



# Circles of learning

Education

Health

Environment

Community

Creativity

MARCH 2018

News & Events



Circles of learning

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## The Love of Nature, instinctive, intuitive and vital for your Child

Children naturally love flowers, love the insects and love being in nature. It is essential in the development of the senses, the sense of sight, smell, the taste, hearing and touching. When a child is outdoors and in nature, in a garden there is a sense of wonder about the world.

This fascination teaches healthy eating, calms the child, enables them to focus for a long time on any insect, a worm, a snail or an ant. At one Garden Circle recently, the children watched a spider wind its web around a small butterfly that was caught. The Garden Circles are full of exciting experiences and the children love caring for the plants and the insects.

These experiences at an early age, help develop a more a caring and sensitive person to their environment.

Join us at a Garden Circle

## The Importance of Warmth in the developing Child

Warmth is essential for the young child. In a temperate climate it is essential for a baby up to one year of age to wear a singlet virtually all the year round, except for very hot days. Woollen and cotton garments are a must and synthetics should be avoided. ( Babies prone to rashes can wear a cotton singlet and the woollen singlet on top.)

The skin is a sense organ, separating our body from the environment and yet at the same time relating us to it through our senses... In a young child, especially in an infant the skin has a wonderful sensitivity – touch being one of the most important senses... Man can have no relationship to the synthetic products...these remain alien to his nature...natural fabrics give a sense of soul comfort.

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During the first seven years of life, the ego is preparing the physical body to be the instrument through which the soul and spirit can function in later life. Warmth is vital and the head also needs to be warm – in the first year the brain grows as much as during all the rest of life.

Rosy pink, mauve, pale blue, a sunny yellow or creamy white are the best colours for the incarnating child. We are all deeply affected by colour. We see 'red', we are 'in the pink' have the 'blues' or are in a 'black mood'. The young child is tremendously sensitive to the different natures of colour.

Extracts from "The Incarnating Child" by Joan Salter

## Worth a Moment

What to do when something annoys us frustrates us, makes us unsettled or angry on an ongoing basis?

Basically we have three choices.

We can take no action and keep feeling the negative emotions. Clearly this is not a satisfactory choice and is definitely not good for our health.

We can change direction and move away from whatever it is that is upsetting us, and simply choose another course. This may or may not be possible.

Thirdly, we can continue on the same path, but simply drop our negative responses. When I first heard this the word 'simply' bothered me and I thought is this really simple?

...Only to be told that it can be if we decide it will be! It does, however, need vigilance.

I did also find that it helped to visualise dropping the negative feeling like a stone, perhaps into some fresh earth where it can be renewed and refreshed and the negativity changed into a positive energy.

This in fact has been a great source of comfort to me and I hope will be of help to you.

HRK

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*When you wake each morning - ask yourself – what can I do to help others today*

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Computers being down hit us this month and we are sorry for the delay in receiving this March newsletter. Better late than never and we wanted you to discover why a 'singlet' is so important to your newborn.

Join us at the Collectors Plant Fair this year on April 7<sup>th</sup> & 8<sup>th</sup> at Clarendon Racecourse (nr Richmond). Circles of Learning is once again, working with Collectors to help make these two days a great success. The Collectors Plant Fair is where you find rare and unusual plants and heirlooms being propagated that are virtually impossible to find in the commercial world. For details and tickets <http://www.collectorsplantfair.com/>

☺ *Judith & the COL Team*

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