

QUARTERLY JOURNAL

SEEDS



READING

Books  
recommendations for  
you and your child.

LEAN INTO THE DARK

An activity for you  
and your child to  
connect more deeply  
to Winter's darkness.

WINTER FINGERPLAY

A Winter themed  
fingerplay that  
sparks joy and  
connection.



# HAPPY WINTER SOLSTICE

Wishing you all a peaceful, breath-full Winter Solstice today. As we start this Winter season, I hope you and your loved ones can find time to look at the stars, listen to the wind, draw in the snow, feed some birds, whisper to the trees, and connect to nature in ways you find meaningful.

Last night, on the eve of this Solstice, I lit a candle and gave thanks for this community and this life I've been blessed with. This past year has been a hard one for so many, including myself. And while Earth Stories has been fairly quiet this year as I've been healing from several injuries, I am truly looking forward to connecting more and digging deeper into this initiative in the new year.

Until then, please enjoy a few winter resources below for you and your little ones.

Warmly,

Lisa

**Earth Stories Initiative Founder**

# WINTER SOLSTICE READING

FOR YOUR  
LITTLE ONES:



A beautiful book based on the poem by Susan Cooper and illustrated by Carson Ellis. With an underlying view of hope in the darkness, this book blends early pagan traditions with modern-day customs while honoring them all.

FOR YOU:



A truly inspirational book by Katherine May. This book explores the season of Winter metaphorically and literally. It serves as a gentle nudge to embrace the cold in our lives as it always has something to teach us.

# LEAN INTO THE DARK

On the Winter Solstice, the Sun is at its farthest distance from the Northern Hemisphere. It's the shortest day of the year and the longest night. This day has been celebrated by cultures all over the world for centuries. It marks the new season of Winter as well as the slow return of the Sun's light.

In Winter we experience less daylight hours. While the Sun is slowly returning to this half of the world, we can lean into these moments spent with darkness. Light candles, make a bonfire, look up at the stars. This is a time when children can learn firsthand that darkness need not be feared but embraced as part of our beautiful existence.

## **ACTIVITY:**

Find a dark spot. Light a candle with your child. Notice the flame. Make observations: how does it look? what colors do you see? how does it make you feel? Fear of the dark can often arise. That's ok! Acknowledge and affirm their feelings, whatever arises. Say a simple blessing together such as: May the light of this candle burn in our hearts throughout the year. Blessings of the Season on all.

# WINTER FINGERPLAY

Winter is cold (hug yourself and shiver)  
There is snow in the sky (flutter fingers above your head)  
The squirrels gather nuts (pretend to gather nuts)  
And the wild geese fly (flap arms)  
The fluffy red fox (cup hands over head to form ears)  
Has fur to keep warm (stroke arms as if stroking fur)  
The bear in the cave (form a cave shape with your arms)  
Sleeps all through the storm (fold hands under cheek and pretend to sleep)

# RESOURCE ROUNDUPS

## **Topic: Getting Children to Play Outside in Winter**

Tinkergarten: "Why Being Outdoors in Winter is So Very Good for Kids." Meghan Fitzgerald. 2021.

<https://tinkergarten.com/blog/why-being-outdoors-is-essential-for-wellness-even-in-winter>

New York Times. "Yes, Your Kids Can Play Outside all Winter." Elisabeth Kwak-Hefferan. 2020.

<https://www.nytimes.com/2020/11/04/parenting/kids-winter-play-outside.html>

Montessori Academy. "The Importance of Outdoor Play in Winter."

<https://montessoriacademy.com.au/outdoor-play-in-winter/>