

Themes

Feeling My Best

We can do many things to help our bodies feel good. Children will learn how to stay healthy by practicing proper hygiene, exercising, and talking about the importance of sleep. They will also focus on identifying and managing feelings to boost emotional health.

Rainforest Explorers

Stay warm this winter by taking a trip to the rainforest. Children will learn all about the tropical biome, including its climates, creatures, and plants. Science and social studies are emphasized in this popular theme.

Color/ Shape



Letters

Pp,
Qq, Rr

Numbers

13-14

Alphabet Words

pearl, pig, pillow, puzzle, quail,
quartz, question mark, quill,
recipe, rice, road, roots

Sign Language



Learn with Me!

Let's Move!

Moving our bodies is one way we can help ourselves feel our best. Try to enjoy active games and activities with your child every day. Consider outdoor activities that are suitable for the weather in your location. More mild temps can be perfect for walks or bike rides to the park. If it is cold and snowy, try sledding, shoveling snow, or building a snowman. If you need to stay inside, play a game of hide-and-seek or Twister.

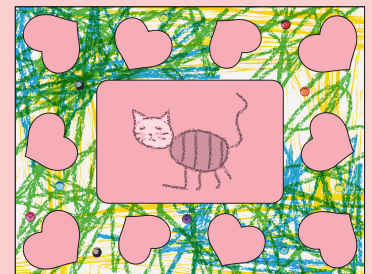
Explore Together

Visit your local library to collect books about the rainforest. Many of these books will likely feature colorful pictures and illustrations of plants and animals. Explore the books together. Does your child have a favorite animal? Do any of the plants look similar to the plants that grow in your neighborhood? If your child has a particular interest in rainforests, look for more information together.

My Project: Heart Frame

When I bring this project home, we can:

- Count the hearts on the frame.
- Talk about things and people we love.



My Project: Hanging Vine

When I bring this project home, we can:

- Display the project so we can see how it hangs like a vine.
- Talk about places where vines grow.
- Look for pictures of vines in a book about rainforests.



Graphics are intended to show samples of projects.
Materials may be substituted or used differently.

FAMILY CONNECTION

Book List

We Listen to Our Bodies
by Lydia Bowers

ABC for Me: ABC Yoga
by Christiane Engel

Let's Move!
by Larissa Honsek

In My Heart: A Book of Feelings
by Jo Witek

Insect Experts in the Rain Forest
by Sue Fliess

Amazing Creatures of the Rainforest
by Cheryl Johnson

Over and Under the Rainforest
by Kate Messner

Riddle Diddle Rainforest
by Diane Z. Shore

Recipe

Pineapple Baked Oatmeal

- 1 cup rolled oats
- ½ cup unsweetened, shredded coconut (optional)
- 1 tsp. cinnamon
- 1 cup milk/dairy alternative
- ½ cup unsweetened Greek yogurt
- 2 T. pure maple syrup
- 1 T. coconut oil
- ½ tsp. vanilla extract
- 1 cup pineapple (canned or fresh), chopped



Prepare an 8"x8" cake pan or a loaf pan by greasing with butter or coconut oil. Preheat your oven to 375°F. Invite your child to help measure and mix all of the ingredients together in a large bowl. Pour into prepared pan and bake for approximately 45–50 minutes, until top is golden and firm to the touch. Allow to cool before enjoying together.

Songs & Rhymes

My Special Heart

Sung to "Twinkle, Twinkle, Little Star"

Inside me, I have, you see,
Something very special indeed.
It beats fast and it beats slow,
It's with me wherever I go.
Inside me, I have, you see,
Something special,
My heart's in me!

Pretty Butterflies

Three pretty butterflies gliding through the trees,
One swooped down to take a look at me!

Two pretty butterflies sitting on a leaf,
One flew away to find something sweet!

One pretty butterfly is all I can see,
I'll stand real still so it can land on me!

Reminders
