

# Year 2 Bulletin

Week 8 16-3-2017

## Guided Imagry

Today's children are facing sensory overload. From an early age, entertainment and information have just been a click away—TV, movies, video games, Internet, cellphones, e-books and other technological gadgetry. Though technology has become a leisure activity, it overstimulates our senses, reduces our personal contact and decreases the amount of exercise we engage in—anything but relaxing.

Though parents may limit their children's screen time, we're continually bombarded by information and technology. Being so plugged-in tunes us out and moves us away from connecting to ourselves and to each other.

Despite our best efforts to create a balanced lifestyle, stress creeps into our daily lives. So many of us are overstimulated and over-scheduled. Our children are no exception. Adults may not realize how stressed out our children are. The world has become more complicated and it's no longer just school and peer pressures that impact kids. Free play time has diminished as a plethora of extracurricular activities jump in to fill every spare moment. Children are exposed to live-coverage of natural disasters, wars and other negative media that may induce worry and stress in children. So it's not surprising that anxiety-related disorders in children and teens are on the rise.

Children, especially younger ones, aren't able to identify feelings of stress and anxiety as easily as adults. They may not connect their stomach aches, headaches, restlessness or irritability as being symptoms of anxiety. Depending on the child's age and cognitive ability, emotions may be a difficult idea to grasp because they're such abstract concepts. Feelings like sad and happy can be easily understood, but disappointment, frustration, grief and anxiousness are harder to conceptualize. Since feelings can be confusing and overwhelming, helping your child to identify and become mindful of their feelings will help them navigate difficult times. [Mindfulness techniques](#) can be introduced to children at an early age, which will help them to develop self-awareness and mastery over their feelings.

<https://www.themindfulword.org/2012/guided-imagery-scripts-children-anxiety-stress/>

## Junior Choir

Next Tuesday the 21st March is the last choir trial session. After this time the choir will be finalised and a commitment is expected.

If your child is still interested in joining the choir and hasn't yet attended, this will be the last chance to attend. No new enrolments will be taken after next Tuesday the 21st.



## This week we are learning about:

- ◆ Using Tens Frames as a strategy for making number bonds to 20
- ◆ Continuing our workshop about values such as inclusivity, trust and empathy
- ◆ Investigating perimeter with informal units
- ◆ Lots of spelling combinations
- ◆ Investigating with a purpose and a design
- ◆ Capturing evidence of our investigations through drawings, photographs and video
- ◆ Investigating the categories for nouns ( place, person, animal, object )

## Cards to Ten

- ◆ You need 1 or 2 decks of cards with the picture cards removed.
- ◆ Dealer deals out 4 cards to each player.
- ◆ The rest of the deck goes in the middle with one card face up in a new pile.
- ◆ Take turns to try and make 10 with one of your cards and with the one in the middle.
- ◆ If the player can't make ten, they say pass and take a card from the new pile.
- ◆ For a quicker game, the players can use two cards from their hand to add to the card in the middle to make 10. eg 3 + 3 from their hand added to a 6 on the pile.
- ◆ When all the middle cards are gone, the player with the least cards in their hand wins.



## HOME LEARNING IDEAS

- Spelling games such as "beetle" or "scrabble"
- Card games such as Uno or Memory
- Writing a list of "I Wonder" questions for Investigations
- Playing 'Make 10' with your hands
- Making a character analysis of one character from a fiction book

