

ABC Mom Learning Center & Childcare

Early Education with a Teacher's Mind and a Mother's Heart



Metamorphosis, Mindset, & Museums in March!

Many of us may struggle with perfectionism. However, science shows that perfectionism isn't healthy and that nurturing a growth mindset is what can really help our students in school and in life. In March, we will be exploring what a growth mindset is and learn how to lean into our mistakes to reflect and develop our skills. This month we will also be exploring metamorphosis by observing and documenting the transformation of caterpillars into butterflies. I'm also excited to share that we will be learning about museums while we make our own art and visit a museum together! Happy March!

1

SPRING FORWARD 2025

Friendly reminder to move your clocks ahead by one hour on Sunday, 3/09/2025.

2

TUITION DUE

Tuition is due by Thursday, 3/20/2025. Late payments will result in a \$25 fee.

3

ABC MOM MONTHLY MEET-UP

Where: Bowers Museum
When: Sat., 3/22 at 10AM
For info and to RSVP, please see [here](#).

Embracing Challenges



Tackling challenges with confidence

Healthy Choices



Learning and practicing healthy habits

Multilingual Learning



Strengthening language skills through art and writing

March 2025 Overview

Learning Themes: Mindset: Exploring and Practicing a Growth Mindset| Metamorphosis of Butterflies: Science Journaling and Reflection | Museums: Making and Appreciating Art

On a daily basis, weather permitting, we take a nature walk outside. While outdoors, we spend some time racing to build up our cardiovascular health. I've observed that sometimes children who run may become discouraged if they do not win the race. I try to encourage them that just the act of participating in the race can help their bodies become stronger and faster. By participating in the race and challenging themselves to run faster and longer, they ARE winning. In a world where it may seem like coming in first is the only thing that matters, it's important to help young learners realize that winning isn't everything.

Therefore, this month, we will be exploring what a "growth mindset" is. Understanding that perfection is not the goal, but striving towards learning from our mistakes, developing cognitive flexibility, practicing resilience to persevere through challenges, and learning to ask for help and lean on the support of trusted friends and family are all more important than being #1. As we keep practicing our skills, we will all



learn and grow together, resulting in positive change. Who we were at the beginning of the school can be quite different than who we are at the end of the school year. This metamorphosis is also reflected in the life cycle of the butterfly, which we will be observing and documenting in March.

In March, we will also be engaging in a special activity of "Making Art in March." We will be engaging our early learners in different multisensory art experiences and learning about famous works of art that are featured in museums around the world. We will be working with clay, paint, and other art mediums. I am excited to visit the Bowers Museum as part of this learning exploration with our ABC Mom Family & Friends. Wishing everyone a meaningful March full of fun, learning, and connection. Happy Spring to all!

WHAT IS A GROWTH MINDSET?

In February, we created an obstacle course for children to have fun and also strengthen their gross motor and coordination skills. Were all the children able to successfully complete the course the first time around? Nope! Some of these skills needed to be taught, explored, and practiced. Children who have a growth mindset are able to stay positive, be open and flexible to receive constructive feedback, understand that mistakes are an important part of learning and building skills, and keep trying even when they fall or don't "win." This growth mindset is important for children to succeed. For additional information on what a growth mindset is, please check out this resource [here](#).

