

### Themes

Feeling Fantastic  
Tropics in Winter

### Shapes and Colors



### Numbers

13, 14

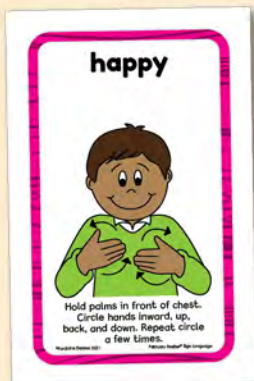
### Letters

Pp, Qq, Rr

### Alphabet Words

palm, panda,  
pelican, plum,  
quail, quartz,  
quetzal, quiver,  
rainbow, robin,  
rocket, roots

### Sign Language



### Theme Descriptions

**Feeling Fantastic:** We can do many things to help our bodies feel good. The children will learn how to stay healthy by practicing proper hygiene. National Children's Dental Health Month is the perfect time to reinforce healthy dental habits and other personal care routines. The children will also focus on identifying and managing feelings to boost emotional health.



**Tropics in Winter:** Stay warm this winter by taking a trip to the rainforest. The children will learn fun jungle songs, study tropical climates, and play silly animal games. Science and social studies are emphasized in this popular theme.

### Activities for Home

- February is National Children's Dental Health Month. Reinforce good dental health habits with your child. Encourage him to brush at least twice a day and introduce the process of flossing if he is not already familiar with it. Look at the displays of toothbrushes during a regular stop at the store. Is it time to replace anyone's toothbrush? If so, narrow down the choices so your child can pick one.
- Reinforce the letter Q with your child by bringing out any quilts you may have. Point out the stitching and the different fabrics used. Where did you get the quilt? Did someone you know make it for you? If you don't own a quilt, stop by the bedding section during your next visit to your local department store. Talk about the differences between quilts and other bed coverings and blankets.
- If possible, show your child a picture of a flamingo, a tropical bird that sleeps standing on one leg! Be flamingos and see if you and your child can stand on one leg. Switch legs and try again. To help your child balance, hold hands. How is a flamingo like other birds? (feathers, beak) How is it different? (size, color)

## 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](http://funshineextras.com) for Book Lists corresponding to each month's themes. Get to know your local librarians and ask for their recommendations as well.

**ABC Yoga**  
by Christiane Engel

**The 12 Days of Valentine's**  
by Jenna Lettice

**Brushing Teeth**  
by Mari Schuh

**The Pigeon Needs a Bath!**  
by Mo Willems

**Momo and Snap Are Not Friends**  
by Airlie Anderson

**"Slowly, Slowly, Slowly," said the Sloth**  
by Eric Carle

**It's a Tiger!**  
by David LaRochelle

**The Rainforest Grew All Around**  
by Susan K. Mitchell

## 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.

### Crunchy Banana Bites

- 1 or 2 bananas
- ½ cup yogurt (approximately)
- ½ cup granola (approximately)

Put the yogurt in one shallow bowl and the granola in another one. Peel a banana or two. Your child can use a butter knife to help you cut the bananas into chunks.

Dunk the bananas in yogurt and then roll them in granola. You can use a spoon to practice fine motor skills or use your hands and get messy!



## Sing Along with Me

Find these songs at [www.funshineexpress.com](http://www.funshineexpress.com)

### Hello Tooth

Sung to "Are You Sleeping?"

Hello tooth! Hello tooth!  
How are you? How are you?  
Busy chomping food!  
Helping me grow strong!  
How are you? How are you?

Hello tooth! Hello tooth!  
How are you? How are you?  
Lighting up my smile!  
Won't you stay awhile?  
How are you? How are you?

Repeat the previous three lines.

Hello tooth! Hello tooth!  
How are you? How are you?  
Busy chomping food!  
Helping me grow strong!  
How are you? How are you?

Repeat the previous three lines.



### Deep in the Jungle

Sung to "The Itsy Bitsy Spider"

The itsy bitsy monkey climbed up the great big tree.  
(Pretend to climb.)

Down came the coconut and knocked him on the knees—  
Ouch!

(Slap knee.)

Along came a leopard to get out of the rain...and  
(Curl hands like claws by face.)

The itsy bitsy monkey climbed up that tree again!  
(Pretend to climb.)

## Reminders . . .

---



---



---



---



---

## Connect with Us!

