

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

Dates To Remember

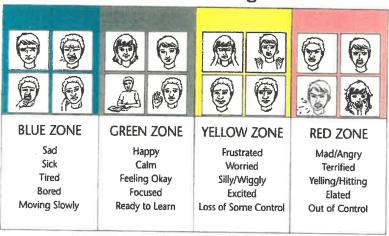
February 28 No School

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®



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The ZONES of Regulation Reproducible 2 % Here are a few ideas for a person's (childs) tool bix.

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 Talk to someone eyelentact deep breaths deep breaths flas with a friend Good body language Positive Self-talk apologize Go outside Run Sit up | sit still Ask for help Quietly Strong Feat Sinile / Think huppy food attitude de your best hug or talk to deep breaths boad listener Jump Fraince SUMPORE facused Take a nap Take a nap Count to 10 slowly Stretch Stand up feeling okay Think positive Color / TUM Jump/ Ask for help Paying Attention Calm down Do something else

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 2nd: Oh, The Place You'll Go (Destination Clothing- Examples: Tyrol, Grumpy Troll, Shoebox, Florida, etc.)

TUESday, March 3rd:

Cat in the Hat and The 500 Hats of Bartholomew Cubbins

(HO+ DOY and wear red for the assembly)

Wednesday, March 4th; Green Eggs and Ham and The Lorax

(Wear anything green, about nature, or protecting the Earth)

Thursday, March 5th: Fox in socks (crazy/mismatched socks)

Friday, March 6th: SICCP BOOK (PJ/COMFY Day)

