

## Kookaburra Room 22 July Reflection 2021.

We have been engaged in a lot of sensory play this month it started with national mud day. We explored dry and wet mud indoors with small bugs and pictures of bugs. The children have been showing an interest in bugs outdoors as well. Outdoors we set up the mud kitchen where the children made a lot of mud cakes, soups.

We also made playdough together where all the children had turns at mixing the playdough, adding food colouring to make brown playdough. From exploring mixing colours, the children talked about the colours it made and how to make other colours.

It was also Naidoc week in which we celebrated the history, culture of aboriginal people by reading dream time stories discussing and demonstrating some of the Aboriginal symbols and what they mean and the children participated in creative experiences such as creating the colours of the aboriginal flag and what each colour means, we also made hand prints in red black and yellow and added natural materials to the playdough area and listened to Aboriginal music and used wooden clapping sticks along with the music

Health and wellbeing have been a big focus. We have been reading stories about putting names to feelings and how important it is to use our words to express our feelings and ask for help if needed. We have been talking to the children about strategies to use when feeling upset such as 5 finger breathing which is getting the children to put out their hand and breath in and out until they have moved their finger around each finger on their hand breathing in and out which helps the children relax and focus at mat time or when feeling unsettled. , finding alone time in the tent to explore sensory items or, go for a run outside is another strategy we talk about to look after our health and well being

