

# MATCHA BENEFITS

137x more  
antioxidants  
than tea

Rich in  
compounds  
called  
catechins

Helps to  
support  
heart  
health

Consuming  
matcha  
decreases  
stress

Can provide an  
antidepressant  
effect

More natural  
caffeine than  
other green  
tea types



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web toddler observation hours of sleep i played with him for a few hours and around two oclock he took a nap woke up at around four thirty if jackson has this same routine everyday then he will get around ten and half hours asleep which is normal for a toddler his age p 104 2 did any of the toddlers behavior seem unusual for this age explain

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web ryan is a twelve month old brown haired brown eyed white toddler he is caucasian with almond shaped eyes i met him at a friend s suburban residence on 10 th february 2020 where he and she live i was there between 12 pm and 6 p m at her place i discovered ryan seated on the living room floor

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web for example in settings practitioners will notice when children have fallen over they will notice that children have run out of glue they will observe and monitor what needs doing as children tidy up these informal observations are vital to the smooth running of the setting

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web may 23 2016 2873 the male child w was observed four times over the course of two weeks totaling four hours he was placed in a classroom designated for 2 year olds along with about 12 other children staffed by two full time teachers and a part time teacher the classroom was a very loud and over decorated environment

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web to name just a few examples an educator might use his her observations and analysis to plan an individual intervention with a specific child to make decisions about how best to share observational data with a parent to adjust the furniture in the classroom or to plan the curriculum for the coming week how do early childhood educators observe

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web feb 28 2020 the observation was over and i walked the toddler back to class to play with her friends she ran ahead of me into the room during the observation i always asked if the toddler could do something without me demonstrating with p she could do most of the things with just an audio prop but with l i had to demonstrate every single action i asked

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web sharing observations with families for example you might share how a toddler moved a toy shopping cart back and forth until she figured out how to squeeze it behind a table and you might highlight how the child was learning about space and size

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