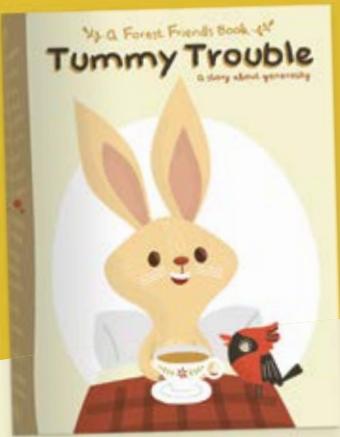
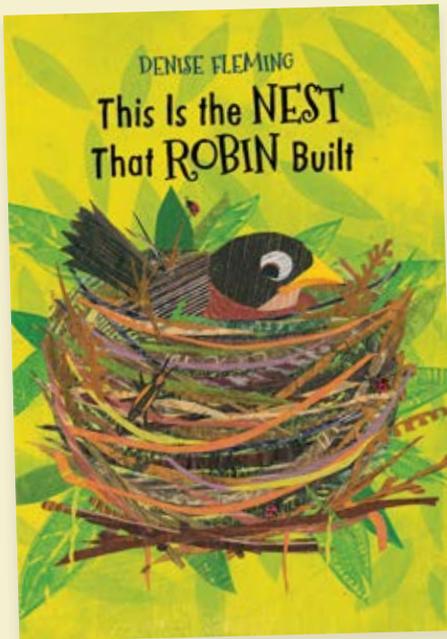


# Tummy Trouble



**This week**, let's read books about giving and helping others. Find this one at your library or on YouTube:



*This Is the Nest That Robin Built*  
by Denise Fleming

## TOGETHER TIME

### Generous Helpers

**What?**

In the story this week, your child learned about generosity and helping someone in need. Make soup with your child this week then invite guests or take it to someone who is feeling sick.

**How?**

Go to the grocery store and find healthy vegetables to include in the soup. Let your child touch each vegetable. Talk about its texture and color.

**Why?**

By working together, your child feels valued and also understands he can be a helper in the kitchen. Celebrate generosity in simple moments and nurture a culture of caring in your home.



# Tummy Trouble Calendar



experience  
**toddler**



## language & literacy

### LESSON 1

#### BOOK DISCOVERY Basket of Books

LLD 5 CONCEPTS OF PRINT

Explore the books. Practice turning pages from front to back.

## math & reasoning

#### SORTING & SHAPES Flying Fluffy Bird

MR 6 CLASSIFICATION

Toss colored pompoms toward a wall with matching colored shapes.

## music & movement

#### CREATIVE MOVEMENT Hexagon Dance

★ SED 4 SOCIAL RELATIONSHIPS

Dance with scarves inside a hexagon on the floor without touching each other.

## art & drama

#### DRAMATIC PLAY Bird on a Stick

CA 4 DRAMA

Make a bird puppet and tell a story about feeling sick.



### LESSON 2

#### PICTURES & LETTERS Where Is Bird?

★ SS 4 HISTORY & SENSE OF TIME

Identify the pictures in a story. Hold a Story Piece and look for it in the book.

#### MEASURE WITH ME Bird Nest Building

MR 4 MEASUREMENT

Explore heavy and light by pulling a bag filled with blocks across the floor then build a birdhouse with the blocks.

#### COORDINATION Generous Folk

CA 2 DANCE & MOVEMENT

While dancing, touch the bird sticker each time you hear the word "generous."

#### STICKER ART Bird Stickers

PD 4 PERSONAL CARE

Name body parts while applying stickers on hands, feet and other parts.

### LESSON 3

#### COMMUNICATION Take a Drink

LLD 2 COMMUNICATION

Use the "drink" sign throughout the day. Use cups to play a game of pretend drink.

#### SENSORY PLAY B Is for Bird

PD 2 FINE MOTOR

Decorate a mat with dough to make the letter B with birds and balloons.

#### GROUP DANCE Dance to Colors

CA 2 DANCE & MOVEMENT

Dance with a partner. Hold hands and move together to the white paper then to the blue paper.

#### PAINTING Egg Letter Painting

LLD 4 ALPHABETIC KNOWLEDGE

Use a toy egg to stamp circles or roll paint on a paper over the child's first letter of their name.



### LESSON 4

#### STORY PLAY Bird Roll

LLD 2 COMMUNICATION

Roll a cube with the story characters. Roll a pompom down a ramp whenever Bird is rolled.

#### LIFE SKILLS Color Soup

★ SCI 1 INVESTIGATION & INQUIRY

Roll the cube and put the matching pompom (or pompoms) into a pot to make pretend soup.

#### RHYTHM PATTERNS Pass the Bird

CA 1 MUSIC

Take turns passing a blue pompom around the group while the song plays. Pretend it is a baby bluebird.

#### COLLAGING Hexagon Collage

MR 2 SPATIAL AWARENESS

Arrange a variety of tissue pieces along the outline of a hexagon.

### LESSON 5

#### ACTIVE LISTENING Clap for Bird

LLD 3 PHONOLOGICAL AWARENESS

Clap hands each time a key word is spoken.

#### NUMBER PLAY Counting Friends

MR 1 NUMBER SENSE

Look at Counting Cards and fasten a numeral on the matching amount.

#### SOUNDS & SIGNS Thirsty Dance

CA 2 DANCE & MOVEMENT

Listen for the words "thirsty" and "drink." Sign the words to the music.

#### COLORING Teapot

PD 2 FINE MOTOR

Explore coloring a teapot with herbs and berries.



# FAMILY NEWSLETTER

OUR WEEK WITH

# Birds

experience  
**toddler**



**This week**, we read books about different types of birds. Find this story at your library or on YouTube:

**TOGETHER**

**TIME**

## Bird Walk & Talk

### What?

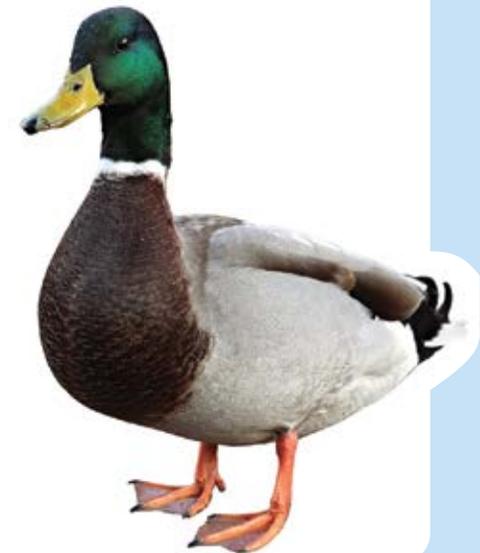
In the story of the week (*Follow the Path Birds*), children followed paths to different birds. At home, go birdwatching with your child.

### How?

Go for a walk and count all the birds you see. When you're ready for a break, put a blanket on the ground and invite your child to lie down and look up in the sky with you. Do any birds fly overhead?

### Why?

Talking about birds you see builds both curiosity and vocabulary. Talk about everything you see, hear and do with your child. The more words she hears, the larger her vocabulary will grow.



*Little Owl's Night*  
by Divya Srinivasan

# Follow the Path Bird Calendar

experience  
**toddler**

## language & literacy

### LESSON 1

#### BOOK DISCOVERY Touch Rhyme Path

LLD 5 CONCEPTS OF PRINT

Develop book handling skills by following text from left to right.

## math & reasoning

#### SORTING & SHAPES Find & Sort Hexagons

★ MR 6 CLASSIFICATION

Uncover foam shapes in a tray of sand or other texture. Help children sort the foam hexagons into blue and white cups.

## music & movement

#### GROUP DANCE Blue Leader

SED 3 ATTENTION & PERSISTENCE

Take turns being the movement leader during the song. Hold the blue ribbon and lead others around the chairs.

## art & drama

#### STICKER ART Who's in the Tree?

PD 2 FINE MOTOR

Decorate a tree with stickers. Point and talk about specific stickers.

### LESSON 2

#### PICTURES & LETTERS Where is the Color Bird?

LLD 2 COMMUNICATION

Tell a story about a missing color bird that you need to find. Look for it together.

#### MEASURE WITH ME Measure with Hexagons

MR 4 MEASUREMENT

Explore concepts of length by lining up foam hexagons to measure each child.

#### CREATIVE MOVEMENT Hey Ho Hexagon

MR 3 SHAPES

Stomp along to the beat of a song. Follow a hexagon path while singing and dancing.

#### DRAMATIC PLAY Bird on a String

CA 4 DRAMA

Decorate a bird then tape it onto the end of a string. Swing the bird into the air.

### LESSON 3

#### COMMUNICATION Run Chick

LLD 2 COMMUNICATION

Sign the word "run" then run across the room. Repeat multiple times to help memory and recall.

#### SENSORY PLAY Where's the Seed?

PD 2 FINE MOTOR

Control the small muscles in the fingers by pulling out seeds folded into dough.

#### COORDINATION Eagle Pose

PD 1 GROSS MOTOR

Do Yoga poses to the song and twist arms in front of body and wiggle the hands.

#### PAINTING Egg Painting

PD 2 FINE MOTOR

Paint a large egg shape with a pompom.

### LESSON 4

#### STORY PLAY Hiding Bird

LLD 2 COMMUNICATION

Roll a cube with Story Cards and reveal the matching picture.

#### NUMBER PLAY Hexagon Counting House

MR 1 NUMBER SENSE

Match foam shapes to outlines on a hexagon mat.

#### RHYTHM PATTERNS Do Generosity

CA 1 MUSIC

Play a shaker to the music. Follow the rhythm of the song.

#### COLLAGING Egg Lacing

PD 2 FINE MOTOR

Strengthen fine motor coordination by threading yarn in and out of holes.

### LESSON 5

#### ACTIVE LISTENING Song Bird Sounds

LLD 3 PHONOLOGICAL AWARENESS

Participate in a story read-aloud by pretending to be a bird singing the sounds of the path.

#### LIFE SKILLS Sweep the Colors Clean

SCI 3 PHYSICAL SCIENCE

Explore covering a picture of a nests with cornmeal. Sweep clean the nest to find a colored egg.

#### SOUNDS & SIGNS Chick

★ CA 2 DANCE & MOVEMENT

Listen for the word "chick." Sign the word to the music.

#### COLORING Birdhouse Maze

★ LLD 7 WRITING

Strengthen fine motor and crayon control by drawing inside a maze path. Retrace the path in different colors.



# FAMILY NEWSLETTER

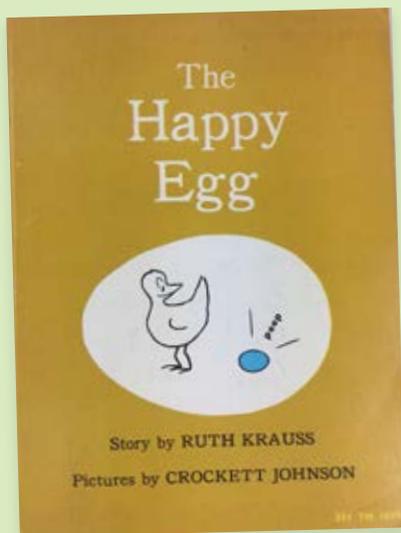
OUR WEEK WITH

## Once I Saw a Little Bird

experience  
toddler



**This week**, let's read books to help our children imagine what is hidden inside an egg. Find this one at your library or on YouTube:



*The Happy Egg*  
by Ruth Krauss

### TOGETHER TIME

## Find the Egg

#### What?

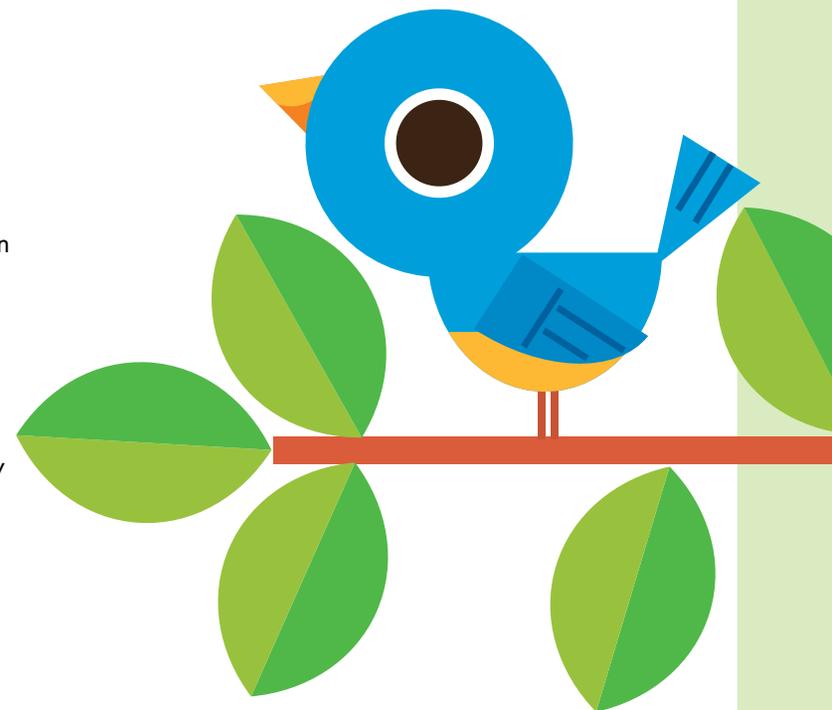
This week, your child was introduced to a new book based on the nursery rhyme "Once I Saw a Little Bird." Play a game of hide and seek with your child this week.

#### How?

Use a toy (or hardboiled) egg and hide it in your room. Encourage your child to find it and bring it to you.

#### Why?

Young children are just beginning to understand that things exist even when they aren't visible. Playing hide and seek can help your child understand that when you go to work, you still love them and will see them soon.





# Once I Saw A Little Bird Calendar

experience  
**toddler**

## language & literacy

## math & reasoning

## music & movement

## art & drama

### LESSON 1

#### BOOK DISCOVERY

#### Sticky Note Bird Story

★ LLD 5 CONCEPTS OF PRINT

Place sticky notes on each page of the book. Lift the flap and determine if a word or picture is hiding.

#### SORTING & SHAPES

#### Colors in Carton

MR 5 PATTERNS

Invite children to match the color pompom to the corresponding egg carton section.

#### GROUP DANCE

#### Hold Up Blue

LLD 3 PHONOLOGICAL AWARENESS

While the song plays, listen for the word "blue" and hold up the blue paper.

#### STICKER ART

#### Little Bird & Me

PD 2 FINE MOTOR

Build eye-hand coordination by holding the sticker sheet with one hand and peeling off a sticker with the other/dominant hand.

### LESSON 2

#### PICTURES & LETTERS

#### Window Story

LLD 2 COMMUNICATION

Make conversations between the Story Pieces and photo of each child to help them imagine being in the story.

#### MEASURE WITH ME

#### Chase the Chick

MR 4 MEASUREMENT

Chase a chick (pompom) at the end of the ribbon and explore reaching high, low and moving fast and slow.

#### CREATIVE MOVEMENT

#### Five Little Birds

MR 5 PATTERNS

Explore clapping in a steady beat to a song.

#### PAINTING

#### Paint with a Worm

SCI 2 NATURAL & EARTH SCIENCE

Imagine being a hungry bird while painting with a toy worm.

### LESSON 3

#### COMMUNICATION SIGNS

#### Hungry Signs

LLD 1 LISTENING

Practice signing the word "eat" each time you have a snack or meal with children.

#### SENSORY PLAY

#### Feather Dough Fun

PD 2 FINE MOTOR

Play with dough and put feathers in it.

#### COORDINATION

#### White Walk

PD 1 GROSS MOTOR

Dance and improve balance by walking heel-to-toe on a ribbon. Step over toys on the line.

#### DRAMATIC PLAY

#### Tail Feathers

★ A 4 DRAMA

Make tail feathers to wear around the waist and hop around like a bird.

### LESSON 4

#### STORY PLAY

#### Story Stack

LLD 4 ALPHABETIC KNOWLEDGE

Roll a picture cube and stack a block on the Story Piece every time that character is rolled.

#### LIFE SKILLS

#### Spoonful of O

★ PD 5 NUTRITION

Explore scooping out dry cereal into a bag decorated like a birdhouse.

#### RHYTHM PATTERNS

#### Give-a-Ball

CA 1 MUSIC

Play with friends taking turns sharing a ball back and forth.

#### COLLAGING

#### F Is for Feather

PD 2 FINE MOTOR

Cover a paper letter F with feathers and explore the /f/ sound.

### LESSON 5

#### ACTIVE LISTENING

#### Feather Touch & Tell

SED 3 ATTENTION & PERSISTENCE

Increase attention span while listening to stories by playing with sensory materials, such as feathers.

#### NUMBER PLAY

#### Counting Eggs

MR 1 NUMBER SENSE

Put eggs in a carton and count to six. Open and name the color pompom inside.

#### SOUNDS & SIGNS

#### Hungry Dance

CA 2 DANCE & MOVEMENT

Listen for the words "hungry" and "eat." Sign the words to the music.

#### COLORING

#### Counting Birds

PD 2 FINE MOTOR

Explore coloring upside-down or in positions other than sitting, e.g., on tummy or back.

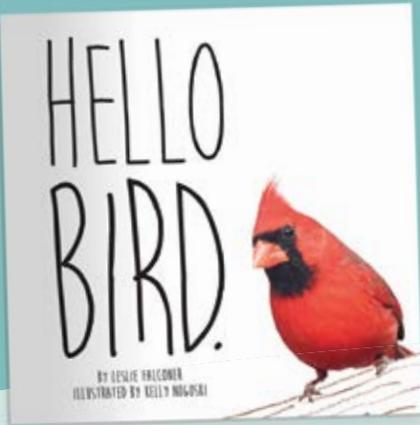


# FAMILY NEWSLETTER

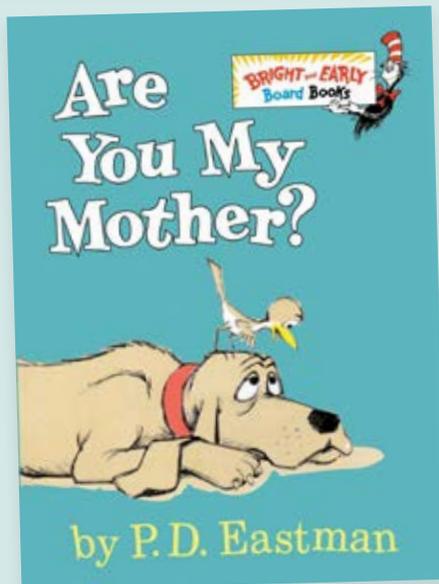
OUR WEEK WITH

## Hello Bird

experience  
**toddler**



**This week**, we read books and followed silly directions in the book. Continue to build listening skills by reading this fun book from your library or find it on YouTube:



*Are You My Mother?*  
by P.D. Eastman

**TOGETHER**  
**TIME**

### Listen to Simon

#### What?

Play a game of Simon Says and encourage your child to listen and follow directions.

#### How?

In the car or restaurant, play a game of Simon Says. Give directions such as, "Simon says nod your head" or "Simon says put the napkin on your plate."

#### Why?

Listening comprehension is a skill children build over time. Around age 3, your child will be able to follow two-step directions. When communicating with your child, remember to ask him to do one part of a task at a time.





# Hello Bird Calendar



## language & literacy

## math & reasoning

## music & movement

## art & drama

### LESSON 1

#### BOOK DISCOVERY Bird Book Right-Side Up

LLD 5 CONCEPTS OF PRINT

Explore the book and how to hold it right-side up. Use the pictures on the pages as clues to what is happening in the story.

#### SORTING & SHAPES Ribbon Nest

★ PD 2 FINE MOTOR

Toss colored pompoms into the ribbon circle that matching the color.

#### GROUP DANCE Sing B-b-b

LLD 3 PHONOLOGICAL AWARENESS

Explore singing and making the /b/ sound while looking in a mirror.

#### STICKER ART Hello Bird Stickers

PD 2 FINE MOTOR

Practice the pincer grip by peeling off desired stickers and decorating a sheet of paper.

### LESSON 2

#### PICTURES & LETTERS Nursery Rhyme Storytelling

LLD 6 READING COMPREHENSION

Listen actively and hold up the Story Piece when a character is named during a read-aloud.

#### MEASURE WITH ME How High Can You Fly?

MR 4 MEASUREMENT

Explore tossing pompoms to bird Story Pieces.

#### CREATIVE MOVEMENT Move When Blue

CA 2 DANCE & MOVEMENT

Dance in personal space on a towel. Run to another towel each time you hear "blue."

#### DRAMATIC PLAY Bird Headband

CA 4 DRAMA

Make a bird headband then play follow the leader while pretending to be little birds.



### LESSON 3

#### COMMUNICATION Bird Sign

★ LLD 2 COMMUNICATION

Use high then low voices while making the "bird" sign. Explore how tone of voice communicates meaning.

#### SENSORY PLAY Blue Egg Dough

PD 2 FINE MOTOR

Explore making blue playdough eggs and putting them in a nest made from a rolled-down paper bag.

#### COORDINATION Give & Receive

★ SED 4 SOCIAL RELATIONSHIPS

Build eye-hand coordination by picking up, tossing and catching pompoms with a friend while music plays.

#### PAINTING Peacock Fingerprints

★ CA 3 VISUAL ARTS

Make finger- and thumbprints on a coffee filter to look like peacock feathers.

### LESSON 4

#### STORY PLAY Tickle Feather

LLD 2 COMMUNICATION

Recall the story by rolling a picture cube then tickling the matching picture piece with a feather.

#### LIFE SKILLS Heads & Tails

★ MR 2 SPATIAL AWARENESS

Match tops and bottoms of bird puzzles. Talk about what goes together.

#### RHYTHM PATTERNS Birds on a Wall

CA 1 MUSIC

Sit on a pillow and show five fingers while rocking to the song.

#### COLLAGING Rock-a-Bird

CA 3 VISUAL ARTS

Decorate a paper plate to look like a bird. Make a nest for the birds.

### LESSON 5

#### ACTIVE LISTENING Bird Scratches

LLD 1 LISTENING

Play the read-aloud. Draw or scribble while listening. Use the drawings as prompts and retell what was heard.

#### NUMBER PLAY Counting Birds

MR 1 NUMBER SENSE

Explore one-to-one correspondence. Put birds in trees and count them.

#### SOUNDS & SIGNS Hello Bird

LLD 1 LISTENING

Listen for the words "hello" and "bird." Sign the words to the read-aloud.

#### COLORING Coloring Birds

PD 2 FINE MOTOR

Explore colors while coloring the tree and various birds.

