

# November at Stepping Stones Nursery School

Dec 5, 2024



Did you ever wonder what our days are like at Stepping Stones? Preschool children are not always the best at letting us know how their day is going so follow our blog for insights into our play-based early childhood learning environment!

### **Blossoming Through November and December: Embracing Emotions and Exploring Literacy**

Happy November, Blossoms! As we settle into this cozy month, we've been busy cultivating emotional awareness and gearing up for an exciting dive into literacy in December. Here's a look at what we've been up to and what lies ahead.

## **November Reflections: All About the FEELS**

This month, we've centered our learning around *feelings*—what they are, how to recognize them, and how to manage them. The Blossoms have taken a deep look inward to explore their emotions: *What makes us happy? What do we do when we feel sad? What does it mean to feel overwhelmed?*

Here's what this exploration has looked like:

- **Check-Ins:** Daily heart check-ins gave children space to express how they were feeling.
- **Sadness Strategies:** We practiced tools for moving through sadness and calming techniques for when emotions felt "too hot."
- **Creative Expression:** Writing, drawing, and studying facial expressions helped Blossoms learn to communicate their feelings.
- **Empathy Practice:** We practiced observing friends' faces and body language to understand what others might be feeling.

By learning to identify their emotions and express their needs (like asking for a hug, water, or some space), the Blossoms are building essential social-emotional skills. These lessons create a strong foundation for preschool success, and we'll continue to nurture these skills throughout the year.

## **Looking Ahead to December: Exploring Literacy**



As we transition into December, the Blossoms' curiosity is turning toward letters and early literacy. Many children have been showing interest in identifying and writing letters, sounding out words, and engaging with stories. To foster this excitement, we'll embark on a journey of playful literacy exploration.

Here's what you can expect:

**Letter Fun:** Identifying letters, learning their sounds, and connecting those

sounds to familiar words.

- **Storytelling:** Reading books together, telling stories, and exploring sequencing.
- **Writing Adventures:** Tracing letters on the whiteboard, dictating stories, and practicing letter formation.
- **Songs and Games:** Singing the ABCs and playing rhyming games to make learning joyful.

At [Stepping Stones](#), we embrace each child's unique literacy journey. Whether they're learning to read, strengthening their fine motor skills, or simply building confidence, we aim to instill a love of reading and writing in a supportive and playful way.

## Celebrating December: Holiday Traditions

December is a season of celebration! From Chanukah, Christmas, Kwanzaa, and New Year's to Las Posadas, the Winter Solstice, and the [Night of the Radishes](#), it's a time of rich cultural traditions. Take a look back at our [Holiday Blog](#) from last year to learn more about our approach to the holidays.

This month, we'll explore how different families and cultures celebrate, helping Blossoms expand their understanding of the world while celebrating their heritage. We'd love to incorporate your family traditions, too! Got a special holiday activity or a favorite book to share? Send us a message—we'd love to celebrate with you!



# Home Connections: Supporting Feelings and Literacy at Home

Extend the feelings work at home with these ideas:

- **Family Check-Ins:** Ask your child, *What does your heart feel right now?* during meals or bedtime.
- **Create a Feelings Chart:** Hang a chart your child can use to identify their emotions.
- **Build a Calm Corner:** Set up a cozy space with pillows, markers, and loovies for family members to use when they need a quiet moment.
- **Music and Emotion:** Listen to music together and discuss the emotions different sounds evoke.
- **Read About Feelings:** Library favorites like *In My Heart* or a family movie night with *Inside Out* are great ways to explore emotions together.

Jumpstart literacy exploration with these tips:

- **Story Time:** Read together often and talk about the plot, characters, and new words.
- **Name Letters:** Point out letters in everyday life, like on signs or food packages.
- **Tell Stories:** Ask your child to make up a story and write it down for them to see their words in print.
- **Play with Sounds:** Try rhyming games or sing the alphabet song together.

As we move into December, we look forward to continuing this journey of growth, discovery, and celebration with your Blossoms. Thank you for being part of our vibrant learning community!

Here's to a joyful, literacy-filled, and festive December!

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