Dear parents,

Is your child/are your children interested in learning more about feelings and emotions, the human body and how it works? From a developmental perspective, this is entirely normal and it’s also important. Now, at kindergarten, is when the foundations are laid for children to feel comfortable in their own bodies. To achieve this, your child not only needs to know about their own body, but also the feeling of being ‘right’, being strong and being able to take responsibility for themselves and their body. This also includes recognising physical signals such as emotions, reflexes or needs and interpreting them correctly. Children also want to explore their own feelings and the feelings of others. As this topic is so fascinating for children, we have made it into our next project. We would like the children at our centre to learn more about their bodies, and – above all – we want every child to feel comfortable and accepted in their own body.

Picture books and fact books help children to strengthen their social and emotional skills. In particular, books enable children to find information independently, promoting their language development while having fun.

The books for our project are:

* Picture book: Das kleine ICH auf der Suche nach sich selbst (Little ME in search of myself)
* Children’s fact book: Frag doch mal… die Maus: Mein Körper (Just ask… the mouse: my body)
* Picture book: Das ist doch nur für Mädchen (But that’s just for girls)
* Picture book: Ich bin wie du / Ich bin anders als du (I am like you/I am different from you)
* Yoga book: Turnen wie die Tiere (Animal acrobatics)

For the coming period, we have organised games, ideas for creativity and exercise, and much more around this topic.

We are excited to see the children’s reactions and we’re looking forward to making this journey of discovery together.

Do you have ideas for us as well? Feel free to contact us!

With very best wishes,

This is me!