

HEADS UP

Lake Geauga United Head Start's Monthly News Bulletin



February 2022

What is Self-Awareness and Why Is It Important?

By: Emily Kaiser

What does it mean to be self-aware? While self-awareness can be characterized as having a sense of one's personality and character it is also important for **understanding one's emotions**. As one of the core competencies of social emotional learning, the Collaboration for Academic, and Social Emotional Learning defines self-awareness as, "The ability to accurately recognize one's own emotions, thoughts, and values and how they influence behavior. The ability to accurately assess one's strengths and limitations, with a well-grounded sense of confidence, optimism, and a 'growth mindset.'"

Dates to Remember...

Give Kids a Smile Day:

February 4, 2022

Kindergarten

Transition Meeting:

February 8, 2022

What is Self-awareness?

When we are self-aware, we are able to:

- **recognize our emotions**, which is the first step for regulating our emotions. Indeed, how can we regulate our anxiety, anger or sadness if we are not able to recognize those emotions in ourselves in the first place?
 - **identify our triggers**, which helps us better plan how to react next time and make more responsible decisions regarding our behavior and our emotions
- empathize with others and take on another person's perspective, which helps us resolve conflicts and build positive relationships. When we lack self-awareness, we have a harder time understanding and improving our reactions, thereby undermining our self-management, social awareness, relationships skills, and responsible decision making.

Head Start Closings

President's Day:

February 21, 2022

Curriculum Corner

Fun and Learning for Parents and Children

Together-Time Activities

In a Living Room

The living room can be the place for both quiet and noisy activities. Your children will develop their social skills by learning how to be by themselves or how to be a part of the family group. Tell your child which items in the room are on the "Do Not Touch" list. These are activities to build both large and small muscles. The living room is a busy place!

Talk about sounds.

Ask your children to point to the direction of the sound and describe it.

Ask you children to tell you about all the things that make loud or soft sounds such as the TV, the radio.

Sing songs together: old favorites, nursery rhymes. Use a wooden spoon or thick stick as microphone.

Talk about:

The names of all the furniture in the room, such as the lamp, table, and couch.

Family stories about the children's grandparents, family histories and when your children were babies.

The things your children make.

Your children's favorite TV shows.

Develop your children's big muscles.

Encourage your children to help with household jobs: watering plants, sweeping, dusting, vacuuming.

You and the children can imitate characters from a story or a TV show.

Act out what these persons do. Help your children to find things around the house for dress-up or to add to the make-believe!

Turn on music and march around the house. Or, if your family likes to dance, turn on music and have fun!

Read to your children each day.

Give your children a chance to imitate reading to you from magazines, books, and newspapers. Have a special place for books and magazines.

Make a "booklet" with your children by helping them cut out magazine pictures and paste them on paper --a "house book" or "animal book." Use other suggestions from your children.

Ask an older child or other family member to read to a younger child and to you.

Talk about what it means to be a family member.

Ask your children to name the members of your family and draw pictures.

Discuss how members of the family help each other.

Invite some older family members to tell stories.

You may wish to write a story about your family or write down stories your children tell you about the family.

Let your children know that they are an important part of the family.

Give your children a place to store their special treasures.



Hi Families,

This is an exciting year! We will be partnering with the educational resource ReadyRosie to share powerful games and expert videos that support you and your child in his/her learning. Through our partnership with ReadyRosie you will have free access to their learning website and tools.

You will receive a text or email that will say “your child’s teacher is inviting you to join ReadyRosie.”

Tap on Sign up for ReadyRosie twice and follow these steps:

1. Choose preferred language
2. Enter your first and last name
3. Choose how you want to receive notifications text/ email/ both. Enter mobile number and create a password.
4. You’re in! You will now receive weekly messages with activity ideas!

Ask your Family Advocate if you need assistance.



@lgheadstart

Check out our website for information on upcoming events and helpful resources!

www.lguhs.org

100 Calorie Snacks for Kids

By : Wendy Kirby RDN, LD

Are you looking for a way to satisfy those food cravings for your child without all the added calories? Here are some simple snack ideas that are low in calories that will satisfy the taste buds!

- Gelatin Bowl: $\frac{1}{2}$ cup sugar free Jell-O topped with 2 tablespoons of light whipped topping
- Wafer Snack: top 4 vanilla wafers each with 1 tablespoon of low-fat vanilla pudding
- Frozen ice: freeze $\frac{3}{4}$ cup of orange juice or 100% of your choice
- Smoothie: mix $\frac{1}{2}$ cup of skim milk (or 100% juice), $\frac{1}{2}$ banana, 2 strawberries and ice. Place all in a blender, blend
- Pita snack: cut one small whole wheat pita bread into wedges. Brush with 1 teaspoon of olive oil. Heat in oven for 10-15 minutes at 350 degrees, or until crisp. Dip in 2 tablespoons of salsa
- Two plain breadsticks dipped into 1 tablespoon of soft-style light cream cheese with pineapple
- Mini pizza: top an English muffin with tomato sauce, low fat cheese and vegetables. Broil until cheese melts
- Banana pops: peel banana, dip in low fat vanilla greek yogurt. Roll in crushed breakfast cereal, then freeze

