

Giraffe February 2020 Newsletter

THANK YOU TO:

**Our Play dough makers: Tara H. and Maria D.
Mary L. for cutting out paper hearts for us to decorate in the classroom.**

Theme: Healthy Bodies and Minds

We began our theme by asking, what does it mean to be healthy? The children brainstormed, and a list was made of all the different ways to live a healthy lifestyle. We introduced a "Handwashing" song, and practiced together how to cough in your elbow, and use a tissue to wipe your nose. We set up an exercise center which included a yoga mat with poses to follow, a child sized exercise bike to ride, steppingstones, a trampoline to jump on and a balance beam. In the Dramatic play area, a Drs. Office was created with medical tools, check lists, baby dolls, and telephones to make appointments. We explored a model of a human being at our science table, where they children could look at the bones, and organs with a magnifying glass. We also discussed the differences between healthy and sick germs. Some children used model magic to make 3-d germs, while others drew germs that had eyes and legs and stomachs. It was also the first time the children got to splatter paint, using a water balloon, dipping it in paint and dropping it into a large tub. Playing with shaving cream and glitter was fun until it was time to wash our hands. The glitter stayed on our hands, just like germs do, so a good scrub was required to get them off. By filling empty water bottles with seeds, the children made their own weights. At circle, we coughed on a piece of bread and sealed it shut to see if we could grow our own germs too. Because, we had a few days of indoor play due to the weather, running games, exercise songs, and obstacle courses kept us moving and grooving.

FAVORITE BOOKS AND SONGS

**Yoga poses: Child's pose, Do Nothing Doll with eye masks, Catch your Sneeze
"Handwashing" song, "Somebody Loves Me" song**

Movement: "Let's get fit", Dr. Jean's "7-day boot camp" "Pass the germ" game

Bear Feels Sick by K. Wilson, Gregory, the Terrible Eater by M. Sharmat

Today is Monday, by E. Carle, Just Go to Bed by M. Meyer

Anything for You by J. Wallace

Valentines was celebrated with special activities, including creating cards for our families, tracing and cutting out hearts, making a fruit salad together, and beading with red and white beads. Everyone had fun reading Valentine stories, singing songs and, drawing pictures of who they love to hang on our "Tree of Love."

WELCOME JACKIE ETHIER TO THE GIRAFFE CLASSROOM

We are very excited to have you join us!