

Themes

Hearts & Hugs

How do we show kindness to one another? What does it mean to care for someone? What are little ways we can be helpful? Children will explore answers to these questions through activities, stories, and games.

Eating the Rainbow

Fruits and vegetables are among the healthiest foods you can eat, and they come in a rainbow of colors! The children will explore color, taste, and texture in this deliciously nutritious theme.

Color/ Shape



Letters

Pp, Qq, Rr

Numbers

13-14

Alphabet Words

pepper, pig, pizza, paint, quilt,
question mark, quartz, quarter,
radish, rug, rose, rooster

Sign Language



Learn with Me!

Noticing Emotions in Stories

Your child is learning how to express their feelings to others. Books can offer examples of characters processing and sharing emotions. When reading to your child, talk with each other about the characters' feelings in the story. Has your child ever felt similar? These book chats can facilitate special bonding moments!

Fruits and Vegetables

As you shop for groceries, allow your child to look, touch, and smell the different kinds of fruits and vegetables. Talk about what each produce item is called and what it may taste like. Consider purchasing a fruit or veggie your child hasn't tasted before.

My Project: Marbled Heart Spinner

When I bring this project home, we can:

- Name the shape and count the hearts.
- Talk about how I made the colors on each heart.
- Find a place to hang the spinner.



My Project: My Favorite Meal

When I bring this project home, we can:

- Talk about the meal that I drew and why it's my favorite.
- Discuss ingredients I think would be needed to make the meal.
- Share other favorite foods we each enjoy.



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

FAMILY CONNECTION

Book List

Love Is
by Diane Adams

Sun in My Tummy

by Laura Alary

My Magical Feelings

by Becky Cummings

The Cookie Book of Colors

by Holly Fox

Monsters Don't Eat Broccoli
by Barbara Jean Hicks

My Very First Cookbook

by Danielle Kartes

You Can Sit with Me
by Rachel Tawil Kenyon

Hello, World! How Do Apples Grow?

by Jill McDonald

Songs & Rhymes

Beat of My Heart

I have a healthy heart.
It works hard just for me.
It pumps my blood
And thumps all day.
Beat, beat, beat, beat, beat!

I Like...

Sung to "Skip to My Lou"

I like (strawberries), how 'bout you?
I like (strawberries), how 'bout you?
I like (strawberries), how 'bout you?
Yummy (strawberries) are good for you!

Recipe

Perfectly Pink Smoothie

¾ cup plain or vanilla yogurt
2 ripe bananas, cut into chunks
10 oz. fresh or frozen strawberries
1 cup ice

Puree ingredients in a blender until smooth. What color is the smoothie? Talk about how the ingredients changed once they were blended. Enjoy as a snack.



Reminders

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