

### Themes

#### Snow Friends

Winter is a time to bundle up and get outdoors to play in the fluffy, white snow! Children will explore snowflakes, snowmen, and ice this month. They will also develop an awareness of many animals that live in snowy places.

#### Scribbles and Splats

Bring out your easels and paint palettes, this theme invites children to discover their inner artist! Painting, coloring, and shaping playdough are just a few of the art techniques explored. Children will also learn about art tools, helping to clean up, and the beginning of self-expression.

#### Kindness Counts

A little kindness goes a long way. Discover simple acts of kindness in this special theme. Children will practice sharing, learn about basic affection and the names of different feelings, and explore simple ways to show others that they care.

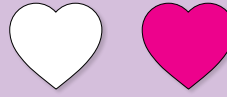
#### Food Parade

Set the table and strike up the band—it's a food parade! Children will enjoy discovering delicious and colorful fruits and vegetables as they learn about healthy food choices.

### Vocabulary

snowplow, arctic foxes, penguins, painting, clay, pastels, friendship, sharing, blowing kisses, healthy plate, fruits and vegetables, spaghetti

### Colors/Shapes



### Opposites

clean/dirty

### Sign Language



color

Take your fingers to your chin and wiggle them in place.



eat

Squished O hand moves back and forth to mouth as if eating.



more

Bring fingertips together a few times.



all done

Turn palms upward and then outward.



milk

Right hand squeezes as if milking a cow.



water

Right hand W taps chin with index finger.

### Learn with Me!

#### • Bundle Up

Ask your child for help finding stuffed animals, socks, scarves, blankets, and pillows around the house. Engage together in pretend play. Invite your child to imagine that the stuffed animals are cold on a snowy day. What can you do together to make the stuffed animals feel warm? Invite your child to help bundle up the stuffed animals. What other ways can the winter gear you gathered be used? Now that everyone is all warm and cozy, snuggle together and read a book with the stuffed animals.

#### • Shapes at Dinner Time

Practice setting the table at home with your child. As you work together, invite your child to notice that there are shapes everywhere. Help your child notice the shape of the table, chairs, and plates. Are there different sizes of plates? Are there patterns on them?

#### My Project: Spaghetti and Meatballs

When I bring this project home, we can:

- Observe the project's colors and textures.
- Make an easy spaghetti and meatballs recipe together.
- Pretend play with the project and other toy foods and kitchen items.



*Graphic is intended to show sample of project. Materials may be substituted or used differently.*

# FAMILY CONNECTION

## Book List

- |  |   |
|--|---|
| <i>Baby Penguin</i><br>by Yu-Hsuan Huang             | <i>I Like to Share!</i><br>by Stephen Krensky |
| <i>Walk and See: Colors</i><br>by Rosalind Beardshaw | <i>Eat Together</i><br>by Miguel Ordóñez      |
| <i>Play with Clay!</i><br>by Jenny Pinkerton         | <i>Pete's a Pizza</i><br>by William Steig     |

## Recipe

### Easy-to-Make Healthy Pancakes

- 2 eggs
- handful of spinach
- 1 banana
- toppings (plain Greek yogurt, fresh fruits, jam, etc.)



In a blender, add two eggs, a handful of spinach, and one smashed banana. Invite your child to help you crack the eggs and smash the banana as interested. Blend the ingredients until they are all mixed together, creating a green batter. In a nonstick pan, pour a spoonful of the mix and flip when bubbly to cook the other side. Serve warm with plain Greek yogurt, fresh fruits, or jam.

## Songs

### Art My Way

Sung to "Do Your Ears Hang Low?"  
I can paint with a brush.  
*(Pretend to swish a paintbrush.)*  
I can squeeze a lump of clay.  
*(Pretend to squeeze clay.)*  
I can finger paint  
*(Hold hands with palms down.)*  
On some paper or a tray.  
*(Move hands as if spreading finger paint.)*  
I can use some glue.  
*(Hold hands as if squeezing glue.)*  
I can tear some paper too.  
*(Move hands as if tearing paper.)*  
Art is fun my way!  
*(Clap hands for each word.)*



### Yummy Fruit

Sung to "Jingle Bells"  
Yummy fruit! Yummy fruit!  
Eat some every day.  
Yummy fruit is good to eat  
And helps me run and play.



## Reminders

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