

DECEMBER

Theme: Safe, Healthy, Helpful, Me

Alphabet Knowledge

G, H & I

Make a magic letter wand for tracing magical letters in the air. Use a paper towel roll, decorate it with tissue paper and voilà!



Vocabulary

nutritious

kindness

compassion

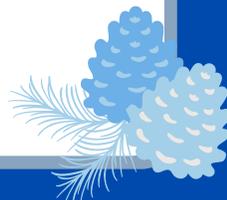
backward

forward

helpful

exercise

workers



Learn Through Play

Pretend to be a community worker. You can be a mail carrier and deliver mail to your family, a fire fighter saving a pet or putting out pretend fires or even a chef helping mom or dad in the kitchen.



Physical Activity

Winter months can be cold and keep us indoors but it's important that we get our exercise! Here are some tips on staying fit in the winter.

Bundle up and go for a walk. Winter walks can be scenic.

Make snow angels or a snowman.

Play snowball toss.

All of these activities can be followed up with a cup of hot chocolate!

Ask Questions

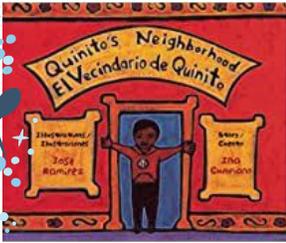
Encourage your child to ask questions to get them familiar with how to process information.

Practice over dinner or bath time. Ask your child questions, in turn, ask them if they have any questions for you.



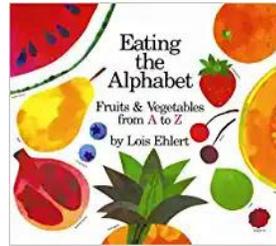
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Books



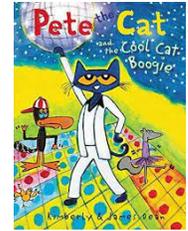
By: Ina Cumpiano

By: Pat Zietlow Miller



By: Lois Ehlert

By: Kimberly & James Dean



Discussion Topics

Talk about what your neighborhood is like. What do you see daily when traveling through your community?

Discuss what it means to be a kind person. What types of kind things do you do for people and what kind things do they do for you?

Talk about community workers and the jobs they do.

Discuss ways in which you are helpful and how you are a contributor to your family. Do you have responsibilities?

Creative Art Ideas

Create a map of your community. Add the places you and your family travel to often like your local library and the grocery store.

Make an obstacle course. Using recyclable materials create an obstacle course for your toys. Or using different objects or toys make a big obstacle course for you!

Choose a person in your family or a friend to draw a portrait of and give it to them as a gift.

Create a first aid kit to take care of your stuffed animals.