



### Themes

- Tinker Time
- Polar Pals
- Hearts and Hugs
- Opposites Everywhere

### Vocabulary

- zippers, camera, polar bears, seal, giving kisses, giving cards, light switch, laundry

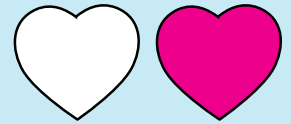
### Nursery Rhyme

- Peas Porridge
- Cobbler, Cobbler

### Sign Language



### Colors/Shapes



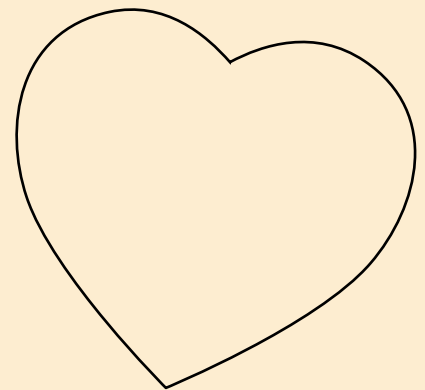
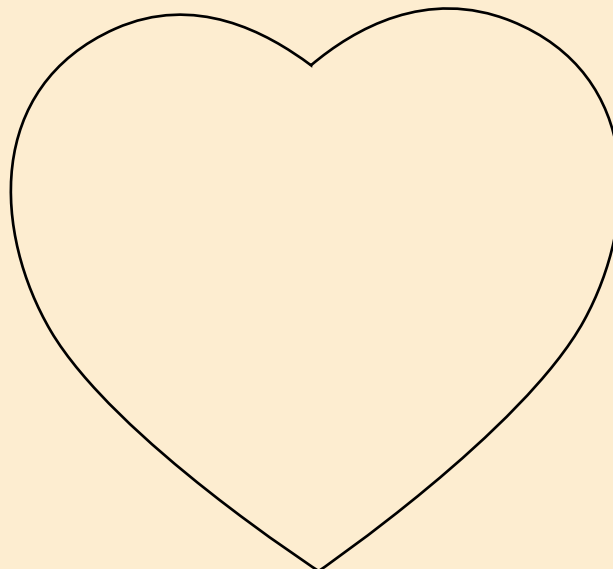
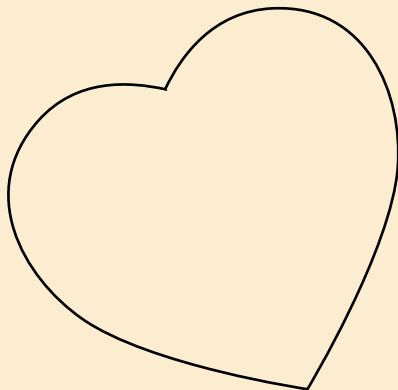
### Opposites

open/closed

### Help Me Grow!

Focus on the heart shape during January and February. Model how to trace the heart shape below with your finger and encourage your child to imitate. If your child is interested, find a crayon to trace the heart. Encourage her to decorate the heart with other colors of crayons as she wishes. Return this sheet to your child care provider so that your child's work can be shared with the group.

Return by \_\_\_\_\_.



# FAMILY CONNECTION

## Activities

### • Taking Pictures

Let your child look through the viewer of your camera. Talk about what she sees. If she seems ready, she can press the button to take a picture. Scroll through your pictures together and talk about the people and what is happening.

### • Polar Moves

Have fun moving like polar animals together! Waddle like penguins, move on all fours like caribou, drag yourself along with your arms to imitate a walrus, or move in other creative ways.

### • Taking Care of Teeth

February is National Children's Dental Health Month. Visit [mouthhealthy.org/en/babies-and-kids](http://mouthhealthy.org/en/babies-and-kids) for ideas about keeping your child's teeth strong and healthy.

### • Laundry Helper

Let your child help as you sort, wash, dry, and fold clothing. Model using opposite words such as *open/closed*, *clean/dirty*, *wet/dry* and *noisy/quiet*.

## Recipe

### Pink Playdough

- 1 cup flour
- ½ cup salt
- 1 envelope unsweetened pink lemonade drink mix
- 3 tablespoons vegetable oil
- ½-1 cup boiling water
- Optional: red food coloring



Place the flour, salt, and drink mix in a bowl and stir well. Add the oil and about half the boiling water. Stir well. Slowly add water until the dough is thick and smooth, but not sticky. (You may need less than a full cup of water.) If you want a brighter color, add a drop or two of red food coloring. Let cool until the dough can be safely handled. Knead well and store tightly covered.

## Songs

### Making Things Work

Sung to "She'll Be Comin' Round the Mountain"

Turn the doorknob; it will open up the door.  
Turn the doorknob; it will open up the door.  
You will hear the doorknob clicking  
When it's turning and it's twisting.  
Turn the doorknob; it will open up the door.

Flip the light switch and the lights go off and on.  
Flip the light switch and the lights go off and on.  
Lights work by electric power  
And the wires lead to the tower.  
Flip the light switch and the lights go off and on.

Push a button and the TV will come on.  
Push a button and the TV will come on.  
Oh, remotes have many buttons  
And each has a different function.  
Push a button and the TV will come on.

### 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.



## Reminders

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## Book List

***Hooray for Little Fingers!***  
by Tristan Mory

***Hush Little Polar Bear***  
by Jeff Mack

***Babies in the Snow***  
by Ginger Swift

***Lots of Feelings***  
by Shelley Rotner

***Red Socks***  
by Ellen Mayer

***So Heavy, So Light***  
by Susanne Strasser