



educational nourishment for your child

From Mrs. Jennifer (Director)

Cooking: Children love helping mom and dad in the kitchen. Let them help even if they just pour an ingredient into the bowl. They will take joy in helping.

Indoor Picnic: Move the living room furniture to make space for a picnic blanket and have dinner on the floor.

Nature collage: Give your child a small paper bag. Go outside and collect items in nature. Glue them on a piece of paper to make a masterpiece.

Dance Party: Move the living room furniture, put on some music, and dance. Children love to let loose and get silly!

Puzzles: Help your children put together a puzzle. They will be so proud of their accomplishment when they are finished.

From the Whole Grains:

Make a handprint Christmas tree using either green paint or construction handprint cut-outs.

Play with shaving cream, use washable paint to add color.

Make a paper chain or ornaments for your Christmas tree.

Let your child help you wrap, or practice by wrapping the kitchen table or chairs with paper and bow.

Decorate Christmas Cookies.

Fun Activities For The Holidays

from the PB&J Staff

From the Playful Peanuts:

Make playdough, sugar cookies (with lots of sprinkles, fingerpaint with pudding, snuggle up and read a favorite story or make potato stamp art!

From the Great Grapes:

Color: When you color with your child, you are not only modeling appropriate crayon grip, coordination, and taking your time in doing your best work, but also spending quality time with your child.

Puzzles: Puzzles teach children problem solving, reasoning, patience, and visual discrimination.

Reading: Reading with your child promotes the love of reading and the desire to read.

Dress up play: Dressing up allows the children to use their imagination, act out social situations, and problem solve.

Practice letters and letter sounds: Review the letters that we have learned so far. The children love to show you what they know.





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From the Smiling Strawberries:

Read, Read, Read!!!

Choose a quiet time to read to your child. Don't just read the book. Talk about the pictures, shapes, emotions, colors etc. Go to the library and get lots of books for the holiday break.

Cook! Get your child in the kitchen and cook up some yummy vittles. Here are a few suggestions:

"Broccoli Forest"

Instead of a sweet treat, try serving this picture perfect forest. Serves 4

Ingredients:

Dipping Sauce

Dipping Sauce

$\frac{1}{4}$ cup plain nonfat yogurt

$\frac{1}{4}$ cup light sour cream

2 teaspoons honey

2 teaspoons spicy brown mustard

Broccoli Trees

2 carrots, peeled

3 cups broccoli florets

4 cherry tomatoes

3 tablespoons parsley leaves

1. To prepare dipping sauce; combine all sauce ingredients in a small bowl (children can do this). Set bowl aside.

2. The Forest: Parent or older children do this. Hold carrots against a cutting board and trim off ends. Cut each carrot in half, crosswise. Then cut each piece lengthwise, to make 4 pieces.

3. Next, arrange each plate by putting two carrot pieces side-by-side in the center. Arrange broccoli floretes around the carrots forming a cluster. Arrange the tomato at the top of the plate. Now, spoon the dipping sauce around the base of the carrots and sprinkle with the parsley leaves.

Talk with your child about the different colors and tastes as they enjoy this vegetable snack!





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Homemade Ice Cream

This activity makes a good snack while teaching the affects of temperature on liquid.

Ingredients:

ice

salt

milk

measuring spoons and cup

small ziplock bags

large plastic bags, (shopping bag fine)

towel

cups

spoons

First, one cup of milk is measured and poured into a small ziplock bag. Two tablespoons of sugar are added to the milk. The recipe can be doubled in each ziplock as needed. The bag is zipped up, and put into another ziplock. The bag is put in to a large plastic bag, grocery bags work fine. This bag is put into a second large bag.

Now, ice is added into the bag, covering the smaller bags containing the milk and sugar mix. Salt is added to the ice. This makes it colder and keeps it cold. Use a generous amount of salt. The bag is tied tightly closed. Wrap a towel around the bag and hold closed. Your child can help to shake the towel with the bags inside. It must be shaken for about 15 minutes. The more helpers the better. As the ice and mixture are shaken, the ice cream starts to form. The milk and sugar thicken and harden. It comes out tasting like ice milk and is thick. The bags with the ice cream are removed once hardened, and the salt must be washed off the bag right away. The treat can be scooped out and enjoyed.

Comments: It really works! Make sure the bags are tightly closed because they can open while being shaken and the salt will get in to the ice cream.





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Sing and Move

Sing a few familiar songs together with your child. As you sing march, clap your hands, or stamp your feet in time to the music. Then, Take turns saying favorite nursery rhymes aloud. Agree on one rhyme that both of you can repeat together. Add some hand and body actions as you say the words.

The Calendar

Mark the calendar and talk about how many days until a special event or holiday. Talk about what day it is, what day it was yesterday and what day it will be tomorrow. Count down how many days are left until the special day and spell the name of the month, count how many letters and how many syllables are in the word December. You can also do patterning with the calendar. Maybe draw a snowflake on one day and then a snowman on the next and continue the pattern on each day.

Funny Gift Wrap Idea

When you need an inexpensive, quick and easy gift wrap that's suitable for any occasion ask your children to look through the colorful comic sections of old newspapers. Talk with them about what is happening in the pictures and encourage them to make up their own stories to fit the illustrations. When everyone has made a choice of which sheet of paper they wish to use, let the wrapping begin. You won't have to worry about paper tearing because there are always more comics.

Another gift wrapping idea is to use white or brown freezer paper or just brown paper bags cut and turned around. Have your children color, paint or draw a picture on the paper and then wrap a present with the beautiful art. Family members LOVE this!! And the children participate in the quality of the gift giving, not just the present. It may work best to wrap the present first before drawing or coloring. with pudding, snuggle up and read a favorite story or make potato stamp art!

From the Fluffer Nutters:

Go to the Frist and Adventure Science Center.
Look at the lights at the Opryland Hotel.
Go ice skating.
Build a fort out of sheets.
Write a story about winter vacation.

