

EEP Family connect

May, 2016



Theme: Outer Space!

Our skies have cleared up so beautifully and the weather has been lovely, hasn't it, well, at least off and on ... spring is definitely here! Putting on those jackets and heading out when the sky turns dark can be a very fun adventure! The sky, on a clear night, is just chock-full of all sorts of wonders: stars, the moon, even a planet or two can be seen with our eyes (watch for Mars ... it's red). The hardest thing is making the time. We are just so busy. Slowing down and looking up can be a relaxing and awe-producing experience! "Let's see, where is that moon tonight? It's a FULL moon!" Maybe a little trip outside of town and away from the city lights would help you and your little one see the stars better (no city lights to interfere). If it's warm enough and you have a yard nearby, maybe a little trip there to lie on a big blanket and gaze up at that awesome night sky. Watch for the big bright star, the North Star, and our big beautiful moon. Whatever you do, do try and stop, breathe in the night air, enjoy the sight above and snuggle that little one close as you let some of the tension slip away.

Enjoy some stargazing and *connecting* together...



Talk with me!

Here are some words I am learning over the next two weeks. If you happen to see any of these in books, or in stores or when we're out and about, point them out to me! Remember, even though I might be younger, I can still learn the other words too!

Developmentally Younger

- ★ Sky
- ★ Up high
- ★ Clouds
- ★ Far away
- ★ Sun
- ★ Hot (the sun is!)
- ★ Moon
- ★ Stars
- ★ Binoculars
- ★ Earth
- ★ Rocket
- ★ Astronaut
- ★ 3-2-1 blast off!
- ★ Land (the action!)
- ★ Gently (landing gently)
- ★ Far away
- ★ Fast
- ★ Night/Day
- ★ Light (during the day it's *light*)
- ★ Bright (the sun is bright)

- ★ Dark (at night it's *dark*)

Developmentally Older

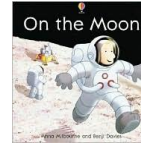
- ★ Outer space
- ★ Above (another word for higher than)
- ★ Telescope has one lens, binoculars have two
- ★ Fast, faster, fastest
- ★ Light (sun gives us light)
- ★ Planet
- ★ World (another word for earth)
- ★ Saturn
- ★ Mars
- ★ Rings
- ★ Small, smaller, smallest
- ★ Close, Closer, Closest
- ★ Orbit (means to go *around* it)
- ★ 10-9-8-7-6-5-4-3-2-1-0 BLAST OFF!
- ★ Round
- ★ Spaceship (another word for rocket)
- ★ Spacesuit
- ★ Float
- ★ On board!
- ★ Lift off/Launch



Read with me!

Books are a wonderful way for me to learn. I can look at the pictures with you and you can show me things on the pages. Sometimes the stories are too long for me to listen to but if you TELL me what's going on, I can probably listen for longer. I also will benefit from hearing the words over and over and over... Here are some of the books we'll be reading at school.

On the Moon By Anna Milbourne



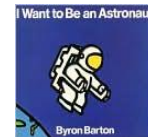
We have this one in our EEP classrooms. "Have you ever wondered what it would be like to go to the Moon? This beautifully illustrated picture book will take you on a journey to find out." It's all in this one, including the wonder of it all!

Me and My Place in Space By Joan Sweeney



This one is for developmentally older ones. It starts with "This is me on my place in space—the planet Earth." It then tells about the moon, sun, and some about each of the planets in our solar system. The book ends with wondering about whether there is another earth like ours "...with another someone like me? It could be!" At the end, a nice one page list of "Words to Learn about Space." The list is helpful for us adults, too, who might need to brush up on our astronomy!

I Want to Be an Astronaut By Byron Barton



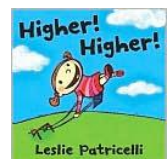
This sweet classic engages preschoolers with its bold colors and simple sentences. Its detail about what it's like to live on board is fun, too. It very well could be that you may have an astronaut want-to-be at the end! This one has all of the relevant vocabulary and facts about space travel, too. It includes words like astronaut, crew, shuttle, space mission, satellite, and orbit.

Moongame By Frank Asch



Author Frank Asch has written a lot of books that feature the moon and they are all very calming and sweet. In this one, Bear plays a game of hide and seek with his friend, Little Bird. One special night, Bear decides that he'll play hide and seek with the moon. Oh how silly! He hides in a tree and when he peeks out, the moon is there. "You found me," he says. Then when the wind makes the clouds cover the moon, he thinks the moon is hiding so he begins to search for the moon. Is he behind the rocks? No. In the house? No. In the tree? No. Finally, all of his friends help (because that's what friends do!) and just as Bear is getting a little worried (time to take a deep breath?) the wind blows again and uncovers the moon. "Bear was so happy he danced. Then everyone played hide and seek."

Higher and Higher By Leslie Patricelli



Another delightful one from the author of *Yummy YUCKY*,
Quiet, *LOUD* and *BIG, Little*. A person favorite!



Play with me!

When you play with me, I love it. When I get your full attention, I feel really special. We can build something, go somewhere, make something or just play around with the toys I have. No matter what, I'll be learning about all kinds of things. Remember, just being with YOU makes it really fun. Let's play!

- ★ If you have a spot outdoors or someone close has one, it would be a great place on a cool, clear evening to take our blankets, jackets (or maybe even our sleeping bags) and snuggle up under the stars for a little stargazing. I love to snuggle with you and being outside looking at the stars is just so fun and different than seeing them in my books. I'll keep you warm and you can keep me warm!
- ★ After dinner one clear evening we could go for a little drive to see a sunset. It would be fun to see the sun go down. We could even watch for the sunset near our house. When I can't see the sun anymore but the sky is still light, we can talk about how big and powerful the sun is! Its light really shines for a long time!
- ★ As we watch the sun go away and the sky get darker and darker, let's play a game. The first person to see a star gets to make a wish. I may not know or remember what a "wish" is, so you might have to help me know how to do it. (Close your eyes real tight and say what you really want.)

Star light, star bright.
First star I see tonight.
I wish I may,
I wish I might,
Have the wish I wish tonight.

- ★ At night as we look at the stars out my window, let's sing "Twinkle, Twinkle." It reminds me about what that song is really about. I hear about stars, sing about stars and see them in books, but sometimes I forget that those twinkly, shiny lights in the night sky are...stars! Sing with me and help me remember.
- ★ If you get a piece of black paper for me to make my own night sky that would be so fun. If we cut out a moon of white paper and use some little star stickers we can use them for my night sky. It would be so fun to do it as we look at the night sky outside. When I see the moon, then I could tape or glue on the moon to my paper. When I see the stars, I could put them on my paper, too. When I see a constellation, I can connect the stars with a line from a piece of chalk. It would help me understand the connection between my night sky and the other one outside my window.



Sing with me!

Singing little songs with me may seem silly, but it's good for me to hear the words over and over. I might even sing along with you or add a little word here or there. Try singing when you hold me, or when I'm in the tub at night or how about in the car when we're going places? Here are some of the songs/chants we'll be singing:

"Twinkle, Twinkle Little Star"

Twinkle, Twinkle little star,
How I wonder what you are?
Up above the sky so high,
Like a diamond in the sky!
Twinkle, Twinkle little star,
How I wonder what you are?

"Take A Rocket To the Moon"

(Tune: *If You're Happy and You Know It*)

*Do this one inside or at the playground. It's especially fun on a tire swing!

Take a rocket to the moon, to the moon
Take a rocket to the moon, to the moon.
Climb on board; we'll be leaving soon,
Take a rocket to the moon, to the moon.
10, 9, 8, 7, 6, 5, 4, 3, 2, 1 ... BLASTOFF!
(Give a big push or twirl!)

"You are My Sunshine!"

You are my sunshine, my only sunshine,
You make me happy when skies are gray.
You never know dear, how much I love you.
Please don't take my sunshine away.

"Tuning Up For Outer Space"

(Sung to *The Farmer in the Dell*)

The SUN is in the sky.
The sun is in the sky.
Hot and bright, it gives us light.
The sun is in the sky.

The MOON is in the sky.
The moon is in the sky.

Around and 'round the earth it goes.
The moon is in the sky.

The STARS are in the sky.
The stars are in the sky.
Twinkly bright, they shine at night.
The stars are in the sky.



Pull me close...

I'm little but I have lots of feelings. Sometimes I cry because I'm tired and I don't even know why. Sometimes I laugh and feel giggly and it's good to hear you laugh and tell me you feel happy too. But sometimes when I'm mad I need you to help me know what that's called. Pull me close and tell me. There might even be times when you're mad about something I've done. Noticing that and telling me how you feel helps me to understand that we ALL have feelings and that all feelings are okay.

- ★ I am learning to share. When I am playing with my toys or eating something that I enjoy, sometimes it feels good to give you something or share a little bite with you. Sharing what you have with me and encouraging me to share with you (and showing me how happy it makes you feel) will help me to learn that sharing is a *good* thing.
- ★ If you “catch” me sharing with one of my friends, or my brother or sister, show me how proud you are! Watch me...I'll probably do it even more because I know how happy it made you feel to see me do it. “Oh, what a sweet sharing boy you are!”
- ★ We don't always have to share, my teachers say. And, sometimes sharing doesn't really feel that good. My teachers sometimes don't share with me and then they ask me how it feels. “Not so good,” I say. Then later when I don't share with a friend, they may remind me of how I felt when they didn't share. They say, they're proud of me when I understand how it feels. That's called **EMPATHY**.
- ★ Having friends to play with is such a good feeling. Sharing and saying nice things to my friends makes them feel good and having them say them to me makes me feel good, too. Complimenting my friends is a way to help them know I like them. I can say things like, “I like your teddy!” or “Cool backpack!”
- ★ When I'm upset I can't listen very well. My feelings are just **TOO** big! I like to practice “Doing Turtle” when I'm feeling relaxed and happy. It helps me to remember it better when I'm upset. The pictures are on the next page again. Could we keep them on the fridge so I can see them when I need a reminder?

Doing Turtle!

