



Happy Holidays Yellow Room Families. I hope everyone has had a great school year so far. Carmel and I have enjoyed getting to know each of your families and we wish you happy holidays!

Tantrum: “an uncontrolled outburst of anger and frustration, typically in a young child.”

What we do not realize is that tantrums are normal behavior for young children. Young children are still learning how to cope with their emotions. When children melt down they go into a fight or flight response. During this time it is difficult to help your child calm their emotions.

What can I do to help my child? You can talk about emotions on a day to day basis with your child. You can practice taking deep breaths when feeling frustrated together. It takes 3 deep breaths to regulate our bodies. You can sing our class chant together, which we got from Daniel Tiger. “When you're feeling mad and you want to roar. Take a deep breath and count to 4.” Get on their level. Identify their feelings “You're feeling mad/sad.” . Sympathize with them.” I understand you are mad/sad, you wanted to do ___ and we can't right now, I would be upset too.” Help them move on. “Let's finish our activity and then we can do ___.” They are melting down because they want to be heard and they need help to regulate their emotions. It is our job to help them do so.

CHAPEL:

Songs: Practice Pageant songs. Stories: Esther: Deliverance

IMPORTANT DATES:

December 18th: Class Christmas Party

December 18th: School christmas pageant 3-330

December 18th: School closes at 330.

21-31 Christmas Holiday School Closed