The Extended Morning Program has a weekly Focus Book that expands on the Pre-School theme of the month. The teachers support the stories through related activities that include experiences in each of the Developmental Domains. The story is further enhanced by experiences in our make shop, with wood working, and cooking activities in the kitchen. We also enjoy daily music with Mrs. Bird. A brief description of the focus book is included in each Monday's email, and a list of available activities each day. The newsletter for each theme recaps the related activities through text and photographs, with captions highlighting the developmental emphasis.

November Pre-School Theme: Healthy Mind and Body

A picture is worth a thousand words. These photos tell the story of our Healthy Mind and Body theme at the Children's School and express just how much we learn from our explorations!

Focus Books

Extended Morning Teachers: Mrs. Bird, Mrs. Loomis, Mrs. Myers, and Mrs. Opferman
Josh proudly gives a thumbs up indicating he enjoys the fruit drink he made using the juicer.

Evren, Adrian and Elijah cooperate while playing Food Bingo.

Ellen smiles with pride when she reached the top of the beanstalk climber.

Wilder and Brandon use their muscles and coordination to s-t-r-e-c-h the elastic band.

Jaclyn teaches yoga poses to the friends.

Lily balances as she crosses the balance beam.

Adrian explains how to use the cash register to Oliver.

Jaclyn reads *The Lemonade Hurricane* to help explain coping with strong emotions.

Conor and Brandon discuss what healthy foods to use to create a human body.
Henry experiments with bubbles. Can he stick his finger inside the bubble without it popping?

Jaycee and Ann mix together ingredients to make toothpaste putty.

Henry and Benny work together to balance the block on the fulcrum.

Elijah sorts the colored worms by size.

Raj measures the length of a toothbrush with pumpkin erasers.

Harris creates shapes and designs on the geoboard.

Ellen and Maya build houses using various shapes.

Oliver and Jaycee are cashiers at the Farmers’ Market.

John plays the role of a veterinarian and gives the horse a check up.
Health & Safety

Elijah, Josh and Henry discover how a juicer works.

Connor uses an apple peeler to peel, slice and core an apple. Evren watches closely.

Max uses a bubble wand to create bubbles.

Creative Arts

Adler creates a human body using healthy food.

Siobhan creates a structure using cardboard pieces.

Sydnee and Maya wear the fairy wings, flutter around the playground and spread magical tales.

Technology

The friends practice mindfulness when using the flower breathing technique.

Ann remembers to use her gentle hands when exploring the worms.

Oliver and Maya practice brushing “teeth” and talk about proper dental hygiene.