

Rosemary Room January Reflection

The month of January has been very exciting for our Rosemary children! This month in the Rosemary Classroom the children have been very interested in our food prep materials. We have taken this opportunity as a class to discuss the importance of safety and slow, intentional movements while cutting bananas, etc. We have also shown the children the different uses of a cutting board, knife, bowl, and toothpicks during their lesson. They are very excited to be able to show their independence and cut the bananas on their own with our guidance. Not only does this develop their fine motor skills in holding the knife correctly, chopping the banana in small pieces, and putting the banana on the toothpick, but it also develops a sense of pride in their independence to do so themselves. This activity also provides a great opportunity for the children to practice and develop their social skills. After they are finished cutting the banana they are directed to go offer and ask their peers if they would like a piece. The whole class gets very involved and enthusiastic whenever food is involved! The children feel pride in their initiative when they are able to confidently affirm their desire for a piece of banana, and accomplishment in receiving the pieces they hoped for. We encourage parents at home to continue this lesson in the kitchen and get your children to help while preparing meals as a fun and interactive bonding experience!



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