

Geelong Children's Centre

Term 3 Newsletter.



3 to 5 Room.

Term 3 has passed us quickly and we are now heading into Term 4. What a year it has been. A big thank you to all our educators, children and wonderful families who have come in with a smile and made the most of an uncertain situation.

thank you!

This term we have focused on expressing our emotions and feelings. We had observed children are developing emotional competence but still need assistance developing the skills to control and react appropriately to their emotions and those of others.

We came up with a plan how we could facilitate this idea and decided we needed a designated space that children could retreat to when they felt overwhelmed and overloaded by the sensory input from the immediate environment.

We placed a small couch outside for children who wanted to get away from active play but still enjoy the atmosphere of being outside. We added books and soft materials to introduce a place of calmness.

Inside we set up a small one-person place for a child to go if not sure how to regulate their emotions, consisting of a visual board for them to show us how there feeling and a variety of way to self soothe such as sensory material, listening to music or reading a book.

This worked well and we found it being utilised during in the day. Once children knew how to use this space they would quietly come or go or seek assistance when needed.

<https://raisingchildren.net.au/toddlers/behaviour/understanding-behaviour/self-regulation>



Here Hazel is finding ways to regulate his emotions through sensory exploration.

Facial Expressions

We wanted to intentionally teach facial expressions and emotions are a part of who we are and it is perfectly fine to have a wide range of emotions. Facial expressions are an important part of how we communicate with others. We developed a space where children could feel free to explore this with a wide range of emotions to experiment with.

This gave children the opportunity to talk about these facial expressions and emotions with adults and peers as well as a way to show us how they are feeling.



These activities have been a great way to introduce different emotions and feelings. Angry and sad emotions don't feel nice but they are a part of us and if we are experiencing these what are some strategies we can use to help?

<https://raisingchildren.net.au/toddlers/connecting-communicating/communicating/nonverbal-communication>

Spirit Fingers

The Indigenous culture and dream time stories is something we have embedded into our centre culture at Geelong Children's Centre and this term the children led us to explore the dreamtime story of Spirit Fingers. This engaged the children instantly. This story was based on an aboriginal tribe who got greedy and took too much from the land causing the spirits to get angry.

This was an amazing teaching opportunity to explain to children about the importance of looking after our planet and to only use what you need.

This happened outside in water play and in our garden as well as at the art table and the importance of using a whole piece of paper.

We re-enacted the story and set up the tribe in a play scenario for children to explore.



Here Kennett and Grace acted out and represented in art work the Spirit fingers.

https://www.google.com/search?q=the+dreaming+aboriginal+spirit+fingers&rlz=1C1CHBF_enAU864AU864&oq=the+dreaming+aboriginal+spirit+fin&aqs=chrome.1.69j57j33l2.19173j0j9&sourceid=chrome&ie=UTF-8

Portrait of Self.

Children were asked to take a piece of Charcoal look in the mirror and draw themselves.

The difference from the start of the year is quite remarkable.

A child's self-portrait can give an insight into a child's self-concept as well as building their own sense of identity.



Feb 2020



August 2020

The world around us

The children have been fascinated with the insects that live in our gardens all year and this term in particular have been collecting them and putting them in buckets to admire. While being able to observe them up close and in person helps their understanding of these creatures, educators have been discouraging them from picking them up so not to disturb them from their home and that some insects can hurt you.

The children have demonstrated an understanding of caring for the bugs in some ways, providing dirt, water and leaves in their containers for their worms and snails.

The children have been conversing amongst themselves about this, advocating both for and against their bug investigation linking it to the way we care for plants – if we don't care for them they die, and to Spirit fingers - the creatures will leave if we don't respect them and the environment.



Physical Play

Physical play is not only important for the health of your child but gives the child the opportunity to develop gross and fine motor skills.

We have introduced a climbing wall which encourages children to stretch which increases and maintains flexibility as well as a new bus which encourages children to gather and bring social etiquette into their play.



Children are taking risks and challenging themselves in play. Risk allows children to feel in control of their actions and push themselves to the limits of their capabilities. Risky play is beneficial helps build resilience in young children, this does not mean we let children to be at risk, but to set up experiences where they are challenged in a safe environment to meet their goals.

It has taken some children 6 months to now go on the swing without being pushed but the satisfaction on the child's face is worth the wait.

A toddler who has just moved up to the 3 to 5 room might not be able to attempt the climbing wall but each time with just a little practice this is quickly achievable. This achievement builds problem solving skills and perseverance.

Pyjama Day



Congratulations to the 3 to 5 room for raising money for children in foster care and making it into the Geelong Advertiser.
A huge thank you to Sue for organising.

Sun Smart

Please be mindful the weather is warming up and a hat is to be provided every day and taken home on departure.

As water play will start please place an ecofriendly wet bag for us to store your child's clothes in alternatively a wet bag is on sale at office for 6 dollars.

Thanks for another great Term.

We will see you all in Term 4.