

Class: Big Sprouts

Week of: 2/9/25 **Focus:** Local Natural Resources

Feeling of the Month: Anger

Kind Act of the Month: Giving Hugs

	Activities	Skills
Morning Meeting <i>(Feelings/ Cognitive Skills/ Literacy)</i>	<ul style="list-style-type: none">● Practicing Deep Breaths and Gentle Hands● Read: The Noisy Woods● Reviewing The Forest & Animals	<ul style="list-style-type: none">● Self-Soothing techniques● Sitting and Listening
Kindness and Caring <i>(Self-help/ SEL)</i>	<ul style="list-style-type: none">● Compliment Circle● Gifts for the Trees	<ul style="list-style-type: none">● Caring for Others & Kind Words● Caring for Nature
Outdoor Explorations <i>(Outdoor learning)</i>	<ul style="list-style-type: none">● Gardening with Ms. Angela● Bear Hunt	<ul style="list-style-type: none">● Gardening & Tending to Plants● Nature Walk & Imaginative Play
Questioning <i>(Science/Tech./ Engineering/Math)</i>	<ul style="list-style-type: none">● Making Bird Nests● Pressing Flowers	<ul style="list-style-type: none">● Understanding Birds & Fine Motor● Hammering
Discovery <i>(Art/Sensory)</i>	<ul style="list-style-type: none">● Leaf Bugs● Water Painting	<ul style="list-style-type: none">● Collecting Leaves & Fine Motor● Painting with Natural Resource
Moving and Grooving <i>(Gross Motor)</i>	<ul style="list-style-type: none">● Dance Party● Hiking	<ul style="list-style-type: none">● Full Body Movements● Using Both Feet & Following Instructions