



Elmhurst Academy
~ NIDO CLASSROOM ~
“Riflessione”

December 2-13, 2019

Mrs. Brown, Mrs. Rodgers, Ms. Nolan and Ms. Doyle

*A private, independent Reggio Emilia inspired
early childhood school.*

*“When you listen to yourself,
everything comes naturally. It
comes from inside, like a kind
of will to do something. Try to
be sensitive. That is yoga.” —
Petri Räisänen*



The Nido students have been stretching their bodies and strengthening their muscles while engaged with yoga. During yoga time, the classroom lights are dimmed, and peaceful music is played to really set the mood. The students and teachers both seem to enjoy the special bonding time they share while the teachers assist the students in moving their bodies into the poses. Yoga aids with digestion, sleep and positive self-esteem.



Outdoor Explorations: In addition to yoga, the students also worked their large motor skills while exploring outdoors. Just figuring out how to balance and move one's body with all of the extra winter clothing can be a challenge in itself! Not to mention the uneven ground, various surfaces and other natural obstacles. Our outdoor campus provided the students with their very own obstacle course. Of course, our Nido students are up to the challenge and many smiles are seen as they enjoy the fresh air, sunshine and physical challenges.



Clay Work: Large motor skills are important, but so are fine motor skills. Clay is a tool that we bring out often to help the students strengthen muscles and dexterity in their fingers and hands. The clay we use is straight from the Earth and is much denser than doughs, making it more of a challenge to manipulate. The Nido students sit up at the table while working with clay. Many have



become familiar with this medium and start digging in right when the ball of clay is handed to them. Pinching, patting, poking and squeezing, all of these motions are helping to strengthen our fine motor skills so one day, our students can hold a pencil and write!



Project Approach/Texture: Our Nido students are still engaged and appear very curious and interested in our project on texture. One activity they seemed to enjoy was an exploration of Oobleck. Oobleck is not quite a liquid and not quite a solid. It is made by combining water and corn starch and the result is a very interesting substance. When pressure is applied it feels hard, solid, but when left to drip down, it turns into a liquid. The students sat up at the table one on one with a teacher and began exploring this very mysterious substance.



Some of the students jumped right in while others preferred to take a few minutes watching their teacher manipulate the material before they were comfortable exploring. Either way, all of the students got messy, fostered motor development and had a science lesson on the changing states of matter.



Another interesting text exploration that capture the infants' attention was a textured dough. The Nido teachers prepared a simple salt dough by combining flour, salt and water. Then, they added a bit of color and the students helped to mix in dry rice. The rice added a new texture to a once familiar dough. The students spent much time exploring and strengthening fine motor skills while investigating a new texture.





Author Study: During the month of December, the Nido students are studying books by author, Annie Kubler. Annie's books are often lyrics to familiar children's songs. This sing song nature seems to draw in our Nido students. The main character of Kubler's books are always infants and young children, which seems to be another draw for the Nido students. One of the books the students have

looked at is called, "Zoom, Zoom, Zoom," Inspired by the outer space setting in this book, the Nido students created a night sky scene with star shaped stickers and frozen watercolor paints. Various shades of blues and purples were frozen in ice cube trays and each student was handed a large





piece of thick watercolor paper and a few of the frozen cubes of paint. As the students examined the colored ice and pushed it around the paper, the ice melted and created a beautiful blend of colors. The artwork inspired by the story can soon be viewed in the Nido art gallery.



Nature Study: The Nido teachers were inspired by winter's beauty this week and prepared a few different nature items for the students to explore. First, the students used their hands and fingers to examine a sensory bag that contained clear gel, red rose petals, white flower petals, red cranberries and evergreen branches.

The students seemed to enjoy pushing on the items and moving them around in the gel. The cranberries seemed to peek the students' interest especially, as many were seen pushing on them and watching them slide out from under their fingers. The teachers also wanted the students to be able to experience some of the wonderful winter scents that nature has to offer. Clear water bottles were prepared by melting small holes into the plastic and then filled with fragrant natural items.



There was a bottle filled with cinnamon sticks,



one with evergreens and roses, a bottle with orange peels and cloves was prepared as well. The students were seen holding onto the bottles and turning them to examine the items inside. The holes allowed the students to enjoy the beautiful scents safely while they explored.



Reminders:

- Please bring in a family picture if you have not done so already.
- Global Citizenship Committee would like to introduce the Family Connection Form. If you would like to share an important event or cultural experience you and your child participated in over the weekend, please fill out a Family Connection Form and bring to your child's classroom teacher, for the opportunity to share our experiences with each other and bridge home and school.

<https://docs.google.com/document/d/17feohQKsTjpAGPcjpWCazKoUy5IdqoQ8SRqcHdEBobU/edit?ts=5d83ea8a>