

## **REMINDERS:**

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\*With the season changing, so do the temperatures. Please consider sending a jacket with your child for morning recess.

\*No outside food can be brought in or consumed in the center. If your child eats on the way to school, please make sure they finish any food before they enter the building and they wash their hands when they arrive. We do this to protect several students who have severe food allergies here at LCDC.





Fall is in the air... Take advantage of the new season by going on a 5 senses walk as a family. Hear the sound of the leaves crunching, smell a campfire, see the colors of the changing leaves, feel the crisp air on your face and end your walk with a **taste** of warm apple cider. Taking time to enjoy God's beauty will become a favorite family activity.



## PATIENT

...the ability to wait without complaining.

## Activities to teach kids to be patient:

- Go on an alphabet hunt. Try to find all the letters in the alphabet (or just the letters in their name) in the room, on a menu, or
- signs. Do this together or as a competition. Play guessing games like "I Spy" or "Twenty

to

Play favorites. Take turns naming categories like snacks, books, etc. and