



Date: 24 July 2017

Mindfulness

The Monkey and Crocodile groups were excited to be back at preschool playing with their friends. During social and emotional learning time we discussed how we can calm our brains after we have been playing. I introduced Mindfulness with some bottles of water and glitter that is designed to represent their brain. When they shake the bottle the glitter starts swirling vigorously around the bottle, which are our thoughts moving through our brain. We then do our mindfulness breathing exercises. Your children can show you how. When we finish the bottle is calm like our brains. We also revisited what it means to fill a friend's bucket from the 'Bucket filler' program.



The Giraffe and Tiger groups have been discussing how they can be bucket fillers. Everyone carries an invisible bucket that holds our good thoughts and feelings. When our buckets are full, we feel happy and when our buckets are empty, we feel sad. This week we made buckets to take home.



Upcoming Events:

- Preschool parent committee meeting
Monday, 24 July at 5:30pm
- Preschool transition Tuesday, 25 July
- Year 5 buddies Friday, 28 July
- Saturday 29th July
Winter Wonderland Fete
- Tuesday 1st August
P-2 Assembly 9:00
- Tuesday 8th—10 August
School Photos