

11<sup>th</sup> March 2020

## March Awareness month

Dear parents and carers,

Throughout March there are many national awareness days that are carried throughout the month. We thought it would be a lovely idea to do different ones throughout the weeks of March. Throughout these weeks we will be talking about the feelings of ourselves and the feelings of others (by putting ourselves in their shoes). We will be using our feeling bear cards, looking at choices we make and our 5 golden rules.

Week commencing 16<sup>th</sup> March- Cerebral Palsy awareness. The awareness colour for Cerebral Palsy is green and throughout the week we invite all the children to wear something green. We are also looking forward to having a parent come in to do a talk with the children about cerebral palsy.

Week commencing 23<sup>rd</sup> March- We will be looking at 'All about me'. With this, we will be talking about our families, and ourselves. We will look at things that makes us the same and things that make us unique by drawing pictures of ourselves and of our friends. This week I would like to ask everyone to be able to bring in a photo from home of their family which will help us with our group discussions of 'all about me', or a picture of anything that they feel is important to them.

Week commencing 30<sup>th</sup> March- Autism awareness week. This week we will be asking the children to wear 'silly socks' as this is recognised with autism awareness week. We will also be looking at a video clip from Sesame Street which explains about autism really well for children to have a better understanding of it; here is the link which we will be showing to the children. <https://www.youtube.com/watch?v=dKCdV20zLMs>  
I have another link for adults and older children if you wish to watch it  
<https://www.youtube.com/watch?v=6fy7gUIp8Ms> .

If you have any questions please feel free to speak to a member of staff, or if you have any ideas that you would like to contribute towards please let us know.

Thank you for your continued support  
Chestnut Playgroup