

Heritage Preschool Parent Corner **O**



O says "o" for oc - to - pus

Letter of the Week

O has two sounds: 'oh' as in orange and 'ah' as in octopus. We will be working on both sounds this week.

Words & Feelings

There is: overjoyed, open, overwhelmed, out-done, out-classed, ordinary

Poetry

O is for octopus who lives in the sea
O is for owl, high in a tree
O is for overalls and oars for a boat
O is for ostrich, orange and oat
Hooray for O, big and small -
the most outstanding letter of all!

Fun with O

- Create a pretend office
- Play "on & off" around the house (turn off the tv, step on the rug, etc.)
- Make a paper chain with o's
- Make an obstacle course
- Have an Orange Day
- Squeeze oranges and drink orange juice
- Listen to opera or an orchestra
- Make an ocean mural
- Pretend to be owls
- Bake oval cookies in an oven
- Eat omelets, oatmeal, oranges
- Wear overalls
- Go outside and play or draw with sidewalk chalk

Alliteration

Owen once went to the ocean where an octopus rolled onto his toe.

Riddles, Rhymes & Opposites

1. Practice finding opposites
2. Whales live in the
3. I am an animal with 8 legs
4. I am a bird and I say "who"

Ordinary can be Extraordinary!

One of my favorite children's books is M.M Kaye's The Ordinary Princess. In it, a crotchety old fairy shows up at the christening of the seventh princess. She takes one look at all the fancy fairy wishes for the baby and says, "I'm going to give you something that will make you happier than all these falals and fripperies put together. 'You shall be ordinary!'"

How do we go back to the idea that ordinary can be extraordinary? How do we teach our children — and remind ourselves — that life doesn't have to be all about public recognition and prizes, but can be more about our relationships and special moments?

Katrina Kenison, author of "The Gift of an Ordinary Day" (Grand Central Publishing, 2009). "My job as a mother is to (teach my son) to enjoy ordinary life. To swim in a pond on a hot day or walk with a friend or make dinner from scratch... Ordinary has a bad rap, and so does settling — there is the idea that we should always want more," she said. "But there's a beauty in cultivating an appreciation for what we already have. (To teach) what I felt were the real values I wanted to pass on to my children: kindness, service, compassion, gratitude for life as it is,"

Some people may fear that embracing the ordinary means that they are letting themselves and their children off easy. If it's all right to be average, why try to excel? But the message isn't to settle ... but rather to make sure you aspire to goals because they are important to you, not because you want to impress your parents, your community or your friends.

As Mr. [David] McCullough said in his graduation speech [at Wellesley High School]: "Climb the mountain not to plant your flag, but to embrace the challenge, enjoy the air and behold the view. Climb it so you can see the world, not so the world can see you."

And for that princess, being ordinary is the key to extraordinary happiness. I hope that same is true for all of us!

Excerpted from www.nytimes.com, Redefining Success and Celebrating the Ordinary



"God told Moses to lead the Israelites **out** of Egypt."
Exodus 3: 11