



## **January Inspirations**

**Virtue:** Peace

*Freedom from disturbance; quiet and tranquility.*

*Listening calmly and respectfully when your teachers or friends are talking.*

*Solving your own problem or conflict with a compromise.*

**Fruit:** Citrus

**Veggie:** Butternut Squash

### **Tiny Branches**

The Magi

The Presentation of Jesus in the Temple

Practical Life Skill: Sponge/Dropper Water Transfer

Saint: Pope St. John Paul II

Song: This Little Light of Mine

Chapel: 4s T-F host on January 22nd at 11:45 a.m. in the church

### **Conscious Discipline Focus: Choices**

Choices motivate from within, improve goal achievement and facilitate self-regulation.

**Gesture:** Sign of Peace

“The peace of the Lord be with you always.”

Response: “And with your spirit.”

### **Art Studio**

Self-Portraits

Introduction to Clay

### **Music and Movement**

Instrument: Piano

Muscle Group Focus: Back – Lower / Middle / Upper

### **Loose Parts Collection**

Glass Jars