



## FPS Rhythm of the Day and Core Routines

Dear Forest Families,

Forest Preschool’s rhythm of the day is rooted in rhythms and cycles found in nature and is inspired by Jon Young’s *Eight Shields Model*.

We have created a simplified version below that includes 4 Shields or Directions. You will also find the FPS daily Daily Routines as well as links related to the 8 Shields Model and how it informs our rhythm. We wanted to share this with you in hopes of bringing a bit more FPS to you and supporting your experience at home.

*Please know this offering is only a suggestion or a starting place!* Perhaps you have already found a unique rhythm to support your days that works well for your family.

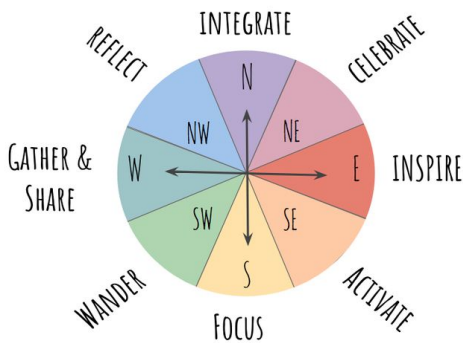
4 Shields	What	Why
<i>East - Inspire and Activate</i>	<ul style="list-style-type: none"> <li>● Watch an FPS video, look at an FPS written invitation, or <b>create your own</b></li> <li>● Loose Parts Play</li> </ul>	<ul style="list-style-type: none"> <li>● Offer inspiration, initiate</li> <li>● Bring ideas to life, create, play</li> <li>● Child centered</li> </ul>
<i>South - Focus / work</i>	<ul style="list-style-type: none"> <li>● Circle               <ul style="list-style-type: none"> <li>○ Mindfulness</li> </ul> </li> <li>● Story</li> <li>● Free play, explore, wander (backyard, meadow, or woods)</li> </ul>	<ul style="list-style-type: none"> <li>● Experiment with the creation, expand it</li> <li>● Sink into deep play to expand the learning</li> <li>● Learn from the landscape</li> </ul>
<i>Southwest - Rest / Care for Self / Reflection / Wander</i>	<ul style="list-style-type: none"> <li>● Rest time</li> <li>● Sit Spot</li> </ul>	<p>Rest is important. <i>This is a great time to read/ listen to stories, nap, or to spend quiet time at an outdoor sit spot.</i></p>
<i>West - Gather, Share, and celebrate</i>	<ul style="list-style-type: none"> <li>● Closing circle</li> <li>● Sharing gratitude</li> <li>● Singing</li> </ul>	<ul style="list-style-type: none"> <li>● What was noticed today?</li> <li>● What do you love?</li> <li>● Appreciate the “process”/learning/ play/creations/nature</li> </ul>



## FPS Core Routines: Things to do daily (or as often as you'd like during the week)

- **Loose parts** - child centered activity that encourages problem solving, critical thinking, hands-on learning, nature observation, and play. *Perfect time to ask child open ended questions as they are engaged in what interests them (what, how, where, etc.)*
- **Free play outside** - this is the most developmentally appropriate way that young children learn - *Perfect time to ask child open ended questions.*
- **Mindfulness activity** - calms, soothes, and offers an effective tool for self regulation
- **Storytelling** - inspires, engages imagination, and engages learning
- **Singing** - uplifts the mind and heart and engages learning
- **Sit spots** - develops knowledge of and a connection to place. Soothing activity that
  - Notice what's happening in and around your spot. Use:
    - Owl eyes , Deer ears, Raccoon hands, and/or Dog nose
  - Draw or write in your Daily Story or Nature Journal
- **Wander/explore** - slows us down and opens us up to what is present in the landscape.
- **Sharing gratitude** - a way to call attention to the positive things in our life, the things that bring us joy. Sharing gratitude also helps us feel connected to each other and the natural world.

*\*We would like to acknowledge and thank Jon Young, Ellen Haas and Evan McGown for inspiring our daily rhythm and many of our core routines through their book, Coyote's Guide to Connecting with Nature.*



Adapted from Coyote's Guide to Connecting with Nature, p. 211

- **About the 8 shields mentoring model** - a short video description
- **Coyote's Guide to Connecting with Nature**, Young, Haas, McGown

## Adaptations of the 8 Shields Model

