

Foresight Learning Center celebrates...

## **The Week of the Young Child!!**

**April 8-12, 2024**

### **Monday, April 8: Mindful Monday!**

- We will begin our week practicing, yoga poses, breathing, focusing, peacefulness, and relaxing techniques that help us be more successful in the classroom... and life!

**“It is only when the mind is open and receptive that learning and seeing and change can occur.”**

**Kabatt-Zinn**

### **Tuesday, April 9: Teddy Bear Tuesday!**

Everyone is invited to bring their own teddy bear (or favorite stuffed animal) today! We will use them for measuring, counting, story-telling, and pretend play!

**““It’s too bad we’re not all teddy bears. More stuffing would only make us cuter and cuddlier.”**

**Richelle E. Goodrich**

### **Wednesday, April 10: Work Together Wednesday!**

Foresight friends will all help get ready for SPRING! Together we will participate in a field clean-up and garden preparations. To top it all off, we will have a visit from our Flagstaff Mayor Becky Daggett at 1:00 p.m.!

**“Individually, we are one drop. Together we are an ocean.”**

**Ryunosuke Satoro**

### **Thursday, April 11: Thinking Thursday**

Today will be a day for brain challenges! We will try challenging puzzles and games to stretch our minds! We’ll also put our brains together to solve riddles, find solutions for stem challenges – TOGETHER.

**“The mind is not a vessel to be filled, but a fire to be kindled.”**

**Plutarch**

### **Friday, April 12: Friendship Friday!!**

Friends are one of the greatest gifts. We will be using hot rocks and crayons to design pieces to add to our Friendship Garden!

**“Try to be a rainbow in someone’s cloud” — Maya Angelou**