

THE APPELBAUM

DAILY CURRICULUM

AGE 3-5



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 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
- A Photo of your child before February 13th
- An old t-shirt your child no longer wears by February 13th
- 2 cans of food for local food bank by February 19th
- Small box that will be made into a top hat by February 19th

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: Unlined white paper and example sheet with letters b, i, and f, to be copied, for Literacy (provided) crayons, plain paper, airtight container for each child, flour, salt, food coloring, mixing bowls, measuring cup and spoon



CIRCLE ACTIVITIES

Tell children that sharing is a way to show love. What can you share to show love? Books, toys, a walk, a movie, etc. Who loves you? Who do you love? Why do you love them? What do you do when you are together? Chant: We can share special times with our loving families.



LANGUAGE-LITERACY

Writing the Letters b and i and f, on Unlined Paper

Tell children that today they are going to learn to write some of the letters they have learned. Give each child a sheet of unlined paper, sharp pencil with eraser, and the example sheet (provided) of letters to be copied. They practice making the letters. Tell them to say the letter sound as they write it. Have them practice making each letter one at a time.



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

Textured Paint Recipe

Children follow a recipe to help you make textured paint. They measure and count out each ingredient. Repeat the recipe for additional paint colors. Mix 1 cup flour with 2 tsp. salt in a large bowl. Add one cup water and mix well with a spoon. Add a few drops of food coloring. The paint will have a gritty, thick texture. Store in an airtight container for each child. They bring the paint home to paint pictures with a family member.



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

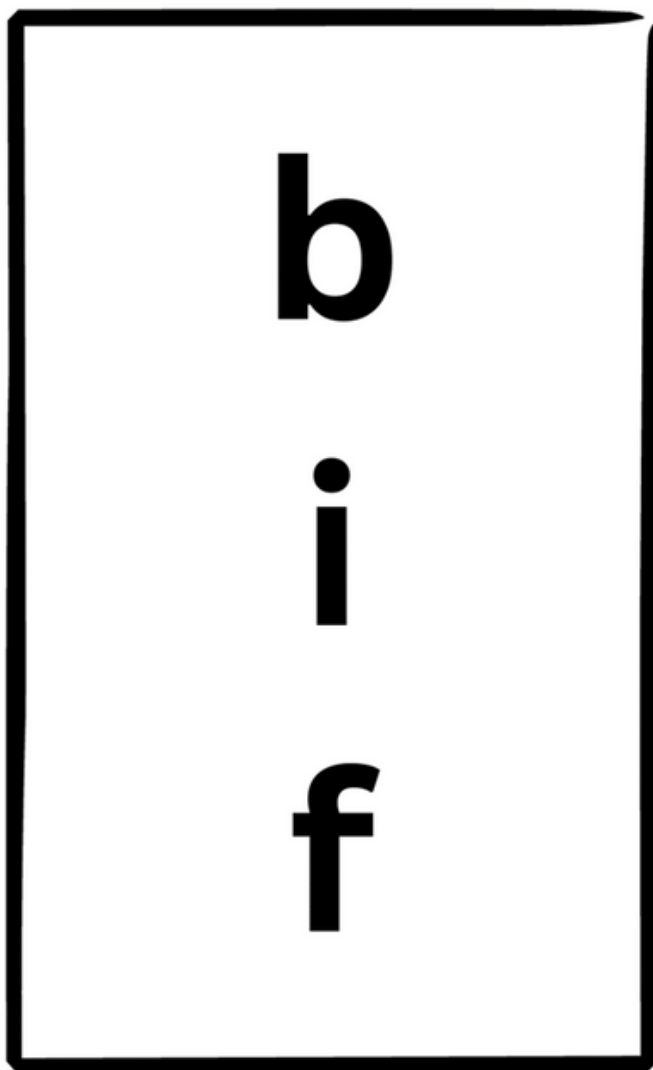
Hug or Handshake

One child is "It" and one child is the "Giver." Children walk around the room while "It" tries to touch someone. When "It" touches someone, the person must freeze in place. Then the "Giver" comes over to unfreeze the person with a hug or a handshake. Now this person becomes the Giver and the original Giver is "It." Play continues until each child has a turn to be "It" and the "Giver." Send home instructions for this game for the children to play with their families at home.



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

Example of Sheet of Paper with Letters to Be Copied



Theme for the Week



My Family is Special

Activities for "My Family is Special"

Materials Needed: Each child brings a picture of their family, lined paper, sharp pencil with eraser and sheet of paper with letters to be copied, heavy paper to cut into 1" by 24" strips, crayons, and various art supplies to decorate headbands in Art, Paper Heart for Social skills (provided), stapler or paste



CIRCLE ACTIVITIES

Each child shares their family picture. They name the people in the picture. They take turns saying, "This is my family. My family is special." After all children have shared, they open their arms really wide and say, "I have this much love for my special family." Then they hug themselves. They open their arms wide again and say, "My family has this much love for me." They hug themselves again.



LANGUAGE-LITERACY

Writing the Letters b and i and f, on Lined Paper

Tell children that today they are going to write some of the letters they wrote yesterday only this time on lined paper. Give each child a sheet of lined paper, sharp pencil with eraser, and the example sheet (provided) of letters to be copied.. They practice making the letters. Tell them to say the letter sound as they write. Have them practice making each letter one at a time.



FUN ART

Special Family Crown

Cut heavy paper into 1" x 24" strips. Wrap a strip around each child's head and mark where the ends overlap. Cut about a one inch overlap. Children name their family members and you write the names on their paper strip. They decorate the strip. Then use a stapler or paste to attach the ends together so it can be worn as a headband crown.



MATH

Sing and Act Out Five Family Members

Five family members sitting by me. The first one said, "Be as happy as can be." The second one said, "You're so smart, don't you know?" The third one said, "Always say hello." The fourth one said, "I'm happy you are family of mine." The fifth one said, "You are mighty fine." Five family members sitting by me. All being as happy as can be.



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

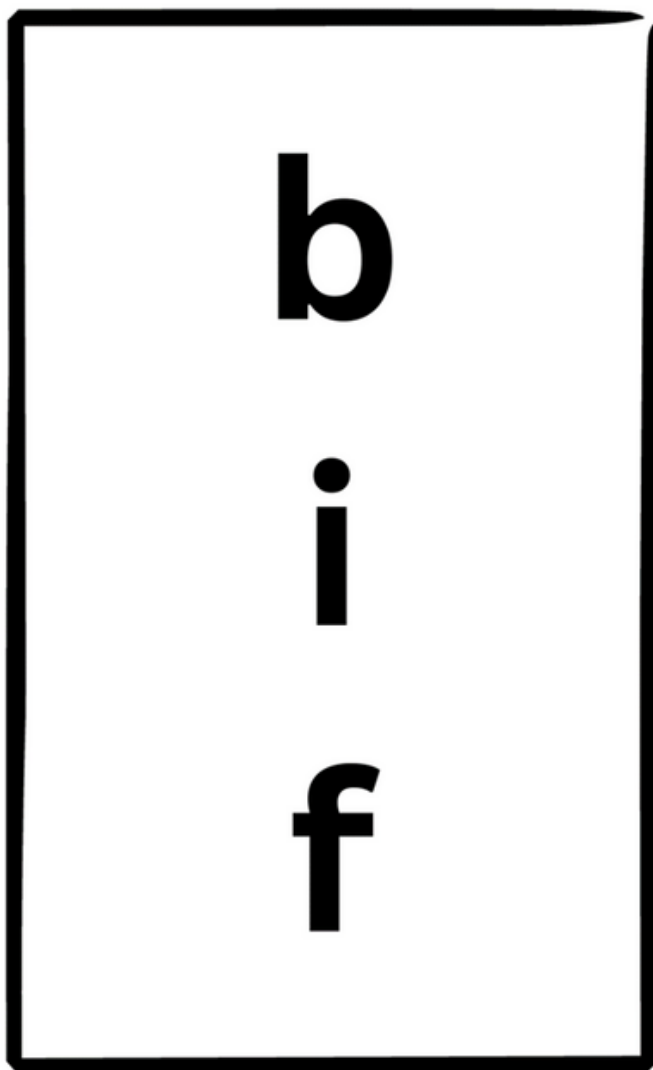
Heart Full of Love

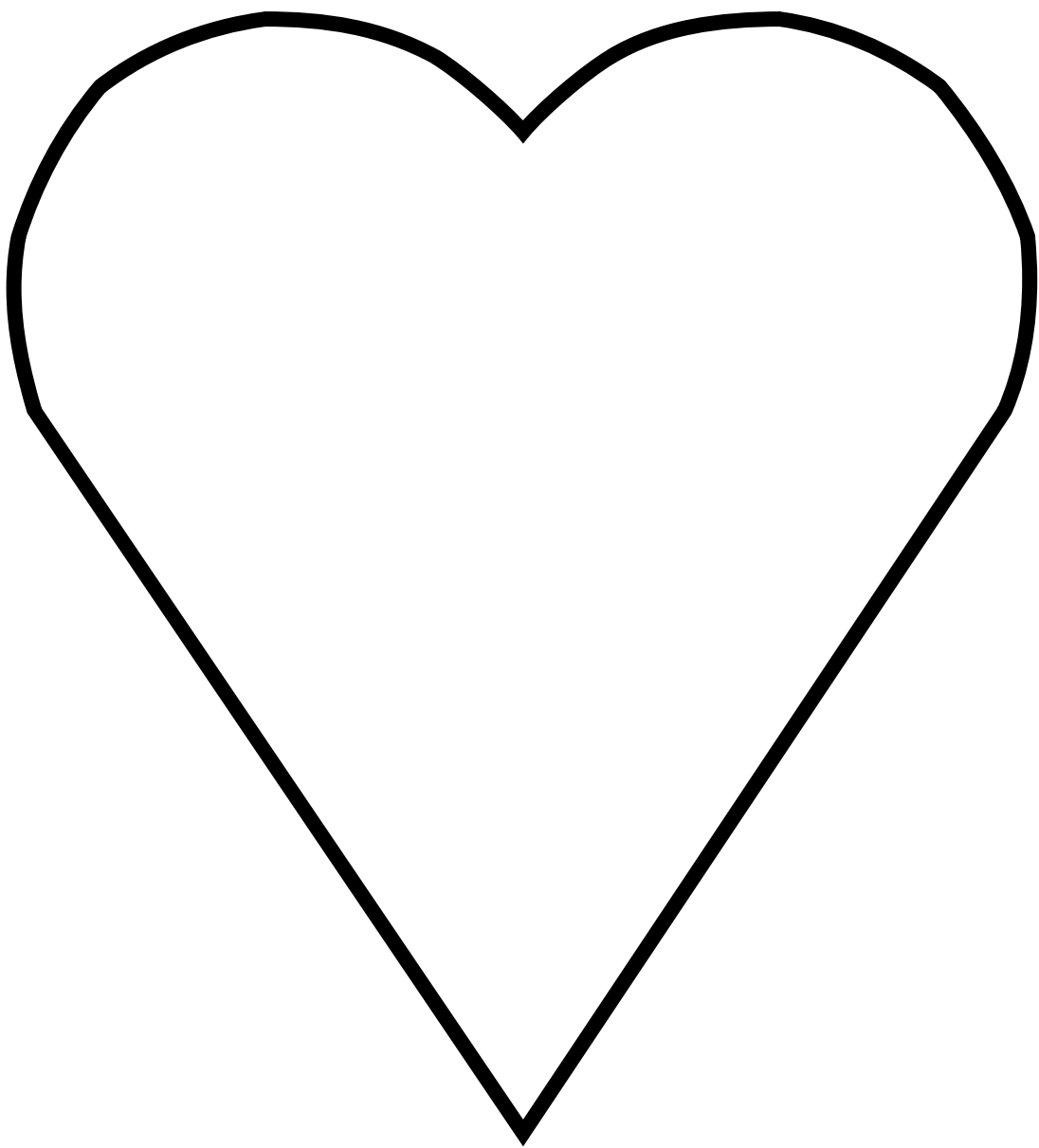
Show children a paper heart (provided). Ask, "What does this heart make you think of?" Tell them that a heart can always remind you to love others and think of the people who love you. Have children turn to a friend and give a hug or high five. Chant: We learned about love. We have family love and classroom family love too!



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

Example of Sheet of Paper with Letters to Be Copied





HEART FOR SOCIAL SKILLS

Theme for the Week



Silly Times

Activities for "The Gift of Laughter"

Materials Needed: Lowercase tactile letter f, , 21 crayons, 21 index cards; 21 legos, Whiteboard, marker, Butcher paper, crayons,



CIRCLE ACTIVITIES

Come to the circle and make a pretend sneezing sound covering your mouth saying, "Achee." Ask, "What was that sound? That was a pretend sneeze." Now laugh Ask, "What was that sound? That was a laugh". Laughing is a very fun sound. It means that people are enjoying themselves and having fun. Have the children laugh. Give each child a turn to laugh. The children will usually laugh at the other children laughing. Chant: Welcome to our circle of laughter. We laugh before we eat and some more after.



LANGUAGE-LITERACY

"F-f-funny Things to Do"

Show the children the lowercase tactile f. Have the children say the sound. Tell them today, they are going to play a fun game with words that begin with "f-f-f." When you tell them to do something they do it. (Note: Demonstrate each one as you tell them.) F-f-flip a pancake. Smell a f-f-flower. F-f-feel your socks. F-f-feel your hair. Be a f-f-fly buzzing. F-f-fan yourself again. F-f-fan a friend next to you.



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

The Number 21 and Giggles Too

Make on a whiteboard, the number 2. The children say 2. Then add a 1, and say, "When you put 2 and 1 together, it says 21." Have the children count 21 crayons with you. Have them count 21 index cards with you. Have them count 21 Legos with you. Then have them count the Legos again this time giggling between each number. Example: 1 (giggle), 2 (giggle), 3 (giggle), etc.



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

Friend, I Like You

Two children sit in the center of the circle. Child A says, "Friend, I like you," while making a silly face and/or doing a silly dance. Child B replies, "Friend, I like you too, but I just can't laugh right now," while trying not to laugh. It is usually impossible for Child B to not laugh. Now Child B tries to get ChildC to laugh. Repeat until each child has had a turn.



"Those who laugh ... last."

Theme for the Week



Silly Times

Activities for "Silly Jokes"

Materials Needed: Dress the f-f-f (provided), scraps of paper, strings, cotton balls, gift wrap, tissue paper, plain paper, paste for Language, Math and Art



CIRCLE ACTIVITIES

Tell children that hearing jokes make us laugh. Jokes are funny things we say. Tell some jokes: "What special clothes do you wear when it rains?" (Thunder wear) "What do you call it when a cow sings? (Moo-sic) "What did one snowman say to the other?" (Do you smell carrots?) "How do you make a tissue dance?" (Put a little boogie in it.) "How do you tell a dinosaur to hurry up?" (Shake-a-leg-a-saurus!)



LANGUAGE-LITERACY

Dress the f-f-f

Give each child, the "Dress the f-f-f" (provided). Give them also scraps of paper, yarn, cotton balls, string, and paste, and have them fill in the "f" dressing it up. While dressing it, they say the, "I'm dressing the f-f-f. I'm making it look so pretty."



FUN ART

Paper Collage

Children tear various pieces of paper from the variety sorted in Math today. They paste them all onto a plain piece of paper to create a paper collage.



MATH

Paper Sort

Place several different types of paper on the floor. Children sort it by color. Then have them sort it by type. You can use magazine paper, gift wrap paper, tissue paper used in gift wrapping, tissue paper used for our noses, construction paper, etc. Save all the paper for Art today.



MUSIC-MOVEMENT

Joke Jog

Children jog around the playground singing: It is fun to joke when I jog and stop with my friends and jump like a frog. (Jump like frogs.) I like to jump all around and touch the ground. (Jump up and touch ground.) Come with me on a joking jog!

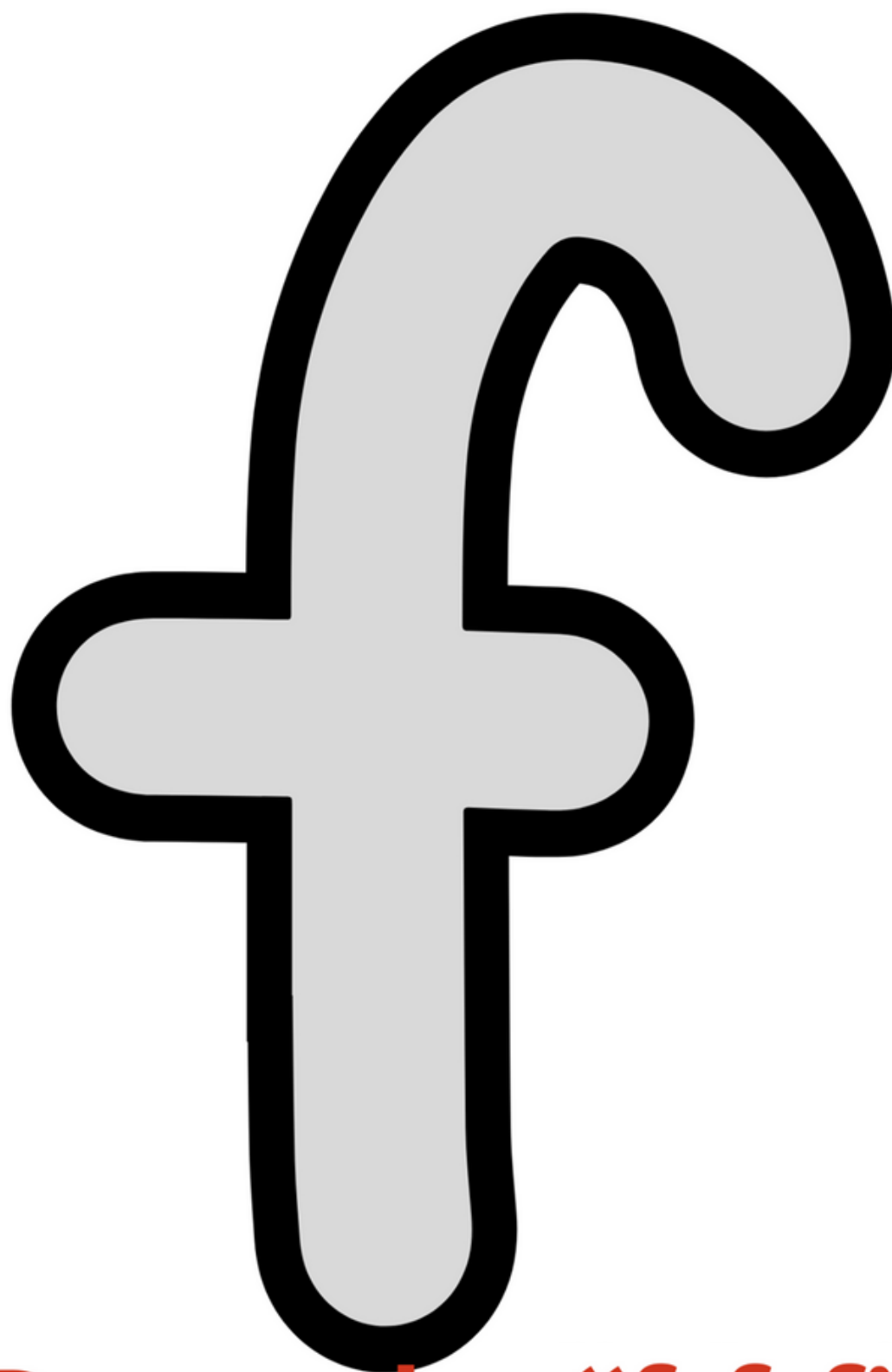


SOCIAL SKILLS

I Like You and That's No Joke!

Tell children to share what they like about each other. One person sits in the middle of the circle or in a special chair. Children take turns saying, "One thing I like about you is..." (Examples: You color pretty pictures. You share blocks with me, etc.) Continue until all children have a turn.

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



Dress the “f-f-f”

Theme for the Week



Silly Times

Activities for "Tongue Twister Fun"

Materials Needed: Plain paper or paper towels, crayons and/or paints, yarn in different colors



CIRCLE ACTIVITIES

Have children make a noise by "clapping" their tongues. Next, tell them to wiggle their tongues in their mouths. Then have them stick their tongue out for a second. Say, "These are your tongues. They help you to taste foods and to talk. Sometimes, words that sound the same make your tongue get stuck. That is a tongue twister. Children repeat slowly and then faster after you. Sally sells seashells by the seashore.



LANGUAGE-LITERACY

f-f-f Tongue Twisters

Children practice saying the following tongue twisters. They start each one by saying it altogether, and then choose several they liked a lot, and have them volunteer to do them individually. Fran feeds five fat fish food: French fries fly far, far, far away. Fredford fed five fat fish; My funny frog eats fish, French fries, fruit, and fritters.



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

Yarn Twist

Twist together 21 pieces of yarn for each pair of children. (Use different colors.) They sit with their partners and untwist the yarn. Then they count how many pieces and sort them by color and length.



MUSIC-MOVEMENT

Do the Twist

Teach children how to dance the old fashioned Twist. Play fun music and have them follow you. Stand with your feet a shoulder width apart. Turn your body at an angle so one foot is farther forward than the other. Hold arms out with elbows bent. Move feet back and forth on the floor.



SOCIAL SKILLS

Untwist/Unwind

Tell children that after a busy or worried time, their bodies may need to "untwist" or unwind. Have children follow your lead as you breathe in slowly through the nose and exhale slowly out of your mouth. Move in very slow motion and do stretching with deep breathing as they follow along.

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

Theme for the Week



Silly Times

Activities for "Silly Songs"

Materials Needed: Large pot, large wooden spoon, paper, crayons, Are You Wearing Sample Sheet for Literacy (provided), large poster sheet or whiteboard that lists the children's names on the left, and "Are you Wearing Red? Yes or No, marker for children to check by their name if they are wearing red



CIRCLE ACTIVITIES

Say, "Today we are going to do lots of silly songs. To get started – let's sing about silly stew." Place a large pot in the center of the circle. Children sing: "Stir, stir, stir the stew... what are we to do?" Say to a child, "Go find something yellow, please will you?" The child finds something yellow, puts it in the pot, and stirs with a wooden spoon. Children sing again, and another child is called on to find something. (Examples: green, soft, starts with letter O or P, a food, etc.) Continue until all children have placed an item in the pot.



LANGUAGE-LITERACY

"Are You Wearing.....?"

Prepare ahead a large poster board for children to check yes or no if they are wearing red. (See sample provided.) Note; Teach them to make a check mark next to their names for yes or no. As they go up to mark it, you can have them sing, "Do you think Roah's wearing red, Roah's wearing, Roah's wearing red? If yes, let's all clap 3 times." Make up your own tune. Do this for each child so it's fun. (Note: This activity can be changed to a different color, shape, any yes or no question.).



FUN ART

My Animal That Came to School

Sing the song Mary Had a Little Lamb. Then have each child say which animal they would have brought to school if they were Mary. Then they draw a picture of themselves with that animal. You can even sing a new song with their names, such as Alex 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. Afterwards, they counted how many objects they had to see if there were 12.



MUSIC-MOVEMENT

Silly Song Change

Sing a familiar song with children. Then have them change a word to a silly word and sing it the silly way. For example, sing Old McDonald Had a Farm with a snowman making the sound "brrrrr." Or, sing Twinkle, Twinkle, Little Marshmallow.

SOCIAL SKILLS

Silly Manners

Remind children that saying "please" and "thank you" are good manners. Tell them that you will play a silly game where each time you need to say "thank you" you will say "popsicle." Child A then says to Child B, "You are a sweet friend." Child B replies, "Popsicle." They will laugh and laugh. Continue giving compliments and saying "popsicle" for "thank you." Be sure to switch roles too. Remind them that this is just a silly game and they always need to use their manners and say, "Thank you."



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

Are you wearing

red

?

yes

no

Kai



Roah



Karol



Dylan



Harper



Parker



Cameron



Theme for the Week



Silly Times

Activities for "Silly Art"

Materials Needed: Butcher paper, crayons, masking tape, purple and pink paints, each child brings an old pair of white socks, various art supplies to decorate the socks, Review Sounds Tree for literacy (provided), small circle stickers labeled with the same sound that are on the tree.



CIRCLE ACTIVITIES

Say, "Today we are going to do some silly art together. When something is silly it makes us laugh." Place a large piece of butcher paper in the center of the circle. Give each child a different colored crayon. They take turns drawing something silly on the paper. They share what they drew and why they think it's funny. Hang the new class art on the wall.



LANGUAGE-LITERACY

Review Sounds Tree

Give each child a "Review Sounds Tree" (provided) and small round stickers that you have labeled with the same letters as on the tree. Tell the children they are going to cover each letter's sound with a matching sticker. As they paste the sticker on the tree, they say the letter sound.



FUN ART

Silly Socks

Children bring one pair of old, white, socks to school. They decorate the socks however they wish. They can paste construction paper on them to create animals' feet, paint polka dots, add googly eyes, etc. The sillier the sock the better. Save them for Music today.



MATH

21 Moves

Children count aloud as they take 21 baby steps. Measure the distance they walked with string. Then have them take 21 big steps. Measure again. Which string is longer? Shorter? Count 21 claps. Count 21 head nods, etc.



MUSIC-MOVEMENT

Sock Hop

Children hold up their silly sock from Art today. Play fun music and have children take turns doing a silly dance while shaking their silly socks.

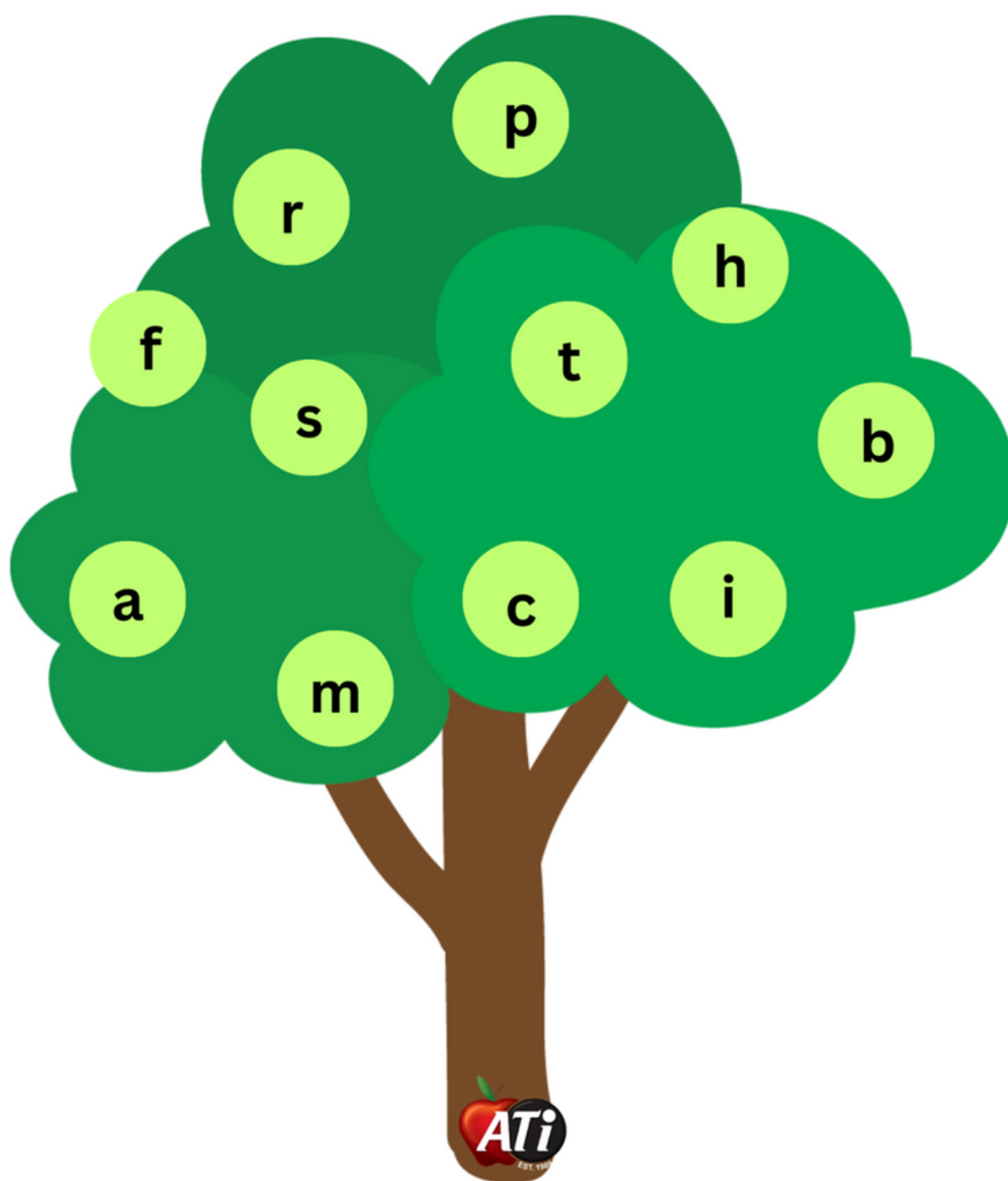
SOCIAL SKILLS

Look for Something Silly

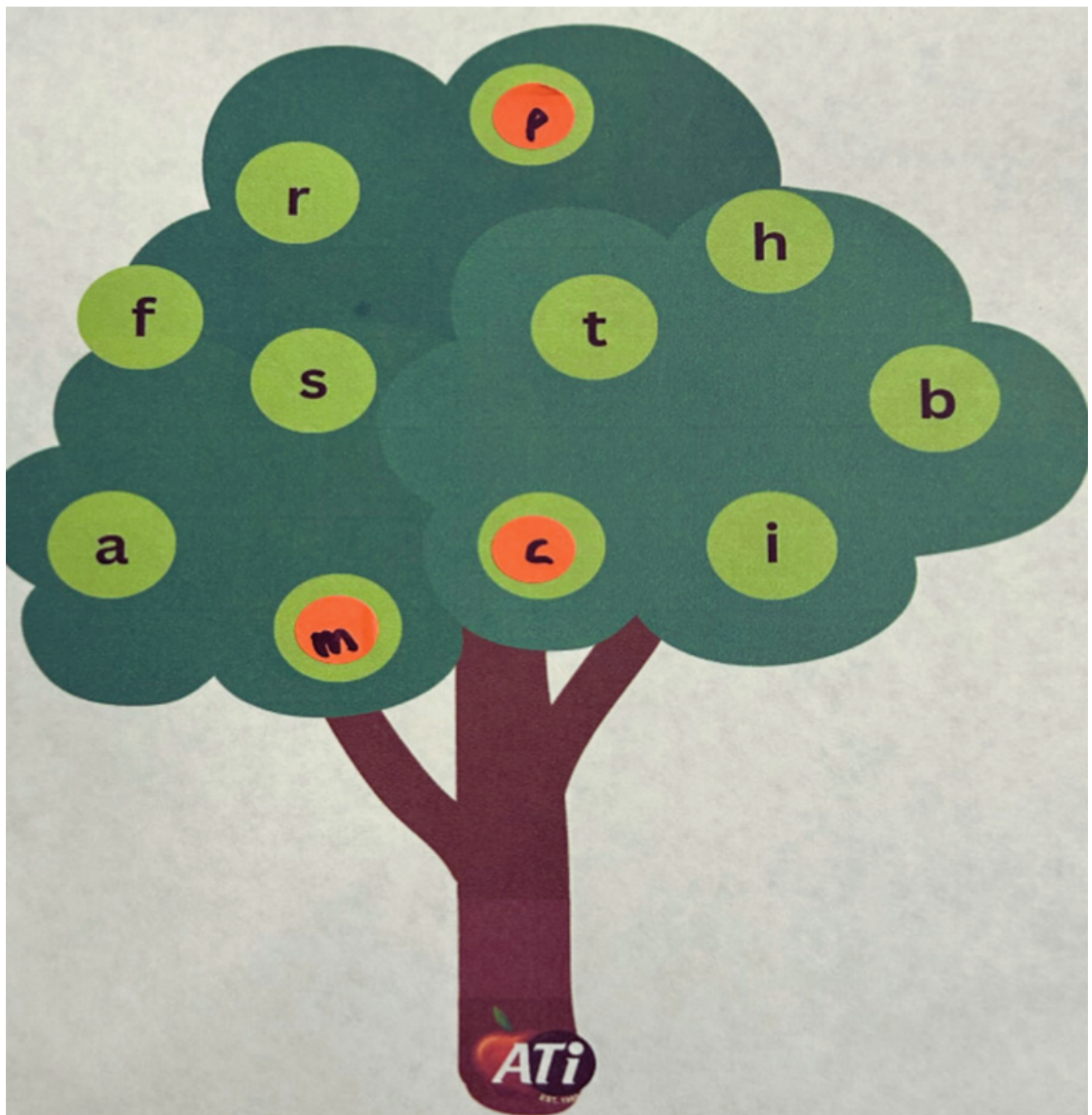
Everyone sits in a circle. One person leaves the room or walks out of sight of the circle. Place something silly on them such as a picture of a frog on their back, a plastic spoon poking out of their shoe, a scarf wrapped around their leg, etc. The child returns to the circle and the children guess what is silly about them. Play until each child has had a turn to change up their look.

Chant: Being silly is lots of fun. We have laughed since the day has begun.

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



Review Sounds Tree



Review Sounds Tree
Sample with Stickers

Theme for the Week



Hearts of Fun and Love

Activities for "Hearts"

Materials Needed: Paper heart (Welcome Kit), crayons, the lowercase tactile n, "things that begin with n (provided), white construction paper, non-toxic paints, paint brushes, sugar in shakers, deck of cards (only the hearts), colored construction paper to pre-cut hearts (Welcome Kit) for Music, several pre-cut white paper hearts for Social Skills



CIRCLE ACTIVITIES

Hold up a paper heart (Welcome Kit). Say, "This is a heart. It is a very special shape that means love. Hearts are often red, but they can be any color. Let's make a heart that is filled with colors. Give each child a different colored crayon. Pass the heart around the circle. Each child colors a small section of the paper heart with the crayon they are holding. Chant: Hearts are special shapes. They mean love.



LANGUAGE-LITERACY

The Letter n

Show the children the tactile lowercase letter n. Say, "This is 'n-n-n -.'" Have each child say, "n-n-n." Trace the letter as the children say it. Talk about what it looks like. Then show them the picture of things that begin with n (provided), and have them repeat after you the names, stretching out the n-n-n sounds: nuts, nest, nap, nose, noodles, and noise. 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 n-n-n.



FUN ART

"Sweet" Hearts

Children paint hearts onto white construction paper in colors of their choice. Before the paint dries, children shake sugar over their painting. Let it dry. They can feel the textured hearts by rubbing their fingers over the sugar.



MATH

Ace of Hearts

Show the children the cards and tell them that they all have hearts and they all have numbers. Then show them the ace of hearts. Tell them that the ace of hearts stands for the number 1. Give each child a playing card, using only the numbered heart cards and the ace of hearts. Ask them who has the ace of hearts? Tell them that child will be #1, the first to line up. Then the children line up in numerical order based on the numbered card they are holding. Collect all the cards, shuffle and play again.



MUSIC-MOVEMENT

Dancing with My Heart Friend?

In advance, pre-cut several heart shapes 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 had fun with my heart friend. Partners hug. Pass out hearts again and play another round.

SOCIAL SKILLS

Heart Patterns (Listening and Following Directions)

Give each child four paper hearts and crayons. Have children follow your directions to create a pattern on each heart. (Ex: Draw red lines on the first heart. Draw blue circles on the second heart. Draw orange squiggles on the third heart. Draw green dots on the fourth heart.)



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

Things that Begin with “n”



nuts



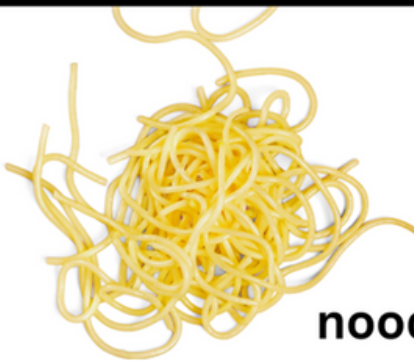
nest



nap



nose



noodles



noise



Theme for the Week



Hearts of Fun and Love

Activities for "Sharing"

Materials Needed: Tactile lowercase n, box of crayons, small paper hearts, chart paper, paste, lunch bags that are brown or white, foil, Circling the Hearts (provided) Circling the Hearts Sample (provided) One of a pair of dice; Large piece of butcher block paper that fits across one of the tables, crayons, paint.



CIRCLE ACTIVITIES

Remind children that hearts are shapes of love. Say, "A wonderful way you can show love is when you share. Who has shared with you? What have they shared?" Children give their responses. Show them a box of crayons. Say, "This is one box of crayons. I will share them with all of you." Give each child one crayon. Then give each child one small, pre-cut paper heart. They color it with their crayon. Say, "Now I will collect all of your colored hearts. Each time I see someone share today I will hang one of these hearts on the wall. Let's fill the wall with all of your sharing!" Children chant: Watch us share. Today and every day.



LANGUAGE-LITERACY

Word of the Day: Near

Show the children the tactile lowercase letter n. Say, "We learned this yesterday. Let's trace it in the air and say, "n-n-n." Hold the tactile n near you, and say, "This is n-n-near me." Then hold it by your heart and say, "It's n-n-near my heart." N-n-near begins with n-n-n." Partner children. Have them stand facing each other and holding hands. They say, "We are n-n-near each other." Then they take a step closer and say, "We are n-n-near each other's hearts. Repeat it several times.

FUN ART

Sharing A Class Masterpiece

Spread a large butcherblock paper across a table. Children sit together or take turns sitting adding their own art using crayons and paints to the masterpiece they create.

MATH

Circling the Hearts

Give each child a crayon or a marker, and the sheet of paper, "Circling the Hearts" (provided). Tell the children that they have a lot of hearts on their sheet of paper. Show them one of the dice. Show them how it has numbers 1-6 on it. Say, "I'm going to roll the dice, and we'll see what number we get." Roll the dice, and when it lands, tell them to count out that number of hearts and put a circle around them. (See Sample (provided), with 4 hearts circled. Repeat it several times.

MUSIC-MOVEMENT

Play Share a Chair

Play the traditional game of Musical Chairs. Begin with one chair for each child in the circle. Remove a chair on each round. As one chair is removed, two children will have to share a chair. Those two children then give high fives and say, "We are sharing friends." They watch the next round and wait for the next sharing friends to join them. Play until all children have shared a chair and only one chair remains.

SOCIAL SKILLS

Pass the Love

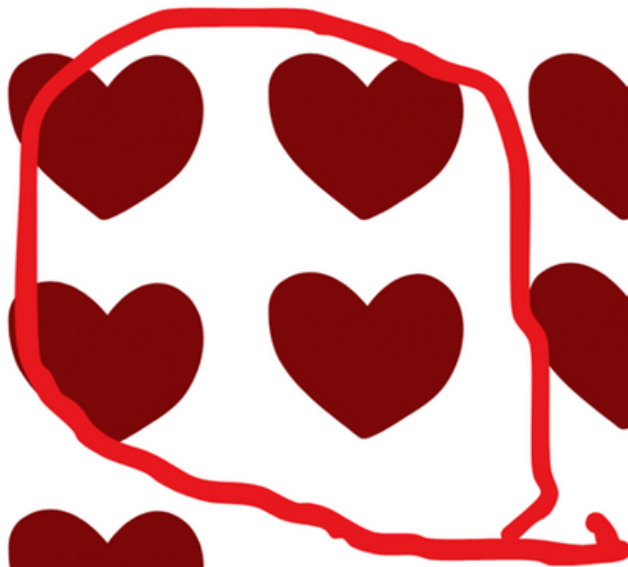
Children pass love around the circle. Watch video of MaryIn Appelbaum doing this with a class and enjoy with your class. <http://www.youtube.com/watch?v=7SCncw9isKA>



"Share a smile."

Circling the Hearts

Sample



Circling the Hearts



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 paper sacks, heavy paper, paste, paints, ribbon/yarn, etc., googly eyes, photo sample for Art, ball safety scissors, hole punch.



CIRCLE ACTIVITIES

Say, "Happy Valentine's Day?" Explain that Valentine's is a special day to share love with friends and family. Tell the children it is important to do this every day, and Valentine's is a great reminder for us to show love. Children make decorated sacks. They take turns walking around the circle and placing Valentine cards brought from home into their friends Valentine sacks.



LANGUAGE-LITERACY

It's Good n-n-news

Tape a very large n on the floor with masking tape. Children "walk" the letter by walking heel to toe slowly on it. As children walk slowly, on the shape, they chant: "N-n-n is for n-n-news. N-n-news, n-n-news, It's good n-n-news that it is Valentine's Day today. ,



FUN ART

Talking Valentines

Help children cut out a heart shape from heavy paper. Punch two finger holes toward the bottom of the heart. See photo sample (provided) as a guide. They paint their hearts a color of their choice. Then they add ribbon as an outline, googly eyes, a yarn smile, etc. They decorate their heart into a finger puppet however they choose. Save for Music and Social skills today.

MATH

Counting Our Valentines

Tell the children that each child in the room is a special gift to them. They are all Child Valentine's. Say, "Let's see how many Child Valentines we have in our room." Count all the children. Then say, "Let's see how many Child Valentines blow kisses." Count all the children blowing kisses. Then say, "Let's see how many Child Valentine's hug themselves." Count all the hugs. Say, "We love each other. We love ourselves. This is a great Valentine's Day."

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 with their finger puppet hearts made during Art today.)

SOCIAL SKILLS

Valentine Love

Children sit in a circle. One child rolls a ball to another child and says with their talking valentine from Art, "Hi kind friend, you are loved on Valentine's Day and every day?" The child receiving the ball replies with his/her talking Valentine, "Yes, I am. Thank you." Now the child who received the ball rolls it to a new person. Play continues until all children have a turn. They stand and share hugs. Chant: We are so loved. So very loved today and every day. Yes, we are!

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



PHOTO SAMPLE FOR ART

Theme for the Week



Hearts of Fun and Love

Activities for "Caring"

Materials Needed: White plastic spoons one for each child, black marker, pre-cut hearts (Welcome Kit), each child brings photo of themselves for Art, Art supplies to decorate paper hearts like ribbons, crayons, yarn, tissue paper, crayons, etc., 24 crayons, 24 pieces of paper, 24 Legos, 24 toy cars.



CIRCLE ACTIVITIES

Tell the children that they have been learning about love. Tell them that when you love someone you care about them. You want them to feel good, and be happy." Ask them who cares about them at home? Talk about how you care about each of them. Say each of their names as you go around the circle telling them each, "Presley, I care about you. Alex, I care about you," etc. Then have them turn to their shoulder buddy, give them a hug, and say, "I care about you."



LANGUAGE-LITERACY

Spooning Caring Letters of Love

Give each child a white plastic spoon that has one of the letters, they have learned written by you with a magic marker on the back. Use just a few of the letter sounds or all of them. They have learned, m, s, t, r, a, p, h, c, b, i, f, and n. Help them practice saying the sound they have on their spoon. Then they take turns and say, "I'm spooning love with r-r-r" (or any other sound they have.)



FUN ART

Caring Heart of Love

Pre-cut a large heart out of paper for each child (Welcome Kit). They paste a picture of themselves in the center of the heart. They decorate the heart with art supplies like ribbons, yarn, tissue paper, stickers, cotton balls, etc. Tell them that is their very one Caring Heart of Love, and they can take it home and give it to their parents as a gift.



MATH

The Numbers 22, 23, and 24

Make on a whiteboard, the number 2. The children say 2. Then add a 2, and say, "When you put 2 and 2 together, it is called, 22." Then tell them that you are going to show them something else. Under the number 22, write a 2 again. Then write a 3 next to it. Ask them to identify the 3. They say 3. Tell them when it's next to the 2, it's called 23. Then do the same introducing 24 too. Have them count 20 crayons with you, then 21, 22, 23, and 24. Have them count 22 Legos, 23, pieces of paper, 24 toy cars.



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. Here's something I like about you.

(Children take turns sharing what they like about each other.)

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: Pre-cut laminated "Reading 3 letter words" (provided) for Literacy, each child brings an old t-shirt to child care, large sheet of paper, paste, 12 x 18 construction paper, non-toxic, paints to use for fingerprints in math.



CIRCLE ACTIVITIES

Ask children to share a favorite birthday or holiday gift they have received. Explain that they can go to stores to buy gifts for people. Then say, "Another very special gift to give is called a gift of your heart. You have learned that hearts are for love. Love can be shown with caring and sharing. So, a gift of the heart is when you share, care and show love." Talk about gifts of the heart like giving a hug, reading a story together, sharing a toy, etc. Hold hands and chant: We are caring kids. We can give gifts from the heart.



LANGUAGE-LITERACY

Reading 3 Letter Words

Tell the children that they have learned so many letter sounds, that they can read three letter words now. Say, "We'll start with 2 letter words." Show the children "at." Have them sound it out. Then show them "it," and have them sound it out. Switch several times so that you know they know the difference in sounds. Then choose one of the 3-letter words. Here's an example. "Let's read this word together." Hold up the word, "mat." Point to each letter and slowly say the sound with them. Tell them they are reading. Do this with several more words if you think they are ready. Save the rest for next week.



FUN ART

Heart Full of Love Quilt

Each child brings in an old t-shirt. Cut each child's shirt into the number of pieces as the number of children in class. Pass out a piece of each child's shirt to every child. Then they paste all of their t-shirt pieces into a collage on a large piece of paper to resemble a quilt. They save this as a gift from the hearts of all the children in class since they all contributed.



MATH

Class Fingerprint Tree

Children count their fingers aloud from 1 - 10. Say, "Choose two fingers to be a part of the classroom fingerprint tree." In advance, draw a tree trunk on a piece of 12X18 construction paper. Then have each child make two fingerprints (leaves) on the top of the tree trunk to become a tree. Count all of the fingerprints. How many are there? Is there room to add more? Continue adding fingerprints and counting how many are added. Each time use a different color. How many of each color? Hang in the room for all to enjoy their unique artwork that reviewed counting, too.



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 chest 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."

at

mat

bat

sat

map

sip

it

bit

sit

pit

cap

hip



Reading 3 Letter Words

Theme for the Week



Presidents

Activities for "What is a President?"

Materials Needed: Pictures of Presidents (provided), chart paper, red, white, and blue ribbon, and or yarn, paper plates, red and blue crayons, hole punch.



CIRCLE ACTIVITIES

President's Day

Say, "A President helps make very important decisions, choices for a country. They are leaders. They work to make our country a safe and a better place to live. We have had many presidents. Show children pictures of George Washington and Abraham Lincoln. Say, "These are two famous Presidents from a long, long time ago. You will learn more about them this week.



LANGUAGE-LITERACY

Reading 3 Letter Words

This is a continuation from last week of reading 3 letter words, so you will need the "3 letter words to read from Friday (provided). Tell the children that it's time to read some more 3 letter words. Show them another word to "read" like "bat." Have them sound it out. "b-b-b-a-a-t-t-t, bat. Point to each letter and slowly say the sound with them. Tell them they are reading. Review the words they did last week. Put the words that they have learned to read on a small tray or in a small basket. Add a little mat they can roll out to make a little workspace. Tell them you will be putting it on the shelf, and as they learn more words, they can take out the little tray, sort the words, reading them. (Note: They are color coded by the ending sounds.)



FUN ART

Streamer Plates

Tell children that red, white and blue are the colors of the USA. 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. They tie on the red, white and blue yarn or ribbon. Then they color both sides of the plate with red and blue crayons however they choose. Save for Music today.

MATH

Book Sort

Tell children that reading books is a fun thing to do and also helps you learn. Say, "Presidents read many books so they could understand things better and help us." Walk with the children to reading corner in your classroom is. Say, "We have a lot of books. Let's sort them and count them." Children sort the books from tallest to shortest, then they count how many books there are. They can also sort the books by the color of the cover and/or the subject, and count them afterwards.



MUSIC-MOVEMENT

Chant and Dance with Red, White. and Blue Streamer Plates Presidents, presidents, they lead us. Leading and showing us what to do. We can be leaders - you and me too! We lead by making the smart choice. We speak in a kind voice. So lead with me, lead with me - with our classroom family.

SOCIAL SKILLS

Tell children that Presidents are elected. Explain that means "chosen, picked." The way they are elected is that people vote for who they want. Say, "We can vote too. Let's vote by raising our hands. Raise your hands if you vote, "yes," to smiling right now. The children vote. You count the votes, and then have them all smile if the smiles won. Do this for other things too, like going outside, having a special treat this week for a meal, etc.



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



PICTURES FOR CIRCLE TIME

Theme for the Week



Presidents

Activities for "I Cannot Tell a Lie"

Materials Needed: Picture of George Washington and dollar bill (Provided), Real dollar bill, large paper sacks, paste, white yarn, penny, nickel, dime, quarter



CIRCLE ACTIVITIES

Show children the picture of George Washington and \$1.00 bill (provided). Then pass around the one dollar bill. Have children notice the picture of George Washington. Say, "George Washington was the very first president of the USA. He is famous for many great things and one is saying that he could not tell a lie." Ask children to share what they know about a lie and the truth. Say a truth and a lie, such as, "You are in child care today. Today is Halloween." Ask them which was true and which was not true. Ask children to share a true statement. Chant: I too can tell the truth and not tell a lie.



LANGUAGE-LITERACY

George Did Not Tell a Lie

Tell the story of George Washington when he was a young boy. He was playing with his new hatchet and hit a cherry tree. It caused the tree to not grow cherries and his father asked what had happened. George was very upset with himself and told his father that he had harmed the tree. The father said to never be upset about telling the truth. The truth is more important than cherries growing from a tree. Lastly, have children share a time they told the truth.



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

Washington on a Quarter

Show children a penny, nickel, dime and quarter. Tell them the largest silver coin, is called a quarter. It is 25 cents. Who is on the quarter? Let everyone see George Washington. Show them a dollar bill again to compare George Washington on both. (The goal is to help them identify and recognize a quarter.)



MUSIC-MOVEMENT

Sing Five Little Cherries

Five red cherries hanging with some more, (Child's Name) ate one, and then there were four. Four red cherries hanging from the tree, (Child's Name) ate one, and then there were three. Three red cherries from the tree they flew, (Child's Name) caught one, and then there were two. Two red cherries tried to run, (Child's Name) said, "Yummy," and then there was one. One red cherry left all alone, (Child's Name) came along and took it home.



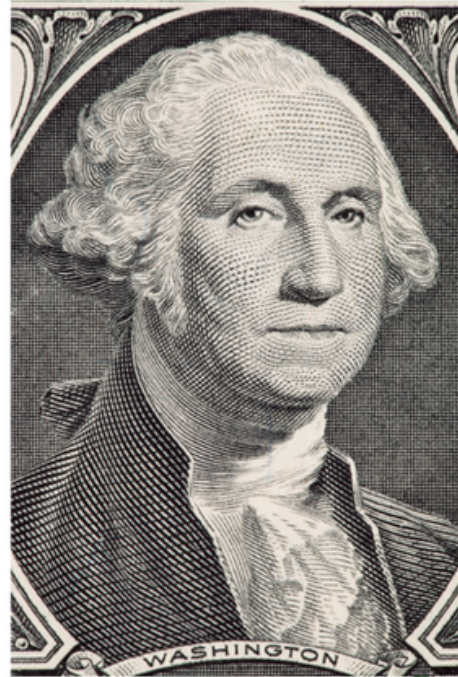
SOCIAL SKILLS

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=R.JtR5m.Jx608>

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

George Washington



Theme for the Week



Presidents

Activities for "Never Give Up"

Materials Needed: Picture of five dollar bill and Abraham Lincoln provided; Real five dollar bill, 24 papers, each child brings a small box to child care for Art, paste, black paper, black paint, penny, nickel, dime, quarter, picture of Voting Box (provided).



CIRCLE ACTIVITIES

Show children the picture of Abraham Lincoln with \$5.00 bill (provided). Have the children talk about the things they see in the picture like the top hat. Then pass around the real five dollar bill. Say, Abraham Lincoln was President of the United States. One of the things he is remembered for is that he never gave up. Even when things were hard in his life, he didn't give up. He lost all his money, and he didn't give up. He started again. His sweetheart died. His business was lost, and he still didn't give up. He ran in an election and lost, and he still didn't give up. He kept pushing forward until finally he ran for President of the United States and he won. Chant: Abraham Lincoln never gave up.



LANGUAGE-LITERACY

Vocabulary Words: Election-n-n and Voting

Tell the children that the President is chosen when people vote. When people vote for President, it's call an election. Have the children say, election. Write the word election on the white board. Show them the last letter. It's the n-n-n sound we have been learning. Have the children say, election-n-n emphasizing the last sound. Tell them that yesterday they voted by raising their hands. When you vote for President, you usually put your vote in a box. Show them picture of voting box (provided). Tell them they will get to put their votes in the box later.



FUN ART

Black Top Hats

Show children the picture again of Abraham Lincoln wearing the top hat. Tell them they will make a hat like that. Have each child bring a small box to child care. Cut off the flaps. They paint the box black. Then they paste black paper along the opening to make a brim. They wear the hats in Music today.



MATH

Lincoln on a Penny

Show children a penny, nickel, dime and quarter. Tell them the only coin that is NOT silver is called a penny. It is one cent. Who is on the penny? Let everyone see Abraham Lincoln. Show them a five dollar bill again to compare Abraham Lincoln on both. (The goal is to help them identify and recognize a penny.)



MUSIC-MOVEMENT

Sing I Love the name of Abraham (tune of "Yankee Doodle")

Children wear their black hats from Art while singing: I love the name of Abraham, we see him on our penny. You see him on the \$5.00 bill, and that is paper money. Honest Abe is what he's called - honest, kind and happy. He was our 16th President - Sir Abraham Lincoln.

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



Sample Voting Box



Theme for the Week



Presidents

Activities for "Help Others"

Materials Needed: Take pictures of each child helping in the classroom, paste, plain paper, paper plates, paints, various supplies to decorate plates in Art, craft stick, sticky notes, blocks, paper with individual letter sounds for each child c, b, f, n, or I For Art; Things that begin with I for Literacy (Provided), "If I Were President, I Would Have a." (provided) that you have cut up so children can circle which one they want with a crayon; a shoebox that you cut a hole in the top for children to put their votes for Math voting.



CIRCLE ACTIVITIES

Have children share a time they got hurt and someone helped them with a Band-Aid. Have them share a time that they spilled a drink and someone helped them clean the mess. Have them share of other times that someone has helped them. Say, "You are being a caring person and showing kindness when you help others." Chant: Helping others is a very kind thing to do.



LANGUAGE-LITERACY

The letter I

Show the children the tactile lowercase letter 3. Say, "This is 'I-I-I.'" Have each child say, "I-I-I." Trace the letter as the children say it. Talk about what it looks like. Then show them the picture of things that begin with e (provided), and have them repeat after you the names, stretching out the I-I-I sounds: lion, lamb, leaf, lamp, ladybug, ladder. 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 I-I-I.



FUN ART

c, b, f, n, I Puppets

Each child has their own paper plate. Put next to each paper plate, write on a piece of paper one of these letters so children different recent letters to review: "c," or "b," or "f," or "n," or "I." Each child then paints the their letter in the middle of the paper plate. Then they decorate the outer edge with various art supplies to frame the letter. Paste craft sticks to the bottom of the plates so they can be held like puppets. Children take turns holding up their plates and say the sound.

MATH

Let's Vote!

Note: Have precut ballots for children to vote for a horse or car. Tell the children that when George Washington and Abraham Lincoln were President, there were no cars. They did have horses and they had trains. Ask them what they think about that, riding on a horse to go somewhere. Then ask them which they would rather do if they were President now, ride in a car or on a horse. Say, "Let's vote. Give each child a paper that has a picture of a horse or car. They circle with a crayon the one they are voting to have if they were President. Then have them fold it up and put it in the Voting Box. When they are done, count the votes with them. How many were cars? How many were horses?



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

Building Together

Tell children that they can help each other by working together on a project. Have them build a big structure with blocks by working together. Carefully observe and assist as needed so that they do not work individually. They cheer for their completed construction and give high fives for working together.



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

Things that Begin with "l"



lion



lamb



leaf



lamp



ladybug

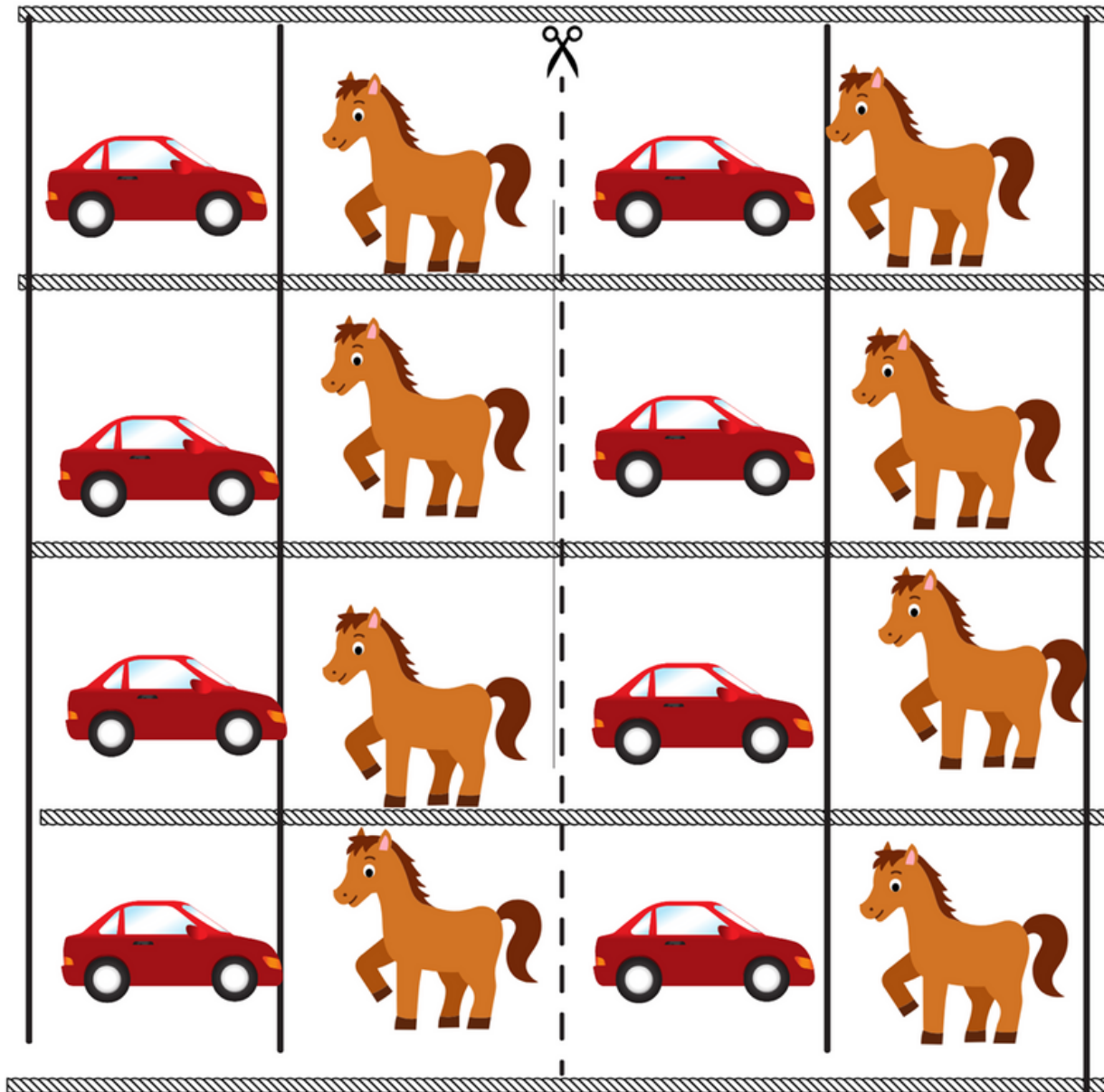


ladder





If I were President I would have a:



Theme for the Week



Presidents

Activities for "Make a Difference"

Materials Needed: Bag, plain paper, crayons and paints, 9X12 colored Construction paper, children bring canned goods to child care, paste



CIRCLE ACTIVITIES

Explain to children that they can make a difference in someone else's life by making them smile and feel special. Tell them that art work by children brings a smile to many people. Explain that some people do not have much food to eat and that they can give them food to help them eat more and feel special too. Children chant: We might be small, but we can make a real BIG difference!



LANGUAGE-LITERACY

What's the Difference?

Fill a bag with two classroom items like a stuffed animal and a crayon. Children take turns pulling the items out. They compare. Ask questions like: Which one is bigger? Softer? What do they have the same? Different? Repeat with two new items and a new volunteer to pull the items out. Play several times.



FUN ART

Neat Nursing Home Art

Children paint or draw pictures on plain white paper to be sent to a local nursing home for decoration. When finished, paste the drawing onto colored 9X12 construction paper to use as a frame. Explain to children that people in nursing homes are older, and that they love children. Their artwork will brighten their days and give them smiles.



MATH

We Can Give Cans

Each child brings in two canned goods to be donated to a local food bank. Stack the cans in towers of three. Count how many towers. Count how many cans altogether. Sort the cans by type of food. How many vegetables? How many soups? Make a tower of one can, two cans, three cans, etc. to show growing numbers. Explain to the children that they are making a difference by helping people who do not have a lot of food have a meal to eat.



MUSIC-MOVEMENT

Sing Good Morning

Good morning, good morning, good morning to you. We come to class 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 letter "l", painter's tape to make a line on the floor, 2 copies that are cut apart of Happy and Angry Faces (provided) for Math; white paper, crayons, soft and loud music, music player, picture for social skills of two angry children (provided)



CIRCLE ACTIVITIES

Make a happy face and say, "I feel happy." Make a mad face and say, "I feel mad." Ask children to share when they have felt mad in the past. What did they do? Explain to children that it is okay to be mad. It is a normal emotion. Tell them it is all about what they do when they are mad. Say, "This week you will learn some neat and good ways to be when mad." Chant: It's okay to be mad. We will learn neat ways to become glad.



LANGUAGE-LITERACY

Show the children the lowercase tactile l. Pass it around and have them take turns tracing it. Tell them it's a straight line. Make a straight line on the floor with colored painter's tape. Have the children take turns walking slowly heel to toe on the straight line saying, "l-l-l" as they walk.



FUN ART

Musical Feelings

Give each child a piece of white paper folded in half with several crayons of different colors on the table. Play soft, slow music and children choose colors and draw. Then they turn to a new section on the paper and listen to fast, loud music. They choose colors and draw. Talk about the differences in the two drawings. That's like our feelings. They change too.



MATH

Faces, Faces

Scatter mad and happy faces (provided) on a table. Children sort them by feeling. How many mad faces? How many happy faces? Put them in a pattern of happy, happy, mad, happy, happy, mad, etc.



MUSIC-MOVEMENT

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

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

SOCIAL SKILLS

Open Your Arms and Welcome the Glads

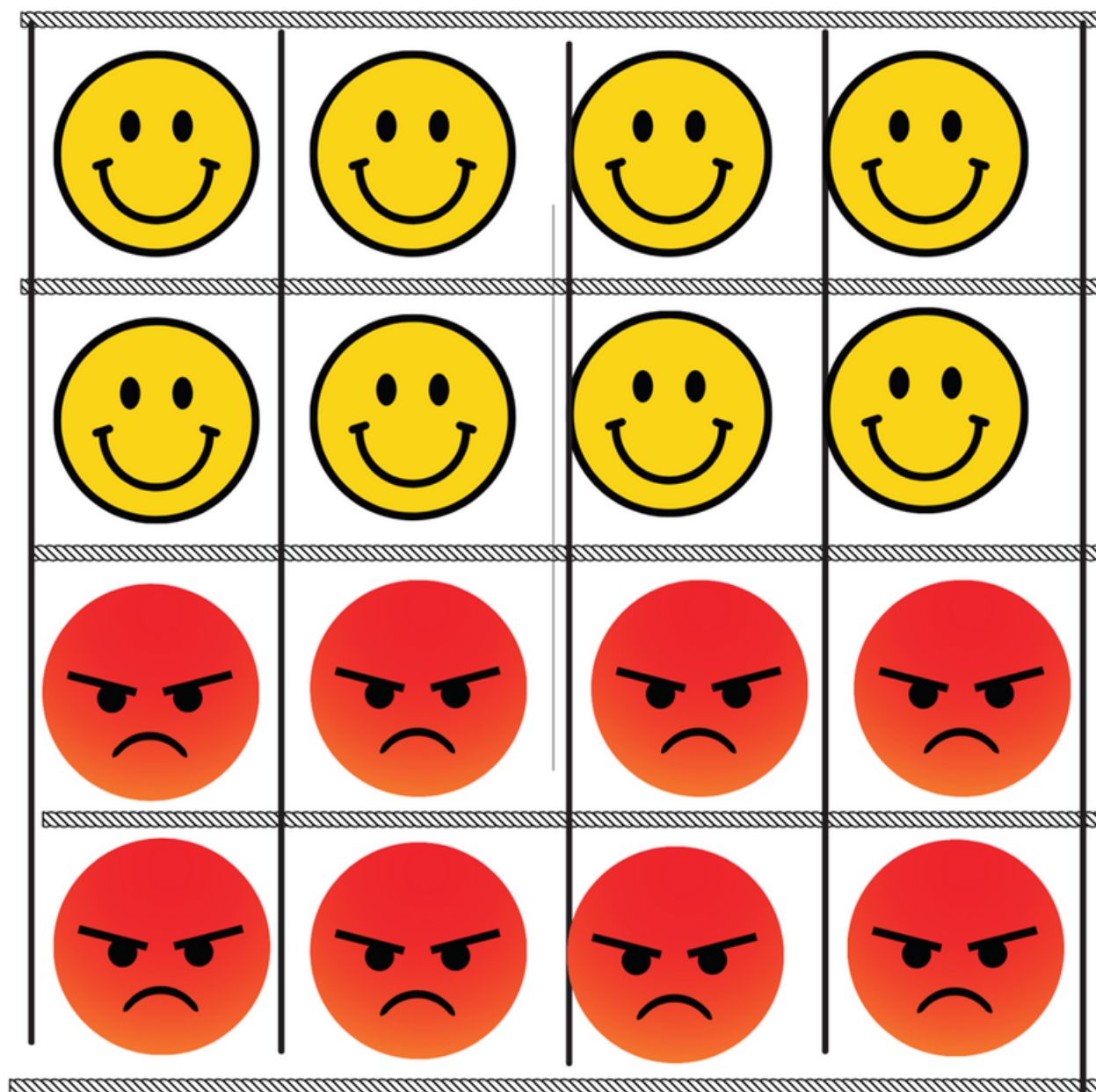
Show children a picture of two girls mad at each other (provided). Notice they have their arms crossed. Talk to children about body language. Have them cross their arms. Then have them place open hands in their laps. Which position is more comfortable? Explain to children that they can open their hands and stretch slowly to get the mads out in a positive way. Then their glads start to show up. Chant: We can stretch our way from mad to glad.



"Children feel safe with a structured routine."



Happy and Angry Faces





PICTURE FOR SOCIAL SKILLS

Theme for the Week



Calming Angry Feelings

Activities for "Flower Candle Breathing"

Materials Needed: Lowercase tactile I, whiteboard and marker, pictures of a flower and candle (provided) green pipe cleaners, white paper, coffee filters, paints, watercolors, 9 x 12 white construction paper for each child, marker or fingerpaint for each child for math, fun music and music player



CIRCLE ACTIVITIES

Show children a picture of a flower (provided). Tell them to pretend to hold a flower and smell it. What are they doing with their noses? They are breathing air in. Now show them a picture of a candle (provided). Tell them to pretend to blow a candle out. What are they doing with their mouths? Blowing air out. Say, "Flowers and candles can help you calm down by pretending to breathe in and out." Now children take a deep breath to pretend to smell the flower and then slowly blow their breath out to pretend to blow out the candle. Chant: When we are mad, we can pretend to blow the candle out and smell the flower "in" until we feel better.



LANGUAGE-LITERACY

"L-I-laughing L's

Show the children the lowercase tactile I. Pass it around and have them take turns tracing it and saying, "I-I-I." Tell them, "There is a special word that begin with I-I-I. Here's one. I'm going to act it out and you guess what it is." Start laughing and laughing until one of the children says, "laugh." Say, "That's very good." Write the word laugh on a white board, emphasizing the I-I-I. Have them read the word with you. "I-I-laugh." (They don't know all the other letters yet, but it's getting them prepared even more to read.). Then ask the children if they know something funny, and they laugh some more.



FUN ART

Fancy Flowers

Give each child a green pipe cleaner to be a stem. Children make flower petals to paste onto the pipe cleaner stem. They paint white paper colors of their choice and tear off pieces to be petals. They watercolor coffee filters and then tear or cut off pieces to be petals.



MATH

Counting Dots on the Numbers, 22, 23, and 24

Use 9 x 12 white construction paper. Write 3 huge numbers 22, 23, and 24 with space apart from each other on the paper. Give each child a marker or finger paint. Have them make 22 dots on the 22, 23 dots on the 23, and 24 dots on the 24. They have dotted their numbers decorating them.



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 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

I Can Be Calm

Say, "When you get mad, you need to remember to not let your bodies do anything to hurt anyone, including yourself. This activity can help you remember." Demonstrate for the children. "I got angry, so I can breathe in (take a breath in and hold a second), and breathe out (blow air out.) Then have the children do it together, and then take turns doing it. Then they say, "We breathe in slowly, and then breathe out slowly. Yay, we are super calm now."

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



PICTURES FOR CIRCLE TIME

Theme for the Week



Calming Angry Feelings

Activities for "Changing Mad to Glad"

Materials Needed: Lowercase tactile I, whiteboard and marker, sunglasses or silly glasses, star shape (provided), various art supplies to decorate the star, heavy paper, paste, shoebox that is decorated with hearts and sunshine in which for prep you have had parents blow kisses in, Picture of Sunshine Box (provided).



CIRCLE ACTIVITIES

Wear a pair of sunglasses or silly glasses to the circle. Say, "These are my special glad glasses. They help me see the very best that is in each and every one of you. Sometimes you might feel mad or sad, but there is always some glad inside of you. Today we will learn more ways to get your glads out!" Children make pretend glasses with their hands over their eyes and look at a friend. They say, "I see you. You have glad inside of you."



LANGUAGE-LITERACY

"L-I-love is in the Air

Show the children the lowercase tactile I. Pass it around and have them take turns tracing it and saying, "I-I-I." Tell them, "There is a special word that begin with I-I-I. Here's one. I'm going to act it out and you guess what it is." Blow kisses, hug yourself, pretend to hug a child, say, "I I-I.... you." Then say, "Yes, it's I-I-love." Write the word, love on a whiteboard. Have children pretend to read the word, emphasizing the I-I-I sound. Say, "We I-I-love each other." Have children say "We I-I-love each other pointing to all the children as they say it." Then have the children all say, "L-I-love makes me feel glad."



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. Save art supplies for Social Skills today, too.



MATH

The Number 25 – Counting the Circles

Write a large numeral 2 on a whiteboard. Say, "This is a 2. Watch what happens when I put a 5 next to it." Write a 5. "It becomes 25. Have the children repeat with you, "2 with a 5 next to it is 25." Tell the children to slowly count to 25, and each time they say a number, draw a small circle. They say, "1," and you draw a circle. They say 2, and you draw a circle, etc., until there are 25 circles on the whiteboard. Then have the children count with you all the circles.



MUSIC-MOVEMENT

I Feel Glad to be Calm

Children practice calming down by creating a rainstorm (feeling mad) and then calming back down (feeling glad).

WHOLE CLASS ACTIVITY

- * Make the calm sound of wind. (Rub hands in a circle on the table.)
 - * Make the sound of raindrops. (Tap fingertips softly on table.)
 - * Next is the rain. (Tap fingers quickly and loudly on the table.)
 - * Lastly, the hard rain. (Pat palms on table.)
- (Now go backwards for the rain to stop - rain, rain drops, wind.)

SOCIAL SKILLS

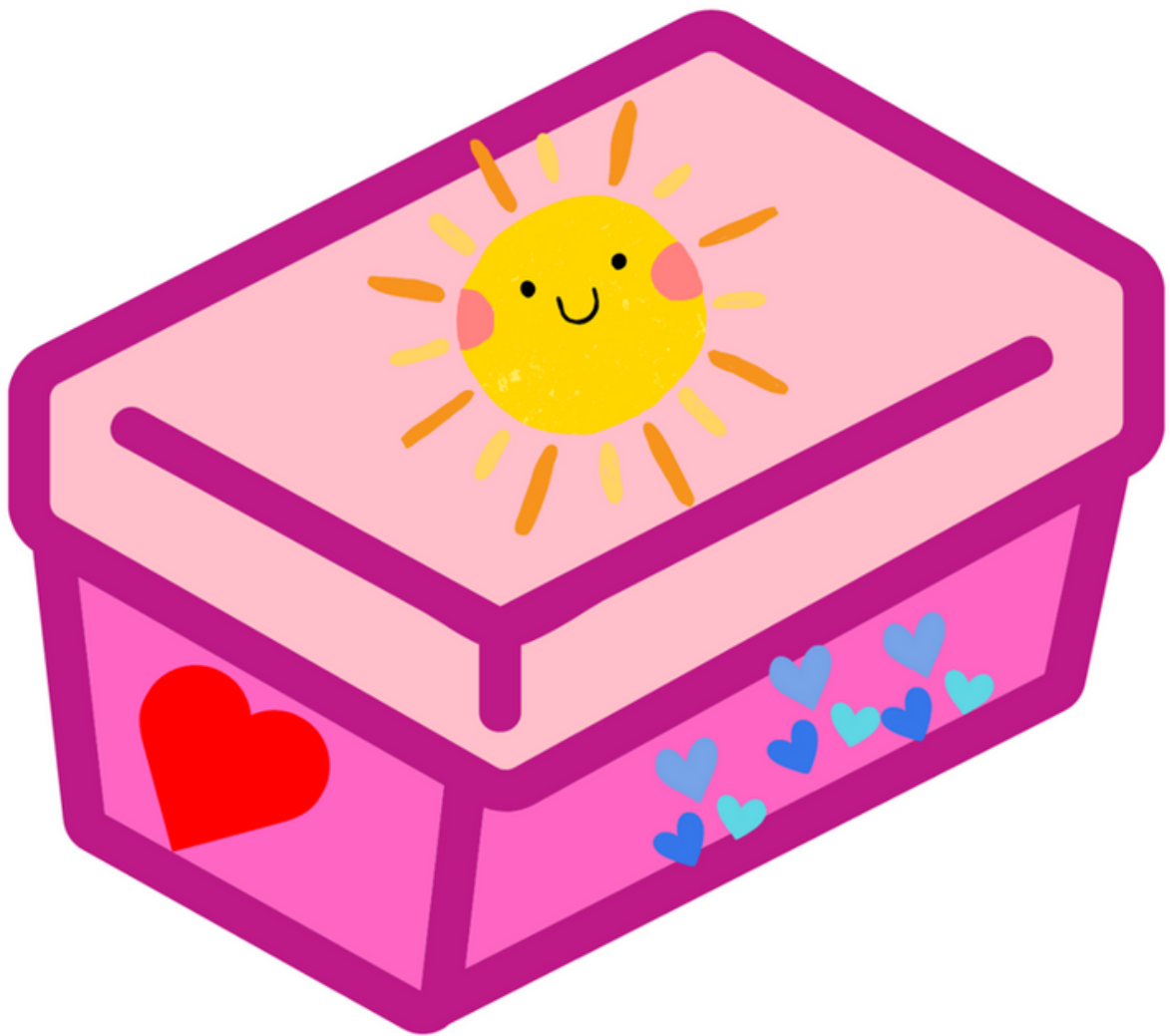
Sunshine Box

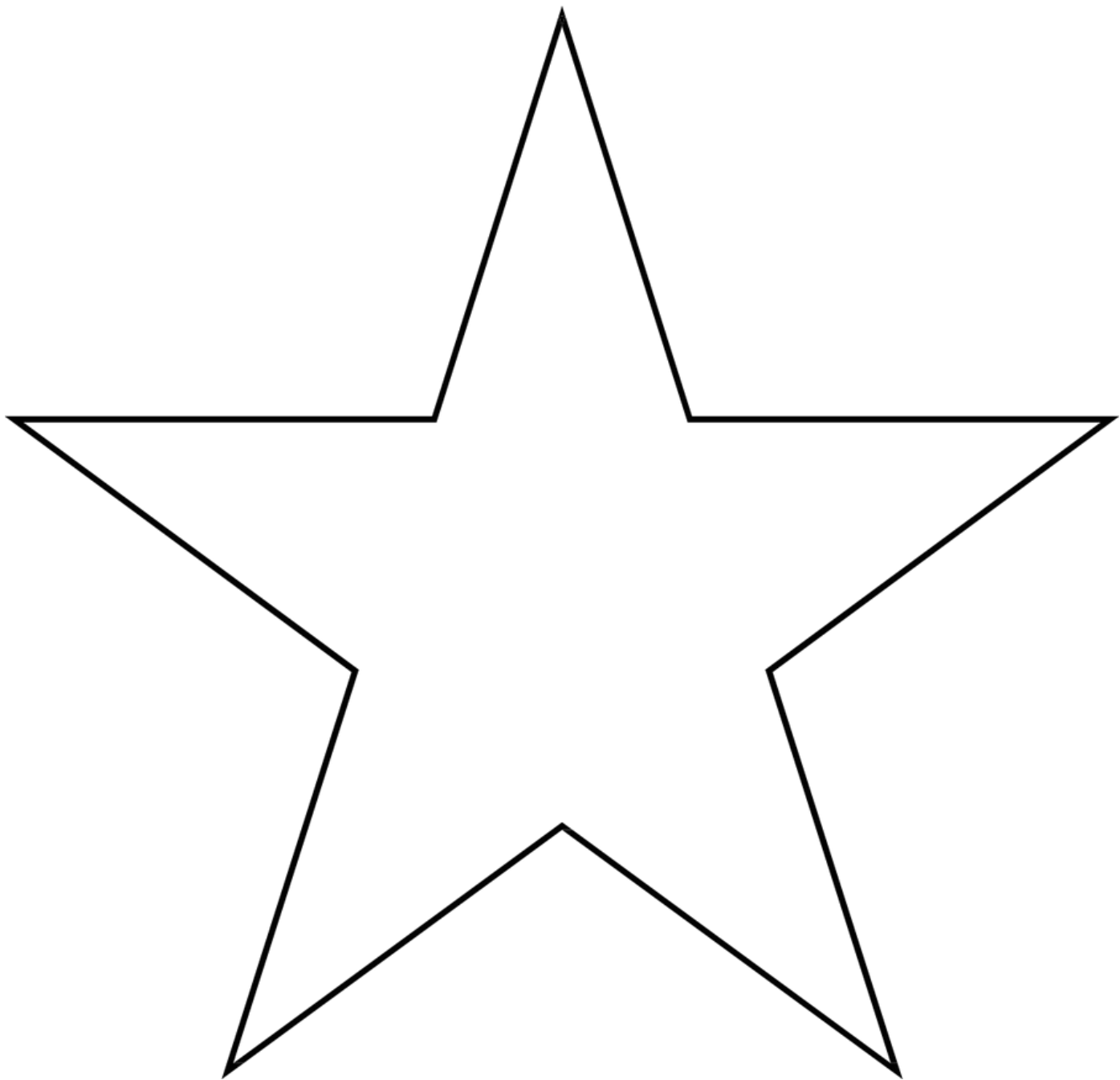
Ahead of time decorate a shoebox with hearts. Have parents blow kisses in it for their children. Tell them it's to have in the classroom if their children ever are having a day in which they feel sad or upset. Tell the children, "This box is for glads. Your family has blown kisses of love in it for you. So all you have to do is take it to a chair, sit down, open the lid, and breathe in all the love of the kisses, until you're glad too."



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

Sunshine Box





STARS FOR ART

Theme for the Week



Calming Angry Feelings

Activities for "Using the Feather Duster"

Materials Needed: Separate sheets of paper each with one of the letter sounds children have learned, or use the lowercase tactile letters: m, s, t, r, a, p, h, c, b, i, f, n, and l hidden around the room prior to the children arriving; clean unused feather duster, pictures of feather dusters (provided), craft sticks, paints, paste, colored yarn, separate sheets of paper, each with a number one through 25 written on them.



CIRCLE ACTIVITIES

Show children a feather duster and pictures of a feather duster (provided). Say, "This is a feather duster. It's for dusting off things like furniture. Guess what! A feather duster can also dust off your angry mood so you feel glad afterwards. Let's pretend I'm angry or upset. I get out the feather duster, and gently dust myself (Do this as you speak), off until all my angries are gone, and I feel really good." Have the children pretend they are holding a feather duster to dust themselves off with. Say, "I will keep this in the classroom in this special place and anytime you feel upset, just get out the feather duster, and dust yourself off until you feel better."



LANGUAGE-LITERACY

"Going on a Letter Sound Search"

Prior to class, hide the lowercase tactile letters, , m, s, t, r, a, p, h, c, b, i, f, n, and l in different places in the classroom. Tell children that they are going to go on a search for the letter sounds they have learned. When they find one, they say, "Whoopee, I found ..." (and they say what the sound is. Continue playing until all the sounds are found.



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

"Who's Got The Number?"

Turn the numbers face down and have each child pick a number until all 25 numbers are gone. (Note: Some of the children may have more than one number. Tell them that we're going to play, "Who's got the number?" You will be asking them the question, and if they have that number, they say, "Whoopee, it's me, and bring it and put it on the table or floor. (Note, Have the numbers all laid down one after the other, in chronological order.) When all the numbers are on the floor or table, "read" the numbers with the children.



MUSIC-MOVEMENT

Sing Hug, Back Pat, High Five, Dust (tune of "Head, Shoulders, Knees and Toes")

Use mini-dusters from Art today while singing and acting out this song.

Hug, back pat, high five, dust. Hug and dust. Hug, back pat, high five, dust. Hug and dust.

Learning to be calm is a must. (Repeat.)

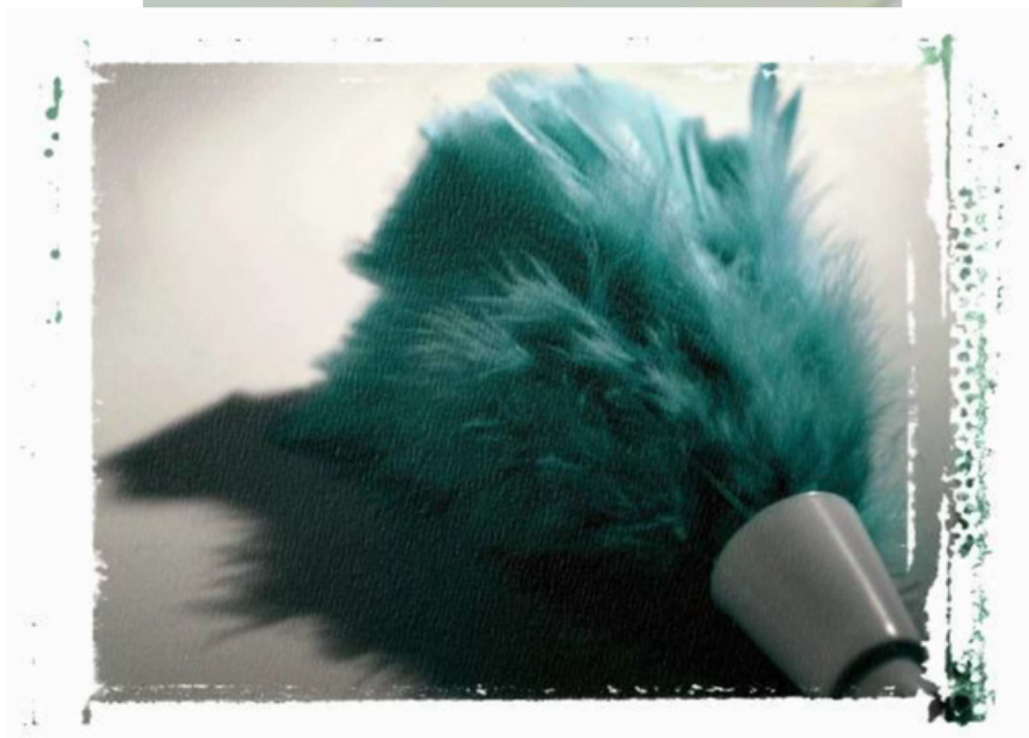
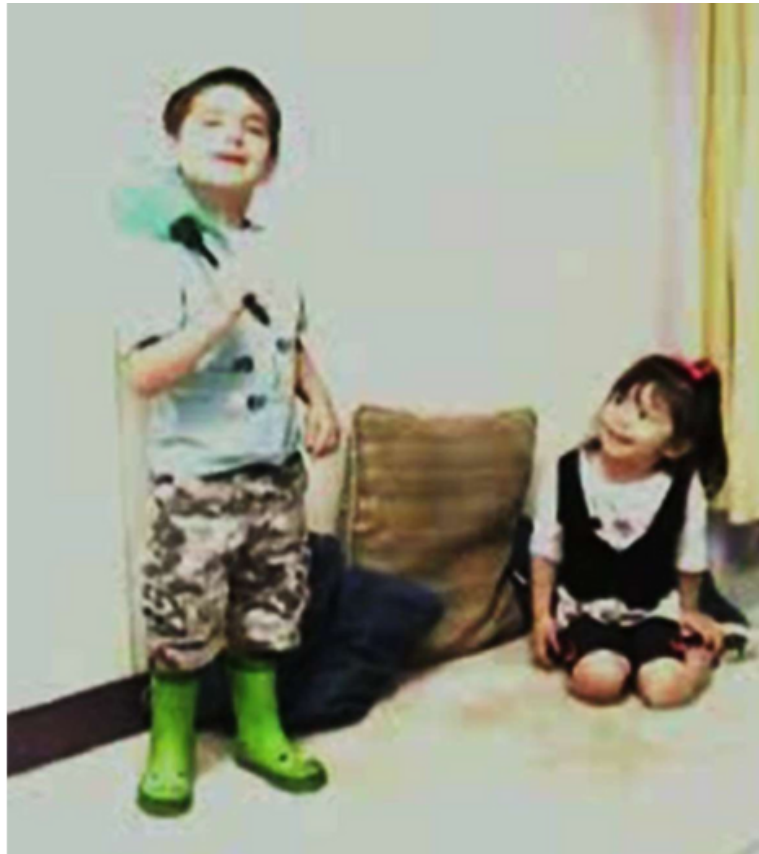


SOCIAL SKILLS

Using Manners with the Feather Duster

Hold up a stuffed animal or puppet. Ask the puppet, "Do you like it when friends touch you?" The puppet says, "Yikes, NO!" Tell the children that today they learned about feather dusters and dusting themselves off. Say, "That is a good thing to do, to dust off your angries. But you have to be really careful not to dust off a friend in our class. That's just for you to use on yourself. **Here's a video of a child using the class feather duster while another child watches: <https://www.youtube.com/watch?v=mSW9fMPCcr0>

"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 that is not connected to anything. Use red nail polish to make a red circle around the pause button, and green nail polish to make a green circle around the "play" button, Which Would You Rather Have (provided)



CIRCLE ACTIVITIES

Show children a remote control. Ask them if they have something like it at home. Tell that the remote has a button to "pause," something on tv. Ask them if they have ever done that or had their family do that. Tell them that when they are done pausing, they pick up the remote, and push the play button, to "go." Then tell them they get to do that here too in class. Show them how you marked a pause button for them, that means, STOP and you marked another one green which means GO. Demonstrate. Pretend to be upset. Walk slowly to where the remote is. Pick it up, and push the pause button. Take some deep breaths, and smile, and then push the GO button to go do something.



LANGUAGE-LITERACY

Pause and Think: What's Your Favorite Book in Class?

Tell children that we all have favorite books. Tell them to pause and think which book on the bookshelf is their favorite and bring to circle a favorite book. They take turns holding up their book and telling everyone why it's their favorite. (Note: Some children may have the same favorite book, and that's ok.) Make sure to keep it light and fun and keep the conversation about how books are so much fun to read. They teach us so much.



FUN ART

Pause and Think

Have children stop and think about their favorite thing to do. They draw a picture of it and share with the class. Staple all pages together and keep as a class calming book. When they are sad, they can look at the book for ideas to help them feel happy.



MATH

Pause and Think: What's your favorite___?

Tell children you have something new you want them to pause and think about. Show them the picture of the hamburger and hotdog. Tell them to pause and think which one is their favorite. Then help them find their name and put a mark for their favorite. See the sample of Which Would You Rather Have, a Hamburger or Hotdog (provided). Afterwards, have them count their votes. Which has the most? Which has the least? How many votes are there altogether?



MUSIC-MOVEMENT

Pausing and Hand and Knee Clapping

Children are going to copy you. Create your own beat clapping your hands fast or slow or making up a song. Be sure to pause now and then so children will pause too. Do the same thing again clapping your hands on your knees. It can be something like 3 long louder claps, and a pause, and a small clap, then get louder and longer taps.

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!"

**Would you rather have a
hamburger or hot dog?**



Kai



Roah



Karol



Dylan



Harper



Parker



Cameron

