



Navigators January Newsletter

We can handle all kinds of things!



We are reviewing what it means to be a navigator: to be someone who travels, who is in control of himself (his decisions, his actions, etc.), and to be someone who problem solves and completes tasks, even ones that are challenging. We read the book **I Can Handle It!** and have been telling each other that we can handle things when we are frustrated or feel like doing something else. We know that we can handle zipping our own coats, putting on winter weather gear, going for walks, building puzzles together, sharing materials, waiting our turn, memorizing difficult songs, writing our names, and helping each other.

Our two literature books are **Gingerbread for Liberty: How a German Baker Helped Win the American Revolution**, and **The World Is Not a Rectangle: A Portrait of Architect Zaha Hadid**.

Science: We are baking and building! Our baking experiments involve baking soda, baking powder, and yeast, and what helps things rise. At our building centers, we are constructing buildings of different sizes and shapes and figuring out what makes them strong and balanced so they can hold weight.

Math: As we bake and build, we are also counting and introducing units of measurements, such as cups, tablespoons, and rulers. We are also exploring the lines and shapes that we see in the materials we use, and continuing to reinforce our knowledge of size, shape, and ascending and descending order.

Reading and Writing: We are working hard to practice recognizing and writing the letters in our names. We have been writing or tracing our names each day on a name practice sheet, we are playing name games on the circle rug with our helper-of-the-day sticks, spelling our names with manuscript beads, and writing our names on handwriting worksheets.

Gross Motor: We are working on our upper and lower body strength while taking walks in Nickerson State Park, improving our balance and strength on Mariners' Hill, and developing our coordination by walking up and down staircases.

We wish you a happy and healthy New Year!

Warm regards,

Catharine and Charlotte

Upcoming Events:

January 15: Martin Luther King, Jr. Day - Campus is closed

