

**Growing Gratitude**

Children aren't naturally grateful, they learn thankfulness by seeing others model it and having opportunities to show gratitude themselves. Here are some ideas for incorporating thankfulness into your daily routine;

**Work thankfulness into your conversation:** Weave appreciation for the mundane things in life into your everyday speech. For example "We're so lucky we have such fun Lego's to play with!" or "What a beautiful sunset!" When you reinforce an idea more frequently it is more likely to stick.

**Have your kids tell you three good things when you put them to bed each night.** This should relate to things that happened to them that day. Practicing this routine at the end of the day will help teach your children to slow down, savor the moment, and notice things that they feel appreciative about and should be thankful for.

**Do a goodwill project:** Something as simple as making cookies for a neighbor can help your child focus on others and not on themselves. While stirring the batter talk about how your making the cookies for a special person and how happy the recipient will be!

**Be patient,** growing gratitude takes time. Lets be thankful for the journey!

Happy Tumbling

Jocelle Burdett

ATA Gymster Manager

**Gymster Theme: Thankful Hearts!**

To celebrate Thanksgiving, teachers and students will be discussing the character building concept of thankfulness during circle time. Students will receive a thankful heart leaf the first week of November to decorate at home, cut out and bring back to add to our Thankful Hearts Tree!

**Skill Focus: Ball skills**

**Theme Song: "Lets Be Thankful"**

**Let's Be Thankful**

(Sung To: Twinkle, Twinkle Little Star)

Let's be thankful for this day  
For our friends and our play  
Let's be thankful; let's be glad  
For our food and the things we have  
Let's give thanks for you and me  
And our home and family.

**Practice this song at home with your Gymster!**



## Christmas Shows



Mark your Calendars!

The Gymster Academy will be celebrating the Christmas holiday by hosting our annual Christmas shows December 8th-13th during your child's regular gymnastics class.

Stay tuned for more info!

## Adventure Hour Rules

**We want to make sure that everyone has FUN and stays safe while on the floor.**

**Here are some rules to help your child follow while playing;**

- All participants must sign in and register at the front desk. Children under 3 must be supervised by a registered adult.
- Participants must follow all ATA gym rules for equipment usage, as posted, at all times.
- Help us keep the gym floor a HAPPY space. If your child is upset please exit the floor, get a drink of water, calm down and then come back when your child is ready to play again.
- ATA loves sharing, please encourage your child to share all equipment at all times.
- We know sharing and taking turns can be hard for preschoolers and frustrations happen, however if physical altercations occur, we will ask that your child leave the gym floor immediately and they discontinue play for the day.

## November Testing

Your child has been working hard to master their gymnastics skills. In November staff will be evaluating students' progress during regular class time. Look for a progress report from your child's teacher.

## Pumpkin Patch Fun!

In October, students, parents and teachers loved our Pumpkin Patch themed activities. From our theme song "spider" dance, Pumpkin Patch warm up games, spider stations and more our Gymsters were on a ROLL!

