

# It's the Valentine's month!



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Dear parents and educators,

Thank you for viewing February 2019 newsletter.

Valentine's Day (14<sup>th</sup> February) originates from a roman festive day honouring romantic love.

Although it is preferable to express love to loved ones on daily basis, this unique day gives everyone a chance to rejuvenate their love and start afresh....

In this newsletter you will find compilation of resources from various sources to help you make the most out of February!

Don't forget to check out our latest article on 'mindfulness'. We've also uploaded story of the month which children would benefit greatly during sleep time!

Kind regards,

Hina.

# *Calendar.*



## *Summer create and Make*

*Thursday 07 February 2019 to Sunday 10 February 2019 at Port Macquarie*



## *Steam the Museum*

*Thursday 07 February 2019 to Sunday 17 February 2019 at Wagga Wagga*



## *Valentine's Day Cruise*

*Thursday 14<sup>th</sup> February 2019 from 7.00 pm to 10.00 pm*



## *Twilight at Taronga Summer Concert*

*Saturday 2<sup>nd</sup> February to 17<sup>th</sup> March 2019 at Mosman*



## Chocolate Sugar Cookies

### Ingredients:

1/2C butter  
3/4C sugar  
1/4 tsp salt  
1 egg  
1 tsp vanilla  
1/2 tsp baking powder  
1/2C unsweetened cocoa powder  
1 1/2C flour

### Directions:

In a large bowl or stand mixer, cream butter with sugar and salt. Scrape bowl prior to each new addition and as needed. Add egg and vanilla. Mix well. Add remaining dry ingredients. Mix until combined.

Divide dough in half. Form each half into a disc, wrap in plastic. Transfer to the refrigerator to chill for at least one hour.

Let dough warm slightly prior to working with. Roll dough to 1/4" thick. Use extra flour as needed to keep the dough from sticking to your work surface and rolling pin. Cut out shapes, transfer to a baking sheet lined with a silicone baking mat or parchment paper.

Bake at 350 degrees for 8-10 minutes. Cool on a wire rack. Decorate as desired. Store in an airtight container.





## *Valentine's Day Games*



*Click on each image to play!*



# *This month's article – 'Mindfulness'*



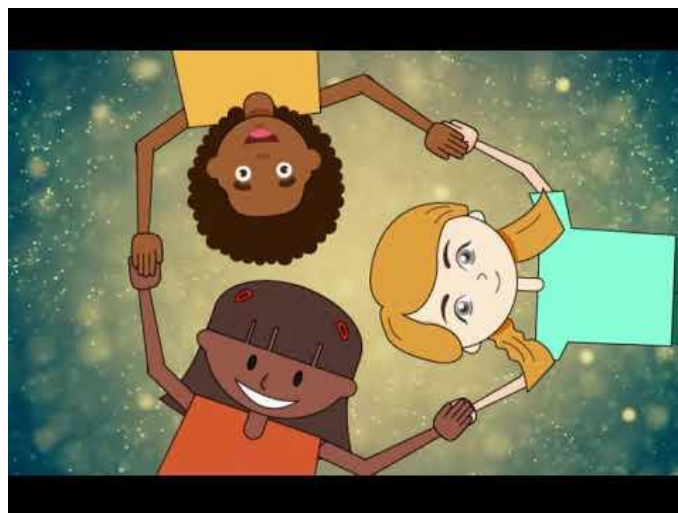
## *What is mindfulness?*

*Mindfulness is about being in the present moment and being aware of thoughts and sensations. When we are mindful, we focus on the present thoughts and feelings with no judgment. It helps us when we begin to drift away into obsessive thoughts that lead to anxiety.*



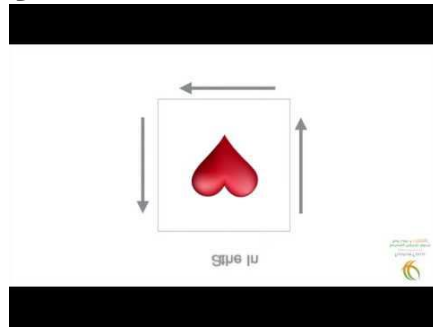
*Areas that mindfulness benefit children:*

- 1. Self-regulation*
- 2. Optimism*
- 3. Planning and organisational skills*
- 4. Manage stress*
- 5. Positive outlook*
- 6. Focus*
- 7. Attention issues*
- 8. Social skills*
- 9. Mental health and wellbeing*



## *How can you introduce mindfulness to children?*

- *Bell technique* - Encourage children to pay attention to the sound of the bell. This helps children become aware of their surroundings.



- *Breathing exercise* -
- *Gratitude practice* - This helps children recognise and appreciate the abundance in their



*lives*

- *Mindful eating* - Encourage children to be mindful of their eating e.g., the aroma, feel of the food etc Ask children to chew slowly for 20 to 30 seconds.
- *Mindful walking* - Teach children to be mindful of their movement and sensations as they walk.
- *Mindful play* - Guide children to be fully present during their play and ask them to focus on their five senses.



# RESOURCES

*Headspace for Kids.* <https://www.headspace.com/meditation/kids>



*Thrive Global.* <https://thriveglobal.com/>



*Inner peace for kids* <https://www.innerpeacekids.com/>





*Have an amazing Valentine's day!*

