

Themes

My Friends & Me

Welcome little ones with a theme that focuses on helping each child feel special. Activities are designed to support children in building relationships with peers and caregivers, understanding routine, and engaging meaningfully with their environments.

Forest Adventure

Children will use their senses to explore the natural environment. Neighborhood walks, collecting nature, and observing plants and animals are just some of the activities that complete this theme.

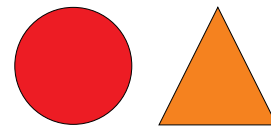
Everyday Helpers

Beginning with their own family members, infants and toddlers will discover more about the many people who help them in their daily lives. Children will also have opportunities to grow in their abilities to be helpers at home and away from home.

Night Creatures

Some animals are busy at night while the rest of the world sleeps. Bats, owls, raccoons, and mice are just a few of the nocturnal creatures featured in this fun autumn theme.

Color/Shape



Sign Language



friend

Curl index fingers to show bond. Pull forward to show that bond is not easily broken.



share

Hold hand flat with thumb up. Hold other hand on top; move back and forth as if dividing portions.



apple

Close hand and place knuckle of index finger against cheek. Pivot hand back and forth.



carrot

Near side of mouth, form hand into a fist. Move fist forward while making a biting motion.



owl

Hold "O" hands in front of eyes. Twist hands inward and outward.

Learn with Me!

Your Job

Talk with your child about the work you do at home and away from home. Show your child any supplies, tools, or equipment you use. Include your child in simple tasks at home to encourage helping.

Bedtime Routine

A regular routine helps children relax and sleep at night. Decide what to include in your routine and try to follow it consistently each night. You might include bath time, a story, lullaby, or similar elements.

My Project: Night Owl

When I bring this project home, we can:

- Name the animal that I made.
- Talk about the colors of the paint and other materials.
- Practice making owl sounds together.



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

FAMILY CONNECTION

Book List

I Love All of Me

by Lorie Ann Grover

Friendship Is Forever

by Patricia Hegarty

Walk and See Colors

by Rosalind Beardshaw

All Aboard! More National Parks

by Haily Meyers

Here Come the Helpers

by Leslie Kimmelman

Good Night, World

by Willa Perlman

Goodnight, Numbers

by Danica McKellar

Songs & Rhymes

Fuzzy Wuzzy

Fuzzy Wuzzy was a bear.

Fuzzy Wuzzy had no hair.

So Fuzzy Wuzzy wasn't fuzzy,

Was he?

Itsy Bitsy Spider

The itsy bitsy spider

Climbed up the waterspout;

Down came the rain

And washed the spider out;

Out came the sun

And dried up all the rain;

And the itsy bitsy spider

Climbed up the spout again.

Recipe

Cinnamon Apple Chips

2 apples

1 tsp. granulated sugar

¼ tsp. cinnamon

Pinch of nutmeg

Wash and thinly slice the apples (adult only). The core can either be left as is, or removed with an apple corer or knife. Be sure to remove all the seeds.



Invite your child to help measure and mix the sugar, cinnamon, and nutmeg in a small bowl. They can also help place the apple slices onto a parchment-lined baking sheet in a single layer. Then, sprinkle the sugar and spices on top.

Bake in a 225° oven for 1½ – 2 hours, until crisp. Cool and enjoy the crunchy snack together!

Reminders

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.