

May 4, 2020

Dear StrongStart Families,



Mother's Day is this Sunday May 10th.

During this time of Social Distancing and Isolation, working from home, helping children learn from home, entertaining children at home, shopping and helping and caring for others, Mother's Day is more important than ever to acknowledge and celebrate! Parenting has never been more challenging while trying to balance lives and of those in your household. To all the moms, please find and take the time to care for yourself!

This week's newsletter has a focus on mothers, with activities and games that we hope you find useful as you look to fill the days with playing and learning with your children at home.

"Virtual Hugs" and Distant "toe-taps", Ms Marian, Ms Irina and Ms Laura.

Mother's Day Tea Party rain or shine

Invite your child to an indoor OR outdoor (yard or porch) Tea Party. Help them set up by spreading a blanket on floor and use a box or small low table in the middle of the blanket. -Use fabric or a scarf to use for a table cloth-gather small plates, cups and spoons (why not use real dishes?)

Children and adults could dress up and wear their "fancy" clothes

-serve a small amount of warm or cold tea, and a few crackers or a -treat from one of our recipes

-Enjoy a Tea Party together! Invite your stuffed animals too!

Poem (using both hands as imaginary cups)

Here's a cup (*make a fist w/ one hand*)

Here's a cup (*make a fist w/ the other hand*)

And, here's a pot of tea (*turn one fist sideways w/ thumb out*)

Pour a cup (*pour tea into cup*)

And, pour a cup (*switch hands: other hand becomes pot, pot hand becomes cup*)

And, have a cup with me (*form a small circle with hands & pretend to drink*)



SONG (using fingers on one hand)

“Family Fingers” (use all five fingers starting with your thumb)

THUMB: *daddy finger, daddy finger, where are you?
Here I am, here I am
How do you do?

INDEX: mommy finger, mommy finger, where are you?
Here I am, here I am
How do you do?

MIDDLE: Brother finger, brother finger, where are you?
Here I am, here I am
How do you do?

RING Sister finger, sister finger, where are you?
Here I am, here I am
How do you do?

PINKY: Baby finger, baby finger, where are you?
Here I am, here I am
How do you do you do?

CLOSE ALL FINGERS: Family fingers, family fingers, where are you?

OPEN FINGERS: Here we are, here we are
How do you do?

*fingers can be anyone, grandma, grandpa, dog, cat, first names etc



Song “Old MacDonald Had a Farm “

Old MacDonald had a farm,
E-I-E-I-O.

And on his farm, he had a “cow” (OR name any animal, make the sound of the animal.)
E-I-E-I-O.

With a moo, moo, here
And a moo, moo there,
Here a cow, there a cow
Everywhere a cow, cow
Old MacDonald had a farm,
E-I-E-I-O.

Others: Duck – quack Cat meow,
Pig- oink, Dog – woof



What do children Learn by doing Arts and Crafts?

Creativity – personally making something unique, developing imagination

Fine Motor Skills - cutting, molding, manipulating, arranging, gluing and placing objects, picking up small pieces

Language and Literacy - building vocabulary, oral language, purposeful and descriptive words

Math - Sorting, patterning, ordering, categorizing, measurements, shapes, counting and numbers

Science Exploration - Explore the properties of paint, water, natural materials, wet and dry

Cognitive Skills - process information, sequential thinking, follow directions, problem solving

Social skills: sense of accomplishment, noticing and appreciating others work, working together, waiting



Flower Necklaces

Daisy chains

Pick daisies or dandelions with long stems.

Make a slit (hole) with fingernail or knife in stem (below the head of the flower)

Slide the stem of another flower through the slit (hole)

Pull through so that the head of the flower is resting against the stem

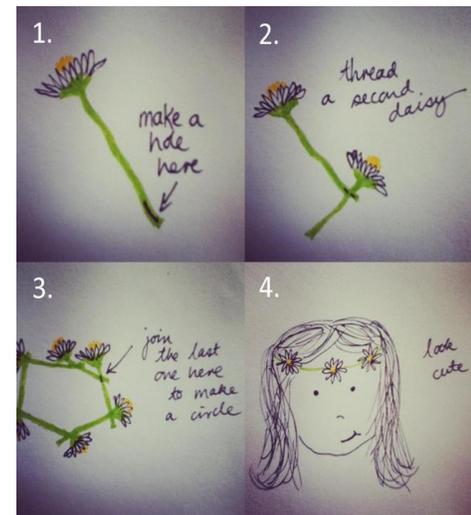
Repeat until the chain is desired length

To make a crown or necklace, thread the stem of the last daisy through the stem of the first daisy to make a loop.

How many flowers did you use to make the necklace?

Compare lengths of items by how many flowers. Example: child's foot is 10 daisies in the chain.

****Please note that dandelions will stain clothes and skin****



Neighborhood Flower petal "Lei" (necklace)

- Thread or string
- Large thick needle
- petals

Collect fallen petals from Magnolia blooms, Rhododendrons or other blossoms.

Thread needle and string petals and leaves to create Lei.

Talk about and create a pattern if using a variety of blooms.



Air-Dry Clay

4 cups Flour
1 ½ Cups Salt
1 ½ Cup Water

Directions

- Mix the salt and flour in a bowl.
- Add water gradually to form a ball.
- Knead (pound, roll and pull) until it no longer falls apart.



After a project is completed, put aside on parchment paper and allow to air dry for several days.

Store unused Clay in an air-tight container and store in fridge

Handprint memories

-Make a ball of air-dry clay and flatten to a make a disc shape large enough for your child's hand to fit.

-Place child's hand in center and press down to make an imprint.

-Decorate the clay with beads, stones or any desired objects

-Place on parchment or napkin and allow air-drying for several days

-When dry seal with shellac for outdoor use. don't forget to put your Childs name and date or age on the back)



Necklace Beads

- Child can also form small balls with clay
- Pierce a hole through the center large enough for string or ribbon
- Allow to dry then paint if desired
- String beads into beads to make a necklace



Create your own figures with self-hardening clay, let dry, and paint another day.

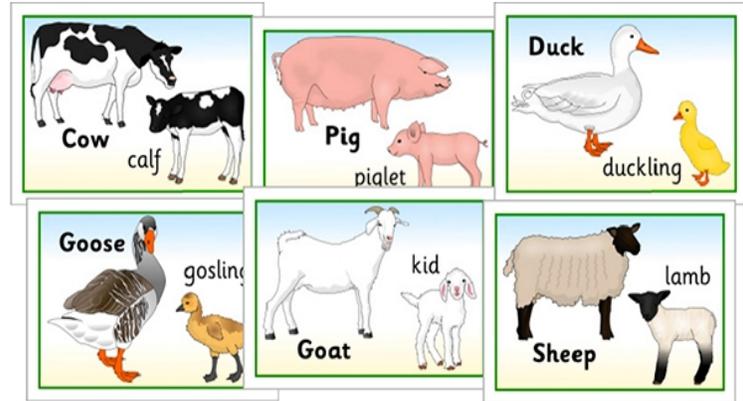
Mother and Baby Animal Activities

Talk together about types of animals on a farm.....

Game : Are You My Mother?

- Collect toy farm animal figurines

-Put the farm animals in front of your child and encourage them to match the babies with their mothers. Here are some terms for the mother animal and her corresponding “baby



Dog / Puppy * Horse / Foal * Pig / Piglet * Goat / Kid * Cow / Calf
Sheep / lamb * Duck / Duckling * Hen / Chick * Cat/Kitten

Fine Motor Skills Center (Finger Gymnastics)

Put plastic farm animals into a basket or tray with dried grass or small pipe cleaner pieces. Let children use tweezers or tongs to “feed” the farm animals.

What Farm Animal is Missing? (visual memory)

Place several toy farm animals in front of a “barn” (if you don’t have a barn, use a box) prompt your child to name each animal. Instruct children to close their eyes, then hide one animal inside the barn. Let children open their eyes and let one child guess which animal is missing. Play the game the next day again but hide two animals or more.

Animal painting

You need

- Brown washable tempera paint
- paper to cover the table, or washable table cover
- Chunky farm animals

Pour small amount of paint into trays and add 2 drops of dish soap. Place an animal in each tray of paint and invite toddlers or older children to explore.

Then, let the printing and rolling begin! Extension: When the children are finished with the farm painting activity, you could put everything into the sink OR large plastic tub OR outdoor water table along with sponges. To wash the animals.



Old Fashioned Pancakes

Ingredients

- 1 ½ Cups All-Purpose Flour
- 3 ½ teaspoons Baking Powder
- teaspoon salt
- 1 Tablespoon White Sugar
- 1 ¼ Cups Milk
- 1 Egg
- 3 Tablespoons melted Butter

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Directions

- In a large bowl, sift together flour, baking powder, salt and sugar.
- Mix milk, egg and melted butter
- Pour into flour mixture
- Mix until smooth, do not over mix
- Heat lightly buttered griddle or frying pan over medium high heat.
- Pour or scoop batter onto the griddle,
- Brown on both sides
- Serve with maple syrup or fruit toppings, or even plain

Blueberry Scones

Ingredients

- 1 Cup Whole Wheat Flour
- 1 Cup All Purpose Flour
- ¼ Cup Sugar
- 1 Tablespoon Baking Powder
- 1/3 Cup Butter
- ¾ Cup Milk
- 2 Eggs
- 1 Cup Blueberries

Directions

- Combine flours, sugar, baking powder.
- Cut butter into dry ingredients until fine.
- Combine milk and eggs
- Fold (milk/egg mix) into flour mixture
- Fold in blueberries
- drop 1/2 cup size amounts of dough onto greased or parchment lined cookie sheet
- Bake at 375F for 15 minutesENJOY ♥

