



# HAPPENINGS

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**The Child can only develop by means of experience in his environment. We call such experience work. -Dr. Maria Montessori**

**Expressing Anger - What's appropriate and effective? - by Bill Thompson**

Anger is a naturally occurring emotion within the repertoire of human experience. In most cases, it is natural and healthy. When handled well, anger is an adaptive response to threats. It motivates an individual to take appropriate action in many areas of life. In some cases, anger is also a strong inducement to protect oneself and loved ones when threatened. Anger can range from mild annoyance to extreme rage and fury. It is usually in the fury stage that anger gets a bad rap. When we don't address our anger, it shows up in different ways.

**How do we deal with anger?**

People cope with anger by using a variety of methods, both conscious and unconscious. The three most commonly used approaches are suppression, calming, and expression.

**Suppression:** A common misconception is that if one ignores anger, denies it, or does not pay attention to it, anger will dissipate and disappear. This denial is in fact an attempt to suppress the anger.

**Calming:** Calming techniques can be effective in dealing with anger. One such technique is to sit or lie in a cool, dark, quiet room while flexing and relaxing different muscle groups. You begin with the feet and work up the body toward the head while taking slow, deep breaths. You can also count to 10 backward.

**Expression:** The healthiest way to deal with anger is to express it appropriately. Typically, this is done with "I" statements... **to be continued**

**Classroom Happenings:**

In the first days, months, and year of life, the infant is especially interested in the sound of the human voice and is watching the face and lips of speaking person. The best communication experiences are provided while nursing the baby, and even while changing their diapers. In the infant room, we feed the child's intense interest in language and prepare for later spoken language, by speaking clearly, not using "baby talk". We recite poems, talk about what we are doing, ex. I am washing your hands, changing your clothes, etc. and we enjoy ourselves in this important communication. We listen to music, to silence, and to each other. The value of communication full of love and respect cannot be over emphasized. It makes a baby want to talk to you, and the desire to communicate is the foundation for good language development.

This month toddlers discussed the five senses, and also talked about the animals that love the cold weather. We focused on the colors white and blue. In the month of February we will be celebrating Valentine's Day, so our shape will be heart. Our colors that we will be focusing on will be pink, red, and purple. We will be talking about opposites such as hot and cold as well.



Notice Ari's concentration!!

### Classroom Happenings cont...

This month Pre-Primary I class learnt about the continent of Africa and its wild life. They had fun making the elephant puppets and acting out all the wild animals of Africa in the creative dramatics class. Learning about "Texas" is going to be as much fun as they are going to talk about "Rodeo" and do a project on Texas flag. Children of Pre-Primary I class have also been busy with their Montessori work and are making good progress as many of them have started with movable alphabets and readers. In the month of February they will be celebrating Valentines Day and explore space and planet. They are also going to experiment with colors and find out what new colors they can come up with by mixing different colors.



Ethan and Zain with the Elephant Puppet

Our Pre-Primary II children enjoyed learning about Africa and Ancient Egypt and the pyramids, pharaohs and mummies. They especially liked the embalming process of mummification. Lillian Fillippa gave the classroom 2 beautiful Egyptian designs on papyrus. Papyrus is a reed growing in the swamps along the Nile. The fiber was used to build boats, nets, ropes and even scrolls to write on. With the weather segment the children enjoyed sun reflection science. They took their CD disks outside and held them at an angle to create a reflection on the fence. They chased each other with the reflections. They also experimented with the phenomena of cause and effect moving the lights around. They also were able to use the reflection to spy on a person with out looking at them. They also could create reflection of book images to make interesting illusions and see each other upside down. **SCIENCE ROCKS** 😊

### Classroom Happenings Cont...

The Kinder group got to wrap up like mummies using toilet paper. It was so much fun. The rest of the class made mummy puppets and designed a Sarcophagus. With the planets/space curriculum in February they will be learning about the solar system, space, astronauts, the space shuttle, moon, sun, stars, our universe and much much more.



Luca, Jordan, Beverly, Ariana, Evan, Paul and Neha wrapped up like mummies.

### Valentine's Exchange - Pre-Primary and Toddlers class

We will have a quiet little celebration on Friday morning, February 12<sup>th</sup>. All children should bring enough valentines for every child in his/her classroom. If your child can write, he/she should write his/her name on the back of each of her cards, if not you can write your child's name. Do not write any other children's names, please.

### No plastic ware please... for microwaving lunches

Research has shown that chemicals can leach from plasticware when use in the microwave. We urge you to send their lunches in glassware.

### A Sincere Thank you

Thanks to all the parents who donated used Christmas cards and calendars. We recycle all used cards for sewing and craft projects. A big thanks to Peter Mathey's mom for bringing Valentine's art and crafts that we loved!!