

Themes

Dairy Days

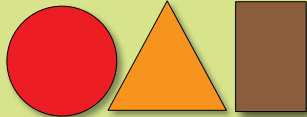
Ice cream, milk, yogurt, and cheese — learn about how all of these yummy dairy treats are made. Information about dairy products and the animals that produce them will be shared to celebrate National Dairy Month.

Pond Life

Grab your nets and rain boots and prepare to explore the pond! Discover animals, insects, and plant life that live in or near these small bodies of water. This theme will nurture children's love for nature.

Alphabet Words

alligator, bananas, cow, dots, elbow, flag, garlic, horse

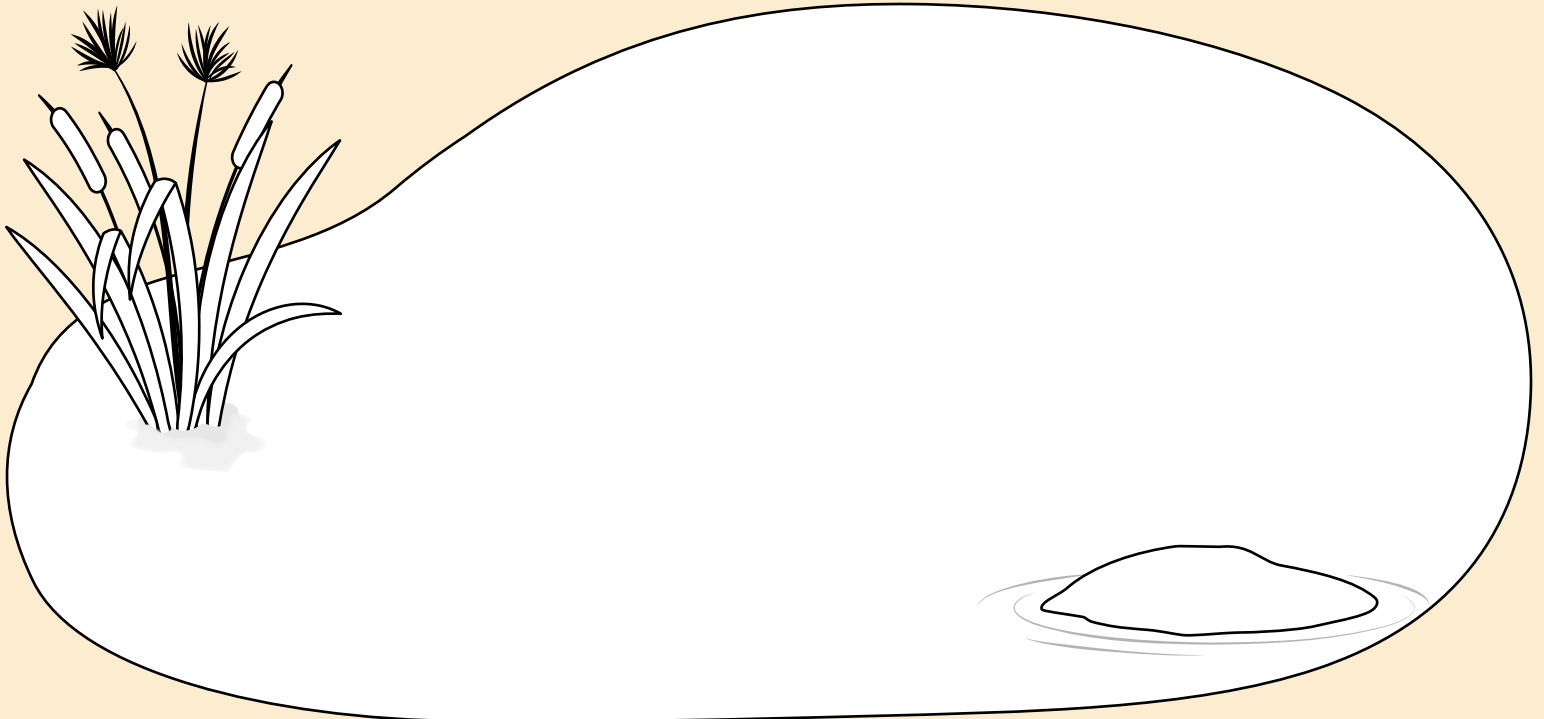
Color/Shape	Letters/Numbers
	Aa - Hh 1-8

Sign Language



Watch Me Learn!

Gather coloring tools to complete the pond scene. Describe how the scene looks and what other items can be added to the picture. Spend time brainstorming together while getting ready to create! Ask your child to recall information about ponds they've learned during child care. Is there a pond near where you live? Consider visiting it together.



FAMILY CONNECTION

Activities

• Dairy Foods

Help your child build strong bones and muscles by making sure she has plenty of dairy in her diet. Start the day off with a bowl of her favorite cereal and a cup of milk. Munch on sticks of string cheese and low-fat yogurt for snacks.

• Healthy Examples

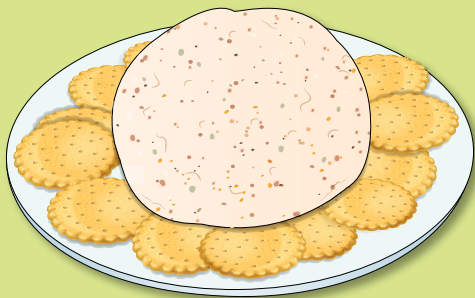
Set healthy examples for your family. Reduce TV watching and increase active play. Plan fun activities with your child(ren). Go on a family bike ride or walk. Walk to a local park and play or go on a hike. The first day of summer is June 21. Celebrate the season with a picnic lunch or dinner (don't forget the fruit and vegetables!) outdoors. Lay out a blanket in your own backyard, or set up a spot in a neighborhood park. Enjoy the warm weather and sights that the summer season has to offer.

Recipe

Cheese Ball with Crackers

- 8 oz. softened cream cheese
- 6 oz. shredded cheddar cheese
- 1 tsp. Worcestershire sauce
- ½ tsp. grated lemon zest
- salt and pepper

Invite your child to help you mix the ingredients. Add salt and pepper to taste. Form into a ball. Chill for two hours or place in the freezer for a half hour before serving. Serve with a variety of crackers.



Songs

Yummy in My Tummy

Sung to "Oh My Darling, Clementine"

Milk is yummy to my tummy,
And I like it in my cup.

Milk is yummy to my tummy,
And I like to drink it up!

Milk is yummy to my tummy,
And I like to drink it up!

Cheese is yummy to my tummy,
And I hold it in my hand.

Cheese is yummy to my tummy,
I will eat it when I can.

Cheese is yummy to my tummy,
I will eat it when I can.



Splash

Sung to "I'm Bringing Home a Baby Bumblebee"

I'm walking round the pond to look around.

My feet are squishing in the soggy ground.

I see (a beaver gnawing on a tree).

Spoken: Crunch, crunch, crunch. Timber! Splash!

Repeat with: a turtle creeping on a rock

Spoken: Creep, creep, creep. It's diving! Splash!

a frog that's hopping on a log

Spoken: Croak, croak, croak. It's jumping! Splash!



Book List

Click, Clack, Moo: Cows That Type

by Doreen Cronin

The Nice Dream Truck

by Beth Ferry

Ice Cream Soup

by Ann Ingalls

Out and About at the Dairy Farm

by Andy Murphy

Jump, Frog, Jump!

by Robert Kalan

Pond Year

by Kathryn Lasky

Over and Under the Pond

by Kate Messner

The Freshwater Alphabet Book

by Jerry Pallotta