

# ECFE Learning Links—Winter 2018

## Five Senses



Welcome to Winter!

### What We Did in School This Week

- Art Table: Painting with Plastic Wrap
- Easel: Shaving Cream & Glue Paint
- Science Table: Vinegar and Baking Soda
- Math Table: Playdoh
- Handwriting Table: Q-tip Prewriting Practice
- Sensory Table: Water with water toys
- Book: *My Five Senses* Aiki
- Activity Table: Lemon Scented Rice
- Green Foam Pebbles
- Hands On Table: Crayon Slime
- Rainbow Noodles
- Snow Slime

### Child's Perspective:

**Every day, I need a good balance of busy and relaxed time.**

### Parent Learning:

**Parent support their children's development when they:**

- ◇ Find enjoyment in their parent role
- ◇ Understand and respond to their children's interests and signals by observing and listening to their children

Minnesota Parent Education Core Curriculum Framework, 2011

### Miss Christina's Songs:

#### **Song= Observations**

**Observation, let's make observations, observation, that means noticing...**

**I can notice with my eyes, I can notice with my eyes, with my eyes, with my eyes: seeing!**

**Observation, let's make observations, observation, that means noticing...**

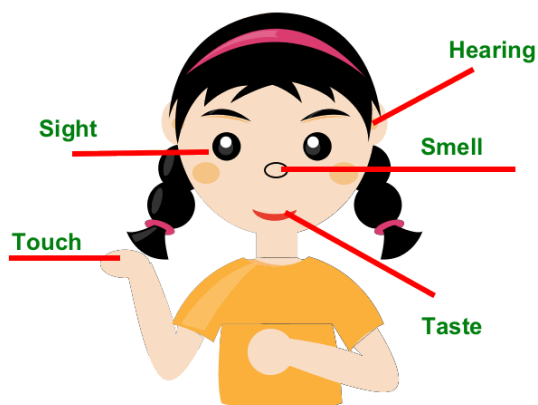
**I can notice with my ears, I can notice with my ears, with my ears, with my ears: hearing!**

**I can notice with my nose, I can notice with my nose, with my nose, with my nose: smelling!**

**I can notice with my tongue, I can notice with tongue, with my tongue, with my tongue: tasting!**

**I can notice with my hands, I can notice with my hands, with my hands, with my hands: touching!**

### **My Five Senses**





## FAMILY AFFIRMATIONS

Developing a positive mindset is one of the most powerful life strategies there is. Affirmations are positive words or phrases that we speak to support, strengthen, and motivate ourselves or others. Positive affirmations are the mind's way of redirection the body's energy and keeping us focused, hopeful, and motivated. A positive perspective is an essential component of good health and happiness.

Here are some examples to stimulate your thinking:



- ◆ Every day we give thanks for our wonderful family.
- ◆ Everyone in our family is a good and valued person.
- ◆ Every day we spend quality time as a family.
- ◆ We love to laugh together.
- ◆ I respect each child's growing, exploring, and developing.
- ◆ We are learning to listen to each other with love, respect, and understanding.
- ◆ Our family considers the feelings of each other.
- ◆ Our family takes care of our bodies through healthy eating and daily activity.



- ◆ I am a gentle, loving, devoted, and capable parent.
- ◆ As a parent, I am learning and growing, just as my children are doing.

### Contact Your ECFE Teachers! We love to hear from you.

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You can see all of our handouts **plus** more on each parent-ing topic at <http://faribaultecfe.wikidot.com>

You can find a copy of the McKinley Parent Manual at [www.faribault.k12.mn.us/schools/mecc](http://www.faribault.k12.mn.us/schools/mecc) under **“For Parents.”**

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