# **March Inspirations**

Virtue: Gentleness

Treating everyone with a tender heart.

Playing with others carefully, without causing harm.

Speaking to others with sensitivity. tolerance and compassion.

Fruit: Banana

Veggie: Cucumber

## **Tiny Branches**

The Parable of the Mustard Seed

Practical Life Skill: Polishing

Saint: St. Joseph

Song: St. Joseph Hammer Song

Chapel: 3s MWF host on March 25th at 11:45 a.m. in the church

**Prayer:** The Lord's Prayer

Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy <u>will</u> be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.

## **Conscious Discipline Focus: Empathy**

Empathy teaches emotional regulation, integrating the brain so children can take personal responsibility for their actions.

#### Art Studio

3 Dimensional Sculptures / Construction

#### Music and Movement

Music Lab: Asian

Instrument: Woodwinds / Wind Chimes

Muscle Group Focus: Forearms / Triceps / Biceps

### **Loose Parts Collection**

Old Keys and Metal Items