

# APRIL

**THEME:** Growing Up Healthy **FOCUS:** Children learn about their bodies and how to take care of themselves.

## ALPHABET KNOWLEDGE

Q, R, & S

Form different letters and shapes using yarn or Wikki Stix.

## LET'S GET PHYSICAL!

March around outside singing "Smell With My Nose" to the tune of "Skip to my Lou" and pause at different areas and take deep breaths in to use your sense of smell and exhale through your mouth.

## SONG OF THE MONTH

We'll Share a Treat

Tune: On Top of Old Smokey

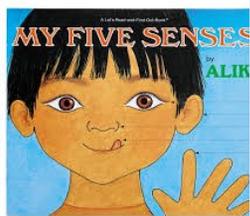
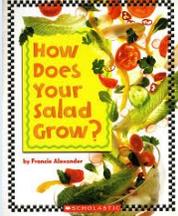
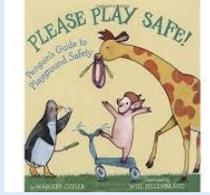
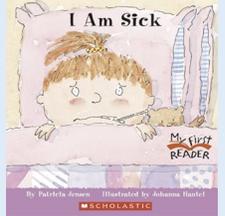
Let's ask our friend (child's name) if (he/she)'d like a treat.  
If we don't have apples what else could (he/she) eat?

We'll peel a ripe orange. It's easy to share.  
We'll split it in slices, to show we all care.



## VOCABULARY WORDS

Senses  
Feel  
Exercise  
Healthy  
Culture  
Energy  
Accident  
Safety

<p><b>BOOK LIST</b></p>	 <p>By: Alikı Brandenberg</p>	 <p>By: Francie Alexander</p>	 <p>By: Margery Cuyler</p>	 <p>By: Patricia Jensen</p>
<p><b>DISCUSSION TOPICS</b></p>	<p>Teach your child the five senses: sight, hearing, touch, taste and smell. Throughout the day, point out when they are using their senses.</p>	<p>Talk about healthy food choices and how they help our bodies grow.</p>	<p>Talk about the different ways we keep ourselves safe when we are on the playground, on walks, at home and at school.</p>	<p>Discuss the ways we can prevent getting sick and how we take care of ourselves when we are sick.</p>
<p><b>CREATIVE ART IDEAS</b></p>	<p><b>MYSTERY BOX:</b> Decorate the outside of a tissue box. Then fill it with familiar objects such as a ball, Lego, or rock, and use your sense of touch to guess what is inside.</p>	<p><b>PLANT A SEED:</b> Cut a water bottle in half and decorate the bottom portion with paint or stickers. Add soil and a seed and watch it grow.</p>	<p><b>TRAFFIC LIGHT:</b> Paint three paper circles, coffee filters or small plates, red, yellow and green, then glue them to a black piece of paper.</p>	<p><b>GERM PAINTING:</b> Place drops of liquid watercolor paint or watered down tempera paint, on white paper, blow with a straw to spread the paint. Let dry and add eyes to make germs.</p>

## ENHANCED LEARNING

### LEARN THROUGH PLAY

- Be a doctor and take care of your stuffed animals and dolls.
- Be a chef and with the help of an adult, make a fruit salad.
- Get your heart rate up by doing a Zumba for Kids video on YouTube.
- Practice pedestrian safety by playing crossing guard in your house or yard.

### MATH AND SCIENCE

- While blindfolded, guess what certain items are by using your sense of smell.
- Take a walk and listen to the sounds in your neighborhood, take note of what you hear.
- Try different fruits and veggies you've never eaten before.
- Show your child various vessels (mug, bowl, pot) and have them predict which will hold the more liquid.

## BULLETIN BOARD

Curious about your child's development? Visit [www.asqonline.com/family/Obf169](http://www.asqonline.com/family/Obf169) to complete a screening questionnaire!  
We will contact you with the results.

