

Pre-School Pages

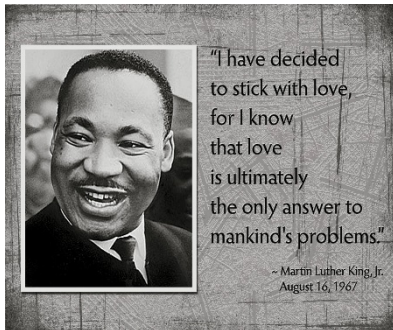


A newsletter for parents of pre-schoolers
 packed with food, facts & fun
 from your local county extension office

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January 2022

Celebrate



Martin Luther King Day is January 17
 Martin Luther King, Jr. is one of the greatest heroes of the 20th century, symbolizing the

quest for equal rights for all and volunteer service for one's community. In honor of his legacy, Martin Luther King's birthday is observed as a day of service. In 1994, the US Congress passed the King Holiday and Service Act, designating the third Monday in January as the King Day of Service in commemoration of Martin Luther King's birthday. Celebrate by reading books about the life of Martin Luther King Jr.

Supplies:

- 1 Sheet of each; Blue, Yellow, Tan, and Pink Construction Paper.
- 1/2 Sheet of Red Construction Paper.
- Scissors.
- Pencil.
- School glue or a Glue Stick.

First, trace each your preschoolers' arms and hands on the yellow, pink, and tan sheets of construction paper. Place the blue sheet aside until all of the hands have been traced and cut out. Then, cut each one out. You should have a total of six hands and arms cut out. Next, cut out a heart shape using the red construction paper piece. Now, use the glue stick and add a strip of glue to each finger, hand, and arm. Make sure your left and right hands are facing the right way. Then, place two matching hands on each of the short sides of the blue construction paper. We placed the hands so that the thumbs would make a small heart in the middle. Next, place the last two hands on the top and bottom of the paper. The fingers should meet in the middle area. Then, apply glue to the back of the heart, and stick it in the middle of the blue construction paper. It should look like the hands are all holding the heart together.

Play Time



Martin Luther King Jr Day Craft Project – One Love Art Activity



Kids Care

Handwashing safety

We have been dealing with Covid for almost two years now. It is very important to properly wash our hands when hand sanitizer is not available. Here are the steps to make sure you are playing it safe and fighting those pesky germs.

1. Make sure a clean, disposable paper towel is available.
2. Turn on the water so that it's at a comfortably warm temperature.
3. Apply soap to your hands.
4. Wash your hands for 15 to 20 seconds. It helps to sing "Row, Row, Row Your Boat" or "Happy Birthday" so you know you've washed long enough. Make sure you wash the palms and backs of your hands, between fingers, under and around fingernails, and around wrists.
5. Rinse the soap off under the warm, running water.
6. Dry your hands with a paper towel.
7. Turn the faucet off with the paper towel, and use the paper towel to open the door. If you don't use the paper towel as a barrier between your hands and the faucet or door knob, you've just re-contaminated your hands!



Source: Health Education through Extension Leadership (HEEL)

Let's Eat

Edible Snowman

- 1 box round crackers
- 1 container low fat cream cheese
- Tiny slices of carrots, apples
- Box of raisins

Each child gets 3 round crackers,



approximately 2 tablespoons of cream cheese, and a small pile of the sliced fruit, veggies and

raisins. Place the crackers on a paper plate. Allow child to spread cream cheese on the crackers and decorate with veggies, apples and raisins.

Let's Sing

Baby Signing TIME!

"I'm a little Snowman"
Tune: I'm a little Teapot

I'm a little Snowman,
Short and fat,
Here are my Buttons,
Here is my Hat,

When it's COLD outside,
I like to stay!
But when it gets hot,
I melt away!

An illustration of two children, a girl in a purple winter coat and a boy in a blue winter coat, standing next to a woman who is signing. The woman is wearing a white top and has her hands positioned for signing. The background is a light blue and green gradient.

winter/cold
Clench your fists close
to you and shiver!

momcats-signing-academy.com

Sincerely,

County Extension Agent for
Family and Consumer Sciences



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

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