

# 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 pipe cleaners.

## LET'S GET PHYSICAL!

Skip 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.

## TALK ABOUT IT

Use sentence starters to help children use complete sentences in discussions about personal health and safety.

Healthy people always...

My favorite smell/sound/taste...

When I am sick...

One important safety rule is...

## VOCABULARY WORDS

Sight  
Sound  
Fitness  
Nutrition  
Fruit  
Vegetables  
Caution  
Emergency

BOOK LIST	 By: Susan Canizares	 By: Kathy Schulz	 By: Bruce Goldstone	 By: Margery Cuyler
DISCUSSION TOPICS	Teach your child the five senses: sight, hearing, touch, taste and smell. Throughout the day, point out when they are using their senses.	Discuss the different things we do to take care of ourselves and each other.	Talk about healthy food choices and how they help our bodies grow.	Talk about ways to stay safe in and outside of your home.
CREATIVE ART IDEAS	<b>SENSORY BOTTLE:</b> Wash out an old seasoning bottle. Fill it with a couple of cotton balls. Put a drop of familiar fragrance on the cotton balls. Have your child guess what they smell.	<b>REMEMBER TO BE SAFE:</b> Make a poster together that helps remind your child to be safe with pictures of your child practicing being safe.	<b>GERMINATE A POPCORN KERNEL:</b> Using a Ziplock bag and a popcorn kernel, wet a paper towel and place it in the bag with the kernel on the paper towel. Tape to a window that gets lots of sunlight. Watch it sprout!	<b>STOP SIGN:</b> Using a piece of cardboard, cut it into an octagon. Decorate one side with a STOP sign and the other side with a GO sign. Glue on a tongue depressor for a handle.

## ENHANCED LEARNING

### LEARN THROUGH PLAY

- Be a doctor and take care of your stuffed animals and dolls.
- 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. Use your STOP/GO sign!

### 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.

## BULLETIN BOARD

You and Me Music with Renee Coro, Fridays in May at  
 East Forest Park Library  
 Bedtime Yoga with Lisa Katz, Wednesdays in May (virtual)

