In February, the friends started our whole school unit, “Healthy Mind and Body”. We practiced yoga and stretching daily to get our minds calm and ready for the busy school day. The friends began by learning through their Five Senses: touch, sight, sound, smell, and taste. The Three’s teachers brought awareness of how we use our senses to keep us safe and how they help us interpret the world around us.

We began the unit by reading “The Five Senses” by Aliki and parts of “You Can’t Taste a Pickle with Your Ear!” by Harriet Ziefert. During circle time, Three’s teachers helped friends focus each sense using hands-on activities to help illustrate what our senses do for us. For example, we used our eyes/vision to help us see what was missing from a memory tray, our ears/hearing to identify an animal sound played from a computer, and our hands/touch to help us know what was inside a mystery box. As we moved through the unit, we focused on how the brain interprets the messages we take in through our senses and how the body reacts to the messages. The friends showed how well their brains were “listening” to the teachers as they followed fun physical directions, such shake your elbows and wiggle your nose!

Mrs. Hraber delighted our sense of hearing with songs and movement activities that went along with our Healthy Mind and Body theme. We sang and played instruments to songs about the five senses, lungs, and heart. We loved to move and shake our bodies and clap to the beat of the “Skeleton Dance”.

Adele and Medha share time together outdoors on the playground.
Nevin looks into the mirror at a reflection of himself during circle time.
Chloe paints a self portrait with watercolor paints.
As our unit progressed, the Three’s teachers guided the friends to look deeper into their own bodies by focusing on the main systems of the human body. They examined the nervous system, the skeletal system, the circulatory system and the digestive system with fun interactive and sometimes messy activities such as using a turkey baster to pump water through tubes resembling a heart pumping blood around the body.

During circle time, the friends focused on their body systems by moving, touching, and drawing from real life experiences. They constructed an “x-ray image” of their hand in the Discovery Area and learned the names of the bones in their hands. The friends were happy to learn that children have more bones in their bodies than grown ups!

Toward the end of the unit, the teachers focused on taking care of our bodies. During circle time and activity time, we highlighted healthy living through germ prevention, healthy eating, and the importance of getting enough sleep. The teachers worked with the children to identify the many emotions that they feel. Then they taught friends how to calm their bodies with a simple focus on their body and breath. This was a rewarding experience for the teachers when they noticed the Three’s friends practicing calming and breathing strategies during their free time at school. It is our hope that children bring these strategies home with them!
LEARNING THROUGH PLAY

Maisie paints the white of a large cardboard eye.

The Blue Room friends practicing yoga together before circle time.

Nevin learns about hand bones while assembling an X-ray of his hand.

Madelyn and Nolan take turns with pinwheels in the Red Room “Zen Den”.

Look at what Luke built!

Melodie draws onto her reflection in the Discovery Area.

Jacob adds to his tall Lego structure.

Wally watches what happens as he picks his hands up from the oobleck.

Experimenting with Magnatiles and scarves at the light table.
Andrew and Mateen cooking something healthy in the Dramatic Play area.

This month, the Three’s friends painted through different shape frames, including squares, circles, and rectangles.

Kiley testing her memory and making matches with a matching game.

Examining X-Rays at the light table.

Medha working to spy objects in the “I-Spy” sandbox.

Three’s friends trying to build structures out of small bricks to resemble the pictures.

Tinkering with plastic screws in the Makeshop.

Jacob painting to the sound of drums he heard on a recording.
A special thanks to Miss Lee from Duksung University who helped in the Red Room last month. Miss Lee shared some Korean traditions, including a Korean lantern and special Korean stamps. We helped Miss Lee put together lanterns and made pretend cookies with her stamps. The friends and teachers enjoyed visiting with Miss Lee and learning a bit about her culture.

The Three’s friends were busy in the Makeshop with a unique box building experience. The teachers worked with the friends to take ordinary boxes of all sizes and make them into items that came from the friends’ imaginations, for example, a rocket or house complete with rooms.

A Special Thanks to:
- Nevin’s Mother, Liz Foster-Shaner for coming to the Red Room to add to the Healthy Mind and Body” theme by reading “My Body” by Gabi Garcia.
- Madelyn’s Mother, Kara Van Houdnos for coming to read to the Red Room friends.
- Andrew’s parents, Gerritt and Christie Lagemann for coming to share a special presentation on bones.

The Three’s friends and educators sincerely enjoyed taking a look inward this month! Thanks for sending your “Healthy Selfies”.
We hope that you enjoyed spring vacation and took the time to relax, renew, and refresh with your family!

Reminder:
*March 29 NO SCHOOL Conference Prep day

Ms. O’Neill  Mrs. Loomis  Mrs. Armbruster  Mr. Salinetro