

*A workshop for teachers of young children*

# Sanity Savers

“!#%?>\$\*!”

Quick Fixes for Small Problems

by Sharon Macdonald

15215 Chalet Drive  
San Antonio TX 78232  
Phone: (210) 490-4066 Fax: (210) 490-2989  
Email and website: [sharon@sharonmacdonald.com](mailto:sharon@sharonmacdonald.com)

# Sanity Saving Strategies

## Interruptions

Sanity Saver Bottle  
"Talk to Me Face"  
"I am next" necklace

"Troubles in a Bag"  
Announce Clock



## Clean Up

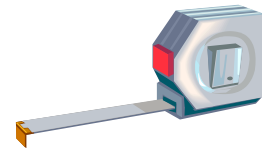
"Loiterers Will Be Put To Work Sign"  
"Masking Tape Pat"  
Clean Up bag  
Sleeve protector with sock



## Noise

Remote  
Phone

Quiet lotion  
Tape Measure



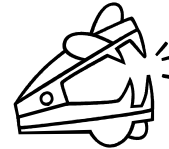
## Problem Solving Techniques

Acrylic Timer  
Magnifying glass



## EXTRAS

Weigh him down  
"Book of Letters"  
Staple remover  
Goggles



## Six Little Frogs

From: *Watermelon Pie and Other Tunes!* CD By Sharon MacDonald

Six little frogs that I once knew;  
Green ones, brown ones, red ones, too.  
But the one bullfrog with the freckles on his throat,  
He ruled them all with a croak, croak, croak.



Down to the blue pond they would go;  
Hop, jump, hop, jump, to and fro.  
But the one bullfrog with the freckles on his throat,  
He ruled them all with a croak, croak, croak.



## Little Tree House

*On Watermelon Pie and Other Tunes!* by Sharon MacDonald

Please build for me  
A house in a tree  
Called the little tree house,  
The little tree house.

I'd like to be  
In a house in a tree  
Called the little tree house,  
The little tree house.

Simplest thing.  
There isn't much to it.  
You just climb a tree  
And nail everything to it.

I'd like it so,  
Wherever I'd go,  
I'd sing of my  
Little tree house.



Repeat the following movements throughout the poem as you say it:

Tap your knees with your hands two times.

Clap your hands two times.

Right-hand snap; then, clap your hands; left-hand snap; then clap your hands;  
Touch your nose with your right hand; then, reach across your body to touch  
your left shoulder.

With your left hand, touch your nose; then, reach across to touch your right  
shoulder.

Touch your thumbs to your fingers three times

## Body Talk in Rhyme

From: *Tying Shoes and Other Musical Feet!* CD by Sharon MacDonald

Teeth chatter  
Hands clap  
Feet patter  
Toes tap  
Noses twitch  
Hips wiggle  
Skins itch  
Tummies jiggle

Knees knock  
Elbows bump  
Heels rock  
Legs pump  
Ears hear  
Thumbs twiddle  
Eyes tear  
Fingers diddle

Cheeks glow  
Knuckles crack  
Nails grow  
Lips smack  
Bodies hug  
Lashes blink  
Shoulders shrug...  
And brains think!

Activities for Body Talk is under the ***Tying Shoes*** Banner on my website



### What's on a Face?

From: *Jingle in My Pocket* CD by Sharon MacDonald

What's on a face, what do you see there?  
Two ears that hear, and a head with some hair,  
Two eyes with lashes that see and blink,  
And two furry eyebrows that wiggle, I think.

There's only one nose pushed outward to smell.  
It does sneezes, which it does quite well.  
There are two lips that nibble around.  
Lips up say, "Smile." Lips down, say, "Frown."

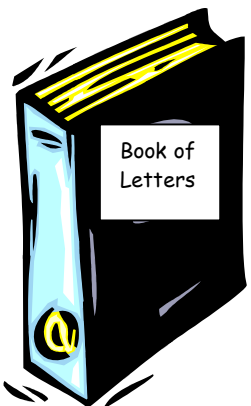
Some faces are round while others are square.  
Most faces say what our feelings put there.  
Smiles, and grins, frowns and droopy chins.  
Feelings, are what our faces wear.

There are two cheeks at each end of a grin.  
And the face stops at a point called the chin.  
Two puffy cheeks at the end of a smile;  
Then the face stops--it's the face of a child.

## Some Sanity Saver Ideas!

- Breathe deeply and often! Air is a natural tranquilizer and, if it is strong enough to hold up airplanes, it can sustain you.
- Act calm. It is important to model this behavior. No one will notice if you are faking it.
- SING: it releases those "feel good" endorphins. We need it!**
- Teach the children that a loiterer is someone who just hangs around. Make a sign that says, "Loiterers will be put to work!" Hold it up when you see a child who is pretending to clean up. Walk towards that child. You will be amazed at how fast he becomes the best cleaner-upper in the room.
- Sometimes the simplest solutions are overlooked!
- Use muffin tins to carry juice in paper cups. This helps lower the spill ratio.
- If you do not use something during the school year, throw it away! Storage space is at a premium so don't fill it with things you don't use.
- Sometimes there is no particular reason why some ideas don't work in the classroom. Simply try something else and see what happens.
- The shortest distance to a child's brain is through his mouth so cook, a lot.
- SING: songs keep us sane!**

Book of Letters: Gather together: a three-inch, three-ring binder, acetate sleeves, and cardstock. Put one page of cardstock in each sleeve and put the sleeves in the binder. Store all the children's note to you in it. Tell the children this story:



Many, many years ago there were very few people who could read or write. Those that could write wrote in an art form called **calligraphy**. People would spend days writing a letter. It took three months for a letter to go from California to Boston by Pony Express and it cost \$20. People were thrilled when they got a letter. It was so special that they stored their letters in a cedar box and layered each page with a sheet of onionskin. Letters were treasured and they were read over and over again. When guests came to visit for an evening, the host and her guests passed the time by reading the letters sent from others.

Today we don't need cedar boxes and onionskin in which to save things in. We have binders and acetate sleeves. So, when you bring your notes and drawings, put them in the "Book of Letters" so that your classmates can read and share them.