

### Themes

My Friends and Me  
Forest Adventure  
Community Helpers  
Night Creatures

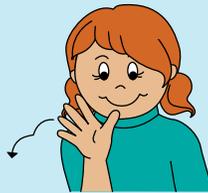
### Vocabulary

toys, hugs, bears,  
moose, cashier,  
builder, spider, owl

### Nursery Rhymes

Fuzzy Wuzzy  
Itsy Bitsy Spider

### Sign Language



**grandma**  
With open hand at chin, move palm forward in two small arcs.



**grandpa**  
With open hand at forehead, move palm forward in two small arcs.



**sleep**  
With palm toward face, slide hand down bringing fingers together; close eyes.



**up (carry)**  
Point upwards.



**down**  
Point downwards.



**help**  
Place hand on top of palm and move both upwards.

### Colors/Shapes



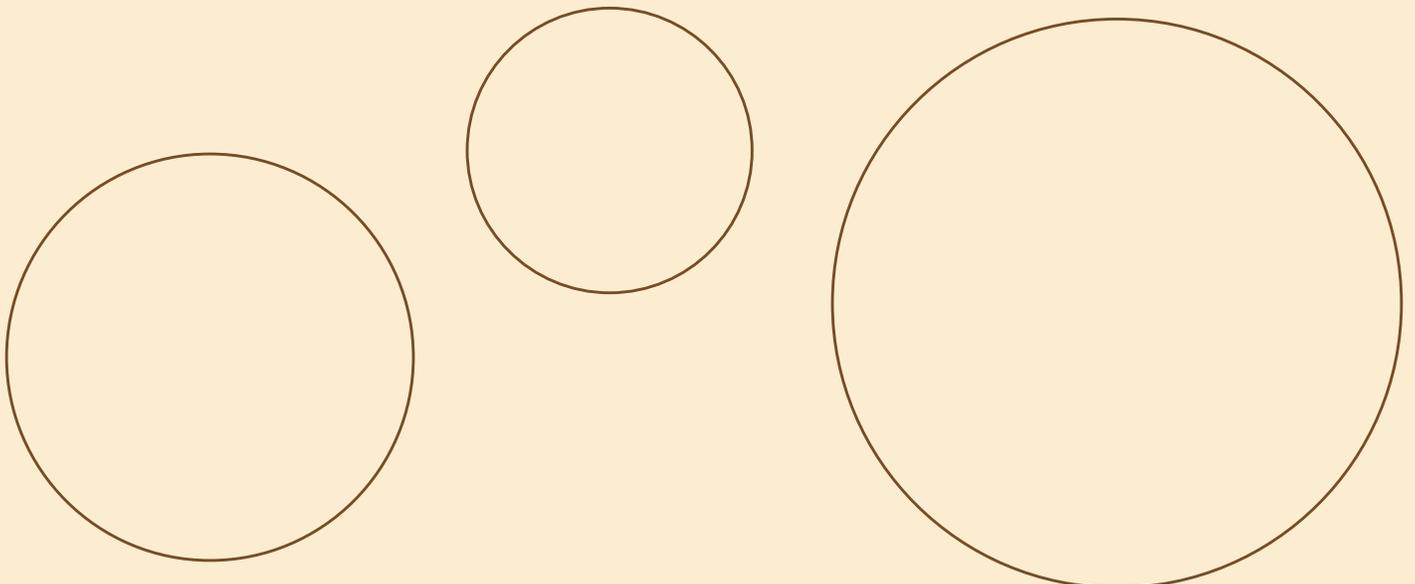
### Opposites

up/down

### Help Me Grow!

Review the circle shape and color orange with your child. Decorate the circles with the color orange. Use whatever materials you have available (crayons, markers, glue bits of tissue paper, etc.). Your child may not fill each circle and that's okay! 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

### • Up and Down

Visit the park with your child to explore the opposites up and down. Watch squirrels climb up and down the trees and describe what happens. Toss a ball up and watch it come down. Go up and down a slide. As your child discovers ways people, animals, and things move up and down, say and sign the words often.

### • Explore the Woods

Plan a family outing to hike in the woods. Your child will love seeing the trees and animals.

### • Your Job

Talk with your child about the work you do. Show your child any tools or equipment you use.

### • Bedtime Routine

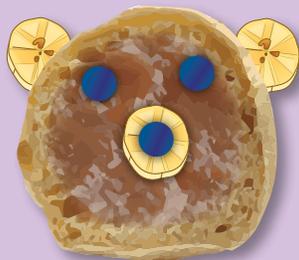
A regular routine helps children relax and sleep at night. Decide what to include in your routine and try to follow it consistently each night. You might include a story, lullaby, or similar elements.

## Recipe

### Teddy Bear Toast

whole wheat English muffins  
banana slices  
apple butter  
blueberries OR raisins

Start the day with this tasty treat! For each serving, toast a whole wheat English muffin half. Spread apple butter on the muffin. Place two banana slices at the top for ears. Place another banana slice in the middle for the bear's snout. Add blueberries or raisins for eyes and place one on the snout for the bear's nose. Are you hungry enough to eat a bear?



## Reminders

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## Songs

### Friends, Friends

Sung to "Row, Row, Row Your Boat"

Friends, friends, let's be friends!  
We can laugh and play!  
So hold my hand and sit with me,  
And be my friend today.  
Friends, friends, let's be friends!  
We will have such fun!  
We can clap and sing and dance,  
And jump and throw and run.  
Friends, friends, let's be friends!  
There's so much to do!  
We can draw and paint and build,  
And we can dress up too.



### Forest Moves

Sung to "Do Your Ears Hang Low?"

Can you scamper like a squirrel?  
Can you give your tail a twirl?  
Can you sniff like a fox  
Who is hiding in the rocks?  
Can you freeze like a deer  
Who hears something coming near?  
We can do it too!

Can you swoop? Can you fly  
Like a bird up in the sky?  
Can you climb up in a tree  
Like a bear who found some bees?  
Can you lie still and stare  
Like a 'possum who is scared?  
We can do it too!

## Book List

*Spot Visits His Grandparents*  
by Eric Hill

*Hello, Friend / Hola, Amigo*  
by Andrés Salguero

*Peek-a-Flap: Who*  
by Jaye Garnett

*Baby Bear Sees Blue*  
by Ashley Wolff

*Baby Up, Baby Down: A First Book of Opposites*  
by Abrams Appleseed

*Itsy Bitsy Spider*  
by Cottage Door Press