

Gymster Gazette

November 2016

Character Counts: Gratitude

It's easy to practice thankfulness and gratitude during the holiday season. Here's a way to help your child practice gratitude all year long!

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.

Let's Be Thankful

Practice this song at home with your Gymster!

(Sung to the tune of 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.

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 wall!

Skill Focus: Ball skills

Theme Song: "Let's Be Thankful"



Christmas Shows

Mark your Calendars!

The Gymster Academy will be celebrating the Christmas holiday by hosting our annual Christmas shows December 9th-15th. Stay tuned for special class times during this week!

