



November 2022

NEWSLETTER

Themes

Sweet Dreams


Everyone needs sleep. Sleeping helps us grow, feel good, and stay healthy. Bedtime can be fun! The children will share their bedtime routines and learn about things to see in the nighttime sky.

Together Time

This theme focuses on having fun with family and friends—everything from the activities we do together, to the foods we eat, and the ways we make each other feel welcome. The concepts of giving and donating are covered as well.

Alphabet Words

garden, gift, gingerbread, gold, hand, hat, hawk, hippo, impala, ink, instruments, iron

Color/Shape	Letters/ Numbers
	Gg, Hh, Ii 7, 8

Sign Language



Learn with Me!

• Night Sky Observation

Discover night sky wonders with your child. Gather items that will make a night sky observation interesting, comfy, and fun, such as pillows, blankets, binoculars, a flashlight, and a real or pretend telescope. Set up the items together. Name and identify features of the sky, such as the moon and clouds. Are there any lights in the sky? Perhaps the stars or a flying airplane?

• Fall Photo Frame

Go on a walk with your child. Gather leaves, twigs, small rocks, or any other nature item that catches your attention. When back at home, have your child pick a family picture to frame or an old frame to repurpose. Offer glue and yarn along with the picture and the found nature items. Invite your child to use the materials to create or decorate a frame. Let dry and display with the picture. What an amazing touch your child's creativity and nature items can give to things!

My Project: Sweet Dreams Mobile

When I bring this project home, we can:

- Hang the mobile in my bedroom.
- Review the star shape.
- Count the number of stars on the project.



My Project: Trotting Turkey

When I bring this project home, we can:

- Make silly turkey sounds!
- Talk about how I painted the paper plate.
- Display the prop for decoration.



*Graphics are intended to show samples of projects.
Materials may be substituted or used differently.*

FAMILY CONNECTION

Book List

A Bear Hug at Bedtime
by Jana Novotny Hunter

Bedtime Bonnet
by Nancy Redd

The House in the Night
by Susan Marie Swanson

The Pigeon Needs a Bath
The Thank You Book
both by Mo Willems

Soul Food Sunday
by Winsome Bingham

The Greatest Table
by Michael J. Rosen

We Are Together
by Britta Teckentrup

Songs

Are You Sleeping?

Traditional

Are you sleeping? Are you sleeping?
Brother John, Brother John?
Morning bells are ringing,
Morning bells are ringing,
Ding, ding, dong,
Ding, ding, dong.



Mind Your Manners

Sung to "London Bridge"

If you want to show you care,
Show you care, show you care,
If you want to show you care,
Mind your manners!

If you want to be polite,
Be polite, be polite,
If you want to be polite,
Say "please" and "thank you."

Repeat first stanza.



Recipe

Spicy Playdough

- 2 cups flour
- 1 cup salt
- 2 cups water
- 1 T. pumpkin pie spice
- orange food coloring
- 2 T. vegetable oil
- 4 tsp. cream of tartar



Combine all of the ingredients listed above in a heavy pot. Cook on low heat. Stir until the dough pulls away from the sides of the pot. Cover and cool. Offer kitchen utensils such as rolling pins, pie tins, cookie cutters, etc. Your child can have fun rolling and molding the dough while you prepare a meal or perform another task in the kitchen.

Reminders
