

LITTLE
ACORN
— LEARNING
CELEBRATE THE SEASONS OF CHILDHOOD



Daily Rhythm

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Use this rhythm as a compass to guide your days while allowing yourself the freedom to add or let go of things as necessary. Small changes will make a big difference in your home and one day will not look like the another. It is important to be flexible while doing your best to maintain a steady flow and structure for the children and yourself.

Morning Verse

Look out the window with your children – what do you see? Sunshine, Clouds, Rain or Snow? After you've determined the weather – light a candle with your children, say the first verse – then choose the appropriate second verse:

Good morning to the glad new day,
Whatever the skies let fall,
If storm or sunshine, it is sent,
A loving gift to all.

For Sunshine:

Good morning to the sunshine fair,
That lights this world of ours,
Good morning to the singing birds,
Good morning to the flowers!

For Clouds or Rain:

Good-morning to the friendly clouds
That bring refreshing rain,
Which patters out "Good-morning, dears!"
Against the window pane.

For Snow:

Good-morning to the lovely snow,
That lies so soft and deep
Above the little tender seeds
In mother earth asleep.

Good Morning Song

Use this verse or another you like to open your circle. Stand together or in a ring if possible and make motions that feel comfortable and flowing to you with your body. Be consistent with the way you present these movements each day. If you are teaching only one child, you can still hold this time together facing one another.

Good Morning Dear Earth

(hands out)

Good Morning Dear Sun

(hands above sun)

Good Morning Dear Resting Stones

(hold stones hands)

And Beasts on the Run

(move hands)

Good Morning Dear Flowers

(hands bloom)

And Birds in the Trees

(birds hands flying)

Good Morning to You

(hands out to children around)

Good Morning to Me

(hands folded on chest)

Circle, Songs and Movement

included in weekly lesson plans

Closing Circle Verse

The earth is firm beneath my feet

The sun shines bright above

And here I stand so straight and tall,

All things to know and love

Blackboard Drawing

specific ideas included in weekly lesson plans

Take time to make a simple blackboard drawing that relates to your story or verses for the week. This can be done on Sunday evenings or anytime the weekend before. Buy a small but sturdy blackboard and invest in a good set of colored chalk. Keep the drawing simple and colorful, using the sides of the chalk to make the color look smooth. Cover your drawing with a silk and unveil it for the children during circle time. This will become a much loved tradition in your program and the children will be so excited to see the drawing each week when you reveal it.

Story Time

included in weekly lesson plans

Morning Lessons

included in weekly lesson plans

Morning Snack

see our seasonal childcare menus

Eat family style and help one another cut, chop and pass food. Light a candle, hold hands and say the following blessing or another you enjoy.

Blessings on the blossoms
Blessings on the roots
Blessings on the leaves and stems
Blessings on the fruit
Blessings on our Meal

Outdoor Time/Nature Walk

Lunch

see our seasonal childcare menus

Meals same as snack time with family style and blessing.

Afternoon Lessons

included in weekly lesson plans

Afternoon Snack

see our seasonal childcare menus

Meals same as snack time with family style and blessing.

Outdoor Time

Dinner

see our seasonal childcare menus

Bedtime Blessing

In the evening, when the dishes have been cleaned up and the children are in their pajamas bring your family together for a bedtime story and blessing. This would be a great time to reread the story of the week so it remains fresh in your child's mind. Children thrive on repetition and routine and will truly appreciate hearing a story retold.

After your story:

Light Candle with Your Children

Say the following blessing together or one of your own:

Bless my pillow
Bless my bed
Bless me too from toes to head
Bless the earth, sun and air
Bless the children everywhere.

Caregiver's Meditation

included in weekly lesson plans

Remember to take care of yourself. Working with children is extremely rewarding but takes a lot of energy. Each time find time for quiet reflection and meditation. We have provided a weekly Caregiver's Meditation for you. Going outdoors alone for even a few minutes a day is also very good for the soul.