November: Body Awareness

For the month of November we focused on Body Awareness! This means we had invitations in the classroom centered around gross motor development as well as introducing vocabulary and phrases about being gentle with one another and using space when around friends. The kids in the Bird's Nest always love body awareness month because it gives them a chance to challenge themselves with what their bodies can do. The older babies in the class got the opportunity to climb and slide, and our younger babies were challenged to roll or scoot towards objects and use their muscles in ways they haven't in the past. We started the month with soft climbing furniture that was fun for everyone to crawl on or roll over. Some of this climbing furniture could be turned into mini slides, and some of it was fun for the babies to push around the classroom as they crawled or walked along with it. From there we introduced structures made out of crib mattresses. This was a huge hit! They all felt safe on these soft bases and so felt more confident in taking risks with crawling, climbing, and rolling. Once I realized how much fun they were having with the different levels of mattresses, I brought in a small slide from outside and everyone got the opportunity to try it out. For some, the slide was met with big smiles and loud laughs, for others it was met with worry and skepticism. It will be fun to do a month of body awareness again in the spring to see how everyone changes as they become more mobile.


ALLERGY ALERT
NO PEANUTS PLEASE
I CAN ROLL OVER