Early Learning Newsletter  
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February 2018

Brave by Stacy McAnulty - What does it look like to be brave? This inspiring book shares many examples of everyday superhero kids and the amazing ways they show their bravery. Ages 4-7.

Jabari Jumps by Gaia Cornwall – With encouragement from his father and little sister, Jabari is able to work up the courage to take a big, giant leap (into the swimming pool!) Ages 4-7.

OTHER BOOKS ABOUT OVERCOMING FEAR:

Go Away Big Green Monster by Ed Emberley – This classic story gives the power to the children! Children are the ones who help to build AND take away the monster in the story, piece by piece. Ages 3-6.

What Do You Do with a Problem? By Kobi Yamada - When a child is faced with a problem that seems overwhelming, they find that when they eventually face the problem, it turns into an opportunity. Ages 5-7.

The Dark by Lemony Snicket - Being afraid of the dark is a common childhood fear. This is the story of how Laszlo overcomes his fear of the dark one night. Ages 4-6.

Wemberly Worried by Kevin Henkes – Wemberly worried about EVERYTHING. But when she meets a fellow worrywart, she realizes that school is too much fun to waste time worrying! Ages 5-8.

Everyone Can Learn to Ride a Bicycle by Chris Raschka – Riding a bicycle can certainly be a challenging skill to master but with a little practice and determination and a few falls along the way, it can be done! Ages 4-7.

Little Mouse’s Big Book of Fears by Emily Gravett - The little mouse in this story is afraid of EVERYTHING! However, despite how small and afraid he is – there is someone who is also afraid of him. A humorous take on fear and how it can sometimes be overdone. Ages 5-9.

Llama Llama Red Pajama by Anna Dewdney - Baby Llama is afraid to go to sleep on his own even though his Mama is nearby. Ages 2-4.

Valentines Day Idea!

Sing to the tune of BINGO...
I made a valentine for you, the heart shape means “I love you!”
The heart shape means “I love you!”
Hold up paper hearts or put felt hearts on the flannel board as you sing...
Rhyme and Song of the Month

If You Chance to Meet a Frown
If you chance to meet a frown
Do not let it stay
Quickly turn it upside down
And smile that frown away!

If You’re Happy and You Know It!
If you’re happy and you know it, clap your hands
If you’re happy and you know it, clap your hands
If you’re happy and you know it,
Then your face will surely show it,
If you’re happy and you know it, clap your hands.
Continue with other emotions –
If you’re surprised and you know it, say “oh my!”
If you’re sad and you know it, rub your eyes
If you’re scared and you know it, shiver and shake
If you’re angry and you know it, stomp your feet
If you’re silly and you know it, make a funny face...

Learning Ideas for FEBRUARY

Quiet Space with Calming Activities
In your classroom, set aside a small space that children can go when they are feeling overwhelmed, anxious, or just want to spend a little time quietly.
1. Designate the spot – Make sure the space has clear boundaries. You could include...
   - A children’s tent
   - Hang a hook from the ceiling and attach a canopy
   - Lay out a blanket or mat
2. Add some calm activities, which can include,
   - Books to read or books to color quietly
   - Stuffed animals or pillows
   - A stress ball to squeeze or a soft ball
   - Picture cards (simple flash cards that show vocabulary words, emotions/faces, numbers to count, letters, etc.)
3. Explain to the group about the spot.
   - Make sure everyone knows about this space – what it is and when they can use it.
4. Remind children that it is there for them to use if you see them getting upset.

Name Your Feelings
Young children often have strong feelings as they are learning about themselves, their world, and how to get along with others – however, they often lack the words they need to describe these feelings. Help your children name their feelings so that they have more words to describe how they feel. This gives them more control and helps them feel more independent. Here are a few simple ideas -
   - Hold up (or put up on a flannel or white board) photos of children expressing different emotions and talk about their faces and how they might feel. You can go to www.google.com and type in “child sad” or “child happy” to find examples to print.
   - Cut out circle shapes, draw simple facial expressions on the circles, hold them up and talk about the different emotions. Sing, “If you’re happy and you know it” and act out the different feelings in the song.

You may register for FREE STARS classes by clicking on the date of the class on the CALENDAR of the Pierce County Library web site: www.piercecountylibrary.org. The next STARS Class will be Saturday, February 10th, and is titled: “Social Emotional Learning and Literacy.”