

Pyramid Model

Teaching the skills of Self-Regulation through Breathing Strategies. Self-regulation is the ability to recognize and manage your emotions and behaviors in different settings and activities. The teachers will be implementing these strategies when children are calm and engaged. Reminding the children of the strategies when they need to calm down through the use of visual props. The center-wide props that will be used are through **Controlled Breathing: Smell the Flower, Blow Out the Pinwheel.** Another way for the teachers to implement this controlled breathing is with **Belly Breathing.** In the **Infant through 2's**, the teachers will be supporting these new skills with **Co-Regulation. Co-Regulations** is when the teachers use their own calm and supportive actions to help young children navigate their big emotions.

Family Involvement

Practice by intentionally creating situations where your child can practice the desired behavior. For example, Jon's mom can help him learn to take turns while playing with his sister or an older friend. She can ask Jon's sister to "help teach Jon to take turns" while playing with one doll. Jon's mom provides the toy and reminds the girls to take turns when playing. They can practice the skill of sharing during their time together. **Catch your child being good!** When your child is using the desired behavior, you can encourage them by responding with enthusiasm. **Prepare your child before an event.** For example, Jon's mom can say, "Jon, your friend Ella is coming over to play today. When friends come over, we share our toys. I know how special your doll is to you. We can put the doll in a safe place, and you do not have to share it".

Upcoming Events

- April 3rd Closed for Good Friday
- April 6th -10th Spring Break Camp Days
- April 12th SLC Clean Up Day! (Trails & Playgrounds)
- April 13th -17th
- April 22nd Earth Day
- June 22nd-June 26th are Camp Days.

Reminders

- Spring Break Survey is due by Monday, 4/6
- Save the Date 6/2 is our Moving Up Ceremonies and 4's Graduation! (times to come)
- May 12th & 15th are Spring Pictures (more details coming)
- Please send in extra clothes as the Muddy Season is approaching.

Summer Survey link



Take a Deep Breath

Smell the flower



Blow the pinwheel

