

THE APPELBAUM

DAILY CURRICULUM

Age 2



FEBRUARY

Dear Subscriber,

Happy February. We love that there are so many opportunities in February because of Valentine's day and week to teach the children more about love and caring. We wish you a month filled with fun and laughter while teaching the activities this month.

Happy Valentine's Day to you. Your work with children is a work of love. You help shape little minds and hearts and build bridges to brighter futures for children.

This month there are items you may choose to ask your parents to bring to assist you with the activities. Below is a sample letter you can use. Feel free to edit based on your needs.

Appelbaum Training Institute



Dear Parents,

We have a great month planned for your children.

Our February themes are:

- My Family is Special
- Silly Times
- Hearts of Fun and Love
- Presidents
- Calming Angry Feelings

A few items that we would like you to donate to assist us in their activities this month are:

A valentine for each child in the class before February 13th

An empty shoebox before February 13th























Save and bring in empty paper towel rolls by February 18th

1 can of food and 1 box of food for local food bank by February 21st

We are so appreciative of you sharing not only these items, but your children with us.

Sincerely,

FEBRUARY 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 My Family is Special				"Family Loving Times" 	"My Family is Special" 
Week 2 Silly Times	"The Gift of Laughter" 	"Silly Jokes" 	"Tongue Twister Fun" 	"Silly Songs" 	"Silly Art" 
Week 3 Hearts of Fun and Love	"Hearts" 	"Sharing" 	"Valentine Celebration" 	"Caring" 	"Gifts of the Heart" 
Week 4 Presidents	"What is a President?" 	"I Cannot Tell a Lie" 	"Never Give Up" 	"Help Others" 	"Make a Difference" 
Week 5 Calming Angry Feelings	"How Do I Feel When I'm Mad" 	"Flower Candle Breathing" 	"Changing Mad to Glad" 	"Using the Feather Duster" 	"Press the Pause Button" 

Theme for the Week



My Family is Special

Activities for "Family Loving Times"

Materials Needed: Lowercase tactile h, Things that Begin with h (provided) Several story books, plain paper, crayons



CIRCLE ACTIVITIES

Children turn to a shoulder buddy (child sitting beside them) and give hugs. Say, "You just shared love with your classroom family." Ask children what they like to do at home for fun with their families. Do any of them like when their families read books to them? Say, "Reading books together is also a family loving time activity." Read a short book to them. Chant: We can give hugs and share stories to share our love with our families.



LANGUAGE-LITERACY

Things that Begin with h-h-h

Show them the tactile lowercase letter h, and say together with them, "h-h-h." Then show them the picture of things that begin with h (provided), and have them repeat after you the names, stretching out the h-h-h sounds: h-h-hat, h-h-ham, h-h-hammer, h-h-house, h-h-hanger, h-h-heart. Explain what each one is as you show them the pictures. Put it on a tray on the literacy shelf for children to look at and identify the pictures sounding out the letter h-h-h.



FUN ART

Family Book to Share

Remind children that they can read a book and share a story together with someone in their family for a special loving time. Give each child two pieces of white paper folded in half to make a small book of four pages. They draw pictures on each page. You write what they tell you about each picture. Bind or staple the pages together to make a book they can bring home and share with their families.



MATH

Classroom Family

Explain to the children that they are also part of a classroom family. Let's learn about our class family. Count how many noses are in the classroom family. How many eyes? Ears? Hands? Knees? End with, "Yay, we are a class family."



MUSIC-MOVEMENT

Softly Chant and Act Out Listen for My Love Shhhhh, listen for my love. (Cup hand over ear.) You can find it many ways. I may say, "I love you." (Children put hands on hearts.) You can feel it in hugs. (Hug a friend.) You can see it in my smile. (Children smile at each other.) Shhhhh, listen for my love all day. (Cup hand over ear.)

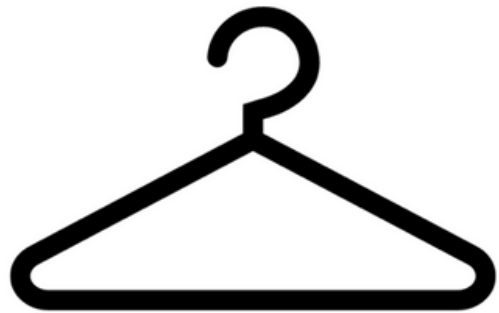
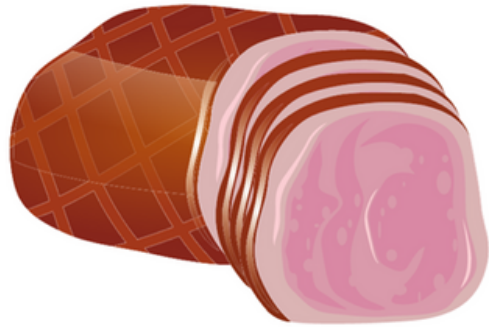
SOCIAL SKILLS

Children sit in a circle. Tell them that today they are going to pretend to be silly animals that are helpers. Say, "Will a puppy dog friend please help me put this book away on the shelf?" A child pretends to be a puppy dog and says, "Yes. I can help. The child helps (while walking/pretending to be a puppy and returns to the circle. Say, "Thank you for your help." Child says, "You're welcome." Continue until each child has a turn to help with a classroom chore. Use different animals like a dinosaur, bird, etc.



"Love can be spelled T-I-M-E."

Things that Begin with “h”



Theme for the Week



My Family is Special

Activities for "My Family is Special"

Materials Needed: Tactile lowercase h, picture of "My Special h for each child," (provided) playdough for each child; pictures of families used on Monday plus a picture of your family; heavy paper, sugar, measuring cups and spoons, colored chalk



CIRCLE ACTIVITIES

Show children a picture of your family. Say, "This is my family. I love them. They are special." Children take turns showing their family pictures from Day 1 again. They name the people in the picture again. They say, "I love my special family." Chant: We all have families. Our families are super special.



LANGUAGE-LITERACY

Making an h with Playdough

Show children the lowercase tactile h. Trace it slowly, and they say, "h-h-h-h-h" with you as you trace it. Give each child the picture of "My Special h (provided)". Have them trace it with their fingers like you did on the tactile lowercase h. Then have them make strips of playdough to put on it. When they finish, they say, "Yay." They can repeat it with different playdough or the same playdough as much as they want. (Note: Young children love to repeat something that is fun for them.)



FUN ART

Cheery Chalk Talk

Children use the chalk paint made in Math today to create a cheerful drawing on heavy paper. They talk about their drawing and bring it home to share with their family.



MATH

Paint Mixture

Children help measure and mix to make a special "paint" for Art.

- Mix together six tablespoons of sugar and 1/4 cup of water.
- Pour over a piece of colored chalk.
- Let it soak for ten minutes. (Set a timer for children to note the time.)



MUSIC-MOVEMENT

Sweetly Chant and Act Out Special Family Love

I have love for my family inside my heart. (Put hands on chest.) I can feel it when we are close and far apart. (Put hands close and far apart.) It is best for my love to come out. (Pull hands away from chest.) Love for my family is swirling all about! (Move hands in a spinning motion.)



SOCIAL SKILLS

My Special Family Keeps Me Safe

Role play a stranger coming to talk to them on the playground. Teach the children to say, "NO," and run away to tell their parent or family member or teacher. Then role play how to hold the hand of an adult (parent, family member, or trusted adult) as they walk in the store or the parking lot, or cross the street. Explain to children that their families love them and want to keep them safe.

"Teachers have the gift to make a child feel special."

My Special “h”



Theme for the Week



Silly Times

Activities for "The Gift of Laughter"

Materials Needed: Puppet, whiteboard and marker, index card with the word "ha" written on it, butcher paper, crayons, 14 pieces of numbered paper, play dough



CIRCLE ACTIVITIES

Playfully bark "Good morning to you," to each child. They will begin to laugh. Show them a puppet and have the puppet talk to them. They will laugh again. Have children take turns making silly sounds like meowing like a cat. Tell them that they are laughing. Laughing is fun and something fun to do every day. Chant: Laugh, laugh. Let's laugh a lot.



LANGUAGE-LITERACY

"Let's laugh! Ha, ha, ha"

Write the lowercase h on top of a whiteboard. Say with the children, "h-h-h. Then to the right of the letter h, make a lowercase a. Have the children say, a-a-a. Tell them, when they put the 2 sounds together, it says, h-h-h a-a-a, "ha." That is the sound of laughter. Now show them an index card that says, "ha." Play pass the "ha." When a child gets it, the child goes into the center of the circle and does something funny to make everyone laugh, "hahaha." Continue until all children have a turn.



FUN ART

Art to Make You Laugh

Say, "It's laughing art time." Place a large piece of butcher paper in the center of the circle. Let one child draw something silly and tell what it is. The second child adds to it. Continue until all children have a turn. Children say, "That was fun. We are silly artists today. Let's all laugh together."



MATH

Stepping Stones

Place 14 numbered pieces of colored paper ("stepping stones") in a path across the floor. Tell children the papers are stepping stones to Laughter Land. Children walk the path in order of 1 - 14 while saying each number when they step on it. When they get to the end they start laughing.



MUSIC-MOVEMENT

Chant and Act Out I Love to Laugh

I love to laugh when I wake. (Laugh and stretch.) I love to laugh with the friends I make. (Laugh and high five with a friend.) It's so much fun to laugh. (Laugh.) I even laugh when I take a bath. (Pretend to wash body.) It's more fun to laugh with friends I love. (Laugh with friends.) Then I reach out and give them a hug. (Hug a friend.)



SOCIAL SKILLS

Laughing Dough

Children sit in a circle. Pass around play dough in a sealed, plastic baggie.

Children hold the baggie, feel and squeeze the dough and laugh. As they pass the bag they say, "Your turn."

"Those who laugh ... last."

Theme for the Week



Silly Times

Activities for "Silly Jokes"

Materials Needed: Whiteboard and marker, puppet, toy cars, string and/or yarn, paint, paper plates, construction paper, newspaper ads, plain paper



CIRCLE ACTIVITIES

Show a puppet to the class again. Have it sing Old McDonald Had a Farm to the group. When making each animal sound, do it exaggerated and very silly so the children laugh. Tell them that you were joking around when you made the animal sounds. Say, "Today we are going to do lots of jokes and laughing. We will have fun."



LANGUAGE-LITERACY

Silly Body Sounds, m, s, t, p, a, r, c, b, and h

Write on the whiteboard the letter m. Children say the sound, and then children have a partner and together try to move their bodies to make an m on the floor. Then have them do the same with each of the letter sounds. (Note: Some they can do alone like the "s." The point is to sound out the letters they see on the whiteboard and have silly fun.



FUN ART

Silly String

Give each child a piece of string or yarn. Give children a paper plate that is covered in wet paint. Have children hold one end of the string and drag the rest of the string on the paper plate so the string is full of paint. Then they place the now painted string onto a piece of construction paper. They move the string around the paper to create a silly string drawing.



MATH

Paper Sort and Number Search

Place newspaper ads and plain white paper on the floor. Children sort it into two piles. Count how many pieces of newspaper ads and how many pieces of plain paper. Have them look for numbers on the newspaper.



MUSIC-MOVEMENT

Let's Wiggle and Giggle

Wiggle all around while singing:

We can wiggle, waggle all around. Let's wiggle our bodies to the ground. Wiggle, waggle, wiggly, woo! Come wiggle and waggle with me too. Repeat: Substitute "giggle" for "giggle."



SOCIAL SKILLS

Silly Us

Children pair up and face each other. On your cue, they jump in place facing each other while making a silly face. Then they put their hands on their hips and sway back and forth while making a silly face. Continue with other silly moves. When finished they tell each other, "Great job, fun friend!"

"Having fun with children can keep you both happy and healthy."

Theme for the Week



Silly Times

Activities for "Tongue Twister Fun"

Materials Needed: Lowercase tactile letter h, the numbers 1 and 5 (Welcome Kit), Child-safe mirror, paints or crayons, paper, yarn (option: paper towels)



CIRCLE ACTIVITIES

Come to the circle with a child-safe mirror. Watch yourself stick out your tongue and say, "Aaaaaaa." Tell children that the red part that comes out of your mouth is called a tongue. Have children press their lips together so their tongues can't move and try to say, "Good morning." It will sound funny. Have them clap their tongues. Chant: My tongue helps me eat and my tongue helps me talk.



LANGUAGE-LITERACY

Play h-h-hop!

Show children the lowercase letter h. Have them say the sound together, "h-h-h." Play the h-h-hop game. Children listen for a word that starts with h-h-h. when they hear a word that begins with h-h-h, they shout, "h-h-hop, and hop up high. Slowly say words like h-h-hot, apple, h-h-hippopotamus, banana, h-h-house, umbrella, etc.



FUN ART

Twisting Designs

Tell children that the word twist means to bend and curl. Show them a straight line on paper. Then draw a bent line and a curly line. Children use paint and/or crayons to make a variety of twisted lines in different colors on paper. (Option: Paint/color onto paper towels instead of paper just for fun.)



MATH

The number 15 and Yarn Twists

Show the children the number 1 (Welcome kit) and have the children say, "one." Then show them the number 5, (Welcome Kit), and have them say the number, 5. Tell them that when you put 1 and 5 together, it makes the number 15. Have children count 15 crayons with you. Then count out 15 pieces of yarn with children. Give each child two pieces. Have them twirl the two pieces together.



MUSIC-MOVEMENT

Chant and Act Out a Tongue Twister

Silly Sally slipped in the snow. (Stand and gently slip down to the floor.) Friend Fred flipped and said, "Whoa!" (Say, "Whoa," with arms out.) Together these two touched their toes. (Bend and touch toes.)



SOCIAL SKILLS

Big Bear Breathing

Tell children that they sometimes need to calm themselves. Children sit down and rub their tummies. They each take a deep breath into their bear tummies and their tummies get bigger and bigger (as they inhale). Then they slowly let the breath out of their tummies (as they exhale), and their tummies get smaller and smaller.

"Twist together laughter, love, patience and joy."

Theme for the Week



Silly Times

Activities for "Silly Songs"

Materials Needed: Whiteboard and marker, plain paper, crayons, colored streamers



CIRCLE ACTIVITIES

Say, "Today you are going to do lots of silly songs. To get started - let's sing about silly, silly you." Children sing: "Silly, silly, silly me. I like to walk on my knees. (Walk on knees.) Silly, silly, silly, me, I can be as tall as a tree. (Jump up with arms in the air.) Silly, silly, silly, me, I'm as cute as cute can be. (Smile real big.)"



LANGUAGE-LITERACY

"bat hat, cat"

Write on the whiteboard, c-a-t. Have children slowly sound it out. Write, h-a-t. Have children slowly sound it out. Then write, h-a-t. Have children slowly sound it out. Chant with the children, "There was a big cat (point to the word cat), that wore a silly hat (point to the hat), and carried a big bat! (point to the bat.). Do it faster and then slower and then faster. Have fun with this silly tune.



FUN ART

My Animal That Came to School

Sing the song Mary Had a Little Lamb. Then have each child say the name of their favorite animal. Then they draw a picture of that animal. You can even sing a new song with their names, such as Tom Had a Little Zebra. They share their pictures with the group when finished.



MATH

Silly Scavenger Hunt

Place five silly objects in the room, such as a sock hanging on a door, a doll standing on its head, a toy car parked in the sink, a paintbrush next to a plate as a fork, etc. Children walk around the room and find the silly objects that do not belong. Continue with a different number of objects.



MUSIC-MOVEMENT

Only One You and Only One Me

Right here in this room. My eyes will really zoom. (Use hands as pretend binoculars to look out.) I look around and see. Only one you and only one me. (Point to a friend and point to self.) So let's do a silly dance. Then stand in a silly stance. (Dance silly and then stand still in a silly position.)



SOCIAL SKILLS

Play "Silly Streamer Says" (Listening and Playing with Others)

Give each child a colored streamer or scarf. Instead of "Simon Says" play

"Silly Streamer Says." Say, "The streamer says to throw me in the air. The streamer says to wrap me around your arm. The streamer says to fly me in the air." Have the streamer say silly things for the children to do.

"Laughter is one of the best de-stressors."

Theme for the Week



Silly Times

Activities for "Silly Art"

Materials Needed: Whiteboard and marker, sheet of paper for each child, crayon for each child, butcher paper, crayons, paint brushes, water, fun music, box of crayons



CIRCLE ACTIVITIES

Say, "Today you get to have fun with crayons and laugh together. To get started -- Let's do a big color share?" Place a large piece of butcher paper on the floor. Children sit on either side as if the butcher paper were a table. Each child has a differently colored crayon. Tell them to draw anything they want that makes them laugh. When finished they say, "That was fun. We are silly artists today."



LANGUAGE-LITERACY

Being Silly: Acting Out the words, "cat, hat, bat"

Write on the whiteboard cat, and have children say it sounding out each letter. Have them pretend to be cats. (It's okay to let them be silly.) Then write on the whiteboard hat, and have children say it sounding out each letter. Give them each a piece of paper, and tell them to pretend to be a cat wearing a hat (The paper is their hat.). Write on the whiteboard bat, and have children say it, sounding out each letter. Give them a crayon, and tell them to pretend it's a bat. Have them be cats wearing hats swinging their bats.



FUN ART

Paint with Water

Children use their own, clean, paintbrushes and dip it into a cup of water. They walk around the room and/or outside and "paint" over objects you tell them to paint such as tables, chairs, chalkboards, plant leaves, trees, cabinets, etc. Have them watch each object become wet and then dry.



MATH

15 Moves

Children count aloud as they take 15 baby steps. Then have them take 15 big steps. Count 15 claps. Count 15 head nods, etc.



MUSIC-MOVEMENT

The Giggle and Sit Down Dance

Play fun music. Children dance around the room. They can face a friend and move side to side. Stop the music. Children sit down on the floor and are still. They get up and dance when the music comes on again. Repeat several times. The falling down is usually funny to them.



SOCIAL SKILLS

Crayon Pass (Taking Turns and Learning About Each Other)

Children sit with a partner. Child A chooses a crayon, holds it and says, "I like the color -----." (Child names a color like red, blue, etc.) Pass the box of crayons to their partner who chooses a crayon. Child B says, "I like the color -----." When finished, have all the children who said red stand up and say, "Hurray for red." Repeat with each color.

"Having fun with children helps them know that we really care."

Theme for the Week



Hearts of Fun and Love

Activities for "Hearts"

Materials Needed: Paper heart (Welcome Kit), Counting Hearts for Math (provided), Hearts for art (provided), rainbow paper (provided), non-toxic paints, cotton balls, paste, colored construction paper, assorted hearts (Welcome Kit)



CIRCLE ACTIVITIES

Give each child a pre-cut paper heart (Shape Kit). They hold them in the air and repeat after you: This is a heart. It means love. They place their paper hearts on the floor in front of them. Say, "Hold your hearts u-u-up in the sky. Now put your hearts down on the ground." Children chant: A special shape is a heart. We will use it today in art!



LANGUAGE-LITERACY

h-h-h is for h-h-heart

Show the children the tactile lowercase h. They say, h-h-h. Show them where their heart is on their bodies. Tell them that their h-h-heart beats inside their bodies. Have them touch their hearts and say, "h-h-heart." They each get a partner. They take turns pointing to their hearts and saying, "Here is my love heart." Then they switch partners so they get to do this with all the other children.



FUN ART

Rainbow of Hearts

Pre-cut several small hearts (provided) for each child. They paint them all solid colors with their thumbprints. Then they paste the hearts onto a paper with a rainbow shape (provided). Lastly, paste cotton onto the cloud shapes.



MATH

Counting 15 Hearts

Pre-cut for each child 15 Hearts (provided). Have them count the paper hearts altogether. Then have them point to their hearts in their chests, and say, "We each have a heart inside of us." That means we are each a child with a heart. Let's count how many hearts we have in the room. They count all the children and all the teachers. When they are finished, they say, "Hurray!"



MUSIC-MOVEMENT

Dancing with My Heart Friend?

In advance, pre-cut several heart shapes (Shape Kit) out of colored construction paper. Give each child a colored heart. (Be sure you have two of each color.) Play fun music. Children dance around the room while looking for the friend who has their same colored heart. When they find their "heart partner" they sit in the circle. Once all children are seated they sing: Dancing is so grand! I fun with my heart friend. Partners hug. Pass out hearts again and play another round.

SOCIAL SKILLS

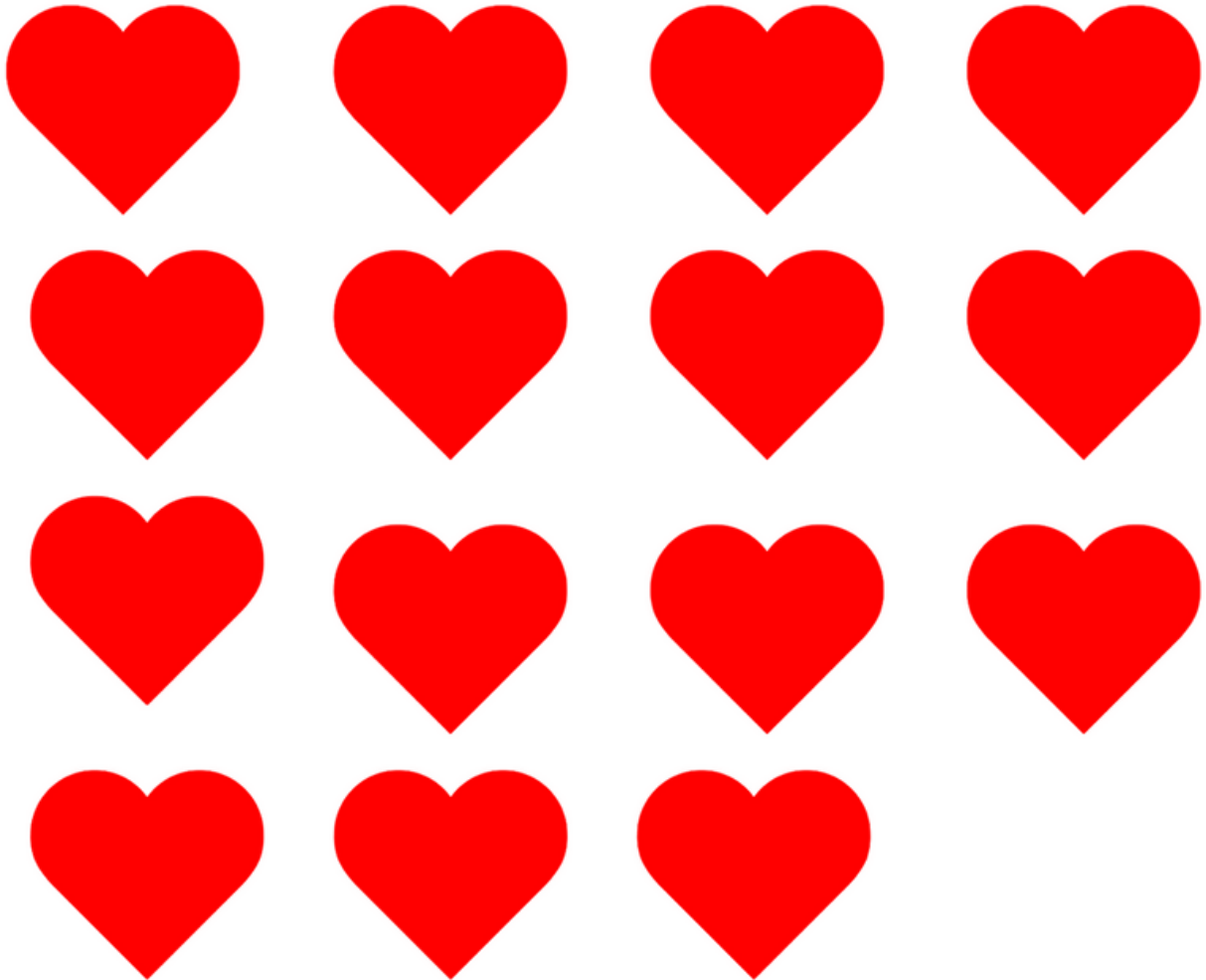
Heart in the Middle (Following and Communicating Cues)

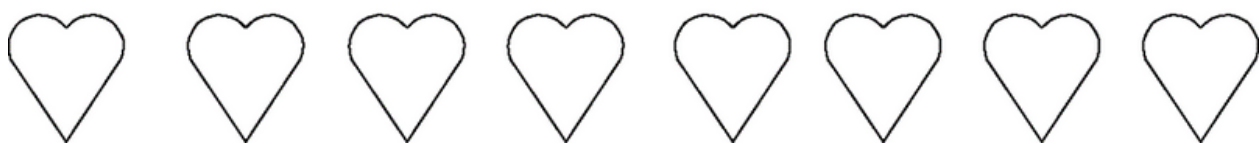
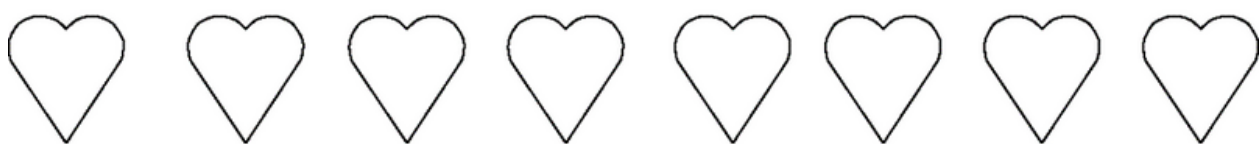
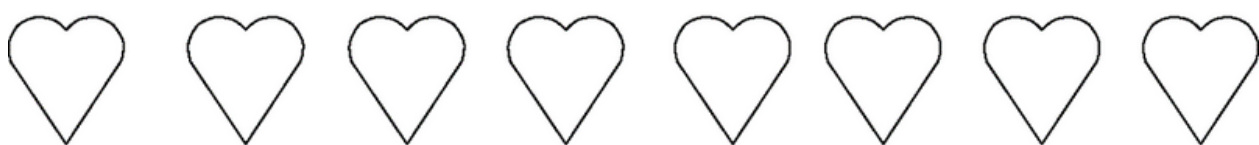
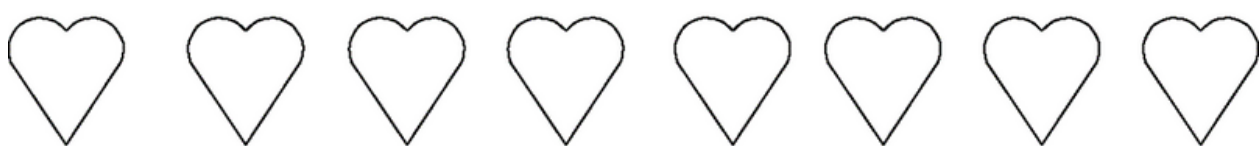
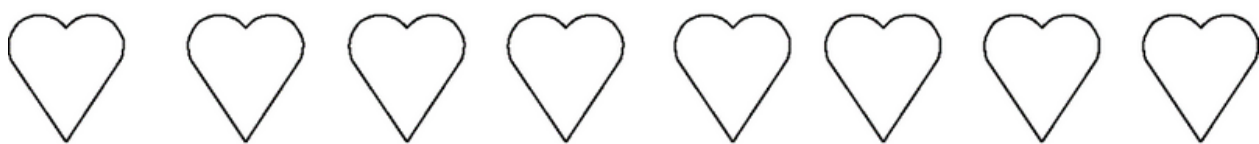
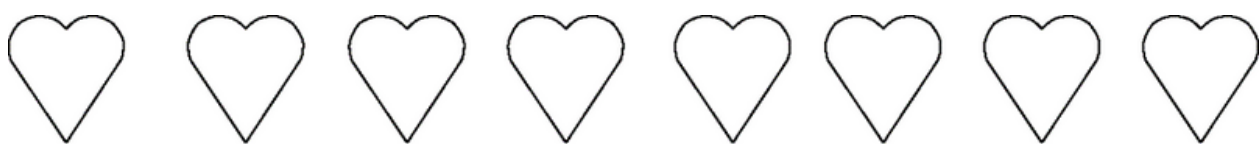
One child is the heart child. That child sits in the middle of the circle holding a paper heart. The heart child makes a sound or movement. The others copy it. Play until all children have a turn to be the heart child.



"Teachers can fill the hearts of children with hope and happiness."

Counting Hearts





HEARTS FOR ART



RAINBOW PAPER FOR ART

Theme for the Week



Hearts of Fun and Love

Activities for "Sharing"

Materials Needed: Small toy covered with towel in a basket or on a tray for Circle, Cut up Matching Pictures, Cat, Hat, Bat (provided), small tray or basket for pictures, cookie trays, shaving cream, food colors, paint brushes (Note: We recommend laminating the matching pictures for literacy so they can be used over and over.)



CIRCLE ACTIVITIES

Hold It, Hug It, Pass it

Bring a toy to circle time. Put a small towel over it so children can't see what it is. Tell children that you have something special you want to show them. Tell them that when they see it, they may all want to play with it. Explain that in our class, we share. That means, one child can play with a toy, and then pass it to someone else so everyone gets a turn. Tell them, "Here's how we share. We hold it, hug it, pass it." Uncover the toy, and say, "I'm holding it, hugging it, and now I'll pass it. (Pass it to a child you know will share.) While the child holds it, say, "Hold it, hug it, now pass it." Continue doing this around the circle.



LANGUAGE-LITERACY

Matching Pictures to Words, cat, hat, bat

Tell the children that today they are going to have more fun with the words, cat, hat, and bat. Show the children, the tactile lowercase letters, "a" and "t." Sound each one out with them, and then say, "a-a-t-t." Use the "Matching Pictures to Words: (provided). Cut apart the pictures and letters and put them on a small tray. Demonstrate taking one of the word cards, putting it on the left side of a small mat, and "reading it slowly," Example Cat Picture: Say slowly sounding out each letter, "c-c-c a-a-a-t-t-t." Then look slowly through the pictures, and find the picture that best matches the word. Put it to the right of the word. Do the same with the next word, and keep doing it until you are finished. Afterwards, have it on a shelf so children can do it.



FUN ART

Sharing Colors

Each child receives a cookie tray with shaving cream on it and a drop of food coloring. Use different colors of food coloring so there is a variety of color. They stir the shaving cream with a paintbrush to mix the shaving cream and food coloring to discover their color. Then they show and share their picture with a friend.



MATH

Counting Shared Jumps

Children hold hands while facing each other to share their jumping experience. They sing to their friend: Let's jump up and down, up and down, up and down. Let's jump up five times. 1, 2, 3, 4, 5. Now let's sit right down on the ground. The next partnership sings and jumps to a different number.



MUSIC-MOVEMENT

Sing and Act Out Let's Share

Let's share with our friends each day.

Their hearts will feel so good in a special way. (Hand over heart.)

Let's share with our friends each day.

We'll touch their hearts before we run and play. (Run in place.)



SOCIAL SKILLS

Pass the Love

Children pass love around the circle. Watch video of MaryIn Appelbaum doing this with a class and enjoy with your class. <http://www.youtube.com/watch?v=7SCnew9isKA>

"Share a smile."

Matching Cat, Hat, Bat

bat



hat



cat



Theme for the Week



Hearts of Fun and Love

Activities for "Valentine Celebration"

Materials Needed: Have children bring simple Valentine cards from home to give to each classmate; small white paper sack for each child, large paper heart for Music (Welcome Kit), crayons, Art decorations such as pre-cut hearts, foil, pom-poms, ribbon, etc., Sample of making heart with fingers (provided) for Social Skills



CIRCLE ACTIVITIES

Say, "Happy Valentine's Day." Explain that Valentine's Day is a special day to share love with friends and family. Tell the children that it's important to do this every day. Have them take turns walking around the circle and sharing love with each child and as they share love, they say, "Happy Valentine's Day to you."



LANGUAGE-LITERACY

Pass the Valentine h-h-hearts

Hold up a valentine and tell the children that most Valentines have a h-h-heart on them. Point to the h-h-heart. Remind them that heart begins with h-h-h. Tell them it also has words that say happy things. The children take turns passing out the Valentines they brought from home to their friends. When they are finished, they say, "Happy Valentine's Day everyone."



FUN ART

Valentine Sacks

Children crayon and decorate their white lunch sacks. They paste on decorations such as pre-cut hearts, foil, pom poms, ribbon, etc. Save for Literacy, Math, and Social Skills.



MATH

Count the Valentines.

Children take turns taking out their Valentine's from the decorated paper sacks. They count how many Valentines they each got. They count the number of bags in the classroom. Then have them count their smiling faces.



MUSIC-MOVEMENT

Sing and Act Out Hear the Heart

Here's a heart talking to you — made with special pieces just like you.

This heart is here to say, "You're so special on every day." This heart is telling you, "Happy Valentine's Day too." (Children sing while holding a paper heart.)

SOCIAL SKILLS

Hearts of Love

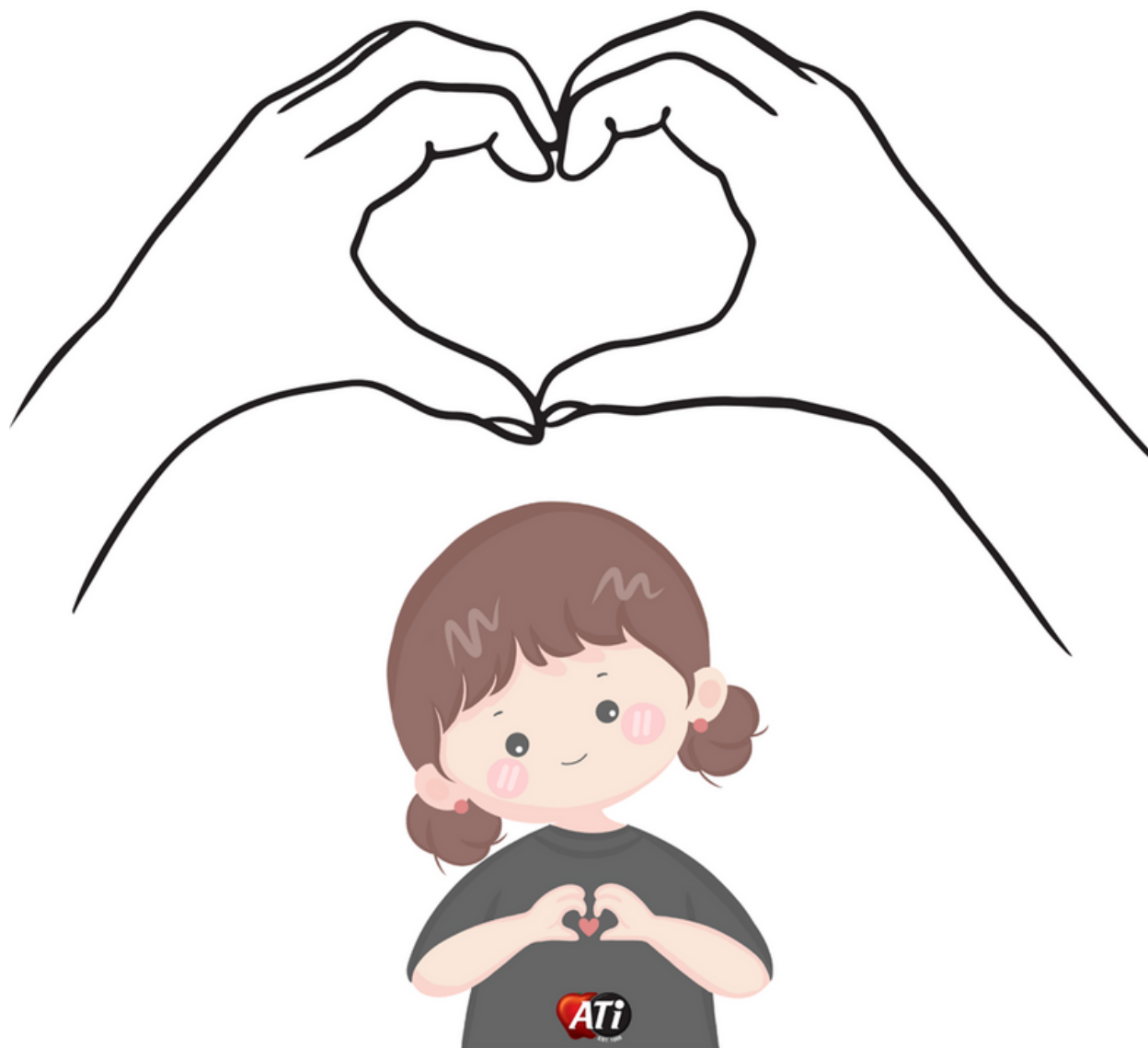
Show children how to put two their two thumbs touching on bottom, and their forefinger and middle fingers touching on top to form a heart! (See sample provided). Say, "We have hearts of love." Then have them chant, "We are special, we are special, yes, we are, yes, we are. We have hearts of love."



"To celebrate kindness and friendship gives an opportunity to give thanks for these blessings."

Sample

Making Heart with Fingers



Theme for the Week



Hearts of Fun and Love

Activities for "Caring"

Materials Needed: Paints, paintbrushes, paper, 15 paper hearts (Welcome Kit) for Math, Paper heart from Day 1



CIRCLE ACTIVITIES

Show children a heart (previously provided). Ask them what a heart means. Love.

Talk about ways they can show love. Say, "One of the very best ways to show love is to be caring. You can be caring when you give hugs. There are all kinds of hugs. (Demonstrate.) There's a hug with your arms around your friend; there's a pinky hug; there's a thumb hug. Children turn to child next to them and say, "I care about you. Here's a hug." They give one of the hugs to the other child. Chant: We are caring friends.



LANGUAGE-LITERACY

The sound of "i"

Show the children the tactile lowercase letter "i." Say, "Look at this. It's a line and a dot!" It's i-i-I like in i-i-itchy. Have each child say, "i-i-i." and scratch themselves and say, "i-i-itchy." Ask them if they have ever been itchy? Have them copy you and make a straight line in the air, and then make a dot on top of it.



FUN ART

Painting Up and Painting Down

Children paint a picture of their choice to give to someone they care about. Write

"I care about you." on the bottom of each child's creation. They sing as their paintbrush goes up and down on the paper: We paint up, we paint down. We put color all around.



MATH

Numbered Hearts

Number 15 paper hearts 1 - 15. Scatter them on the floor. Children pick up a heart and name the number. Ask, "Where is the number one?" The child with the one brings it to you. Continue through ten. Line up all the hearts in numerical order.



MUSIC-MOVEMENT

Chant and Act Out I Care About You I care about you and I want to show it.

I care about you and I want you to know it.

You're my friend, yes it's true.

And I really like you. (Children take turns sharing hugs.)

SOCIAL SKILLS

Calm and Caring

Explain to children that learning to calm down can also help them do a great job to care for themselves and others. Teach them the Popsicle technique to calm down. They stand stiff like a frozen Popsicle. They pretend to be left in the sun, and slowly melt down to the floor. Chant: Calm and caring is who I am.

"No one cares how much you know until they know how much you care."



Theme for the Week



Hearts of Fun and Love

Activities for "Gifts of the Heart"

Materials Needed: A gift wrapped empty shoebox, shoe box each child brought from home, tissue paper wrapping, scotch tape, all kinds of cute decorations like stickers, and streamers (See Box of Love sample provided). index cards, crayons, tactile lowercase i.



CIRCLE ACTIVITIES

Place a wrapped empty box in the center of the circle. Say, "This is a gift. It is filled with love inside." Open the gift. Open the box. Show that it is empty. Say, "How is it filled with love if there is nothing inside? I filled it with kisses." Show children how to blow kisses into the box. Say, "This is a special gift of the heart, and you get to make one for someone you love today!" Chant: We get to give a gift from our hearts.



LANGUAGE-LITERACY

"i-i-in" and Out

Show the children the tactile lowercase letter "i." Open up the giftwrapped box from circle time. Tell them that it is filled with kisses "i-i-inside" the box. Close the lid. Walk over to the door. Say, "I'm i-i-in the classroom." Step outside, and say, "Now I'm outside of the classroom. I'm going to come back i-i-in. Have the children hold up one hand and make a circle closing their fingers. Have them take their "middleman finger" on the other hand, and put it "i-i-in the circle. Have them go i-i-in and out several times.



FUN ART

Box Full of Love

Each child decorates a shoe box with tissue paper and other art supplies like crayons, yarn, stickers, banners. They blow kisses inside and close the box. They take it home to give to a family member (See sample provided of a 2 year old that made a Box of Love).



MATH

Cards for Their Families

Count how many children are in the class. They say, "We have __ friends in this class." Then count out that number of index cards for each child. They decorate the cards to take home to their families. Tell them they are cards of love.



MUSIC-MOVEMENT

Sing We are Loved (tune of "I Love You, You Love Me") We are loved. We show love. We have friends and family. With a great big hug and a smile from my heart. Don't you see we're loved truly!

SOCIAL SKILLS

Gifts of the Heart (Sharing)

Children sit in a circle. Child A turns to Child B and says, "Here is a smile for you. It is a gift from my heart." Child B turns to Child C and says, "Here is a hug for you. It is a gift from my heart." They pat their chests as they say the word heart. Continue until all children have received a gift of the heart. Other gifts can be: handshake, high five, silly face, a snack, a toy to play, etc.



"A gift of the heart is the love and care you give each day."

Gift of Love Sample



Theme for the Week



Presidents

Activities for "What is a President?"

Materials Needed: Picture of Presidents (provided), paper plates, red and blue ribbon and/or yarn, red and blue crayons, index cards, paste, the lowercase letter i, Dot the "i" (provided), crayons, fingerprint.



CIRCLE ACTIVITIES

Tell the children that you are a leader of their class. Say, "You also have a leader of your country." That person is the president of the USA. Show children pictures. (provided).

Children take turns saying, "YAY for the USA!"



LANGUAGE-LITERACY

Dotting the "i's"

Review the i. Show the children the lowercase tactile i. Trace the vertical line slowly. Then dramatically say, "i-i-i has a dot on top," and dot the i. Give children a sheet of paper with an "i" and a dot above it. Have children crayon the straight lines, and when they are finished, they dip their finger in fingerprint, and dot the i's. As they do it, they say, "i-i-i."



FUN ART

Streamer Plates

Tell children that red, white and blue are the colors of the USA. Help the children cut several pieces of ribbon or yarn that is red, white and blue. Give them paper plates with pre-punched holes around the plate. Help them put on the red, white and blue yarn or ribbons. Then they color both sides of the plate with red and blue crayons however they choose. Save for Music today.



MATH

President Match Up

Make copies of the pictures from Circle Time. Paste Presidents on two index cards, Washington on two index cards and Lincoln on two index cards. Put all cards face down. Children turn them over and make matches. Count how many cards altogether. Count how many of each different face.



MUSIC-MOVEMENT

Chant Presidents Lead Us and Dance with Red, White, and Blue Streamer Plates Presidents lead us and show us what to do.

We can be leaders - you and me too!
We lead by making the smart choice.
We even speak in a kind voice.



SOCIAL SKILLS

Friend and Leader Circle

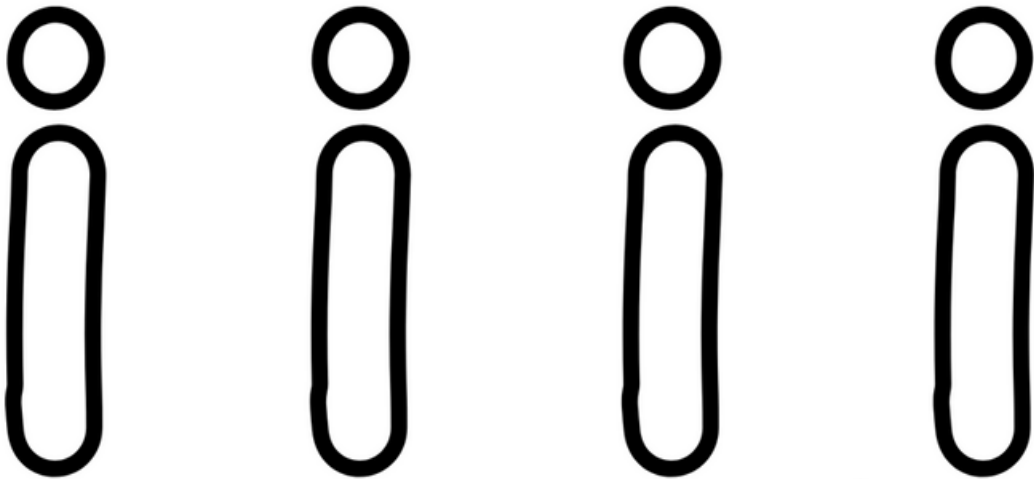
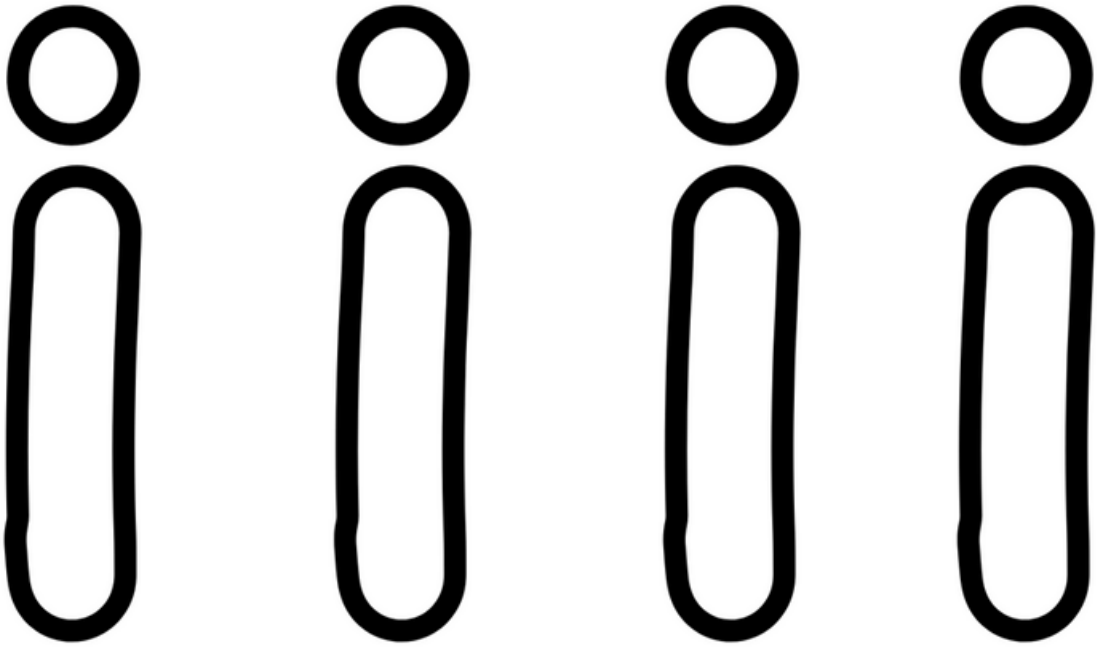
Children and you hold hands and walk in a circle (for a sense of community) while saying, "Friends, friends. They are super special." Turn to a friend and say, "I am so happy to have you as my friend. Let's wave together to our classroom leader, our teacher." They wave to you. You say, "Thank you," and start again.

"Teachers are presidents of classrooms - leading and guiding children to success daily."



PICTURES FOR CIRCLE AND MATH TIME

Dotting the "i"



Theme for the Week



Presidents

Activities for "I Cannot Tell a Lie"

Materials Needed: Bag or box filled with individual letters written on paper, or magnetic letters for Literacy, (The Letters are: m, s, t, p, r, a, c, b, h, i.); paper sack for each child, paste, white yarn, a quarter, Picture of quarter (provided).



CIRCLE ACTIVITIES

Point to an article of clothing and tell the children the color it is. Say, "That was true." Now point to another article of clothing like your shirt and say, "My shirt is the color" and name a color that is NOT the color of your shirt. Explain to the children that what you said is not true. Say, "It is important to always say what is true. I will have a do-over. My shirt is the color....." Name the correct color. Repeat with the shirt color of a child. Chant: Always say what is true!



LANGUAGE-LITERACY

Telling the Truth about Sounds

Have a bag filled with letters that you have written on individual pieces of paper, or magnetic letters. Dramatically take out a letter. Here's an example. Take out the letter and dramatically look at it. It's a b-b-b. Hold it up and say to the children. "This is a m-m-m. True or Untrue?" They say, "Untrue." Keep doing this with some true or untrue. When they get the answer right, have everyone clap their hands, and say, "Yay!" Continue doing this with other letter sounds. You can do them all at one time or throughout the day.



FUN ART

Washington Wig

Give each child a paper sack with one side cut away. They make bangs and hair with white yarn to resemble the hair of George Washington. They put the sack wigs on their heads in Music today.



MATH

What is a Coin?

Show children a quarter. Tell them it is a coin worth 25 cents. Then show them the picture of the quarter (provided) so they can see it better. Talk about how it is small, silver, and round. What else in the room is round? Hold the coin while the children look at the picture on the coin. Who is it? George Washington. (Caution: You hold the coin while the children observe so they do not choose to put the coin in their mouths.)



MUSIC-MOVEMENT

Chant and Dance to Wig Jig

Children wear their wigs from Art today.

Look at me wearing Washington's wig. Watch me dance a silly jig.

Washington was our first president.

He is even on our twenty-five cent! (You hold up a quarter.) I am so silly wearing this wig.

Cheers for Washington as I dance my jig.



SOCIAL SKILLS

True or Untrue

Play the True or Untrue Game with the children. Watch the video of Marty Appelbaum doing this at <http://www.youtube.com/watch?v=RJtR5m.Jx608>

"Children will likely do what they see you do more than what they hear you say. Model honesty."

Quarter



Theme for the Week



Presidents

Activities for "Never Give Up"

Materials Needed: Picture of Abraham Lincoln, penny, & log cabin (provided), plain paper, many paper towel tubes brought from home, brown paint, tape, paste, white butcher paper, a penny and a quarter, 8 ½ by 11 sheets of paper that each have one of the letter sounds the children have learned (m, s, t, p, r, a, b, h, i; masking tape.



CIRCLE ACTIVITIES

Show a picture of Abraham Lincoln (provided). Say,

"This was a president from a long time ago. He taught people to always try their best and never give up."

Ask children to share something that is hard for them: putting on shoes, holding a cup, not spilling, etc. Say, "You just need extra help right now. You can do the things that are hard with help and practice." Children turn to a friend and say, "Never give up. Ask for help when you need it."



LANGUAGE-LITERACY

Don't Give Up On Sound Path

Ahead of time, put three or four of the letter sounds children have learned on individual 8 ½ by 11 paper. The total sounds are m, s, t, p, r, a, c, b, h, i. Tell the children they have to cross a big river to get to the other side. Mark with masking tape where they should walk. Put several sheets of paper with the letter sounds on the tape. Tell them every time, they come to a pretend rock, (The pretend rock is the paper with the sound), they have to say what that sound is, and then go to the next rock, and keep going until they cross the river. (Note: Make it easy for them by making sure they are familiar with the letter sounds you use.)



FUN ART

Abraham's House

Abraham Lincoln lived in a log cabin (picture provided). Children paint paper towel tubes to look like logs. They take turns placing their "logs" on white butcher paper to build a long cabin. Paste and/or tape the logs together.



MATH

A Copper Coin

Show children a real penny. Tell them it is also a coin like a quarter. Show them the picture enlarged of the penny (provided). Have the children describe the coin. It is small, copper and round. Is it smaller or bigger than a quarter? Hold the coin while the children look at the picture on the coin. Who is it? Abraham Lincoln. (Caution: You hold the coin while the children observe so they do not choose to put the coin in their mouths.)



MUSIC-MOVEMENT

Sing Leaders

Leaders, leaders tell us what to do.

They make decisions for me and you! (Point to self and then a friend.)

Lead by doing right. I can be a leader day and night. (Jump up and say, "Yay!")

SOCIAL SKILLS

Energy to Never Give Up

Explain to children that it takes energy to never give up and always try their best.

Teach them how to do the ABCD Stretch for energy and smart thinking.

A - Arch (Link thumbs. Raise arms overhead and arch back.)

B - Bend (Reach forward toward the floor. Reach backwards.)

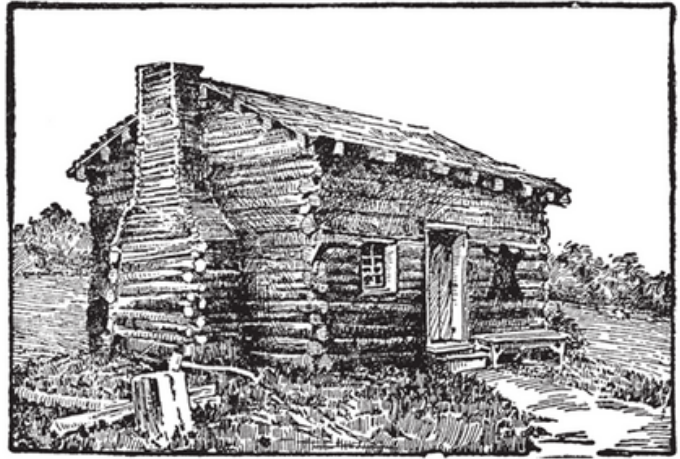
C - Climb (With both hands pretend to climb up a wall standing on tiptoes.)

D - Dance (Stand in place swaying side to side with your body.)



"Never, never, never give up on a child."

Abraham Lincoln



Theme for the Week



Presidents

Activities for "Help Others"

Materials Needed: Take pictures of each child helping in the classroom, paste, plain paper, wax paper, paints, blocks



CIRCLE ACTIVITIES

Walk to a child and say, "Can I help you stand up?" Hold your hand out to help the child stand. Then the child sits back down. Go to another child and say, "Can I help you with your shoes?" Help tie or buckle the child's shoes. Say, "I was helping you. Helping others is a wonderful way to show respect and care. You can help others too. You can help build, paint, clean up, and have fun. Chant: Helping others is so great to do. I will do it and you can too."



LANGUAGE-LITERACY

Help Others Book

Take a picture of each child helping in the classroom. Paste one picture on each page and staple together into a class book. Write captions such as: Avery helps clean up the lunch table. Cameron helps organize the books. Carey helps Jamie build a tower, etc. Read the book to the class.



FUN ART

Wax Paper Friend Art

Partner children. Cut out a piece of wax paper for each child. Help them squirt paint in the center. Give each partner a different color. Next, place another piece of wax paper over the paint. Now the children "finger paint" by pressing onto the top piece of wax paper to move the paint around beneath. Then they swap places with their partners so they can paint a new color.



MATH

Help Me Build

Children sit with a partner and a container of blocks. They help each other build. Then they count how many blocks they used. When time is up, they give high fives and say, "Thanks for building with me."



MUSIC-MOVEMENT

Sing I'll Be Helpful (tune of "Are You Sleeping?")

I'll help others. I'll help others.

Yes, I will. Yes, I will.

I will help my teacher. I will help my friends.

I am kind. I do care.

SOCIAL SKILLS

Elbows. Knees. Help Me Please

Children stand in a circle and sing, "Elbows, knees, help me please." They point to their elbows and knees like they are hurting while singing. When they sing, "help me please," children offer a high 5." Chant: We are helping friends."

"Teaching children to help others and give thanks is a lifelong gift."

Theme for the Week



Presidents

Activities for "Make a Difference"

Materials Needed: Plain paper, vinegar, colored tissue paper, paintbrushes, children bring one canned food and one boxed food to child care, some tactile lowercase letters children have learned



CIRCLE ACTIVITIES

Walk around the circle, and send a pretend kiss to each child. Say, "You are all so special. I love teaching you. I am sending a kiss to each of you to remind you that you make a big difference in life." Tell children that when they share their smiles and hugs it brightens up another person's day and that makes a difference. Chant: I can make a big difference.



LANGUAGE-LITERACY

I Spy with My Little Eye

This is a fun game for children. Hold up a tactile lowercase letter they have learned like r-r-r. Tell the children, "I spy with my little eye something in this room that begins with r-r-r. Then ask them, "Is it a block? Is it a chair? Is it a r-r-rug?" The children say r-r-rug and point to where it is. Do this for other letter sounds too. They love it.



FUN ART

The Vinegar Difference

Children tear several pieces of colored tissue paper. Next, they paint a piece of paper with vinegar. Then they place their torn pieces of tissue paper in any design on the paper. When the vinegar dries, remove the tissue paper by peeling them off and see the leftover paper stamps on the paper! (Note: Tell them ahead they may not like the smell of the vinegar, but they will love the art they do with it.)



MATH

Food Line Up

Ask each child to bring a canned good and boxed food (macaroni and cheese, pasta, etc.) to child care to be donated to a local food bank. Children sort them into a can pile and a box pile. They count how many of each. Then they make stacks of three cans and five boxes. Tell them that they are making a difference by helping others who need food.



MUSIC-MOVEMENT

Sing Good Morning

Good morning, good morning, good morning to you.

We come to child care and help each other too. Good morning, good morning, good morning to you.

We can make a difference in the lives of others too. Good morning, good morning, good morning to you. We are kind and caring - all the day through.

SOCIAL SKILLS

Thank You Time

Explain to children that it makes a big difference when they tell someone thank you. Give each child a turn to say "thank you" to someone for something they did in class today. You say "thank you" to each child also. After all have shared their thanks, they hold hands and chant: We are thankful friends!



"YOU make a difference!"

Theme for the Week



Calming Angry Feelings

Activities for "How Do I Feel When I'm Mad"

Materials Needed: Lowercase tactile f, Things that begin with f (provided), construction paper in a variety of colors, small bowl for each child, white construction paper, paste, magnetic numbers, cake pan, cornmeal or sand, picture of a smiling face (provided))



CIRCLE ACTIVITIES

Say to the children, "I am very happy to see you all today. Right now I am going to make believe that I am not happy, even though I really am happy to see you." Cross your arms and make a mad face with mad body language. Ask, "What kind of face was that? How was I pretending to feel?" Mad. Explain to children that we all get mad sometimes. Children make pretend mad faces. Chant: Sometimes we get mad. That's okay. We can calm our mads away.



LANGUAGE-LITERACY

The Letter f

Show the children the tactile lowercase letter f. Say, "This is 'f-f-f.'" Have each child say, "f-f-f." Trace the letter as the children say it. Talk about what it looks like. Then show them the picture of things that begin with f (provided), and have them repeat after you the names, stretching out the f-f-f sounds: fish, frog, farm. Explain what each one is as you show them the pictures. Point out things in the room that begin with the "f" sound.



FUN ART

Making Homemade Confetti Art

Give each child a piece of colored construction paper. Have them tear it into small pieces to become their own confetti. They put all the pieces in a small bowl. Give them each a large sheet of white construction paper. They take paste and draw a design on the white paper with the paste. When they are finished, they sprinkle their homemade confetti on the white paper and let it dry.



MATH

Number Search

Show children magnetic numbers, and review what they are. Just use a few numbers at first. You can add more later. Then bury the numbers in a cake pan that is $\frac{1}{2}$ filled with cornmeal or sand. Children find the numbers and say what they are. Running fingers through sand-like texture is a calming sensorial activity. (Always be careful with small objects like the magnetic numbers.)



MUSIC-MOVEMENT

Sing and Act Out Feelings (tune of "Twinkle Twinkle")

I have feelings yes I do. Let me tell you about a few.
I can feel happy and sad. Sometimes I even get mad.
We have feelings, yes we do. Which is a feeling for you?
Happy, sad, or even mad. We can change them all to glad.



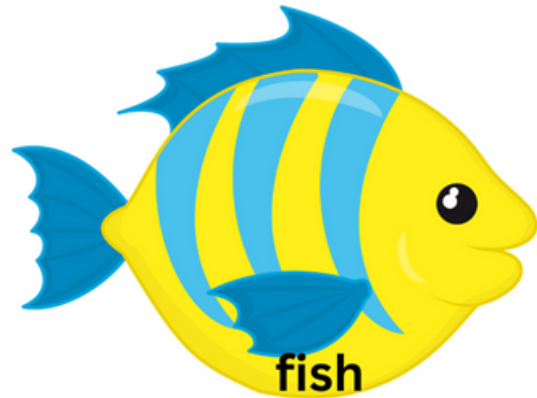
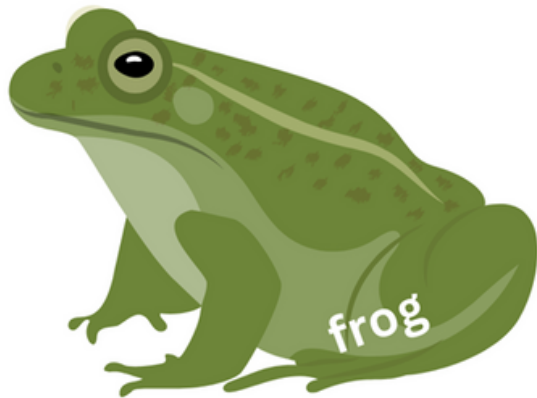
SOCIAL SKILLS

Waiting for a Smile

Children sit in a circle. Choose a child to be "It." "It" puts a smiling face (provided) in a child's hand while everyone has their eyes closed. Children open their eyes and guess who has the smiling face. Repeat until all children have a turn.

"Children feel safe with a structured routine."

Things that Begin with “f”





PICTURE FOR SOCIAL SKILLS

Theme for the Week



Calming Angry Feelings

Activities for "Flower Candle Breathing"

Materials Needed: Lowercase tactile and f-f-flower Deep Breathing (provided), picture of a flower and candle (provided), whiteboard and marker for math, craft sticks, paints, cupcake liners, cotton balls, glitter, sticker dots, green paper, paste, fun music and player



CIRCLE ACTIVITIES

Say, "Shhh. Listen to me."

Take several deep breaths. Ask the children where

the sound was coming from. It was coming from your nose. Say, "I was taking deep breaths with my nose. Now you do it." They take deep breaths. Show them a picture of a rose (provided). Tell them to pretend they smell the rose. They breathe in with their noses. Say, "Now you need to blow that air out with your mouths." Show them a picture of a candle (provided). Children pretend to blow out a candle. Chant: Breathe in and breathe out. That's what it's all about.



LANGUAGE-LITERACY

"f-f-flower Breathing

Show the children the tactile lowercase letter f. Slowly trace it, and as you do take a deep breath in, and then blow the breath out, and say, "f-f-flower." Do this over and over again with the children. Give them each a piece of paper with an f on it for them to trace. Tell them when they are upset, they can trace the "f-f-f," and take a deep breath in, and then slowly blow it out saying, "f-f-flower."



FUN ART

Cupcake Flowers

Give each child a flattened cupcake liner. They paint it a color of their choice. Paste it to a craft stick that is painted green. Tear pieces of green paper to paste to the craft stick to become leaves. Add painted dots, glitter, cotton, etc. to the center of the cupcake liner to "flower it up." Save for Social Skills today.



MATH

Counting and Breathing

Write on the whiteboard in a vertical line, the numbers 1 thru 15. Say, let's count the numbers together, "1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15." Then teach them to take a deep breath in and out after each number. Example: "1, breathe in, breathe out, 2, breathe in, breathe out, 3, breathe in, breathe out, etc. (You may want to stop at 5 the first time you do this.)



MUSIC-MOVEMENT

Blow and Shake Away the Angries

Children dance to fun music. When the music stops, they shake their arms, take a deep breath and freeze. Play the music again. When the music stops, they shake an arm and a leg, take a deep breath, and freeze. Continue by adding a new body part with each new round until they are shaking their whole bodies.



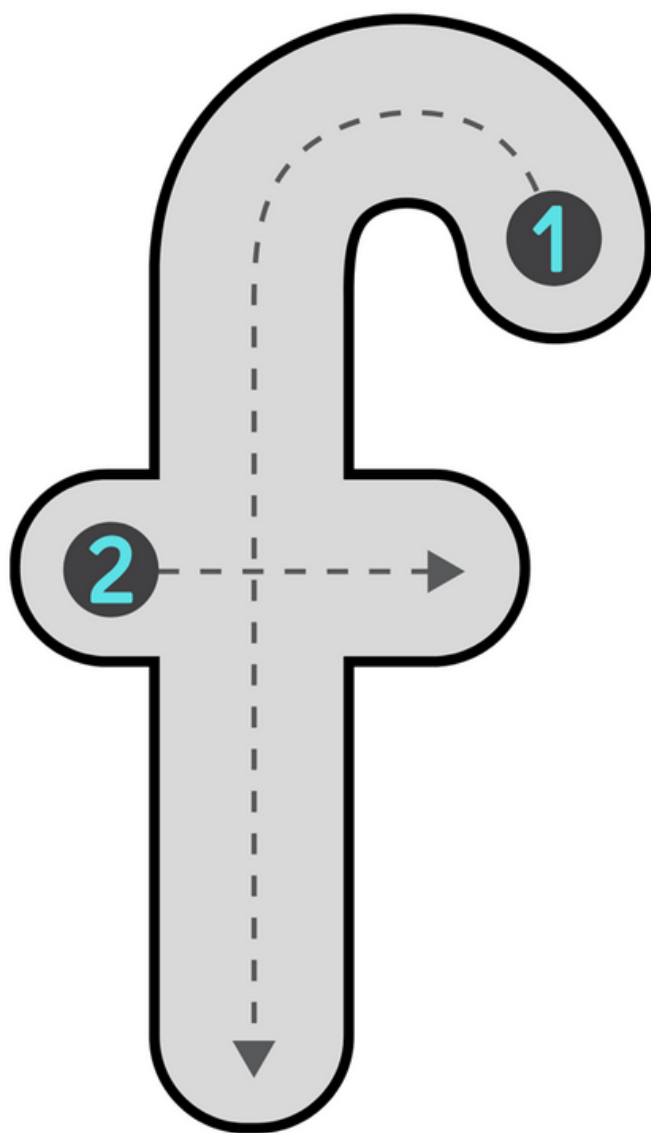
SOCIAL SKILLS

Smell the Pretty Flowers

Children sit with their flowers they made in Art today. They take turns holding their flowers and saying, "I can smell the flower to breathe in and calm down." They all have a turn. Then they all hold up their flowers at the same time and have their flowers "dance," while chanting: Breathe in and breathe out. Calming down is what it is all about.

"Breathe in belief in yourself. Breathe out negative self-talk."

f-f-flower Deep Breathing





PICTURES FOR CIRCLE TIME

Theme for the Week



Calming Angry Feelings

Activities for "Changing Mad to Glad"

Materials Needed: Happy and mad face pictures (provided), craft sticks, smiling and mad faces for literacy (provided), star shape (provided), various art supplies to decorate the star, heavy paper, paste, bubbles, whisks, spatulas, slotted spoons, shallow tray



CIRCLE ACTIVITIES

Paste a happy face (provided) on a craft stick. Paste a mad face (provided) on a craft stick. Put the mad face in front of your face. Say, "I am mad. Hmpfh." Remove the mad face and explain that even when they feel mad they can again feel happy. Another word for happy is "glad." Put the happy face in front of your face. Say, "I feel glad. I am happy again. Yay!" Children make a mad face and then a glad face. Chant: We can change mad into glad!



LANGUAGE-LITERACY

Face Sound Match-Up

Write one letter sound the children have learned (m, s, t, p, r, a, c, b, h, l, f) on each smiling face (provided). Repeat on each mad face (provided). So that you have two faces for each letter sound. Scatter them all onto a table. Children make matches by finding two r's, 2 m's, etc. (Note: Start with only 5-7 pairs of letters.)



FUN ART

Floating Star

Tell children that when they feel mad they can hold a star in the air and pretend to be floating in the sky with the star. They make their special star. Give each child a pre-cut star shape (provided) out of heavy paper. They use various art supplies to decorate and embellish it.



MATH

What is the Shape of a Bubble?

Children dip wands into a tray of bubbles and blow bubbles. They describe the bubble shapes. You can use the wand from the bubble bottle, wire whisks, spatulas, slotted spoons, etc. to create different shapes of bubbles. (Note: Blowing bubbles is a great calming activity too.)



MUSIC-MOVEMENT

Sing and Act Out A Friend of Mine (tune of "Mary Had a Little Lamb") Look and meet a friend of mine, friend of mine, friend of mine.

Look and meet a friend of mine. This is my friend

The class sings the song, and the children take turns naming a friend. The friend gets up and does a glad dance with the child that named him/her. Continue until each child has a turn to dance.



SOCIAL SKILLS

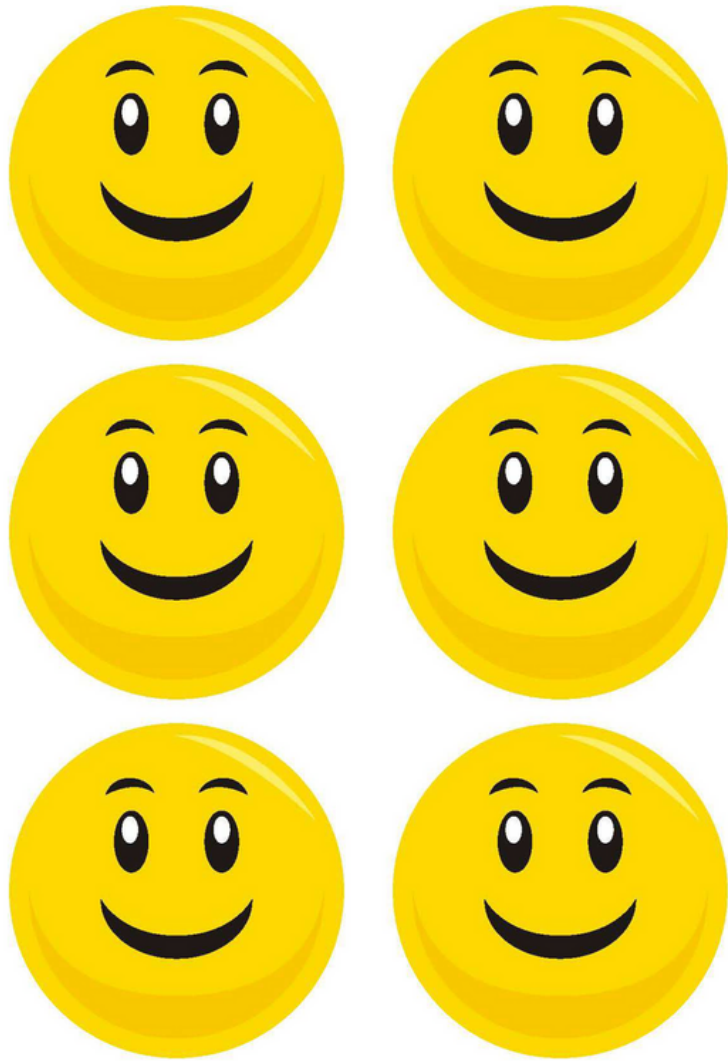
I Feel it in My Tummy

Tell children that another way they can change mad to glad is to stay calm and breathe deeply. Children put a hand over their tummies and breathe in and out very slowly. Have them notice how they feel their tummies go up and down.

"You have a great influence to change children from sad and worried to happy and confident."



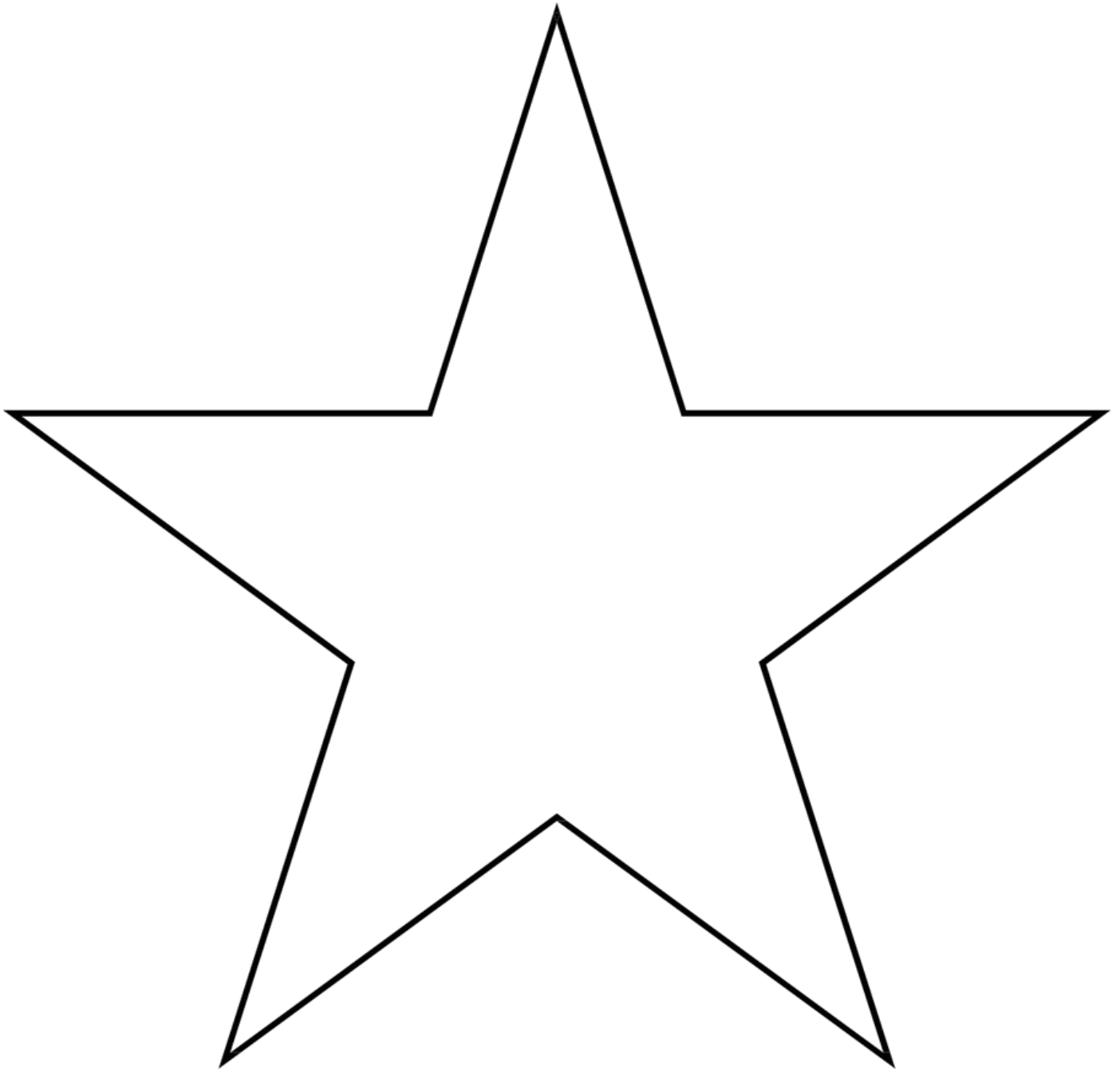
PICTURES FOR CIRCLE TIME



PICTURES FOR LITERACY



PICTURES FOR LITERACY



STARS FOR ART

Theme for the Week



Calming Angry Feelings

Activities for "Using the Feather Duster"

Materials Needed: Clean unused feather duster, pictures of feather dusters (provided), Have a special chair called the f-f-feather Duster Chair; craft sticks, paints, paste, yarn, cotton balls, large bowl

CIRCLE ACTIVITIES

Stand in the circle and dust yourself off with a clean, unused feather duster. Say, "Sometimes I feel mad or sad and I just dust those feelings away." Children take turns standing with you as you dust them. Show pictures of feather dusters (provided). They say, "Let's dust those angries away!"

LANGUAGE-LITERACY

f-f-feather Duster Seat

Tell the children that feather begins with f-f-f. Have them say with you, "f-f-feather." Designate a chair in the room that is a little off to the side where children can voluntarily go to that special feather duster chair and dust themselves off. Have the feather duster on a shelf or tray by the chair. Have children take turns sitting in the "f-f-feather duster chair dusting themselves off.

FUN ART

Fun Feather Dusters

Children paint craft sticks a color of their choice. They paste several pieces of colored yarn onto the craft stick to make their own mini feather duster. Save for Music today.

MATH

Counting Cotton Balls

Cotton balls are soft like feather dusters. Fill a bowl with cotton balls. Say, "(Name of Child), show me five cotton balls." Help the child count out five cotton balls from the bowl. Continue to another child with a different number of cotton balls. Give each child a turn. Then they put the cotton balls back into the bowl. Say, "The bowl is full of cotton balls. Let's empty the bowl." Pour all the cotton balls out and count them altogether aloud with the children. Let children explore filling and emptying the bowl of cotton balls.

MUSIC-MOVEMENT

Sing Dust, Dust, Dust Myself (tune of "Row, Row. Row Your Boat" Children sing with their feather dusters from Art today.

Dust, dust, dust myself. Softly in the day.
Merrily, merrily, merrily, calming me this way.

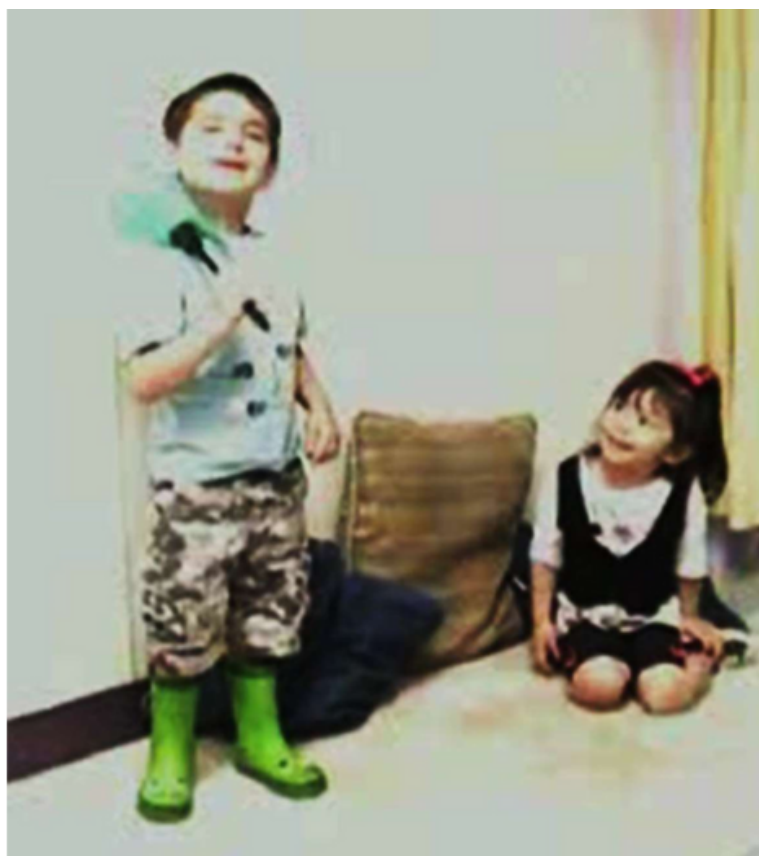
SOCIAL SKILLS

Touching Me Makes Me Mad

Children sometimes get mad if others touch them. This can make walking in a line a tricky transition time. Teach children to sing: Hand on my hip and finger on my lip. Now I'm ready to take a trip. They walk with one hand on their hip and the finger of their other hand on their lip (Hand covering lip is to remember to be quiet). Giving them something to do with their hands can be helpful.

Watch the video here: <https://www.youtube.com/shorts/sNv13j3crR4>

"Dust the blues away with singing and dancing."



PICTURES FOR CIRCLE TIME

Theme for the Week



Calming Angry Feelings

Activities for "Press the Pause Button"

Materials Needed: A remote control, masking tape, toy car, yarn, ribbon, foil, colored paper, googly eyes, paper plates, craft sticks, lowercase tactile p, 16 paper cups



CIRCLE ACTIVITIES

Ask children if they ever watch a movie or a TV cartoon. Say, "When the movie stops for just a short time it is on pause. Pause means to stop for a little bit." Have them all stand up and march in place. Say, "Pause." They press a pretend button on their foreheads, freeze in place, and take a deep breath. Repeat a few times. Show them a real remote control and explain how it has a pause button too. Chant: We can pause and calm down.



LANGUAGE-LITERACY

Review of p-p-p sound for push and pause

Show the children the tactile lowercase letter p. Tell them they learned this sound before, and today they get to say it a lot. Tell them that p-p-push and p-p-pause begin with the p-p-p sound. Say, "We're going to play a game. Have them hold their two hands together, and p-p-push them together real hard until you say "p-p-pause". When you say p-p-pause, they stop. When you say, "p-p-push," they push. Do this repeatedly going faster, slower, etc. to make it fun for the children.



FUN ART

Forehead on My Plate Face

Children use yarn, ribbon, colored paper, googly eyes, etc. to create a happy face on a paper plate. They place a piece of foil on the forehead area to be the pretend pause button. Attach a craft stick to each plate when finished for children to use as a puppet. They can hold them while singing in Music today.



MATH

Stack. Pause. Stack

Count out 16 paper cups with the children. Show them how to stack the cups.

Stack three, pause, and stack three more. Count how many in each stack. Let children explore stacking, pausing, and stacking again. They stack until they can watch them fall down.



MUSIC-MOVEMENT

Chant Who Got a Hug? (tune of "Who Took the Cookie from the Cookie Jar?") Who stopped to pause and then take a deep breath? (Name of Child) stopped to pause and then take a deep breath.

Who, me? Yes, you! Not me! Then who? New Child's Name)

Who stopped to pause and then take a deep breath?

(Name of Child) stopped to pause and then take a deep breath.

SOCIAL SKILLS

Pause Practice

Practice having children stop and press pause so that when they are upset it will come naturally. They will get the remote, push the pause button, and breathe deeply until they are calm. Here's a video link to see Marty Appelbaum and Maryln Appelbaum explain this strategy.

<http://www.youtube.com/watch?v=nEAB9KTdT8c>



"Pause and reflect on the very special work you do. You are a difference maker!"