

NEWS YOU CAN USE

Week of
October 25th,
2021

Sparta Head Start
(616) 735-5327

What's Happening?

This month's Family Engagement event will be in-person! We will have a variety of games set up. If the weather does not permit, we will move to an indoor event and masks will be required. There will be a prize giveaway for the first 4 families that show up!

Calendar of Events

Family Engagement Event:	Tuesday October 26, 2021, at 4:30p
Fall Conferences:	These will begin November 1 st

Resources Offered

Did you know that Head Start has Resources for family needs...
Are you in need of clothing for your family, not just your child?
Do you need food pantry information?
Do you have snow pants, snow boots, winter coat, hat and mittens?
These are just a few of the resources we can help with... If you have a need please see your child's teacher or call the office at 616 735 5327.

<https://www.facebook.com/pg/hs4kc/events>

www.hs4kc.org

School of Choice Expo & Fall Harvest Festival

Will your child transition to the Grand Rapids Public Schools (GRPS) when they go to Kindergarten? If so, mark your calendars for their *School of Choice Expo & Fall Harvest Festival on Thursday November 4, 2021, from 4:30-6:30pm*. The event will be at Ottawa Hills High School, 2055 Rosewood Ave. SE Grand Rapids, MI 49506.

During this event, you can:

- learn more about school choices and the enrollment process
- Visit with principals, administrators, and staff from ALL GRPS schools
- Enjoy FREE dinner, giveaways, and fun games & activities

GRPS offers over 40 schools that include neighborhood schools, theme schools, and more!

Call 616.819.2000 for more information!

LET'S GET MOVING!

Ball Skills



Choose your favorite ball:

1. How far can you kick it?
2. How far can you throw it?
3. Try catching it!
4. Use different balls... what about a basketball, soccer ball, or football?



Self-Regulation Skills: Breathing Strategies

Self-Regulation is the ability to recognize and manage your emotions and behaviors in different settings and activities.

Children who learn to regulate their emotions:

- ▶ Have an easier time making friends
- ▶ Handle disappointment better
- ▶ Relate more successfully with peers and adults
- ▶ Are less impulsive

Teaching this Skill

Teach the following strategies when the children are calm and engaged. Remind children of the strategies when they need to calm down through use of visuals or props.

Controlled Breathing: Smell the Flower, Blow Out the Pinwheel

Using visual on the following page, have children smell the flower (to breathe in through their nose) and blow out the pinwheel (to exhale through their mouth). Repeat several times.

Belly Breathing

Have children lie on their back on the floor and place a small stuffed animal on their stomach. When the children inhale and exhale rapidly have them notice what happens to the stuffed animal. Then have the children slow their breathing and notice what happens to the stuffed animal.

How You Can Help Children Self-Regulate

- ▶ Teach clear positive expectations/rules daily.
- ▶ Model and discuss reasons for desired behaviors.
- ▶ Validate feelings.
- ▶ Assist with language through labeling actions, feelings, and emotions.
- ▶ Provide positive feedback in response to the child regulating their behavior and help child regulate by modeling ways to calm down when needed.
- ▶ Provide opportunities for developmentally appropriate play.
- ▶ Promote children's independence across the day.
- ▶ Provide a place child can go to take a break and calm down.

Take a Deep Breath

Smell the flower



Blow the pinwheel

