</sup>. March is also one of our favorite months since the first day of Spring is coming on the 20<sup>th</sup> and we notice the awakening of vernal pools and buds on trees. Happy Spring!

Nature Center Preschool Open Enrollment for Fall 2014 continues! If you have not received a registration please ask your Teachers or Preschool Director, Diane, for a copy. Classes are filling quickly!

## Swim

Your child's swim enrollment is valid for the entire school year. The current session for the NCP swim instruction program at the Emilson Branch of SSYMCA started February 24th and goes through April 17th.

### NCP is committed to HEPA!

Healthy Eating and Physical Activity, or HEPA, is an important YMCA initiative in combination with First Lady Michelle Obama's Partnership for a Healthier America that encourages healthy living choices through education, family newsletters and improved standards for programs. Follow this link for the Healthy Family Home Newsletter:

<http://view.exacttarget.com/?j=fe5217717c6c07747211&m=fe641570756c0c7b7114&ls=fdbf157470640c7e711d727c67&l=fe5215777c6c027e7113&s=fe2e10777664037d7c1770&jb=ffcf14&ju=fe161778736107747c1c76&r=0>

## Did you know?



A SOUTH SHORE  
YMCA Organization  
ssymca.org

## Family Advisory Council News!

The next meeting for the FAC is:

- March 27<sup>th</sup> 6:30-7:30

### Dates in March

March 9 SSNSC Maple Festival

March 11/12 Dental Hygienist Visits

March 26 Indian Classical Dance  
Performance

March 27 FAC meeting



### **WHAT ARE THESE CHILDREN LOOKING AT?**

The Nature/Science curriculum promotes total engagement in learning. See below to find out what the children are so interested in.

## **Nature Notes**

### VERNAL POOLS

There are 5 certified vernal pools on our property: the easiest pools to visit regularly are along Sylvester Trail and Tupelo Trail, each flowing under the large bridge on each trail. There is also one on the right hand side of the driveway as you are pulling in from Jacobs Lane.

#### Vernal Pool fast facts:

- Vernal pools are temporary bodies of water in low areas which collect snow melt and rain and fill as the water table rises (typically in spring).
- These temporary wetlands provide a home and/or food source to many various creatures and plants in all seasons- whether wet or dry.
- Vernal comes from the Latin for 'spring' as many of these pools fill in the spring and dry by summer or fall; though this can vary depending on rainfall and weather through the seasons.
- Due to their temporary nature, vernal pools cannot support permanent aquatic life such as fish.
- Because vernal pools do not support fish, it is a safer habitat to be born and grow in- especially for frogs, salamanders, and small invertebrates.

#### March Areas of Learning!

- Science: Spring Equinox, signs of spring, wood frogs, salamanders, vernal pools
- Geography/Social Science: Maps, Where do you live?, exploring culture
- Language: Dr Seuss, rhyming patterns, retelling a story, variety of Literature selections—*Ten Apples up on Top* by Dr Seuss, *The Monkey and the Crocodile*, *All Kinds of Children* by Norma Simon, *The Snake Charmer*, an Indian Folktale
- Social/Emotional: Taking turns, following directions,
- Math: shapes, connecting numbers to objects
- Music: Marching with Instruments, Selections from India, Indian Classical Dance



## Teaching Your Child to Identify and Express Emotions

*The Center on the Social and Emotional Foundations for Early Learning*

Excerpted from:

[http://csefel.vanderbilt.edu/documents/teaching\\_emotions.pdf](http://csefel.vanderbilt.edu/documents/teaching_emotions.pdf)

**Understanding emotions is a critical part of children's overall development. It is up to adults to teach children to understand and deal with their emotions in appropriate ways. They are experiencing so many new and exciting things for the first time. It can be overwhelming! We need to be sure we always validate our children's emotions and don't punish them for expressing their feelings. You might want to remind your child that, "It's ok to tell me how you feel, but it's not ok to hurt others or things when you feel (name feeling)." Teach them about their emotions, help them come up with new ways to deal with emotions, give them lots of time to practice their new strategies, and always remember to give lots of positive encouragement when they use the new strategy instead of reacting in the "old" way!**

### The Steps

1.

Explain the feeling by using words your child can easily understand. Try to use pictures, books, or videos to help get your point across. "Look at Little Red Riding Hood's face; she is so scared when she sees the wolf in her Grandma's bed!"

2.

Teach your child the different ways we can deal with feelings. Let your child come up with ways she can deal with her feelings. Talk about positive and not so positive ways to express feelings. There are many strategies you can use to teach new ways to appropriately express feelings:

- Use real-life examples or teach in the moment. For example, "You are having a difficult time putting your trike in the carport. You look frustrated. What can you do? I think you could ask for help or take a deep breath and try again. What do you want to do?"

- Teach your child new ways to respond to feelings by discussing common situations that your child might remember or that happen frequently. For example, "Yesterday, you were angry because Joey would not let you play with his truck. You were so mad that you hit him. When you feel angry that Joey won't let you have a turn, what should you do?"

- You can use children's books to talk about feelings. For example, ask your child when reading a book, "What is (character in book) feeling right now? How do you know? Have you ever felt that way? What do you do when you feel that way?"

- Keep it simple, use visuals or pictures to help get your point across, and always try to relate your lesson back to something that happens in your child's life.

- Teach your child new strategies to use when feeling emotions that may be expressed inappropriately (e.g., anger, frustration, sadness). Strategies to share with your child might include taking a deep breath when frustrated or angry, getting an adult to help resolve a conflict, asking for a turn when others won't share, asking for a hug when sad, and finding a quiet space to calm down when distressed.

3.

Praise your child the first time he tries to talk about his feelings instead of just reacting. It is REALLY important to let your child know exactly what she did right and how proud you are of her for talking about feelings. It should always be OK to say what we are feeling. It's how we choose to show our feelings and respond to them that requires special effort.

4.

Support your child to talk about feelings and practice her new strategies for expressing emotions appropriately every chance you get. For example, you can talk about feelings when you are playing a game, when you are riding in the car, or when you are eating dinner.

There will be all kinds of things that happen every day that will be great opportunities for you to talk about feelings. The more often your child practices, the faster your child will learn.