



## October Inspirations

**Virtue:** Kindness

*The quality of being friendly, generous and considerate.*

*Complimenting a friend.*

*Sharing a toy with a friend who wants a turn.*

**Fruit:** Apple

**Veggie:** Carrot

### **Tiny Branches**

Good Shepherd and his sheep

Saint: Saint Francis of Assisi

Song: All Creatures of Our God and King

Chapel: Fives host blessing of pets on October 4<sup>th</sup> at 11:45 a.m. in the Meadow

**Gesture:** Sign of the Cross

*In the name of the Father, and of the Son, and of the Holy Spirit. Amen*

### **Art Studio**

Materials Exploration

### **Music and Movement**

Music Lab: Latin/Caribbean Music

Instrument: Maracas

Muscle Group Focus: Quadriceps/Hamstrings