

Families for Literacy Program Newsletter

December, 2018

Tutors: please go over this newsletter (whatever is appropriate) with your adult student and encourage him/her to visit the Story Times with their children, it's a lot of fun!

Lakeport Library, 1425 N. High St. Lakeport, **Fridays, 10:15 am and 2:30 pm**

Middletown Library, 21256 Washington Street, Middletown, **Tuesdays, 11:30 am** (not on 1/1/)

Redbud Library, 14785 Burns Valley Rd. Clearlake, **Thursday, 10:30 am and 3:30 pm**

Upper Lake Library, 310 2nd St, **1. Thursday** of every month, **2:30 pm**



Physical Activity in Winter

Preschool age children need to have at least 60 minutes of physical activity every day. It keeps them healthy and helps with their overall development. Lots of physical activity is needed for children's healthy brain development as well. Using muscles builds coordination, strength, and new connections in the brain.

If children are dressed in warm clothing and waterproof boots, they can play outside in winter:

- Take walks and talk about what you see. This is fun for children of all ages.
- Go to the park and play on the climbing structures.
- Create a simple obstacle course by going around the slide, over the broom handle, under the tree, etc.
- Play games such as Follow the Leader and Tag, or Simon says, using lots of physical movements.

There are many **inside** activities that can help children be physically active and expend their energy when the weather is bad:



Indoor Ice Skating—slippery, and lots of fun!

All you need is wax paper and rubber bands. Cut two large squares of wax paper. Have your skater place one foot on the center of one of these squares.

Fold it up and rubber band the wax paper around the skater's ankle. Make sure the wax paper covers your skater's entire foot.



Play (waltz) music and the "skating" can begin! Depending on the floor, wax paper can be quite slippery. You may need to hold a skater's hand if he seems unsure or unstable. Encourage your skaters to move around the rink, developing their coordination. As they improve, turn on some fun skating music or play the Hokie Pokie like they used to do at a roller rink.

No wax paper at hand? Use pages out of a magazine, or even paper plates; this method works particularly well on hard floors.

Indoor ice skating is great because it works on strength and balance!



Coffee Filter Snowflake Blizzard — If you have coffee filters and scissors, you can make these snowflakes for your own indoor blizzard: Fold coffee filters (basket style) in half and then in half again, creating the folded edges. Snip triangles, lines, and shapes along all of the edges of your folded coffee filters. Unfold snowflakes and create your own magical indoor blizzard!!

Have fun playing in "mountains" of snow (white comforter), and even have a little snowball fight with paper snowballs (recycled papers make wonderful snowballs)!



Newspaper "Snowman" — No snow in your neck of the woods? Make your own "snowman" out of newspaper instead. Dress up your newspaperman with silly accessories!
 Credit: Innerchildfun.com



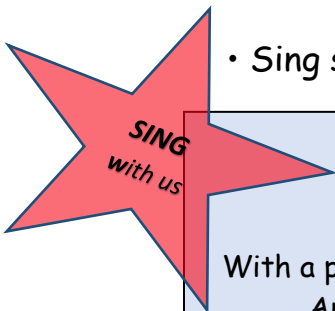
Here are a few more ways to keep kids active and busy. I'm sure you can think of many more...

- Hide and seek
- Play beanbag toss games.
- Dance, march, clap to music, or do simple exercises to music
- Have a parade with pretend instruments and march around the room.
- Act out a story.
- Do jumping and hopping activities.
- Sing action songs.



You need to quiet your little one down afterwards? How about hot cocoa and talking about how funny it will be to surprise the recycling crew with the silly "snowman" for the next pick up? Or:

- Sing songs and say poems and
- Read a story or two together



The Mitten Chant

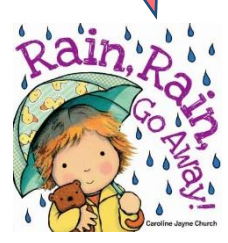
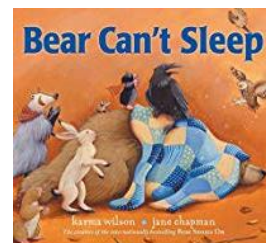
Here is a mitten (hold up one hand)
 A snug, fuzzy one - (rub palms together)
 With a place for my fingers (wiggle four fingers)
 And a place for my thumb)

Here are two mittens (hold up two hands)
 A colorful sight (move hands back and forth)
 One for my left hand (hold up left hand)
 And one for my right hand (hold up right hand)

Here are our mittens (hold up both hands)
 As soft as can be (stroke the back of the hand)
 And a warm pair for you (point to your child)
 And a warm pair for me (point to yourself)



(Check out these Books at your Library):



Bear can't sleep It's time for Bear to hibernate but he can't sleep, so his friends all band together to help.

Rain, Rain, Go Away! By Caroline Jayne Church makes a splash with this popular preschool song!

Snowball tune: Are you sleeping?

Make a snowball, make a snowball (pretend to make a snowball)

Throw it now, throw it now. (throwing motion)

Make a snowball, make a snowball (pretend to make a snowball)

You know how, you know how. (throwing motion)

Tina Woelbling-Hamner, Families for Literacy, 263-7633