



Week 3 Capoeira Newsletter!

Dear Quad Manhattan Parent,

We had successful third week of class last night! The students are continuing to get along well and enhance their Capoeirista skills.

In this week's psychosocial lesson, students checked in using The Zones of Regulation visual that they created last week. Most students and teachers reported being in the green or blue zone. Many of us identified with the blue zone, in that we were tired from a long week and long day. Thankfully, we had Capoeira to wake us up.

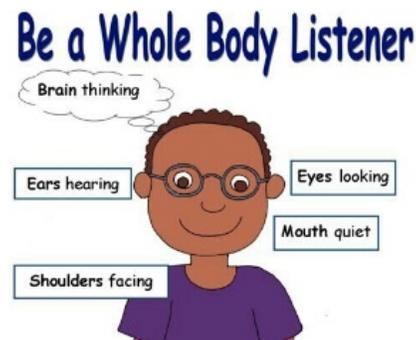
Using Michelle Garcia Winner and Linda K. Murphy's book, [*Social Thinking and Me.*](#) students were introduced to the concept of Social Thinking ®. They learned that when using social thinking, you are exercising your brain to:

- think about the situation that you are in
- think about other people when you are with them
- try to figure out what other people might be thinking or feeling, which helps you figure out the best way to behave so that others will feel comfortable and want to be around you.

We discussed that over the course of the semester, we would be working as a group to develop these skills, or develop our social smarts, to help us learn about ourselves and other people.

Students applied their beginning learning of Social Thinking ® by discussing ways to show the Capoeira instructor that they are listening with their bodies, which emanates respect. This involves:

- **facing** their bodies towards the speaker
- having **quiet** mouths
- putting their **eyes** on the speaker
- having their **ears** open and ready to listen



"To highlight the social implications of our behavior, we discussed how the speaker's thoughts and feelings change based on when we show listening skills versus when we don't."

The Capoeiristas engaged their bodies in warming up practicing their Capoeira moves in a dynamic fashion moving from one side of the room to the other. Students reviewed and practiced their gingas, cocorinhas, and the bananeiras. Our creative instructor Mirlet, introduced students to a game where they ran back and forth from the front to the back of the room while Mirlet played Brazilian



pandeiro

beats and rhythms on the pandeiro (an instrument similar to the tambourine, left). When the music stopped, students had to freeze and listen carefully. When students were frozen, Mirlet called out a Capoeira move and students demonstrated this move until the music started again. The Capoeiristas had a blast as they practiced their skills in this game!

At the end of class, the Capoeiristas practiced their flips, with support. Students enjoyed the thrill of engaging in an activity that required bravery and trust in their instructor. They were able to recognize that their fear from the first time they tried the flip to the last time they tried the flip their fear gradually decreased.

At home this week, remind your child to use their Social Thinking® by reminding them to face you and look in your direction when speaking to you. For example, if your child is seemingly ignoring something that their sibling is saying, you might say, "hm, (name), I wonder if you're thinking about (sibling), how can you show them you are listening?" You may also print this newsletter and cut out the above image of whole body listening to refer to at the dinner table, while engaging in active conversation.

We continue to be proud of the effort and flexibility that our young Capoeiristas are demonstrating each week. We look forward to seeing them succeed next week!

Thank you,
Bari, Mirlet, Bradley

Thanks for reading!