



National Kindergarten Alliance

# Newsletter

## Hot Topics

Stress Management  
 Common Sense  
 Bullying  
 Lasting Effects of PreK  
 Teaching Creativity  
 Math Anxiety  
 Seed Science  
 Mother's Day  
 Book Purchase Discount Offer

## Table of Contents

President's Message  
 Common Sense  
 Lasting Effects of Bullying  
 Influence of PreK  
 Teaching Creativity  
 Math Anxiety  
 Seed Science  
 Curriculum: Mother's Day,  
 Butterflies, Spring, Plants  
 Crafty Corner  
 Book Reviews: some old, some  
 new and discount purchase offer  
 Teacher Resources/Grants  
 Announcements

## ✧ *President's Message* ✧

To NKA Members:

The following message on stress came to me in an e-mail with no mention of an author but it spoke to me as an educator - especially at this time of year.

**Stress Management! This is absolutely wonderful!**

A young lady confidently walked around the room while leading and explaining stress management to an audience with a raised glass of water. Everyone knew she was going to ask the ultimate question, 'half empty or half full?'

She fooled them all .... "How heavy is this glass of water?" she inquired with a smile. Answers called out ranged from 8 to 20 oz.

She replied , "The absolute weight

doesn't matter. It depends on how long I hold it. If I hold it for a minute, that's not a problem. If I hold it for an hour, I'll have an ache in my right arm.

If I hold it for a day, you'll have to call an ambulance. In each case it's the same weight, but the longer I hold it, the heavier it becomes." She continued, "and that's the way it is with stress. If we carry our burdens all the time, sooner or later, as the burden becomes increasingly heavy, we won't be able to carry on."

"As with the glass of water, you have to put it down for a while and rest before holding it again. When we're refreshed, we can carry on with the burden - holding stress longer and better each time practiced.

So, as early in the evening as you



## Crafty Corner

### Bead Babies

Materials needed: beads, felt or construction paper, chenille strips and craft glue (tacky)



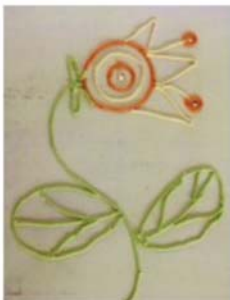
### Egg Shell Planters

Materials needed: three quarter egg shells (blow the egg out) color if desired with food coloring or water colors, soil and seeds



### Yarn Flowers

Materials needed: various colors, sizes of yarn, glue, construction paper or colored cardboard



### Spell With Plants

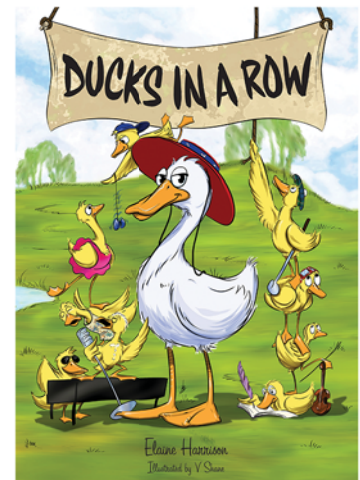
Materials needed: shallow container, potting soil, seeds (spell, name, initials, etc.)



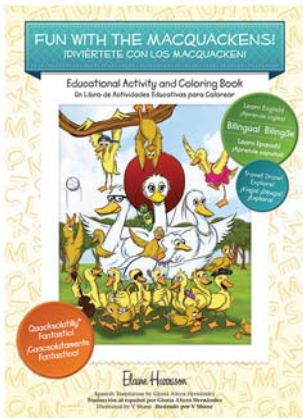
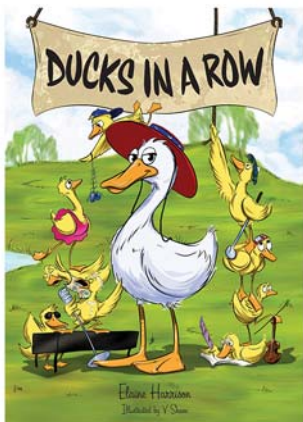
### Children's Book Picks

"Ducks in a Row" is a wonderful book from an "adult" author who has seen the light and finds authoring children's books so much more fun!! Elaine Harrison has formed her own publishing company - Lucky Duck Publishing LTD - "in order to retain creative control" and because she wanted her works "published in the United States using environmentally sustainable products and practices." The mission of the Lucky Duck Publishing Company is "to capture the whimsy, heart and intellect of children through tales that inspire the imagination and encourage self-confidence." WOW!!

"Ducks in a Row" brings you the adventures of the MacQuacken Family - a mother and nine babies. These little ones don't like to waddle or paddle along in a row and mother duck seems okay with this. However, the other mothers in and around the pond are very disturbed by what they see as poor behavior. Mother MacQuacken decides to take her brood elsewhere where they will be free to express their individuality and chase their dreams. The story of the MacQuacken's is sure to delight children and adults alike. It is rhythmic, rhyming and enchanting as it presents the family's adventures, trials, tribulations and successes in a delightfully fun world. As the ducks learn to value and honor the individuality of all, they find themselves in a position to "save the day" when a problem arises at the pond. You will love it. The illustrations by V Shane are equally as wonderful. "Ducks in a Row" has a companion book "Patitos en Fila" as well as an educational activity/coloring book.

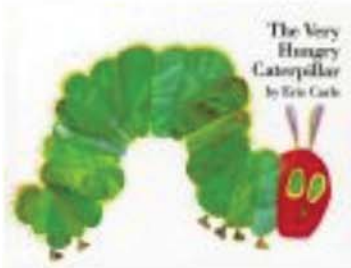


Elaine Harrison is pleased to offer NKA members a 20% discount on one or all of these books which may be purchased through her website - [luckyduckpublishing.com](http://luckyduckpublishing.com). Include the code NKADUCKS in the checkout process. This offer is good through the month of May.



Springtime and Butterflies brings us to an old favorite: "The Very Hungry Caterpillar" by talented and beloved author/illustrator Eric Carle. A caterpillar hatches out of his egg and is very hungry. On his first day, he eats through one piece of food; on his second, two, and so on. Little holes cut in the pages allow children to wiggle their fingers through the food, just like the caterpillar. Vivid and colorful illustrations and ingenious layered

pages help readers learn the days of the week, how to count, and how a caterpillar turns into a butterfly. Published by Penguin Young Readers Group, 1986.

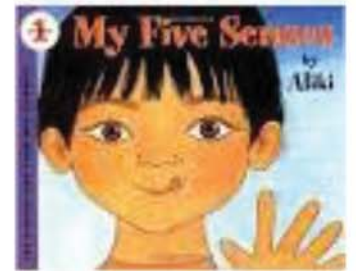


*(In case you don't already do this ... have your students make their own hungry caterpillar book ... Preschoolers and Kinders can paint each day's meal and 1st can either paint or draw)*  
\*\*\*\*\*

"Wake Me In Spring" by author James Preller is a wonderful little book to read with young children. The interaction between two friends, a mouse and a bear, conveys the sadness of being separated from a good friend and the joy of reuniting in a very simple and sweet way. In this charming story about an unlikely friendship, Mouse tucks his friend Bear into bed and promises to wake him in spring, when flowers bloom and best friends sing! You'll walk away from this one happy. Illustrated by Jeffrey Scherer. Published by Cartwheel (Second Edition) 1994.



"My Five Senses" explains the five senses to young children in an easy to understand manner. It is a great introductory science book as it asks and answers: How do you learn what the world is like? Through your five senses! Every sound, taste, smell, sight, and touch helps kids to discover something new. Alike's delightful art and simple text teaches children what the five senses are and how they experience the world with their eyes, ears, nose, hands, and tongue! Published by HarperCollins; Revised Edition 2000.



Let's celebrate Mother's Day, Biscuit! There are so many ways to make Mom feel special. This cute book in the Biscuit Series is a perfect way to introduce and talk to children about the meaning of Mother's Day. It's a sweet story featuring the little girl and her adorable puppy, Biscuit, and how they spend the day with Mommy. Each page has a flap for interaction and fun. Pull them back to see the surprises Biscuit and the little girl have in store for Mom! Sharing this story with students will bring forth ideas for what each child can do for his/her own mother on Mother's Day. Written by Alyssa Satin Capucilli. Illustrated by Pat Schories and Mary O'Keefe. Published by HarperCollins 2004.

