



# Kindergarten News...

## February 24-27, 2020

### Mrs. Moore's Class



This week we explored the question, "In What ways is the Atlantic Ocean Special?"

**WE...**

- \*read Atlantic and One Dog Canoe.
- \*practiced saying the names of the oceans.
- \*have been learning how to solve addition and subtraction problems.
- \*have been writing numbers 1-100.
- \*did Mystery Science-How do Animal Make Homes in the Forest?
- \*practiced PBIS Recess Scenario
- \*wrote facts about penguins and made cute paper penguins.

#### Focus Wall

- \*learned the words that and she this week. I will be sending the two new high frequency words for your child to practice at home.
- \*learned about the letter Rr.

In guidance kindergarten students have spent the past several weeks learning about various feelings, empathy, and calming strategies. Recently they learned that all feelings fit into a "zone". The Zones of Regulation is a curriculum taught to students K-2 to help them identify their own feelings and to empathize with the feelings of others. We learned there are no "bad" zones or "bad" feelings. All zones are expected at some time; in the morning when my alarm wakes me up it's expected I am in the blue zone, during work time at my table spot it is expected I am focused and in the green zone, at recess it is expected I am silly and in the yellow zone, and when my birthday party plans get canceled it is expected I feel mad and am in the red zone. The calming strategies we have focused on this year are; doing a wall-push, going to a quiet place to relax, using a calming tool, getting a drink of water, and taking deep breaths. The zones curriculum ties in nicely with "size of the problem" which they learned earlier this school year. Students have learned their reaction should match the size of the problem. Please feel free to reach out to Brooke Running if you have any questions, etc. [runningbrooke@mhasd.k12.wi.us](mailto:runningbrooke@mhasd.k12.wi.us)

#### Dates To Remember

- February 28 No School
- March 3 PBIS- Wear Red and Hat Day for Dr. Seuss Week
- March 12 Conferences-No School-Please see sheet in Friday folder
- March 23-27 No School Spring Break

# The ZONES of Regulation®

<b>BLUE ZONE</b>	<b>GREEN ZONE</b>	<b>YELLOW ZONE</b>	<b>RED ZONE</b>
Sad Sick Tired Bored Moving Slowly	Happy Calm Feeling Okay Focused Ready to Learn	Frustrated Worried Silly/Wiggly Excited Loss of Some Control	Mad/Angry Terrified Yelling/Hitting Elated Out of Control

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The ZONES of Regulation® Reproducible 2 \* Here are a few ideas for a person's (child's) toolbox. These strategies can be used to move from a blue, yellow, or red zone to a green zone.

## \_\_\_\_\_ 's Toolbox

Blue Zone Tools	Green Zone Tools	Yellow Zone Tools	Red Zone Tools
<u>Talk to someone</u> Play with a friend Go outside/Run Smile/Think happy deep breaths Take a nap Stretch/stand up Jump/Ask for help	<u>eye contact</u> Good body language Sit up/sit still Good attitude Good listener focused feeling okay Paying Attention	<u>deep breaths</u> Positive Self-talk Ask for help do your best Jump Around Take a nap Think positive Calm down	<u>deep breaths</u> apologize Quietly Stamp feet hug or talk to someone count to 10 slowly color/run Do something else

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# It's time to celebrate with Dr. Seuss!

In honor of Dr. Seuss's birthday, we will be reading different books of his throughout the week and having a dress up day to go along with it. Please do not feel like you need to go out to buy anything.

**Monday, March 2<sup>nd</sup>:** Oh, The Place You'll Go  
(Destination clothing- examples: Tyrol, Grumpy Troll, Shoebox, Florida, etc.)



**Tuesday, March 3<sup>rd</sup>:**  
Cat in the Hat and The 500 Hats of Bartholomew Cubbins  
(Hat Day and wear red for the assembly)



**Wednesday, March 4<sup>th</sup>:** Green Eggs and Ham and The Lorax  
(Wear anything green, about nature, or protecting the Earth)

**Thursday, March 5<sup>th</sup>:** Fox in Socks (Crazy/mismatched Socks)



**Friday, March 6<sup>th</sup>:** Sleep Book  
(PJ/Comfy Day)

