



February 2022

NEWSLETTER

Themes

Hearts and Hugs


This theme covers the concept of love. How do we show love for one another? What does it mean to care for someone? Children will explore answers to these questions through conversation and activities. Symbols of Valentine's Day will also be covered.

Opposites Everywhere

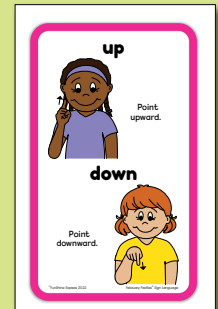
Learn all about opposites with fun activities that examine how two things can be very different. Feelings, temperature, and size are just a few examples of the concepts that will be studied during this theme.

Alphabet Words

parachute, paw, puddle, puzzle, quarter, question, quetzal, quilt, raft, river, rocket, ruler

Color/ Shape	Letters/ Numbers
	Pp, Qq, Rr 13, 14

Sign Language



Watch Me Learn!

Go around the house finding pink items with your child. Every time you spot a pink item, invite him to say *pink* or *rosado*. Choose a few pink materials together that can easily be cut and attached to the blank space below. Return this sheet to your child care provider so that your child can share it with the group.

Return by _____.

FAMILY CONNECTION

Activities

- **Valentine's Day**
If you celebrate, have your child help you prepare cards or treats to share with friends and relatives for Valentine's Day. Visit with your child about each special person as you are creating his or her gift.
- **Children's National Dental Health Month**
February is Children's National Dental Health Month. Encourage your child to brush at least twice a day. It is recommended that toothpaste not be used until the age of two years, and only an amount the size of a pea is needed. Introduce flossing and rinsing if your child is not already familiar with them. Encourage your family to choose healthy foods.
- **Exploring Opposites**
Point out opposites throughout the day as you notice them. Doors can be open or closed. The temperature can be warm or cold. Snacks may be sweet or salty. Try to find opposites that can be experienced with all the senses. Act out opposites. Practice being quiet and loud while clapping, stomping, talking, or singing. Open and close hands, eyes, and mouths. Walk, run, dance, and hop fast and slow.

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. Talk about the color of and the healthy ingredients in the smoothie. Enjoy as a snack.



Reminders

Songs

Blow Some Kisses

Sung to "If You're Happy and You Know It"

(Blow some kisses in the air, in the air.
Blow some kisses in the air, in the air.)

Oh, I need a valentine,
And I hope you will be mine.

(Blow some kisses in the air, in the air.)

Repeat with:

Give a hug to a friend, to a friend.

Make a heart with your hands, with your hands.

The Stubborn Bear

Sung to "The Itsy Bitsy Spider"

There was a teddy bear who was stubborn as a mule;
She did the opposite of every single rule.

When it was time to sleep, that bear was wide awake.
Instead of being quiet, she was loud, for goodness sake!

The teacher said, "Stand up," so that stubborn bear sat down.

When all the teddies smiled, she crossed her arms and frowned.

When everyone went out, the stubborn bear stayed in.
But she was all alone and she really missed her friends.

The bear changed her behavior; and soon she joined the fun.

She follows all the rules and is kind to everyone.
Her opposite behavior just made the bear feel bad.

And now the bear is happy instead of being sad.



Book List

Hair Love

by Matthew A. Cherry

I'm NOT a Mouse!

by Evgenia Golubeva

Love, Sophia on the Moon

by Anica Mrose Rissi

You Matter

by Christian Robinson

The Fruits We Eat

by Gail Gibbons

So Far Up

by Susanne Strasser

The Loud Book!

by Deborah Underwood

Hot or Cold?

by Barbara Webb