

**Week Three, June**  
*The Sun (Summer Solstice/Midsummer), Letting Go*

\*\*The following pages should be printed and kept in your 3-ring binder along with The Daily Guide for easy reference each week.



**Supplies Needed for Week Three**

**Cooking List:**

(this does not include supplies for recipes in our seasonal childcare menus – visit [www.littleacornlearning.com](http://www.littleacornlearning.com))

- 2 ½ Cups Unbleached Flour
  - 1 Package Dry Yeast
  - 1 ½ Cups Milk
  - ½ Cup Water
  - 3 Tbsp. Honey\*
  - 3 Tbsp. Margarine or Butter
  - 3 Tbsp. Brown Sugar
  - 1 ½ Tsp. Salt
  - 2 ½ Cups Whole Wheat Flour
- \*added to give this bread a sweeter flavor

**Crafting List:**

- Watercolor Paper
- Red and Yellow Watercolor Paint
- Cutting Board, Painting Board or Canvas to place under your paper

Paintbrushes  
Water  
Shallow Bowl or Plate (wood is best)  
Wooden Dowel  
Hot Glue  
Ball

## **Daily Rhythm**

### **Morning Routine**

#### **Morning Blessing**

Light Candle with Your Children



Say the following blessing together:

*For this new morning with its light,  
For rest and shelter of the night,  
For health and food, for love and friends.  
For everything Thy goodness sends,  
We thank Thee.*

Blow Candle Out  
Begin Your Day

#### **Morning Circle**

Gather children in a circle and hold hands.  
Sing the following song with each child's name:

\*sung to tune of 'Are You Sleeping'

Hello (name), Hello (name)  
How are you?  
How are you?  
We're so glad to have you.

We're so glad to have you.  
Here at school.  
Here at school.

Have children sit in a circle and share the week's circle time songs:

**The big round sun in the summertime sky**  
(form large circle with arms)

**Winked at a cloud that was passing by.**  
(wink eye)

**The little cloud laughed as it scattered rain,**  
(flutter fingers downward)

**Then out came the big round sun again.**  
(form large circle with arms)

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**Sunshine over the meadows wide  
Where the bees hummed in the clover.  
And sunshine filling the lily cups  
Till every one brimmed over.**

**Sunshine over the hazy hills.  
And over the dimpling river,  
And I wished the sun and the summer day  
Might shine and last forever.**

Children stand up and hold hands in circle again - do ring around the rosie:

Ring around the Rosie  
A Pocket Full of Posies  
Ashes, Ashes  
We all Fall Down

When children fall down teacher taps the ground and sings

The cows are in the meadow,  
eating buttercups,

a-tishoo a-tishoo,  
we all stand up!

Have children take their seats for the Daily Activity

### **Daily Activity**

Day One – Baking Sun Bread

Day Two – Watercolor Painting the Sun & The Little Acorn Story

Day Three – Sun Ball Game & Make a Sundial

\*You will find the instructions for the above activities immediately following this Outline

### **Nature Walk**

Be sure to share this week's verse:

*O lovely June! O lovely June!  
You're everything together;  
Your skies so fair,  
Your flowers so rare,  
Oh stay, delightful weather!*

### **Children's Meditation**

With a long pause in between each, recite the following words to the children:

'Look'  
'Listen'  
'Smell'  
'Touch'

Then ask children to close their eyes and ask them to:  
'Feel' nature with their hearts.

### **Mealtime**

Before you eat share this simple mealtime blessing:

*Back of the bread is the flour,  
And back of the flour is the mill,*

*And back of the mill is the wind and the rain,  
And the Father's will.*

## **Afternoon Routine**

### **Rest Time**

### **Caregiver Meditation**

*“The things we love we have to learn to leave alone.” Dr. Wayne Dyer*

Letting go is one of the most difficult things we must do in life but without doing so, we remain stuck and unable to move forward in peace.

The only way to truly let go is to shift your attention away from the event, thing or person and focus immediately on where you are now and what you need to do for yourself.

If you have trouble letting go, you can repeat a simple statement to yourself as a release and a reminder. For example: “\_\_\_\_\_ is now released from my concern and (the person/event/concern) is now free to do what it is meant to do without my attachment.” or “I now fully release my (worry, concern, fear) and let go with love.” These types of freeing statements can be repeated, written down and meditated on over and over again until you are able to work yourself back toward finding the peace you need.

## **Outdoor Work & Play**

This is HARD to do but SO worth it!

Wake up with your family before the sunrise and lay out a blanket, bundle up and watch it rise. The very same day, go back out to your blanket and watch the sunset. This is such a magical experience – to be able to see the day wake and rest full cycle with your children.

## **Evening Routine**

### **Bedtime Story & Blessing**

After the story:

## Light Candle with Your Children



Say the following blessing together or one of your own:

Bless my pillow  
Bless my bed  
Bless me too from toes to head  
Bless the earth, sun and air----  
Bless the children everywhere.

### **Daily Activities**

#### **Day One**

##### **Sun Bread**

Today celebrate the returning Sun by making Sun Bread with the children.

##### **Supplies Needed:**

2 ½ Cups Unbleached Flour  
1 Package Dry Yeast  
1 ½ Cups Milk  
½ Cup Water  
3 Tbsp. Honey\*  
3 Tbsp. Margarine or Butter  
3 Tbsp. Brown Sugar  
1 ½ Tsp. Salt  
2 ½ Cups Whole Wheat Flour  
\*added to give this bread a sweeter flavor

In a large bowl, mix flour and yeast. Heat milk, water, margarine, brown sugar and salt on low. Add to flour mixture. Stir several minutes (remember to let children help during this entire process... have them take turns and be patient – the goal is not to have bread, it is to enjoy the process of making the bread) Add whole wheat flour until dough forms. Knead on floured table until smooth and

elastic (children love this part!). Place in greased bowl. Cover and let rise until it doubles in bulk.

Have children clean up what they can (you will return later to finish), wash hands and go for your nature walk.

After the dough has risen, you will need to Punch down the dough. The best way to do this is to let children pound the dough with their fists. After you have done this, shape your dough into a flat circle. Make slits all the way around the circle spaced apart. Now to make the Sun's Rays twist each 'Ray' once or twice and pinch together with the one next to it (to make a triangle). If you have extra dough, make a face on your Sun Bread or use cookie cutters to add shapes to decorate.

Cover and let rise to double.

After Lunch and Before Rest Time let the children watch you place the bread into the oven in a pan and set at 400°F for 30 minutes.

Tell the children that when they wake up from their nap, they will have a warm and delicious snack to enjoy for the Summer Solstice. The smell of bread baking in the oven is a very soothing way for children to fall asleep. Older children who leave home to go to school will be greeted by the smell of freshly baked bread as they enter your home after a long day at school.

Enjoy!!

## **Day Two**

### **Watercolor Painting the Sun**

Supplies Needed:

Watercolor Paper

Red and Yellow Watercolor Paint

Cutting Board, Painting Board or Canvas to place under your paper

Paintbrushes

Water

After your morning circle, set up your workspace to do watercolor painting with the children. Spend time mixing the red and yellow paint to create a beautiful sunrise and sunset. If you have watercolor paper, wet the paper with a damp sponge before beginning. It is wise to place a piece of wood, canvas or a cutting

board under each child's paper to keep it from curling and bleeding through. Be sure to set up an area for yourself. Begin painting your own paper while inspiring the children to imitate your actions.

### **The Little Acorn**

~ Lucy Wheelock

It was a little acorn that hung on the bough of a tree. It had a tender green cup and a beautifully carved saucer to hold it. The mother oak fed it with sweet sap every day, the birds sang good-night songs above it, and the wind rocked it gently to and fro. The oak leaves made a soft green shade above it, so the sun could not shine too warm on its green cover, and it was as happy as an acorn could be.

There were many other acorns on the tree, and I am sure the mother often whispered loving words to all her babies.

The summer days were so bright and pleasant that the acorn never thought of anything but sunshine and an occasional shower to wash the dust off the leaves.

But you know that summer ends and the autumn days come. The green cup of the acorn turned to a brown cup, and it was well that it grew stiffer and harder, for the cold winds began to blow.

The leaves turned from green to golden brown, and some of them were whisked away by the rough wind. The little acorn began to grow uneasy.

"Isn't life all summer?" it said. "No," whispered the mother oak, "the cold days come and the leaves must go and the acorns too. I must soon lose my babies." "Oh! I could never leave this kind bough," said the frightened acorn. "I should be lost and forgotten if I were to fall."

So it tried to cling all the closer to its bough; but at last it was alone there. The leaves were blown away, and some of them had made a blanket for the brown acorns lying on the ground.

One night the tree whispered this message to the lonely acorn: "This tree is only your home for a time. This is not your true life. Your brown shell is only the cover for a living plant, which can never be set free until the hard shell drops away, and that can never happen until you are buried in the ground and wait for the spring to call you into life. So let go, little acorn, and fall to the ground, and some day you will wake to a new and glorious life."

The acorn listened and believed, for was not the tree its sheltering mother?

So it bade her farewell, and, loosing its hold, dropped to the ground. Then, indeed, it seemed as if the acorn were lost. That night a high wind blew and covered it deep under a heap of oak leaves. The next day a cold rain washed the leaves closer together, and trickling streams from the hillside swept some earth over them. The acorn was buried. "But I shall wake again," it said, and so it fell asleep. It might have been cold; but the frost fairies wove a soft, white snow blanket to cover it, and so it was kept warm.

If you had walked through the woods that winter, you would have said the acorn was gone, but then you could not have seen the life slumbering within the brown cover. But spring came and called to all the sleeping things underground to waken and come forth. The acorn heard and tried to move, but the brown shell held it fast. Some raindrops trickled through the ground to moisten the shell, and one day the pushing life within was set free. The brown shell was of no more use and was lost in the ground, but the young plant was to live. It heard voices calling it upward. It must arise. "A new and glorious life," the mother oak had said.

"I must arise," the acorn said, and up the living plant came, up to the world of sunshine and beauty. It looked around. There was the same green moss in the woods, the same singing brook. "And I shall live and grow," it said.

"Yes," called the mother oak, "you are now an oak tree. This is your real life."

And the tiny oak tree was glad and tried to stretch higher towards the sun.

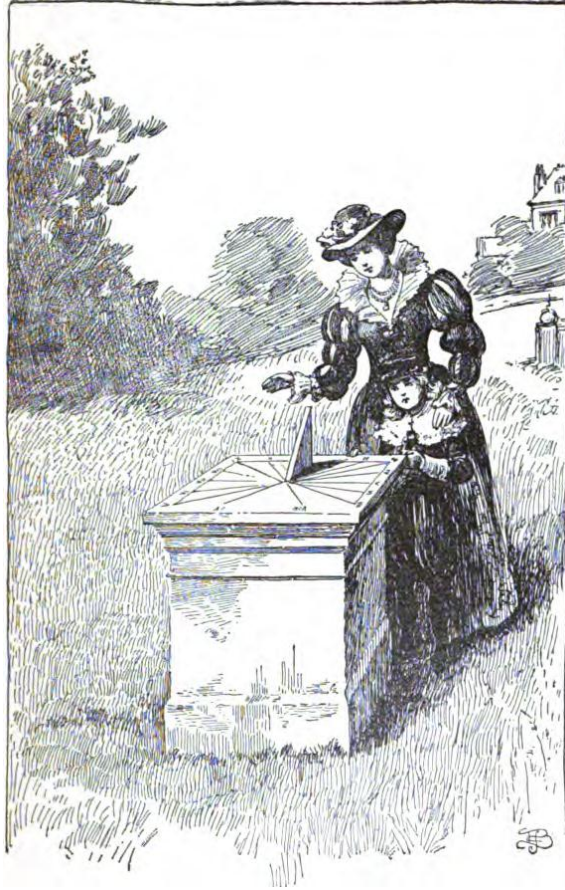
## **Day Three**

### **Sun Ball Game**

Sit in a circle with the children and play this ball game passing the ball east to west and saying the following verse:

*"Over here the SUN gets up  
And travels all the day,  
Now he shines above my head,  
But now he goes away."*

### **Sundial**



In times past, the sundial was a useful tool and a staple in every mother's garden. Spend time this week making one with your child and journaling about what you find in your Nature Notebooks.

Supplies Needed:

Shallow Bowl or Plate (wood is best)

Wooden Dowel

Hot Glue

Hot Glue the dowel in a standing position in the center of your bowl or plate. Mark the hour spaces with a light line with a marker or paint. Alternatively, you may choose to write each number in. When completed, bring your sundial to a sunny location outside. Keep the dial in the exact same location. Go out on each hour that you wish to mark the time. You can outline the shadow of the dowel on your dial as a record or make a sketch in your Nature Notebook. Enjoy!!!

