

Themes

Kids in the Kitchen
Holiday Hoopla

Shapes and Colors



Numbers

9, 10

Letters

Jj, Kk, Ll

Alphabet Words

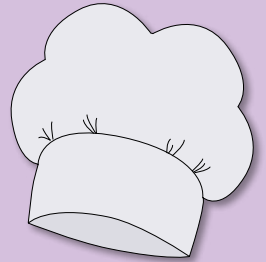
jacket, jaguar,
jeans, jungle,
katydid, key,
kick, king,
lake, lettuce, lips,
lobster

Sign Language



Theme Descriptions

Kids in the Kitchen : Preschoolers love to help, and working in the kitchen is no exception. In this theme, the children will prepare their own snacks and learn about nutrition and cooking through a variety of food-related games and activities.



Holiday Hoopla: Hanukkah, Kwanzaa, and Christmas activities fill this holiday theme. The children will be invited to explore familiar holiday traditions as well as those from around the world. Sensory exploration is prominent in this theme as children explore spicy scents, bright lights, and jingling tunes!

Activities for Home

- Find ways for your child to help in the kitchen this week. Young children can help by washing fresh fruits and vegetables or stirring ingredients together. They can use a butter knife to slice or chop soft foods such as boiled eggs, cooked potatoes, or bananas. Use your time together to reinforce kitchen safety. What appliances and utensils are "off limits" for them?
- Review numbers and practice counting as your child helps in the kitchen. While you're cooking together, have him help count scoops of ingredients added to a dish. Children can also count out napkins, plates, and silverware when they help set the table.
- Discuss the upcoming holidays with your child. Which holidays do you recognize or celebrate? Talk about your family traditions and what you will be doing to celebrate as a family this month. Children are keenly aware of cultural differences. They begin to recognize that other children eat different foods and celebrate different holidays or none at all. Help your child become knowledgeable about cultural differences by reading stories about traditions and holidays that are different from your own.

Look for Books

The best way to learn which books your child enjoys is to read children's books—lots of them! Check out funshineextras.com for Book Lists corresponding to each month's themes. Get to know your local librarians and ask for their recommendations as well.

The Seven Silly Eaters

by Mary Ann Hoberman

Little Red Ruthie: A Hanukkah Tale

by Gloria Koster

Pop Pop and Me and a Recipe

by Irene Smalls

Little Chef

by Elisabeth Weinberg

Winter Wonderland

by Jill Esbaum

The Story of Kwanzaa

by Donna L. Washington

Bear Stays Up for Christmas

by Karma Wilson

Penguin and Pinecone: A Friendship Story

by Salina Yoon

Sing Along with Me

Find these songs at www.funshineexpress.com

If You're Hungry and You Know It

Sung to "If You're Happy and You Know It"

If you're hungry and you know it, (clap your hands).
(Clap, clap.)

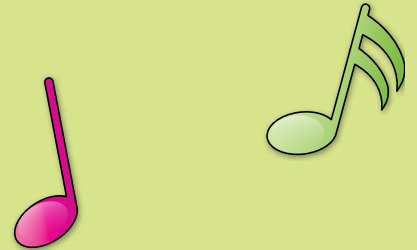
If you're hungry and you know it, (clap your hands).
(Clap, clap.)

If you're hungry and you know it,
Then your tummy's going to show it,
(Rub tummy.)

If you're hungry and you know it, (clap your hands).
(Clap, clap.)

Repeat with:

lick your lips
take a bite
say "Yummy!"

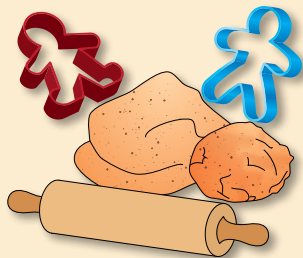


Cooking Together

When cooking with young children, allow them to help in a safe way with mixing, pouring, rolling, mashing, shaking, etc. Use words to describe what you are doing and what you plan to do next. Talk about what you see, smell, feel, hear, and taste.

Gingerbread Playdough

- 1 cup flour
- 3 T. ground cloves
- ½ cup salt
- 3 T. ground allspice
- 2 tsp. cream of tartar
- 3 T. ground cinnamon
- 3 T. ground ginger
- 1 cup water
- 1 tsp. vegetable oil



Mix dry ingredients together in a large bowl. Add the oil and water to the dry ingredients and mix.

Dump the mixture into a large pot. Stir for two to three minutes, while cooking over medium heat. Let cool. Roll out flat and use with gingerbread man cookie cutters.

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Deck the Halls

Traditional

Deck the halls with boughs of holly.

Fa la la la la, la la la la

'Tis the season to be jolly.

Fa la la la la, la la la la

Don we now our gay apparel.

Fa la la la la, la la la la

Troll the ancient Yuletide carol.

Fa la la la la, la la la la



Reminders . . .

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