

Special Activity for physical and mental health



Winter Parade!

Parades are all about showing off and celebrating...and a great reason to get moving!

So anytime you can, throw on a happy tune and march around the house.

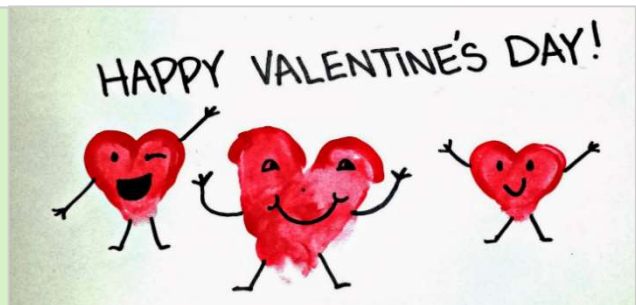
A new dress...new shoes...a new stuffed animal or toy...potty training success...all reasons to happily march through all the rooms of the house.

And...it'll feel good for you too!

Special Crafts for Valentine's Day and I Love to Read

Valentine Heart People

- Put WASHABLE paint on your thumb.
- Press thumb down on paper, slanted a little.
- Do it again the opposite way.
- To make the point of the heart, smear the paint down with your pointer finger.
- Use a black sharpie to add faces, legs, and arms.



Crafts & Citizenship!

True generosity takes years to develop...and that's okay!

But we can start to teach our children even when they are young, that it feels good to care about others.

A Few Tips:

- Expect your child to learn about giving and sharing just a little bit at a time.
- It'll be easier for your child to share if there's something in it for them.

For example...

- Use these pictures → → → → → → → as an example for making bookmarks.
- Make several bookmarks together.
- Let your child keep one bookmark.
- Encourage your child to gift one (or more) bookmark to someone else.

