Sunbeam News

Thursday, February 18, 2010 * Vol. 2; Issue 3
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Have You Filled a Bucket Today?

This month we've been working with a book titled ***Have You Filled a Bucket Today: A Guide to Daily Happiness for Kids,*** by Carol McCloud. It is a wonderfully illustrated book about what we do throughout the day that make us happy or sad and how those actions affect others and ourselves. In the book the author describes "fillers" and "dippers" and that we all carry an invisible bucket. It gives examples of being helpful and kind to others makes everyone feel happy, thus filling each other's buckets. An example of being a "dipper" is when someone hurts another's feelings or is not kind, thus taking away from one another's bucket spreading bad feelings. In the Sunbeam Class we've started to practice this by showing what a gentle touch is, how to share and take turns, what they can do to be helpful to one another. We also emphasize and acknowledge the positives that they do. We've been also practicing our "filling" and "dipping" at the sensory table with dried pasta and containers. We take turns filling each other's containers and sharing with one another. When someone does something that another becomes unhappy about, I've shared how that hurt his feelings and then ask how can we make that person feel better. It usually ends with a hug and a shared smile. Our Beamers are a kind and helpful bunch. It seems to me they already get the concept of being "fillers" and "dippers". We just need to acknowledge the actions and the feelings that follow. We'll definitely make this concept part of our daily routine in the Sunbeam Class.

Welcome, Friends!

We'd like to welcome to the Sunbeam Class our newest friends, Arianna, Nevaeh and Josiah; and a big welcome back to Logan! Arianna has been spending most of her time at Hand In Hand in the Star Class. It's been lots of fun getting to know our new friends. It's so wonderful, too, how welcoming our Beamers are to visitors and new friends. It's like they've known each other all along. Beautiful! We like having lots of friends in the Sunbeam Class!

Thank You!

We've put requests for arts and craft supplies and you have responded! Thank you for your continued support, thoughtfulness and generosity. We've used your donations throughout the classroom- in our sensory table and artwork. Our Beamer parents are AWESOME!