



**GROWING**



**ACTIVITY**



**FAMILIES**



**EATING**

**GROWING HEALTHY KIDS**

# Ring of Fun!

**HEALTHY  
CELEBRATIONS**

## Healthy Celebrations

According to Dr. Michelle Herczog, History-Social Science Consultant at the Los Angeles County Office of Education, it is important to remind ourselves of the rich, diverse religious and cultural traditions represented in our communities. Teachers and educators should approach celebrations as an opportunity to inform and educate children about the origins, meanings and traditions of various holidays. “By treating the holiday season as a ‘teachable moment’ students can learn about the various backgrounds and traditions our diverse society has to offer.” (Herczog)

<http://www.pbs.org/newshour/updates/christmas-get-guide-teachers-navigating-december-dilemma/>

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Developed by the Growing Healthy Kids program at Columbus Public Health.

For information about these materials, visit [www.columbus.gov/GHK](http://www.columbus.gov/GHK).



THE CITY OF  
**COLUMBUS**  
ANDREW J. GINTHER, MAYOR

**COLUMBUS  
PUBLIC HEALTH**






# Ohio Early Learning & Development Standards in the Ring of Fun

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Healthy Children, Healthy Weights (HCHW) is constantly striving to update resources based on the needs of the child care providers we serve. In 2011, Ohio adopted the *Early Learning and Development Standards in all Essential Domains of School Readiness, Birth to 5*. Because child care providers may be required to document use of the standards on a routine basis, HCHW wants to ensure that it is easy for teachers to identify standards met by using the Ring of Fun.

The standards will be located immediately after the title of an activity. Each page of the Ring of Fun will have the symbol of the domain in the upper right hand corner and will be coded to the corresponding strand and topic. The standards listed for each celebration were based on preschool level and are not exhaustive; rather the selected standards are meant to serve as a quick reference for teachers. Teachers are encouraged to be creative in applying the activities to meet other standards not explicitly identified in the Ring of Fun.

Domains of the Early Learning Development Standards:

-  **Social and Emotional Development:** pink heart
-  **Physical Well Being and Motor Development:** orange hand
-  **Approaches toward Learning:** blue magnifying glass
-  **Language and Literacy Development:** purple speech bubble
-  **Cognition and General Knowledge:** yellow light bulb

To search for training on these standards, visit [www.occra.org](http://www.occra.org).

# Ohio Early Learning and Development Standards

## Domain: Social and Emotional Development

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### Strand 1: Self

**Topic A:** Awareness and Expression of Emotion

**Topic B:** Self-Concept

**Topic C:** Self-Comforting

**Topic D:** Self-Regulation

**Topic E:** Sense of Competence

### Strand 2: Relationships

**Topic A:** Attachment

**Topic B:** Interactions with Adults

**Topic C:** Peer Interactions and Relationships

**Topic D:** Empathy

# Ohio Early Learning and Development Standards

## Domain: Physical Well-Being and Motor Development

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### Strand 1: Motor Development

**Topic A:** Large Muscle, Balance and Coordination

**Topic B:** Small Muscle: Touch Grasp, Reach, Manipulate

**Topic C:** Oral-Motor

**Topic D:** Sensory Motor

### Strand 2: Physical Well-Being

**Topic A:** Body Awareness

**Topic B:** Physical Activity

**Topic C:** Nutrition

**Topic D:** Self-Help

**Topic E:** Safety Practices

# Ohio Early Learning and Development Standards

## Domain: Approaches Toward Learning

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### Strand 1: Initiative

**Topic A:** Initiative and Curiosity

**Topic B:** Planning, Action and Reflection

### Strand 2: Engagement and Persistence

**Topic A:** Attention

**Topic B:** Persistence

### Strand 3: Creativity

**Topic A:** Innovation and Invention

**Topic B:** Expression of Ideas and Feelings through the Arts

# Ohio Early Learning and Development Standards

## Domain: Language and Literacy Development

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### **Strand 1: Listening and Speaking**

**Topic A:** Receptive Language and Comprehension

**Topic B:** Expressive Language

**Topic C:** Social Communication

### **Strand 2: Reading**

**Topic A:** Early Reading

**Topic B:** Reading Comprehension

**Topic C:** Fluency

**Topic D:** Print Concepts

**Topic E:** Phonological Awareness

**Topic F:** Letter and Word Recognition

### **Strand 3: Writing**

**Topic A:** Early Writing

**Topic B:** Writing Process

**Topic C:** Writing Application and Composition

# Ohio Early Learning and Development Standards

## Domain: Cognition and General Knowledge

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### **Strand 1: Cognitive Skills**

**Topic A:** Memory

**Topic B:** Symbolic Thought

**Topic C:** Reasoning and Problem-Solving

### **Strand 2: Number Sense**

**Topic A:** Number Sense and Counting

### **Strand 3: Number Relationships and Operations**

**Topic A:** Number Relationships

### **Strand 4: Algebra**

**Topic A:** Group and Categorize

**Topic B:** Patterning

### **Strand 5: Measurement and Data**

**Topic A:** Describe and Compare Measurable Attributes

**Topic B:** Data Analysis

### **Strand 6: Geometry**

**Topic A:** Spatial Relationships

**Topic B:** Identify and Describe Shapes

**Topic C:** Analyze, Compare and Create Shapes

### **Strand 7: Self**

**Topic A:** Social Identity

### **Strand 8: History**

**Topic A:** Historical Thinking and Skills

**Topic B:** Heritage

### **Strand 9: Geography**

**Topic A:** Spatial Thinking and Skills

**Topic B:** Human Systems

### **Strand 10: Government**

**Topic A:** Civic Participation and Skills

**Topic B:** Rules and Laws

### **Strand 11: Economics**

**Topic A:** Scarcity

**Topic B:** Production and Consumption

### **Strand 12: Science Inquiry and Application**

**Topic A:** Inquiry

**Topic B:** Cause and Effect

### **Strand 13: Earth and Space Science**

**Topic A:** Explorations of the Natural World

### **Strand 14: Physical Science**

**Topic A:** Explorations of Energy

### **Strand 15: Life Science**

**Topic A:** Explorations of Living Things



JANUARY

# Chinese New Year

1.A, 1.B, 2.B, 2.C

3.B

1.A



Chinese New Year, also known as the Spring Festival, is celebrated on the first new moon between **January 21 and February 20**.

- **Physical Activity:** Catch the Dragon's Tail
- **Craft:** Decorate Good Fortune Signs
- **Book:** "Bringing In the New Year" by Grace Lin; "Goldy Luck and the Three Pandas" by Natasha Yim
- **Music:** "Here Come the New Years"
- **Snack:** Sesame Crackers and Good Fortune Fruit - tangerines or pomelos



**Catch the Dragon's Tail:** *Chinese dragon dances celebrate the New Year bringing good luck to the community.*

- Have children stand in a line, holding on to the shoulders of the child in front of them.
- The child at the front of the line tries to tag the child at the back of the line.
- Once the child at the back of the line (the “tail”) has been tagged, that child becomes the person at the front of the line.

### **Good Fortune Signs**

- Cut paper into a square and then rotate 90°, so the paper looks like a diamond.
- Draw the Mandarin character for fortune, fú (福), on the paper.
- Have children decorate the paper with stamps, markers and glitter.
- Hang the papers upside down near the classroom door to usher in good luck for the New Year.

### **Here Come The New Years**

*(Sung to the tune of “Old MacDonald Had a Farm”)*

Here come the new years  
Marching round, E-I-E-I-O  
And one of the years  
Is the year of the Rat, E-I-E-I-O  
With a squeak, squeak here,  
And a squeak, squeak there,  
Here a squeak, there a squeak,  
Everywhere a squeak, squeak.  
Here come the new years  
Marching round, E-I-E-I-O.

Repeat for: Cow, Tiger, Rabbit,  
Dragon, Snake, Horse, Sheep,  
Monkey, Rooster, Dog, Pig

*Adapted from [www.canteach.ca](http://www.canteach.ca)*

JANUARY

# Martin Luther King Jr. Day

1.B



1.A, 1.B, 2.C



10.A



Held on the **third Monday of January**, it celebrates the life and achievements of Dr. Martin Luther King Jr., an influential American civil rights leader.

- **Physical Activity:** Make a Difference
- **Craft:** “We Have a Dream” Poster
- **Book:** “The Story of Martin Luther King Jr.” by Johnny Ray Moore
- **Music:** “I Have a Dream” speech; “Happy Birthday” by Stevie Wonder
- **Snack:** Peaches à la Mode



## **Make a Difference**

*Coretta Scott King said “the greatest birthday gift my husband could receive is if people of all racial and ethnic backgrounds celebrated the holiday by performing individual acts of kindness through service to others.” - [www.kidactivities.net](http://www.kidactivities.net)*

Schedule a field trip to a local senior center and have children play games such as parachute or Simon Says with the older adults. Children could also put on a talent show or play.

## **“We Have a Dream” Poster**

- Provide construction paper in a rainbow of colors.
- Have children trace their hands and cut them out.
- On each hand, write one thing the child dreams of changing such as hunger or homelessness.
- Glue hands to poster board and hang for families to see.

*Adapted from [www.kidactivities.net](http://www.kidactivities.net)*




## **Peaches à la Mode**

*Dr. King was native to Georgia, the Peach State.*

Serve warm diced peaches with a dollop of ricotta cheese, a sprinkle of cinnamon and a drizzle of honey.

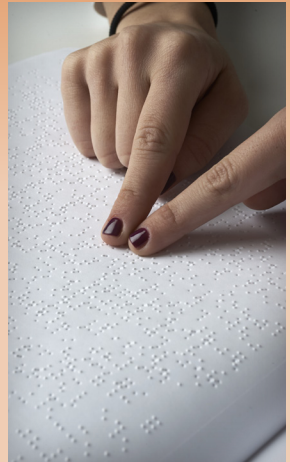
JANUARY

# Braille Literacy Month

2.C   
1.B, 2.C   
6.A, 12.A 

Braille was created by Louis Braille and is a form of written language for blind people in which patterns of raised dots are felt with the fingertips. In celebration of his life and legacy, January has been declared Braille Literacy Month.

- **Physical Activity:** Blindfold Follow the Leader
- **Craft:** Homemade Playdough
- **Book:** “A Picture Book of Helen Keller” by David A. Alder
- **Music:** Listen to blind musicians – Louis Braille, Johann Sebastian Bach, Ray Charles and Stevie Wonder
- **Snack:** Sensory Snack



## **Blindfold Follow the Leader**

- Pair children.
- Blindfold one child and have the other guide them safely through the room.
- Switch the blindfolded child and repeat.

## **Homemade Playdough**

- Mix 1 cup flour and  $\frac{1}{4}$  cup salt in a bowl.
- Mix  $\frac{1}{2}$  cup of warm water with 3 to 5 drops of food coloring in a separate bowl.
- Slowly pour the water into the flour mixture, stirring as you pour. Stir until combined.
- With your hands, knead the mixture until the flour is completely absorbed. If the dough is too sticky, add more flour until it doesn't stick.

*Adapted from [www.diynatural.com](http://www.diynatural.com)*

## **Sensory Snack**

Serve a variety of foods of different shapes, textures, smells and flavors such as strawberry slices, cheerios, sunflower seeds, diced kiwi, pretzel twists, etc. Have children sit blindfolded and try to guess what they are eating using their other senses.

*Please be aware of choking hazards for children under 4.*

JANUARY

# Opposite Day

1.A, 1.B, 2.B, 2.C  
1.B



**January 25** is a day to have fun saying and doing the opposite of what you really mean.

- **Physical Activity:** Green Light, Red Light
- **Craft:** Hot vs. Cold
- **Book:** “What’s Up, Duck? A Book of Opposites” by Tad Hill; “Big Dog, Little Dog” by P.D. Eastman
- **Music:** “Hello Goodbye” by The Beatles
- **Snack:** Tea Party



## **Green Light, Red Light**

Play the opposite where red means go and green means stop.

- First define a playing area with a start and finish line.
- Select one child to be the caller while all other children stand at the start line.
- When yelling “red light” the caller must turn around so he/she cannot see anyone.
- The caller will turn around when yelling “green light” and everyone must freeze.
- Anyone seen moving is sent back to the starting line.
- The first person to reach the caller is the caller for the next round.

## **Hot vs. Cold**

- Each child receives two signs – one labeled hot and the other cold.
- Have children decorate the signs with colors, stickers and pictures that represent things that are hot and cold.
- Call out or show a photo of something that is either hot or cold and have the children hold up the sign that matches the concept (i.e., fire, ice, snow, sun, etc.).

## **Tea Party**

Offer children caffeine free tea, such as a passion fruit herbal tea, both hot and cold. Serve with cucumber tea sandwiches – sliced bread spread with cream cheese and layered cucumber slices, cut into 4 triangles.



FEBRUARY

# Black History Month

1.A, 1.B, 1.D, 2.A, 2.B, 2.C, 2.E

1.B, 3.B

1.A, 2.B

1.B, 6.B, 10.B



Originally established in 1926, Black History week was expanded in 1970 to include the entire month as a time to reflect on the history and contributions of African-Americans.

- **Physical Activity:** Traffic Light Game
- **Craft:** Kente Cloth
- **Book:** “I Am Rosa Parks” by Brad Meltzer; “Aunt Harriet’s Underground Railroad in the Sky” by Faith Ringgold; “Amazing Grace” by Mary Hoffman and Caroline Binch
- **Music:** “Glory” by Common and John Legend; “Swing Low, Sweet Chariot” by Louis Armstrong; “Michael Row the Boat Ashore” by Muffin Songs
- **Snack:** Soy Butter



## **Traffic Light Game**

*Garrett Morgan was the inventor of the traffic light.*

- Cut out a red circle, a green circle and a yellow circle on colored construction paper.
- Have children start “driving” around, pretending to be buses, cars, trucks or bikes while making beeping and engine noises.
- Hold up one of the colored circles and call out “stop, the lights are red,” “slow down, the lights are yellow” or “go, the lights are green.” Children must follow the instructions.

*Adapted from [www.kidactivities.net](http://www.kidactivities.net)*

## **Kente Cloth**

*Kente is ceremonial African clothing created by hand weaving strips of cloth on a loom and sewing them together to create larger pieces of cloth. The cloth is made of many colors, geometric lines and patterns.*

Exercise fine motor skills by using markers and scissors to create geometric lines and patterns on construction paper.

*Adapted from [www.education.com](http://www.education.com)*

## **Soy Butter**

*George Washington Carver researched and experimented with many crops, including soybeans.*

Serve soy butter or peanut butter with apple slices.

FEBRUARY

# Presidents Day

1.A, 1.B, 2.B, 2.C, 2.D

1.B, 3.A

1.A, 2.B

1.B, 10.A



Presidents Day originally was established to recognize George Washington's birthday on the **third Monday of February**. In Ohio, this day is known as Washington-Lincoln Day as both of these well recognized presidents had birthdays in February.

- **Physical Activity:** Election Day
- **Craft:** Presidents Day Finger Puppets
- **Book:** "The Story of George Washington" by Patricia Pingry; "Presidents' Day" by Anne Rockwell
- **Music:** "This Land is Your Land" by Woody Guthrie; "Hail to the Chief" traditional
- **Snack:** Fruit Roll Up



## **Election Day**

Hold an election! Create ballots and have children vote for their favorite physical activity game. Play the game that wins.

## **Presidents Day Finger Puppets**

- Cut two three inch squares, one from black and one from blue construction paper.
- Roll each square into a tube that will slip over your finger. Secure the roll with tape.
- To make the Lincoln puppet, tape a penny to the black paper tube one inch below the top. Cut a thin rectangle from the black paper for the hat brim. Tape the brim along the top of the head.
- To make the Washington puppet, tape a quarter to the blue paper tube one inch below the top.
- Cut a small triangle from the blue paper for the hat. Tape the hat to the top of the quarter.

*Adapted from [athriftymom.com](http://athriftymom.com)*

## **Fruit Roll Up**

- Spread cream cheese on a whole grain tortilla.
- Add strawberries, blueberries and bananas.
- Roll tight.

FEBRUARY

# Valentine's Day

2.D 

1.A, 1.B, 2.B, 2.C 

1.B, 3.B 

1.A, 1.B, 2.B, 2.C 

1.A, 15.A 

Celebrated on **February 14**, Valentine's Day is thought to have originated as a festival to honor Saint Valentine. Today, it is more closely associated as a day of love and romance.

- **Physical Activity:** Who Do You Love?
- **Craft:** Valentine's Day Cards
- **Book:** "Happy Valentine's Day, Mouse!" by Laura Numeroff; "Everything Has a Heart" by Sally Huss
- **Music:** "Love Grows One by One" by Carol Johnson; "If You Love Me and You Know It" (sung to the tune of "If You're Happy and You Know It")
- **Snack:** Strawberry halves and pretzel twists



## **Who Do You Love?**

- Arrange the chairs in a circle with seats facing in. One chair for every child, minus one.
- The player who is “it” stands in the center of the circle. The rest of the class sits in the chairs.
- The “it” player asks another player “Who Do You Love?”
- The player must answer, for example “I love anyone wearing red!”
- In this example, anyone wearing red must stand up and find a new chair.
- The “it” player finds a chair.
- The player left standing becomes the new “it.”

*Adapted from [www.culdesaccool.com](http://www.culdesaccool.com)*

## **Valentine's Day Cards**

Have children create 2 valentines each: one to take home to their family and one to give to a patient at a local hospital.

FEBRUARY

# Groundhog Day

1.A, 1.B, 1.D, 2.A, 2.B, 2.C

3.A, 3.B

1.A, 2.B, 2.C

1.A, 12.B, 13.A



Groundhog Day is an annual ritual celebrated on **February 2** that centers on the idea that if the groundhog sees his shadow, there will be six more weeks of winter.

- **Physical Activity:** Shadow Dancing
- **Craft:** Pop Up Groundhog
- **Book:** “Groundhog Weather School” by Joan Holub; “Groundhog Day!” by Gail Gibbons
- **Music:** Here’s a Little Groundhog
- **Snack:** Sunbutter and Cracker Groundhogs



## Shadow Dancing

Dim the lights, turn on some music and dance with your shadow.

## Pop Up Groundhog

- Color in a small printout of a groundhog.
- Tape the groundhog to a popsicle stick.
- Place the popsicle stick and groundhog into a styrofoam cup.
- Poke the popsicle through the bottom of the cup.
- Use the popsicle stick to push the groundhog up, peeking over the cup.

*Adapted from  
mrsriccaskindergarten.blogspot.ca*

## Here's a Little Groundhog

*(Sung to the tune of "I'm a Little Tea Pot")*

Here's a little groundhog, furry and brown.

He's coming up to look around.

If he sees his shadow, down he'll go.

Then six more weeks of winter! OH NO!

## Sunbutter and Cracker Groundhogs

- Spread sunbutter over a large whole grain cracker.
- Stick 2 mini crackers into the top for ears.
- Add raisins to make the face.

*Please be aware of choking hazards for children under 4.*



FEBRUARY

# Holi

1.A, 1.B, 1.D, 2.B, 2.C

1.A, 1.B, 3.A, 3.B

1.A, 2.B



Holi is a Hindu spring festival signifying the victory of good over evil and the arrival of spring. It is sometimes known as the Festival of Colors because colored powder is frequently used at celebrations. Holi falls between the **end of February and the middle of March.**

- **Physical Activity:** Ribbon Dancing
- **Craft:** Marble Painting
- **Book:** “Amma Tell Me About Holi” by Bhakti Mathur; “Rani Celebrates Holi” by Anita Badhwar
- **Music:** “Rang Barse” by Amitabh Bachchan; “Do Me a Favor Lets Play Holi” by Anu Malik and Sunidhi Chauhan
- **Snack:** Mango Lassi



## **Ribbon Dancing**

Cut a variety of colored crepe paper streamers for the children. Have children dance around waving the streamers in the air.

## **Marble Painting**

- Put brightly colored paint in muffin tins.
- Lay a white piece of paper inside a cardboard box.
- Drop marbles of various sizes into the muffin tins.
- Use a spoon to scoop out the marbles and drop onto the paper in the cardboard box.
- Lift the box and tilt it in different directions to allow the marbles to roll and create a design.

*Adapted from [artfulparent.com](http://artfulparent.com)*

## **Mango Lassi**





Ingredients:

- 2 cups mango, chopped
- 2 cups plain yogurt
- 2-3 tablespoons milk
- 1 teaspoon vanilla extract
- Ice cubes as needed

Instructions: Blend all the ingredients in a blender until smooth.

# MARCH

# Easter

1.A, 1.B, 2.A, 2.B   
3.B   
1.A, 2.B, 2.C   
1.A 

Easter is a Christian celebration of Christ's resurrection from the dead. Additional customs have become associated with Easter such as the Easter bunny and egg hunts because rabbits and chickens have long been thought of as signs of fertility and new life. Easter typically falls on **a Sunday in March or April.**

- **Physical Activity:** Bunny Sack Race
- **Craft:** Decorate Easter Eggs
- **Book:** "Happy Easter, Mouse!" by Laura Numeroff; "What Is Easter?" by Michelle Medlock Adams
- **Music:** "Here Comes Peter Cottontail" by Steve Nelson and Jack Rollins; "The Way the Bunny Hops" by The Kiboomers
- **Snack:** Hard boiled eggs served with fruit



## **Bunny Sack Race**

- Set up a course wide enough for a few children to participate at a time.
- Provide burlap sacks or pillowcases for children to climb inside.
- Children must jump their way through the course, pretending like they're bunnies.

## **Decorate Easter Eggs**

Use stickers, markers, crayons, colored tapes or dyes to decorate eggs. Use glue to attach googly eyes, tissue paper or glitter to add more details.

MARCH

# St. Patrick's Day

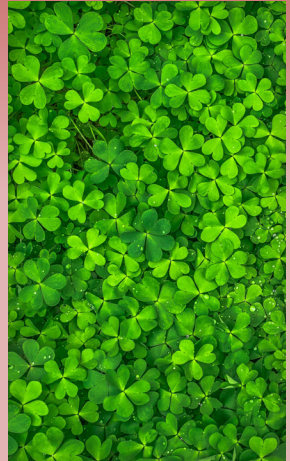
1.A, 1.B, 2.B, 2.C 

1.A, 2.B, 3.B 

1.A, 2.B 

Saint Patrick was a Christian missionary who worked to establish churches, schools and monasteries in Ireland. St. Patrick's Day is celebrated on **March 17**, the day of his death. In America, celebrations generally involve parades, the wearing of green, and shamrocks - a symbol of Ireland.

- **Physical Activity:** Pot of Gold
- **Craft:** Shamrock Stamps
- **Book:** "How to Catch a Leprechaun" by Adam Wallace; "St. Patrick's Day" by Anne Rockwell
- **Music:** "Galway Girl" by Steve Earle and Sharon Shannon; "Jig of Slurs" Traditional
- **Snack:** Green Foods



## **Pot of Gold**

*Leprechauns are fairies from Irish folklore who are said to hide pots of gold.*

- Crumple gold tissue paper or gold construction paper into little balls to make “gold coins.”
- Hide “gold coins” around the classroom.
- Ask children to search for “gold coins.”
- Once children have found all the “gold coins,” dump them into a large bowl to make a pot of gold.
- Celebrate finding all the “gold coins” by having a dance party to traditional Irish music.

## **Shamrock Stamps**

- Cut a green bell pepper in half horizontally and remove seeds.
- Pour green paint onto a paper plate.
- Dip the pepper into the paint and press onto white paper.
- Continue stamping to create a shamrock collage.

## **Green Foods**

Serve green vegetables and fruits such as broccoli, snap peas, green bell pepper, peas, celery, cucumber, grapes, kiwi, honeydew melon and green apple.

*Please be aware of choking hazards for children under 4.*

MARCH

# National Nutrition Month

1.A, 1.B, 2.B, 2.C  
3.B  
1.A, 2.B, 2.C, 2.F  
1.A, 12.A



National Nutrition Month is a campaign that focuses on the importance of developing healthy eating and physical activity habits.

- **Physical Activity:** MyPlate Toss
- **Craft:** MyPlate Placemat
- **Book:** “The Two Bite Club” by USDA; “Eating the Alphabet” by Lois Ehlert; “Good Enough to Eat” by Lizzy Rockwell
- **Music:** “Apples and Bananas” by Raffi; “Go Bananas” by GoNoodle
- **Snack:** MyPlate Pizza



## **MyPlate Toss**

- Gather a variety of play foods from each food group and place them in a bucket.
- Have the children stand in a circle around the bucket of play food.
- Toss a play food to a child and ask them to name that food or its food group.
- The child then selects a new food out of the bucket and tosses it to a different child.
- Continue the game until everyone has had a turn or the bucket is empty.

## **MyPlate Placemat**

Draw the MyPlate line dividers on a paper plate or construction paper. Ask children to draw their favorite fruits, vegetables, grains, protein and dairy on the plate in the appropriate sections.

## **MyPlate Pizza**

- Use whole grain pita bread.
- Provide toppings from all food groups such as cheese, tomato sauce, deli turkey, sliced ham, chopped chicken, green pepper, onion, corn, mushroom, spinach, pear, pineapple and mandarin oranges.
- Allow children to select their toppings.
- Bake at 350 degrees for 10-12 minutes.



MARCH

# Read Across America/ Dr. Seuss Day

1.A, 1.B, 1.D, 2.B, 2.C

1.A, 2.B, 2.C

1.A



Dr. Seuss wrote and illustrated more than 40 children's books. **March 2** is Dr. Seuss' birthday ... and what better way to celebrate than to read?

- **Physical Activity:** Green Egg Relay Race
- **Craft:** Cat in the Hat Paper Plate Hat
- **Book:** "Green Eggs and Ham" by Dr. Seuss; "Cat and the Hat" by Dr. Seuss
- **Music:** "Boom Chicka Boom" by Jack Hartmann; "Princess Pat" by The Learning Station
- **Snack:** Guacamole Deviled Eggs



## **Green Egg Relay Race**

- Fill a plastic Easter egg with dry beans to add weight to the egg.
- Have children practice carrying the egg on a spoon around the room or through an obstacle course.

## **Cat in the Hat Paper Plate Hat**

- Cut the middle circle out of a paper plate.
- Color red stripes on a large, white piece of construction paper.
- Roll the paper into a cylinder and staple close.
- Cut a few small slits around the bottom of the cylinder.
- Fold slits under the rim of the paper plate and staple to secure to the plate.

*Adapted from [www.mamaslikeme.com](http://www.mamaslikeme.com)*

## **Guacamole Deviled Eggs**

Ingredients:

- 6 hardboiled eggs
- 2 ripe avocados, peeled and pitted
- 1 tablespoon lime juice
- ½ teaspoon salt
- 1 tablespoon sour cream (optional)
- 1 tablespoon chopped cilantro
- 1 tablespoon chopped chives or green onion

Instructions:

1. Peel eggs and cut in half, lengthwise. Scoop out yolks and arrange whites on a plate.
2. In a bowl, mash egg yolks, avocado, lime juice, salt, sour cream, cilantro and chives until smooth.
3. Spoon a generous spoonful of the guacamole into egg halves.
4. Serve with pretzels.

MARCH

# Women's History Month

1.A, 1.B 

1.A, 1.B, 2.A, 2.C 

1.B, 3.A, 3.B 

1.A, 2.B 

1.B 

Women's History Month highlights the contributions of women in history and current society. International Women's Day is celebrated on **March 8**.

- **Physical Activity:** Inspirational Women
- **Craft:** Self-Portrait
- **Book:** "Amelia and Eleanor Go for a Ride" by Pam Munoz Ryan; "Betsy Ross" by Alexandra Wallner; "Every-Day Dress-Up" by Selina Alka
- **Music:** "Respect" by Aretha Franklin; "Sufferin til Suffrage" by Schoolhouse Rock
- **Snack:** American Flag Kabob



## **Inspirational Women**

Ask children to dress up to show who they want to be when they grow up. Put on a performance while only using body language. No talking!

## **Self Portrait**

*Frida Kahlo, a recognized figure in art history, is known for painting self-portraits.*  
Ask children to paint/color their own self-portrait.

## **American Flag Kabob**

*Betsy Ross made the first American Flag.*

Use blueberry, banana and strawberry slices to make an American flag kabob. Use popsicles sticks, lollipop sticks or plastic straws for a safer alternative to kabob skewers.

APRIL

# Growing Great Tasters

1.A, 1.B, 2.C

13.A



April is an opportunity to teach children about gardening and to allow them to explore new foods using all of their senses.

- **Physical Activity:** Wheelbarrow Races
- **Craft:** Egg Carton Seed Starters
- **Book:** “The Very Hungry Caterpillar” by Eric Carle;  
“From Seed to Plant” by Gail Gibbons
- **Music:** “A Plant Will Grow” by Lauren Mayer;  
“Garden Boogie” by Pam Minor
- **Snack:** Garden salad with fresh berries



## Wheelbarrow Races

- Set up a start line and a finish line.
- Have children pair up, one walking on their hands while the other one holds their feet.
- Encourage children to work together to get to the finish line as fast as possible.

## Egg Carton Seed Starters

### Materials:

- Cardboard egg carton - bottom portion only
- Potting soil
- Seeds
- Spray bottle
- Easy to grow plants: cucumbers and radishes

*Adapted from [www.pbs.org](http://www.pbs.org)*

### Directions:

1. Cut egg carton in half (6 cups each).
2. Add soil to individual egg cups.
3. Poke a hole in the center of the soil of each cup using a finger.
4. Place one seed in each hole, cover with soil and spray with water.
5. Keep seed starters indoors in a warm light filled location until they begin to sprout. Water seeds daily. (The soil should stay moist.)
6. Once sprouted, plants are ready to be transferred. Make sure egg cartons are completely saturated with water. Tear egg carton cups apart. Dig a hole for each cup and place directly in the soil. It will decompose. Continue to water daily.

APRIL

# Earth Day

1.A, 1.B, 2.C  
13.A



On **April 22**, Earth Day celebrates protecting the environment and endangered species and promoting clean air and water.

- **Physical Activity:** Trash pickup around the school or at a local park
- **Craft:** Recycled Art Project
- **Book:** “The Giving Tree” by Shel Silverstein; “The Earth Book” by Todd Parr
- **Music:** “Can It! Save the Planet” by Mar; “Recycle” by Pam Minor
- **Snack:** Broccoli Forest



## **Recycled Art Project**

Have children create their own work of art using only recycled materials such as old newspapers or magazines, broken crayons, leftover construction paper pieces, paper towel rolls, toilet paper rolls, leftover yarn, etc.

## **Broccoli Forest**

Place a dollop of hummus in a bowl for each child. Serve with broccoli florets and allow children to stick the broccoli into the hummus, creating a mini forest.



APRIL

# Jazz Appreciation Month

1.A, 1.B, 2.C

1.B



Originating in New Orleans, this monthlong celebration recognizes the extraordinary American heritage of jazz and encourages people of all ages to participate in creating and listening to jazz music.

- **Physical Activity:** Drumline
- **Craft:** Duct Tape Drums
- **Book:** “Before John was a Jazz Giant” by Carole Boston Weatherford; “Little Melba and Her Big Trombone” by Katheryn Russell-Brown
- **Music:** Play jazz music by Louis Armstrong, Billie Holiday and Ella Fitzgerald
- **Snack:** Slow Cooker Red Beans and Rice



## **Drumline**

- Have children form a line with their Duct Tape Drums.
- After some practice playing, have children march around the classroom, pretending to be in a marching band.
- Encourage children to dance and march at the same time.

## **Duct Tape Drums**

- Use old cardboard tape rolls or cardboard tubes from the hardware store (used for pouring concrete).
- Provide a variety of colored duct tape and help children stretch the tape as tight as possible across the roll/tube until it is fully covered.
- Children use their hands or drumsticks to make music.

## **Slow Cooker Red Beans and Rice**

### Ingredients:

- 2 15 oz. cans red beans, drained and rinsed
- 1 cup finely chopped onion
- 1 cup chopped green pepper
- 1 cup chopped celery
- 2 teaspoon dried thyme
- 3 cloves garlic, minced
- 2½ cups vegetable broth
- 1 bay leaf
- 1 teaspoon smoked paprika
- ¼ teaspoon cayenne pepper
- 1 cup brown rice, uncooked

### Instructions:

1. Place all the ingredients (except the rice) in a slow cooker. Set on low for 4-5 hours.
2. Stir in the rice, pinch of salt and pepper, and increase heat to high. Cook for 2 more hours.

*Adapted from [www.delishknowledge.com](http://www.delishknowledge.com)*

APRIL

# Día De Los Niños/ Día De Los Libros

1.A, 1.D, 2.C  
3.B, 3.C



In Latino communities, Children's Day and Book Day are celebrated on **April 30** to emphasize the importance of childhood literacy.

- **Activity:** Human Alphabet
- **Craft:** Bookmaking
- **Book:** "Book Fiesta" by Pat Mora; "Mango Abuela and Me" by Meg Medina; "Round is a Tortilla" by Roseanne Thong
- **Music:** "I Love Reading" by Fabulous Lemon Drops; "Going to the Library" by the Kiboomers
- **Snack:** Alpha Bit cereal with milk



## **Human Alphabet**

Challenge children to use their bodies to create the letters of the alphabet.

## **Bookmaking**

- Fold a few pieces of paper in half “hamburger style” so the short ends are touching.
- Staple the creased part of the pages.
- Ask each child to create a book by coloring the pages to create a story.
- It can be a multiday activity, depending on how many pages are in each book.

*Adapted from [www.prekinders.com](http://www.prekinders.com)*

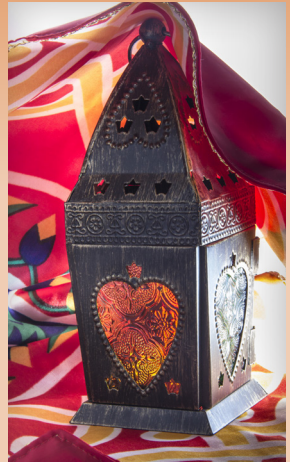
MAY

# Ramadan and Eid Al-Fitr

1.A, 1.B, 1.D, 2.C 

During the month of Ramadan, Muslims practice strict fasting and it is a time for reflection. At the end of Ramadan, Muslims observe a joyous three day celebration called Eid al-Fitr, Festival of Breaking the Fast. Ramadan begins with the sighting of the new moon. Refer to **www.timeanddate.com** for holiday dates.

- **Physical Activity:** Have a parade with handmade Fanous Lanterns and musical instruments
- **Craft:** Fanous Lantern
- **Book:** “Under the Ramadan Moon” by Sylvia Whitman; “Rashad’s Ramadan and Eid al-Fitr” by Lisa Bullard
- **Music:** “Eid is for Everyone” by Irfan Makki; “Eid Song” by Sami Yusuf
- **Snack:** Crescent Moon Fruit



## **Famous Lantern**

*These lanterns have become a symbol of Ramadan and frequently decorate streets and houses to create a magical atmosphere.*

- Use crayons and paint to create a design on a piece of paper.
- Once dry, fold the paper in half, long side to long side.
- Use scissors to cut out small shapes along the folded side (like you would to make a snowflake).
- Open the paper back up.
- Roll the paper so the longer sides barely overlap and secure with tape.
- The cuts will open up to make a design.
- Use an extra piece of paper to create a handle on top.

*Adapted from [nurturerstore.co.uk](http://nurturerstore.co.uk)*

## **Crescent Moon Fruit**

*Ramadan begins at the sighting of the new moon.*

Cut pineapple and melon with star and moon cookie cutters. Serve with whole grain crackers.

MAY

# Mother's Day

2.A 

1.A, 1.B, 2.C, 3.B, 3.C 

In America, Mother's Day most commonly falls on the **second Sunday in May**. It is a holiday honoring motherhood and mother figures.

- **Physical Activity:** Mother May I?
- **Craft:** Hand Printed Cards
- **Book:** "Are You My Mother?" by P. D. Eastman; "The Night before Mother's Day" by Natasha Wing
- **Music:** "A Song for Mama" by Boyz II Men; "The Perfect Fan" by Backstreet Boys
- **Snack:** Heart Shaped Munchies



## **Mother May I?**

- One child (or teacher) is selected to be “mother” and stands facing a line of children.
- The children take turns asking, “Mother may I take ‘x’ (giant/regular/baby steps) forward?”
- Mother answers, “You may” or “You may not.”
- The child says, “Thank you, mother” and reacts accordingly.
- If the child forgets to ask “Mother may I?” or say “Thank you, mother,” that child goes back to the starting line.
- The first child to touch “mother” wins.

## **Hand Printed Cards**

- Fold a sheet of construction paper in half to create a card.
- On the inside write, “I love my mom (or whoever is their mother figure, i.e., dad, grandma, aunt, sister, etc.) because...” and ask each child for their answer.
- Allow children to decorate their cards and sign their name.
- Once they are done, assist children in covering the palm of their hand in paint and stamping it on the front of the card.

## **Heart Shaped Munchies**

Use a heart shaped cookie cutter to cut a variety of foods such as watermelon, cantaloupe, melon, cucumber, whole wheat bread, turkey, etc.

*Please be aware of choking hazards for children under 4.*



MAY

# Asian American/Pacific Islander Heritage Month

1.A, 1.B,  
2.B, 2.C



This monthlong celebration recognizes the culture, traditions and history of Asian Americans and Pacific Islanders in the United States.

- **Physical Activity:** 1-2-3 Wooden Men
- **Craft:** Homemade Lei
- **Book:** “The Name Jar” by Yangsook Choi; “Hot, Hot Roti for Dada-ji” by F. Zia; “Cora Cooks Pancit” by Dorina K. Lazo Gilmore.
- **Music:** “Two Tigers,” Traditional; “We Know the Way” by Opetaia Foa’l and Lin-Manuel Miranda
- **Snack:** Lettuce Wraps



## 1-2-3 Wooden Men

- One child is selected as the “caller.” The “caller” turns his/her back to the group and yells “1-2-3 Wooden Men!” As he/she talks, the rest of the children move toward the “caller.”
- As soon as the “caller” finishes the sentence, he/she turns around and sends any child back to the starting line who is seen moving.
- Once a child touches the “caller,” that child now becomes “it” and a game of tag begins amongst the group. Once “it” tags a new child, he/she becomes the “caller” and a new game begins.

*Adapted from [www.misspandachinese.com](http://www.misspandachinese.com)*

**Homemade Lei** - *According to Hawaiians, a lei is a wreath of flowers presented upon arriving or leaving as a symbol of affection.*

Have children cut flowers out of colored construction paper and straws into one inch pieces. Alternate stringing hole-punched paper flowers and straw pieces onto string or yarn. Once finished, tie the ends together and place around the neck.

**Lettuce Wrap** - *Ssam, meaning “wrapped,” refers to a dish in Korean cuisine in which leafy vegetables are used to wrap a piece of meat and other vegetables.*

- Place a slice of deli turkey on a piece of lettuce.
- Add a few other vegetables (sliced cucumber, sliced bell pepper, shredded carrot, etc.). Roll tight and serve.

*Please be aware of choking hazards for children under 4.*

MAY

# Memorial Day

2.A 

1.A, 1.B, 2.C 

1.B, 2.C, 3.B, 3.C 

1.C 

The **last Monday of May** is a day of remembrance for those who have died in service of the United States of America.

- **Physical Activity:** The Ants Go Marching One by One
- **Craft:** Thank You Cards for Our Troops
- **Book:** “Memorial Day Surprise” by Theresa Golding; “Don’t Forget, God Bless Our Troops” by Jill Biden
- **Music:** “Amazing Grace,” Traditional; “My Country ‘Tis of Thee,” Traditional
- **Snack:** Red, White and Blue Yogurt Parfaits



## **The Ants Go Marching One by One**

Children should form a single line and march to the song “The Ants Go Marching One by One.”

Link to song lyrics: [www.metrolyrics.com/the-ants-go-marching-lyrics-children.html](http://www.metrolyrics.com/the-ants-go-marching-lyrics-children.html)

## **Thank You Cards for Our Troops**

- Fold a sheet of construction paper in half.
- On the inside, write “Dear Hero, Thank you for...” and ask the child for their answer.
- Allow children to decorate the cards and sign their name.
- Cards can be mailed to: A Million Thanks, 17853 Santiago Blvd., #107-355, Villa Park, CA 92861. Visit [amillionthanks.org](http://amillionthanks.org) for more details.

## **Red, White and Blue Yogurt Parfaits**

Serve raspberries, strawberries and blueberries over plain yogurt.

JUNE

# Father's Day

1.A 

1.A, 1.B, 2.B, 2.C 

1.A, 1.B, 2.B, 3.B 

1.A, 2.B, 2.C 

1.A 

Father's Day celebrates the contribution of fathers and father figures to our lives. Father's Day is celebrated on the **third Sunday of June**.

- **Physical Activity:** Rock Hunt
- **Craft:** Paint a Rock for Dad
- **Book:** "Just Me and My Dad" by Mercer Mayer; "The Berenstain Bears and the Papa's Day Surprise" by Stan and Jan Berenstain; "The Night Before Father's Day" by Natasha Wing
- **Music:** Father's Day Song
- **Snack:** Power Barbells



## **Rock Hunt**

Have children hunt for the perfect rock on the playground or at a local park to use for their craft project.

## **Paint a Rock for Dad**

- Provide paint for children to decorate their rock.
- Once dry, an adult writes “My Dad Rocks” (or whoever is the father figure in their life i.e., mom, grandpa, uncle, brother, etc.) in white paint.

## **Father’s Day Song**

*(Sung to the tune of “This Old Man”)*

Father’s Day, Father’s Day

Is a very special day.

Here’s a great big hug

And lots of kisses too.

Each one says that I love you!

*Adapted from [www.preschooleducation.com](http://www.preschooleducation.com)*

## **Power Barbells**

Have children place cheese cubes on each end of pretzel sticks.

JUNE

# International Day of Yoga

1.A, 1.B, 2.A, 2.B, 2.C

3.A

1.A, 2.B

1.B



Yoga is a 5,000 year old physical, mental and spiritual practice which aims to transform body and mind. Celebrate International Day of Yoga on **June 21**, the longest day of the year, with harmony and peace.

- **Activity:** Practice Cosmic Kids Yoga (*videos at [www.cosmickids.com](http://www.cosmickids.com)*)
- **Craft:** Wind Chimes
- **Book:** “Good Morning Yoga” by Mariam Gale; “You Are a Lion” by Taeun Yoo; “What I See, I Can Be” by Janet Williams
- **Music:** “Brain Breaks” by the Learning Station; “Butterfly” by Bari Koral
- **Snack:** Blueberry Blast Smoothie



## **Wind Chimes**

- String various shapes of beads on yarn.
- Use a hole punch to cut a few holes around the rim of a cup.
- String the yarn through the holes in the cup and tie.
- Poke a tiny hole through the base of the cup.
- Tie a bead to the end of a string and thread the string through the hole from the inside of the cup. This will become the top of the wind chime.

*Adapted from [www.happyhooligans.ca](http://www.happyhooligans.ca)*

## **Blueberry Blast Smoothie**

Ingredients:

- 1/2 cup vanilla yogurt
- 1/2 cup milk
- 1 cup frozen blueberries
- 2 teaspoons honey

Instructions:





- Blend all ingredients in a blender until smooth and frothy. Serve immediately.

*Adapted from [www.rachaelray.com](http://www.rachaelray.com)*



JUNE

# National Eat Your Vegetables Day

1.A, 1.B, 2.B, 2.C   
1.B, 3.B   
1.A, 2.B, 2.C   
1.A, 1.B, 1.C 

Celebrated on **June 17**, National Eat Your Vegetables Day is an opportunity to remind everyone that vegetables are an important part of a healthy lifestyle.

- **Physical Activity:** Four Corners
- **Craft:** Paint a Picture of a Vegetable Garden
- **Book:** “Planting a Rainbow” by Lois Elhert; “The Vegetables We Eat” by Gail Gibbons
- **Music:** The Good Food Song
- **Snack:** Tzatziki Sauce



## Four Corners

- Write and draw a picture of the following items on four sheets of paper: red pepper, carrot, broccoli, corn.
- Place one sheet of paper in each corner of the room.
- Instruct children: Walk to the vegetable you like to eat the best. Skip to the vegetable of your favorite color. Hop to the vegetable you like to dip, etc.

## The Good Food Song

*(Sung to the tune of "Old MacDonald Had A Farm")*

Vegetables are good for me,  
EE | EE | O  
And so I eat them happily,  
EE | EE | O  
With a carrot, carrot here,  
and a carrot, carrot there  
Here a carrot, there a carrot  
Everywhere a carrot, carrot.  
Vegetables are good for me,  
EE | EE | O.

Use your own creativity to add other vegetables.

*Adapted from [www.preschooleducation.com](http://www.preschooleducation.com)*

## Tzatziki Sauce

Ingredients:

- 16 ounces plain yogurt
- 2 cucumbers - peeled, seeded and diced
- 2 tablespoons olive oil
- 1/2 lemon, juiced
- Salt and pepper to taste
- 1 tablespoon dill, chopped
- 3 cloves garlic, peeled

Instructions:

1. Use a food processor or blender to combine ingredients until smooth.
2. Transfer to a separate dish, cover and refrigerate for at least one hour for best flavor.

*Adapted from [allrecipes.com](http://allrecipes.com)*

JULY

# Teddy Bear Picnic Day

1.A, 1.B, 2.B, 2.C

3.A, 3.B

1.A, 2.B, 2.C

1.A, 1.B, 15.A



Teddy Bear Picnic Day is celebrated on **July 10** and is commonly enjoyed by children taking their favorite stuffed animal on a picnic.

- **Physical Activity:** Act out the book “We’re Going On a Bear Hunt” by Michael Rosen
- **Craft:** Polar Bear Mask
- **Book:** “One Ted Falls Out of Bed” by Julia Donaldson; “Where’s My Teddy” by Jez Alborough
- **Music:** “Teddy Bear Picnic” by Anne Murray; “Teddy Bear Hug” by Raffi
- **Snack:** English Muffin Bear



## **Polar Bear Mask**

- Have an adult cut two circles out of a paper plate for eye holes.
- Paint a clear plastic cup white and allow to dry.
- Glue white, crumpled pieces of tissue paper on the paper plate.
- Cut two circles out of paper and attach to paper plate to make the ears.
- Glue plastic cup onto the paper plate to make a snout.
- Attach a black pompom to the tip of the plastic cup for the nose.
- Glue popsicle stick at the base on the back side to create a handle for the mask.

*Adapted from [iheartcraftythings.com](http://iheartcraftythings.com)*

## **English Muffin Bear**

- Spread soy or nut butter over an English muffin.
- Use banana slices and raisins to create a bear face.

*Please be aware of choking hazards for children under 4.*

*Adapted from [www.courtneyssweets.com](http://www.courtneyssweets.com)*

JULY

# International Day of Friendship

2.C 

1.A, 1.B, 1.D, 2.B, 2.C 

2.A, 2.B, 3.A 

1.A, 2.B, 2.C 

1.A, 1.B, 12.A 

The United Nations designated **July 30** as a day to build friendships between people, countries, cultures and individuals to promote peace.

- **Physical Activity:** Bucket Brigade
- **Craft:** Friendship Tree
- **Book:** “Toot and Puddle You are My Sunshine” by Holly Hobbie; “A Sick Day for Amos McGee” by Philip Stead; “Days with Frog and Toad” by Arnold Lobel
- **Music:** “You’ve Got a Friend In Me” by Randy Newman; “The More We Get Together” by Raffi
- **Snack:** Friendship Cereal Mix



## **Bucket Brigade**

- Divide children into even teams of at least 5 players each.
- Each team gets two buckets and one cup for each player.
- Players stand in a line with a bucket of water in front of the first child and an empty bucket in back of the last child.
- On “go,” the first child in each line puts their cup into the bucket and fills it with water. They then turn around and dump the water into the cup of the child behind them. Continue down the line to the last child who dumps their cup into the empty bucket. This action repeats until time is up.
- After 1 minute, the team with the most water in the empty bucket wins.

## **Friendship Tree**

- On a large sheet of paper or poster, draw a tree.
- Using colored paint, have each child make a handprint on the tree.
- Post the mural in the classroom to remind everyone of their friends.

## **Friendship Cereal Mix**

- Pour cereals into five separate bowls: Cheerios, Crispix, Rice Chex, Honey Kix, Shredded Wheat, etc.
- Ask each child to select their favorite item and pour a small scoop into a large friendship bowl.
- Divide the cereal from the large bowl to serve each child and serve with milk.

JULY

# 4th of July

1.A, 1.B, 2.B, 2.C

1.A, 1.B, 2.A, 2.B, 3.B

1.A, 2.B

1.B



Independence Day acknowledges the adoption of the Declaration of Independence in 1776 which made the 13 colonies a new nation -- the United States of America. Celebrated on **July 4**, Americans celebrate with fireworks and parades as instructed by the Founding Fathers.

- **Physical Activity:** Flag Hunt
- **Craft:** Fireworks
- **Book:** “A is for America” by Devin Scillian; “Fourth of July Mice” by Bethany Roberts; “Corduroy’s 4th of July” by Don Freeman
- **Music:** “Star Spangled Banner” by Whitney Houston; “America the Beautiful” by Ray Charles
- **Snack:** Watermelon Sparklers



## **Flag Hunt**

Hide small American flags around the playground and send children out to collect them. The child who collects the most flags gets to be the Grand Marshall of the parade around the building.

## **Watermelon Sparklers**

- Cut watermelon stars using a star shaped cookie cutter.
- Alternate blueberries, watermelon and small chunks of feta or mozzarella cheese on a skewer.
- Use popsicle sticks, lollipop sticks or plastic straws for a safer alternative to kabob skewers.

*Adapted from [ideas.hallmark.com](http://ideas.hallmark.com)*




## **Fireworks**

Have children finger paint fireworks with bright colors on black paper.



AUGUST

# Breastfeeding Awareness Month

1.B, 2.C   
3.B   
1.B, 15.A 

In Ohio, breastfeeding awareness is observed all month long. August 1-7 is World Breastfeeding Week which is celebrated all over the globe to encourage breastfeeding and improve the health of babies.

- **Physical Activity:** Mammals
- **Craft:** Milk Painting
- **Book:** “This Milk Tastes Good” by Chenniah Patrick; “Best Milk” by Kate Carothers; “Breastmilk Makes My Tummy Yummy” by Cecilia Moen
- **Music:** “Healthy Baby Healthy Mama” by Andrea Perry; “Cookie Jar” by Alice Saffer
- **Snack:** Frozen Yogurt Melts



## **Mammals**

All mammals breastfeed.

- Show children photos of different mammals with their young.
- Have children act out the mammal, first big like the mother and then small like the child.
- Examples – bears, camels, dogs, cats, dolphins, sheep, elephants, pandas, rabbits, monkeys, pigs, horses, etc.

## **Milk Painting**

- Pour milk onto a plate, bowl or large baking dish.
- Drop in two drops each of at least four different colors of food coloring.
- Dip the end of a Q-Tip in dish soap.
- Dip the Q-Tip into the milk and watch the colors burst.

## **Frozen Yogurt Melts**

- Chop 1 cup berries into tiny pieces and place in a bowl.
- Add  $\frac{3}{4}$  cup plain yogurt and stir.
- Spoon small globs onto a cookie sheet lined with parchment paper.
- Freeze for a few hours and enjoy.

AUGUST

# Family Fun Month

1.B, 2.C, 3.B 

1.B, 1.C, 2.B, 2.C 

1.C 

8.A 

Families are celebrated nationally in August as a reminder to set aside time to recognize the things that make each one special.

- **Physical Activity:** Family Favorites
- **Craft:** Class Family Album
- **Book:** “The Family Book” by Todd Parr; “Is Your Mama a Llama?” by Deborah Guarino
- **Music:** “We are Family” by Sister Sledge; “Somebody Loves You” by Betty Who
- **Snack:** DIY Yogurt Bar



### **Family Favorites**

- Ask each child for a favorite physical activity they do with their family.
- Write each answer down on a small slip of paper and place in a paper bag.
- Pull the slips of paper out of the bag throughout the month and complete the physical activity.

### **Class Family Album**

Have each child draw a picture of their family and help them label each family member. Combine all the pictures into a classroom album.

### **DIY Yogurt Bar**

Have each family bring an ingredient to build a healthy yogurt parfait bar. Invite parents to stay and build a parfait with their child.

Visit Growing Healthy Kids Columbus for the DIY Yogurt Bar sign-up sheet at [columbus.gov/healthygatherings](http://columbus.gov/healthygatherings).

AUGUST

# Water First for Thirst

2.C 

1.A, 1.B, 2.B, 2.C 

2.C 

1.A, 12.A 

When a child says “I’m thirsty,” offer water before any other drink. Celebrate the importance of water for our bodies and our world by incorporating the topic into your lesson plans in August and throughout the rest of the year!

- **Physical Activity:** Drip, Drip, Drench
- **Craft:** Decorate a reusable water bottle or cup
- **Book:** “Water Can Be...” by Laura Purdie Salas; “A Cool Drink of Water” by Barbara Kerley and National Geographic Learning; “Potter the Otter—A Tale About Water” by Shalini Singh Anand
- **Music:** “Five Little Speckled Frogs,” Traditional; “Itsy Bitsy Spider,” Traditional
- **Snack:** Wacky Water Bar



## **Drip, Drip, Drench**

A summer twist on Duck, Duck, Goose

- Players sit in a circle with one child “it.”
- The child who is “it” moves around the circle with a wet sponge, sprinkling each head with the sponge while saying “drip” ... “drip” ... etc.
- When the child who’s “it” squeezes out the sponge and yells “drench,” the “drenched” player must stand up and chase “it” around the circle.
- If “it” makes it back to the “drenched” player’s spot and sits down without being tagged, he/she is “safe.” The “drenched” player is now “it” and must move around the circle with the sponge.
- If “it” is tagged while running around the circle, he/she remains “it” and must begin the whole process again.

## **Wacky Water Bar**

Experiment with different mix-ins by having children add different fruits, vegetables and herbs to their water. Allow them to eat the leftovers.

SEPTEMBER

# Eid al-Adha

1.A 

1.A, 1.B, 2.C 

3.B 

2.C 

1.A, 6.B, 6.C, 15.A 

‘Festival of the Sacrifice,’ the second of two Muslim holidays celebrated worldwide each year (see May for Ramadan and Eid Al-Fitr), is considered the holier of the two. The ‘sacrifice’ which can be food, money or clothes is made in three parts: the family retains one third of the share; another third is given to relatives, friends and neighbors; and the remaining third is given to the poor and needy. Refer to **[www.timeanddate.com](http://www.timeanddate.com)** for celebration dates.

- **Physical Activity:** Completing the Pilgrimage
- **Craft:** Three Pictures
- **Book:** “The Best Eid Ever” by Asma Mobin-Udin; “Going to Mecca” by Na’ima B. Robert
- **Music:** “Eid Mubarak”
- **Snack:** Cottage Cheese Lamb



### **Neighborhood Pilgrimage**

*Eid al-Adha marks the end of the Hajj which is an annual Islamic pilgrimage to Mecca. During the Hajj, Muslims go around the Kaaba seven times to show submission to their Allah (God).*

Set up two points on the playground and ask the children to run back and forth between the two points seven times.

### **Three Pictures**

Have children draw three pictures - one to bring home to their family, one to give to a friend and one to give to a local children's hospital or family shelter.

### **Eid Mubarak**

*(Sung to the tune of "Frere Jacques")*

Eid Mubarak, Eid Mubarak,  
Happy Eid, Happy Eid  
Eid's a time for sharing, Eid's a time  
for sharing  
Happy Eid, Happy Eid

### **Cottage Cheese Lamb**

- Cut out thin cheese slices in the shape of a lamb head (oval) and legs (strips).
- Arrange cottage cheese around cut-outs to be the lamb body - and don't forget a little tail!
- Arrange small celery slices under the lamb like grass.



SEPTEMBER

# Rosh Hashanah and Yom Kippur

2.B, 2.C



1.A, 1.B, 2.C



Rosh Hashanah (the Jewish New Year) and Yom Kippur (the Day of Atonement) are also known as the High Holy Days or the Days of Awe. These holidays usually fall in **September or October**. The apple is a traditional symbol of Rosh Hashanah because the ancient Jews believed the fruit had healing properties.

- **Physical Activity:** Go Apple Picking
- **Craft:** Noisemaker Shofar
- **Book:** “Rosh Hashanah Is Coming!” by Tracy Newman; “On Rosh Hashanah and Yom Kippur” by Cathy Goldberg Fishman
- **Music:** “Dip Your Apple” by Ein Prat Fountainheads; “Jonah Was a Prophet” VeggieTales
- **Snack:** Honey Yogurt Apple Dippers



## **Noisemaker Shofar**

*A shofar is traditionally made from a hollowed out ram's horn and is blown to awaken and inspire.*

- Cut a toilet paper tube lengthwise so it can lie flat.
- Wrap the toilet paper tube cardboard around a noisemaker (can be found at a party store) in the shape of a funnel. Tape in place.
- Take another (uncut) toilet paper tube and fold a pleat on one end. Fit the pleated end of this tube into the funnel made by the other tube. This should create a softly curved horn shape. Tape in place.
- Cover the tubes in masking tape to reinforce the horn.
- Paint white or brown if desired.

*Adapted from [hearingshofar.blogspot.com](http://hearingshofar.blogspot.com)*

## **Honey Yogurt Apple Dippers**

*A traditional Rosh Hashanah combination, eating apples and honey signifies hope for a “sweet” new year.*

Drizzle honey on top of plain Greek yogurt and allow the children to dunk apple slices in the yogurt.

SEPTEMBER

# Hispanic Heritage Month

2.C 

1.A, 1.B, 2.B, 2.C 

National Hispanic Heritage Month is from **September 15 to October 15** and is observed by celebrating the histories, cultures and contributions of Americans whose ancestors came from Spain, Mexico, the Caribbean, and Central and South America.

- **Physical Activity:** Encantados (Brazilian Freeze Tag)
- **Craft:** Ecuadorian Migajón Miniatures
- **Book:** “Marisol McDonald Doesn’t Match” by Monica Brown; “Tomas and the Library Lady” by Pat Mora
- **Music:** “La Víbora de la Mar” by Tu y Yo Cantando; “De Colores” by Joan Baez
- **Snack:** Paletas de Piña y Arándano (Blueberry Pineapple Popsicles) and goldfish crackers



### **Encantados (Brazilian Freeze Tag)**

- One child is “it” and chases the other children around an open space.
- If “it” tags another child and says “encantados” (Brazilian Portuguese for “enchanted one”), that child must freeze in place with their legs wide until another child crawls between their legs and says “desencantados.”
- Play until “it” enchants all other players or choose a new child to be “it” every 5 minutes for variety.

### **Ecuadorian Migajón Miniatures**

- Remove the crust from a slice of white bread.
- Have the child start kneading the bread, adding a tablespoon of glue.
- Shape the mixture into a favorite animal and let it air dry overnight.
- Allow the child to paint the miniature using bright colors.

*Adapted from [www.scholastic.com/](http://www.scholastic.com/)*

### **Paletas de Piña y Arándano (Blueberry Pineapple Popsicles)**

Ingredients:

- 4 cups fresh pineapple
- 1 cup fresh blueberries
- 1/2 cup water
- 1/4 cup fresh lime juice
- 1 teaspoon salt

Instructions:

1. Place pineapple, blueberries, lime juice and salt in a blender with 1/2 cup water.
2. Blend until smooth and strain.
3. Pour fresh juice into a popsicle mold. Add more blueberries and freeze for about 1 hour.
4. Insert popsicle sticks and freeze until solid, about 3 hours.

SEPTEMBER

# Harvest Days

2.C



1.A, 1.B, 2.B, 2.C



15.A



Help children learn about autumn and harvest time by incorporating different themes of the season into a celebration.

- **Physical Activity:** Scarecrow and the Crow
- **Craft:** Leaf Rubbings
- **Book:** “Leaves” by David Ezra Stein; “By the Light of the Harvest Moon” by Harriet Ziefert
- **Music:** “Autumn Leaves Are Falling Down” by Shari and Jerry Tallon
- **Snack:** Baked Squash Cubes



## Scarecrow and the Crow

- Choose one child to be the scarecrow standing on one leg in the middle of a circle.
- Play some music and let children pass a dried corn on the cob around the circle.
- When the music stops, the child with the corn (crow) runs off around the circle.
- The scarecrow tries to catch him/her before he/she gets back to her/his seat.
- Choose another scarecrow.

*Adapted from [www.kidssoup.com](http://www.kidssoup.com)*

## Leaf Rubbings

- Go on a scavenger hunt for leaves.
- Place a few of the child's favorites on a smooth, flat surface and tape a thin sheet of paper over the leaves.
- Have the child rub a crayon or pastel across the page and watch the shape of the leaves appear.

## Baked Squash Cubes

Ingredients:

- 1 butternut squash - peeled, seeded and cut into 1 inch cubes
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- Salt and ground black pepper to taste

Instructions:

1. Preheat oven to 400 degrees F.
2. Toss butternut squash with olive oil and garlic in a large bowl. Season with salt and black pepper. Arrange coated squash on a baking sheet.
3. Roast in the preheated oven until squash is tender and lightly browned, 25 to 30 minutes.
4. Serve with whole grain crackers.

OCTOBER

# Fire Prevention Month

1.A, 1.B, 2.B, 2.C

2.C

1.A



The U.S. Fire Administration reports that more than half of pediatric fire deaths are among children age 4 or younger. Keep young kids safe by engaging them in fire safety.

- **Physical Activity:** Partner with the local fire department to practice “Stop, Drop and Roll” and a fire drill
- **Craft:** Five Little Firemen
- **Book:** “Clifford the Firehouse Dog” by Norman Bridwell; “My Fire Engine” by Michael Rex
- **Music:** Firefighter Song
- **Snack:** Flame Bell Pepper Dippers



## **Five Little Firemen**

- Help the child make a red handprint and let the paint dry.
- Have the child glue paper circles on the top of each finger to make the firemen heads. The child should draw a smiling face on each head.
- Have the child glue cutouts of fire helmets on top of each head.
- Using a red marker, the child can draw little arms on each finger. Then use a black marker to draw a fire hose across all the arms.
- Finally, have the child use glue and glitter to make a stream of water come out of the hose.

*Adapted from [howtohomeschoolmychild.com](http://howtohomeschoolmychild.com)*

## **Firefighter Song**

*(Sung to the tune of "I'm a Little Teapot")*

I'm a little firefighter on the go.

Here is my helmet. Here is my hose.

When I see a fire, hear me shout: "Turn on the water and put the fire out!"

Shhhhhhhh!

## **Flame Bell Pepper Dippers**

Serve red, yellow and orange bell pepper slices with hummus or yogurt dip.



OCTOBER

# Halloween

2.C



1.A, 1.B, 2.B, 2.C



15.A



Halloween is a holiday marked by spooky costumes, trick-or-treating and jack o' lanterns. Traditionally thought to be a celebration on the eve of Christian All Hallow's Day or based off Gaelic Samhain, Halloween is celebrated on **October 31**.

- **Physical Activity:** Mummy Relay Race
- **Craft:** Clothespin Bats
- **Book:** "What Was I Scared Of?" by Dr. Seuss; "Room on the Broom" by Julia Donaldson
- **Music:** "The Monster Mash" by Bobby Pickett; "Thriller" by Michael Jackson
- **Snack:** Clementine Pumpkins



## **Mummy Relay Race**

Split into teams and work together to use an entire roll of toilet paper to wrap one team member like a mummy. Have the mummy run or walk across the room without tearing or unraveling the toilet paper to win.

## **Clothespin Bats**

- Have the child color a clothespin with a black crayon or marker.
- Cut out head and bat wing shapes from construction paper and decorate with googly eyes and white crayon.
- Use the clothespin to hold the wings and head together in the shape of a bat - wings furthest down, and head at the top of the pin.

*Adapted from [www.notimeforflashcards.com](http://www.notimeforflashcards.com)*

## **Clementine Pumpkins**

Peel a clementine and place a small piece of celery in the middle of the clementine to make the pumpkin stem.

OCTOBER

# Sharing is Caring

## Bullying Prevention Month

1.A, 1.B, 2.B, 2.C 

Bullying behaviors begin to emerge in early childhood. Early interventions such as emphasizing the importance of sharing can play a critical role in determining whether bullying develops and escalates or whether it is stopped and prevented.

- **Physical Activity:** Parachute Juggling
- **Craft:** Rainbow Fish
- **Book:** “It’s Mine!” by Leo Lionni; “Rainbow Fish” by Marcus Pfister
- **Music:** “The Sharing Song” by Jack Johnson; “We Can Work it Out” by The Beatles
- **Snack:** Shareable English Muffin Pizzas



## Parachute Juggling

Place a ball on a parachute (or big sheet) and work as a team to keep the parachute moving and the ball on the parachute. For an extra challenge, add more balls to the parachute.

## Rainbow Fish

- Draw the outline of a fish or print one off the internet.
- Have the child decorate the fish with markers or other craft supplies.
- Tape or glue a sheet of stickers to the fish and instruct them to share their stickers with others.

*Adapted from momitforward.com*

## Shareable English Muffin Pizzas

Ingredients (for one pizza):

- 1 English Muffin
- 1/8 cup pizza sauce
- 1/2 cup shredded mozzarella cheese
- A variety of fresh toppings

Instructions:

1. Preheat the oven to 375 degrees F.
2. Spoon some of the pizza sauce onto each half of the English muffin and let each child choose toppings to put on their muffin.
3. TIP: Stick a piece of tape with the child's initials on a toothpick and insert it into the muffin they created.
4. Place the English muffin halves on a baking sheet and bake for 10 minutes in the preheated oven or until the cheese is melted and browned on the edges.
5. Cut each child's muffin in half and instruct them to share one of their halves with a classmate.

OCTOBER

# Diwali

1.A, 1.B, 2.B, 2.C 

Diwali is a major Hindu festival that celebrates the spiritual victory of light over darkness, good over evil, knowledge over ignorance, and hope over despair. Because the Hindu calendar is lunar, Diwali night falls between **mid-October and mid-November**.

- **Physical Activity:** Welcome Lakshmi
- **Craft:** Classroom Rangoli
- **Book:** “The Diwali Gift” by Shweta Chopra; “Diwali: A Cultural Adventure” by Sana Sood
- **Music:** “Happy Diwali” by Vishal Dadlani and Shekhar Ravjiani; “Jai Ho” by A. R. Rahman – test out your Bollywood moves by dancing along to the music videos!
- **Snack:** Cucumber Raita



## Welcome Lakshmi

Have the children work together to tidy up the classroom, getting ready to welcome Lakshmi, the Hindu goddess of wealth. Leave electric tea lights or flashlights on overnight near the windows, inviting the goddess to enter.

## Classroom Rangoli

Using chalk in place of traditional colored powder, work together as a class to draw a geometric or flower pattern outside the front door or in a courtyard.

## Cucumber Raita

Ingredients:

- 1 cup plain yogurt
- ½ medium cucumber
- 1 teaspoon ground ginger
- ¼ teaspoon coriander
- ¼ teaspoon cumin
- ¼ teaspoon salt
- handful of fresh cilantro or mint

Instructions:

1. Chop cucumber and set to the side.
2. In a small bowl, stir to combine the yogurt, salt, cumin, ginger and coriander. Roughly chop the cilantro and add it to the bowl.
3. Stir the cucumber into the sauce. Serve the sauce immediately or refrigerate to allow the flavors to combine.
4. Serve with Naan (substitute: pita bread) or Roti (substitute: whole grain tortilla).

*Adapted from [www.budgetbytes.com](http://www.budgetbytes.com)*

NOVEMBER

# Día De Los Muertos

1.A, 1.B, 2.B, 2.C 

The Day of the Dead is actually a multiday Mexican holiday focused on gatherings of family and friends to celebrate and remember those who have died. Traditionally, the holiday takes place from **October 31 to November 2**.

- **Physical Activity:** Color, Colorcito
- **Craft:** Calaveras Masks
- **Book:** “Rosita y Conchita” by Eric Gonzalez and Erich Haeger; “The Day of the Dead” by Bob Barner
- **Music:** “Chúmbala Cachumbala Las Calaveras” by ChiquitinesTV; “Los Alegres Esqueletos” by Toy Cantando
- **Snack:** Mexican Corn Dip



## Color, Colorcito

- The child who is “it” says “color, colorcito” and then the name of a color.
- Everyone must run to touch something that color in order to be “safe.”
- If “it” tags a player, he or she becomes “it” and play continues.

## Calaveras Masks

Cut out paper plates in the shape of a skull, utilizing the ribbed edge for the “teeth.” Have children decorate the skull using markers and other craft supplies. For authenticity, encourage the use of many colors and symmetrical design.

*Adapted from [scrumdillydo.blogspot.com](http://scrumdillydo.blogspot.com)*

## Mexican Corn Dip

Ingredients:

- ¼ cup mayonnaise
- ¼ cup plain Greek yogurt
- 1 tablespoon chili powder, divided
- 2 garlic cloves
- 3 ounces fresh parmesan cheese
- 8 ounces pepper jack cheese
- 1 lime
- 2-15 ounces of canned corn
- 1 jalapeño pepper, stem removed, chopped (*optional*)
- 2 tablespoons fresh cilantro, chopped

Instructions:

1. Combine mayonnaise, yogurt, chili powder and garlic in a medium bowl.
2. Add cheese to the bowl and combine.
3. Juice lime over the ingredients in bowl.
4. Add corn, jalapeño pepper and cilantro to bowl and stir.
5. Serve with baked chips, crackers or fresh veggies.

*Adapted from [www.pamperedchef.com](http://www.pamperedchef.com)*



NOVEMBER

# Thanksgiving Gratitude Month

1.A, 1.B, 1.D, 2.B, 2.C



3.B



2.C



1.A



Traditionally celebrated as a day of giving thanks for the blessings of the harvest and the preceding year, modern American Thanksgiving takes place on the **fourth Thursday of November**. It is a time for families to gather and eat a large feast. While there is much historical debate, Pilgrims and Native Americans are the common figureheads and foods like turkey, yams and cranberries are consumed.

- **Physical Activity:** Cup Ball
- **Craft:** Gratitude Feathers
- **Book:** “Bear Says Thanks” by Karma Wilson; “A Turkey for Thanksgiving” by Eve Bunting
- **Music:** We Are Thankful
- **Snack:** Turkey Roll Ups



## Cup Ball

*This activity is based on a common game played by Native American and Pilgrim children alike.*

- Carefully cut a small hole through the bottom of a paper or plastic cup.
- Thread about an inch of a piece of string - about 14" long total - through the hole and tape to the bottom of the cup.
- Secure the other end of the string to another small, lightweight object (little ball, bell, etc.).
- Challenge the child to try to catch the object on the end of the string in the cup using only one hand.

*Adapted from [www.education.com](http://www.education.com)*

## Gratitude Feathers

Have children color in an outline of their hand to look like a turkey. Ask them for four things for which they are thankful and write an answer on each turkey feather.

## We Are Thankful

*(Sung to the tune of "Frere Jacques")*

We are thankful

We are thankful

For our food\* (\*verses 2 & 3:  
*family, friends*)

For our food\* (\*verses 2 & 3:  
*family, friends*)

And our many blessings,

And our many blessings,





Thank You! Thank You!

## Turkey Roll Ups

- Spread hummus or yogurt dip on deli turkey.
- Place assorted vegetables (sliced cucumbers, sliced bell peppers, shredded carrots, etc.) on deli turkey.
- Roll up and serve.

NOVEMBER

# Native American Heritage Month

1.A, 1.B, 2.B, 2.C   
3.B   
2.C   
1.A 

Also referred to as American Indian and Alaska Native Heritage Month, November is a time to celebrate the rich and diverse cultures, traditions and histories of Native people and to acknowledge their important contributions and unique challenges.

- **Physical Activity:** Hot Potato
- **Craft:** Quill Box or “Tapestry”
- **Book:** “The Christmas Coat: Memories of My Sioux Childhood” by Virginia Driving Hawk Sneve; “Arrow to the Sun: A Pueblo Indian Tale” by Gerald McDermott
- **Music:** “1492” by Nancy Schimmel; “We Are All Connected” by Sue Straw
- **Snack:** Wojapi



## Hot Potato

*Inspired by a Cree version of volleyball.*

- Play music and have children pass a beach ball or bean bag around a circle.
- Once the music stops, whichever child held or last touched the object does 5 jumping jacks while everyone counts aloud.
- Start the music and play again.

*Adapted from [www.manataka.org](http://www.manataka.org)*

## Quill Box or “Tapestry”

Have children glue multicolored toothpicks (in place of dyed quills) in symmetrical patterns onto a small knickknack box (found at craft stores) or a square piece of paper. Hang squares on the wall in a matrix to mimic a patchwork tapestry.

## Wojapi

Blueberries are native to North America and frequently gathered by Native Americans.

Ingredients:

- 4 cups blueberries
- 1-2 tablespoon(s) cornstarch
- 1 tablespoon maple syrup
- ¼ cup water

Instructions:

1. In a saucepan, simmer berries and water over low heat, stirring occasionally.
2. Once the berries are broken down into a sauce, scoop one spoonful of sauce into a bowl.
3. Whisk cornstarch into the sauce in the bowl.
4. Pour sauce from the bowl back into the saucepan and whisk until combined.
5. Sweeten with maple syrup.
6. Serve over cornbread or pancakes.

*Adapted from [www.firstnations.org](http://www.firstnations.org)*

NOVEMBER

# Aviation History Month

1.A, 1.B, 2.B, 2.C 

Ohio is the official “Birthplace of Aviation.” Take time to explore, recognize and celebrate America’s great contributions and achievements in the development of flying machines.

- **Physical Activity:** Fly a Kite – *precursor to the airplane!*
- **Craft:** Test Flight
- **Book:** “Wee and the Wright Brothers” by Timothy R. Gaffney; “Roaring Rockets” by Tony Mitton & Ant Parker
- **Music:** “Let’s Go Fly a Kite” by Richard M. Sherman and Robert B. Sherman; “Rocket Ship Run” by Laurie Berkner
- **Snack:** Rocket Fruit Kebabs



## **Test Flight**

Try designing and testing different paper airplanes and helicopters.

For paper airplane ideas, visit [www.foldnfly.com](http://www.foldnfly.com).

## **Rocket Fruit Kebabs**

- Cut a melon of choice into a rocket tail shape (fat “v”).
- Cut the stem off a strawberry and slice it horizontally into three pieces.
- Slice mozzarella into 1/2 inch pieces.
- Skewer the fruit and cheese in the following order: melon, strawberry slice (top), cheese, strawberry slice (middle), cheese, strawberry slice (bottom, to make rocket “nose”).

*Adapted from [www.taste.com](http://www.taste.com)*

DECEMBER

# Hanukkah

1.A, 1.B, 2.B, 2.C 

Hanukkah is a traditional Jewish holiday observed for eight nights and days. Celebration occurs in **November or December** depending on the Hebrew calendar. The Menorah is one of the oldest symbols of Judaism.

- **Physical Activity:** Action Dreidel
- **Craft:** Menorah Handprints
- **Book:** “Hershel and the Hanukkah Goblins” by Eric A. Kimmel; “The Miracle Jar: A Hanukkah Story” by Audrey Penn
- **Music:** “Dreidel, Dreidel,” Traditional
- **Snack:** Potato Latkes



## Action Dreidel

Using a regular dreidel, adopt the following rules if you spin a:

- Gimel (ג) – Make another player do 2 jumping jacks.
- Heh (ה) – Make another player do 1 kick to the sky (watching out for other players).
- Nun (נ) – Do nothing.
- Shin (ש) – Skip around the circle twice.

## Menorah Handprints

- Paint both of the child's hands blue.
- Place hands on paper with fingers spread, thumbs overlapping to create nine candles.
- Paint a rectangle under the handprints to be the menorah base.
- Decorate the top of each finger with gold paint and glitter.

## Potato Latkes

*Potato latkes, also known as potato pancakes, have been prepared as part of the Hanukkah festival since the 1800s.*

Ingredients:

- 2 cups mashed potatoes
- 1 egg
- 1/4 cup flour
- Salt, pepper and garlic to taste

Instructions:

1. Mix mashed potatoes, egg, flour, salt, pepper and garlic.
2. Preheat skillet and spray with olive oil based cooking spray.
3. Pour 1/4 cup batter into hot pan and brown on both sides.
4. Serve with applesauce on top.

*Adapted from [www.food.com](http://www.food.com)*



DECEMBER

# Christmas

1.A, 1.B, 2.B, 2.C 

Christmas is observed on **December 25** as both a religious and cultural celebration. While the Christian celebration commemorates the birth of Jesus Christ, the cultural observation features secular characters such as Santa Claus and Rudolph the Red Nose Reindeer.

- **Physical Activity:** Santa, Santa, Reindeer
- **Craft:** Beaded Wreath Ornament
- **Book:** “Room for a Little One: A Christmas Tale” by Martin Waddell; “The Polar Express” by Chris Van Allsburg
- **Music:** “Away in a Manger,” Traditional; “Santa Claus is Coming to Town” by John Frederick Coots and Haven Gillespie
- **Snack:** Christmas Tree Veggie Platter



## **Santa, Santa, Reindeer**

- Players sit in a circle with one child “it.”
- The child who is “it” moves around the circle tapping each head, saying “Santa,”... “Santa,”... etc.
- When the child who’s “it” taps a head and says “Reindeer!” the tapped player must stand up and chase “it” around the circle.
- If “it” makes it back to the last tapped player’s spot and sits down without being tagged, he/she is “safe.” The last tapped player is now “it.”
- If “it” is tagged while running around the circle, he/she remains “it” and must begin the whole process again.

## **Beaded Wreath Ornament**

- Have the child alternate beading green and red tri-beads on a red pipe cleaner, leaving about one inch unbeaded on both sides.
- When finished, twist the ends together to form a circle.
- To make an ornament, hang the wreath from string.

## **Christmas Tree Veggie Platter**

- Arrange broccoli florets into a tree shape.
- Decorate with halved cherry tomatoes as ornaments and yellow bell pepper slices arranged into a star at the top.
- Pretzel sticks can form the trunk and cauliflower florets can be snowdrifts on the ground.
- Serve with hummus and low-fat yogurt dip.

DECEMBER

# Kwanzaa

1.A, 1.B, 2.B, 2.C 

Kwanzaa is a celebration honoring African heritage in African-American culture and is observed from **December 26 to January 1**, ending in a feast and gift-giving. Corn is a traditional symbol of Kwanzaa.

- **Physical Activity:** Mbube
- **Craft:** Corn Printing – *Have the child finger paint the kernels of corn on an outline of an ear of corn.*
- **Book:** “Seven Spools of Thread: A Kwanzaa Story” by Angela Shelf Medearis; “Li'l Rabbit's Kwanzaa” by Donna L. Washington
- **Music:** “Celebrate Kwanzaa” by Bryan McCabe; “O Kwanzaa” by Teresa Jennings
- **Snack:** Corn Spoon Bread and Milk



## Mbube

### *Traditional African game*

- Blindfold two children: one to be mbube (Lion, pronounced EEM-boo-bay) and another to be impala(antelope).
- Spin each child in a circle.
- Mbube must catch impala with the help of other players chanting “mbube... mbube...”. Chant faster and louder as mbube gets closer to impala and slower and quieter as mbube gets farther from impala.
- Once mbube catches impala, pick new children to play the roles and begin again.

*Adapted from [www.whattoexpect.com](http://www.whattoexpect.com)*

## Corn Spoon Bread

### Ingredients:

- 3/4 cup yellow cornmeal
- 1/2 cup flour
- 3 large eggs – separated, egg whites whipped
- 1 teaspoon salt
- 1/4 teaspoon baking powder
- One 15 ounce can creamed corn
- Whole scallions, chopped

### Instructions:

1. Preheat the oven to 325 degrees F. Coat a 12 cup muffin pan with baking spray.
2. Whisk cornmeal, flour, salt and baking powder in a small bowl. Whisk together the creamed corn and egg yolks in a large bowl. Mix in cornmeal mixture and scallions. Stir about 1/3 of the egg whites into the corn mixture to lighten it and then fold in the remaining egg whites until combined.
3. Spoon batter into the muffin cups and bake for 20-25 minutes.
4. Allow 5 minutes to cool. Serve with milk.

*Adapted from [www.foodnetwork.com](http://www.foodnetwork.com)*

DECEMBER

# New Year's Eve

1.A, 1.B, 2.B, 2.C 

Most New Year's Eve festivities begin on **December 31**, the last day of the Gregorian calendar, with gatherings of families and friends that often continue into the early hours of January 1.

- **Physical Activity:** Clock Stretches
- **Craft:** Origami Paper Hats
- **Book:** "P. Bear's New Year's Party: A Counting Book" by Paul Owen Lewis; "Squirrel's New Year's Resolution" by Pat Miller
- **Music:** "Auld Lang Syne," Traditional; "Celebration" by Kool & the Gang; "1999" by Prince
- **Snack:** Spanish Grapes



## **Clock Stretches**

Lead children in a series of stretches, mimicking times on a clock: touch toes for 6:30, reach up for 12:30, hold arms to the left for 3:30, etc.

## **Origami Paper Hats**

- Use a rectangle piece of paper bigger than 8.5”x 11” if possible.
- Have children decorate the paper. Flip the paper over before folding.
- Fold the rectangle in half, short side to short side (“hamburger style”).
- Along that crease, fold the two corners together creating a triangle shape.
- Fold the top remaining paper strip down towards the triangle you just created.
- Flip the paper over and fold the other strip down, mirroring the other side.
- Pinch the outside bottom corners of the paper and push inward to pop your hat out.

## **Spanish Grapes**

Eat 12 grapes when the clock strikes 12 - or noon - for good luck just like the Spaniards. Serve grapes with whole wheat crackers.

*Please be aware of choking hazards for children under 4.*