

# King Street Co-op Preschool Newsletter

## February 2016

In January we explored all the many ways to feel and be powerful under the theme of Superheroes and Heroes. What is a hero? Here are a few of the children's ideas:

"They have powers, like flower power."

"They wear special costumes."

"They are helpers."

"They save people from hurt or danger."

"They attack bad guys."

"Superheroes are not real people. They have pretend powers."

"Heroes can be real people."

"They have the power to be invisible."

"They have flying powers."

"Someone who tries even when they aren't sure, like *The Little Engine that Could*."

"They can be big or small."

"They are problem-solvers."

Heroes are helpers...



Children used their super strength a lot this month to help others move on the train, or to swing.

We explored heroic professions like doctors and firefighters.



What's more powerful than making a baby smile?

**Heroes wear special costumes...**



**Heroes have powers...**



*On Nature Day, children were powerful tree climbers!*

**Heroes are problem-solvers...**



*When playing powerful games it is especially important to be safe -and keep others safe and feeling safe. Sometimes this means having a meeting to make rules together for the game, find out who is playing (and who is not playing), and what to do when you're ready to stop playing or want to change a rule.*



We explored other powers too. In the art room, children grated chalk and orange peels, harvested herbs and greens from our garden, smooched with mortar and pestles, sprinkled, mixed, and churned to make powerful potions. In the gym and during a group circle time children explored the power of magnets and sorted things into groups of magnetic and non-magnetic items.



### Our March for Dr. King...

Early in the month we learned about a real life hero, Dr. Martin Luther King Jr. and how he fought to change unfair rules with the power of his words, and against hate with the power of love. We learned that one way he made change peacefully was by marching and inspiring lots of people to march with him. We helped to celebrate Dr. King's birthday, showing that his message is important to us, by joining in our neighbor's, the Giddens School, annual MLK March.

First, we learned the Jack Johnson version of Ben Harper's song With My Own Two Hands about how change can happen when even one person takes action. Then children painted posters and drums with their handprints and proclamations of what they could do to change the world with their own two hands:

"I can hug."

"I can make music to change the world."

"I can pick people up when they fall."

We carried these posters and drums with us as we marched along 20<sup>th</sup> Avenue S to the Langston Hughes Performing Arts Institute to celebrate Dr. King.



It was a wonderful month filled with great problem-solving, empathy-building, and explorations of power and justice. Thank you Dr. King for your inspiration and thank you to all of our children and families for their ideas, thoughtfulness, patience, and hard work! I am grateful that our children have this space and support to work through challenges, to develop understanding and connection to those who approach the world differently than themselves, and to learn through experience that any problem has multiple possibilities for solution. These lessons are so much more powerful than simply instructing children to “be nice.”

King Street Kids are...

***SAFE!***

***STRONG!***

***FREE!***