

## September Activity Ideas

### A Song about Marvelous Me!!!

Our first theme in September is All About Me. A great book to read this week is I Like Myself by Karen Beaumont. It is a book about a little girl who only wants to be one thing....herself. Here is a fun little song that will help your preschooler learn to spell that special word "me." Before you sing the song, you will need to make an M card and an E card. Your child will place the cards in front of them and point to the letters during the song and point to themselves when they sing "me."

(Sung to the tune of "Bingo")

I like my nose; I like my toes.  
I really like to be me.  
M, E - I like me!  
M, E - I like me!  
M, E - I like me!  
That's who I want to be!  
Shout: ME!!

### Melt and Mix

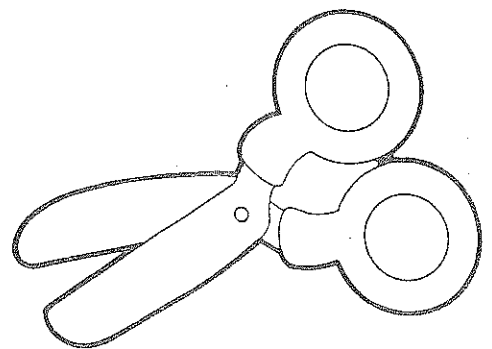
During our theme on colors, the preschoolers learned about primary colors (blue, red, and yellow) and secondary colors (green, orange, and purple). Here is a fun way for your preschooler to practice using primary colors to make a secondary color. Make some tinted ice cubes (red, blue, yellow) the day before.

When you show your child the colored ice cubes, ask them what would happen if you leave the ice cubes out of the freezer. Then let your child choose two ice cubes to put into a resealable plastic bag. Ask your child to predict what will happen to the ice cubes when they melt/what color will appear. Let your child use their hands to warm the bag and melt the ice. After a few minutes, they should be able to show you a secondary color.

### Fine Motor Fun

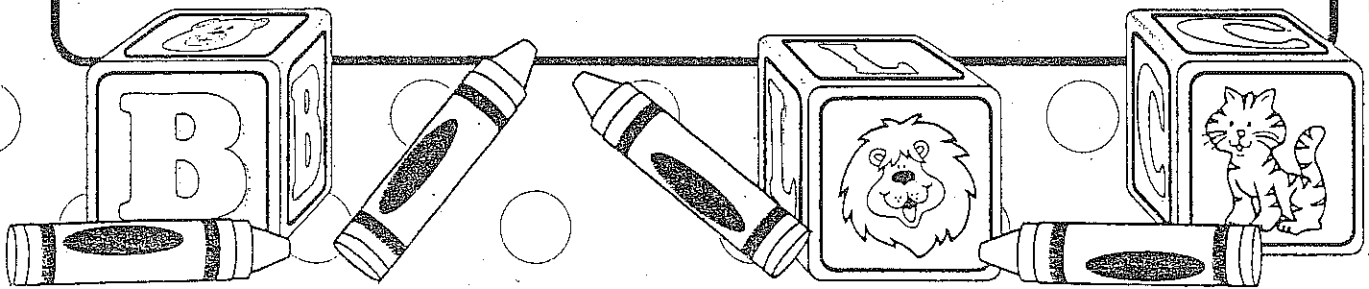
Fine motor skills coordinate the small and precise movements of the hands, wrists, feet, toes, lips, and tongue. Here are some easy ways to help your child further develop these skills and you can find more on the internet or Pinterest. Here are some off the top of my head.

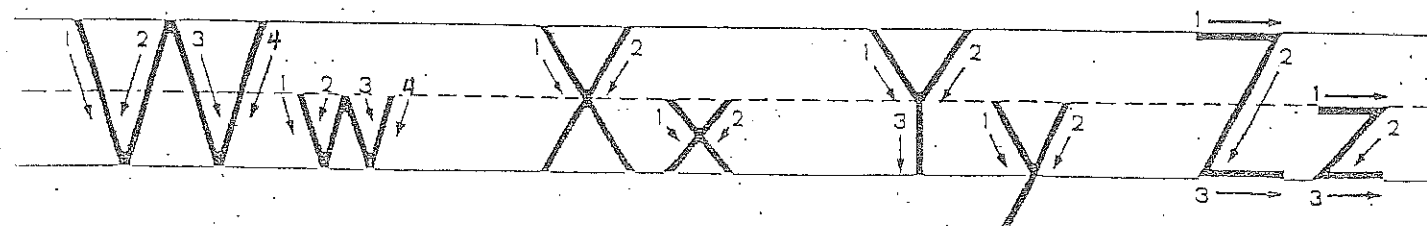
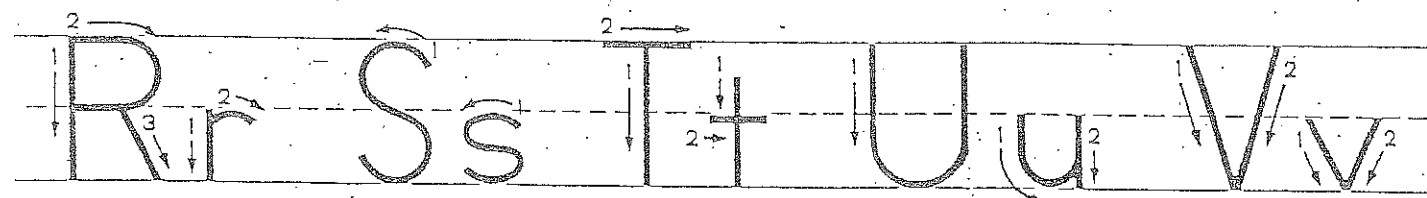
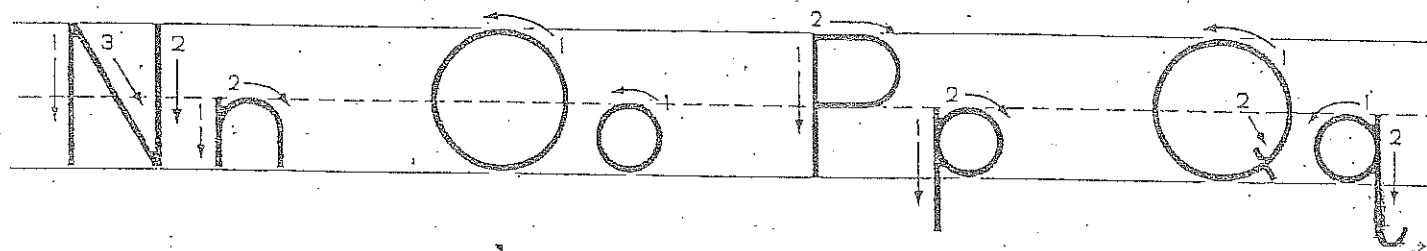
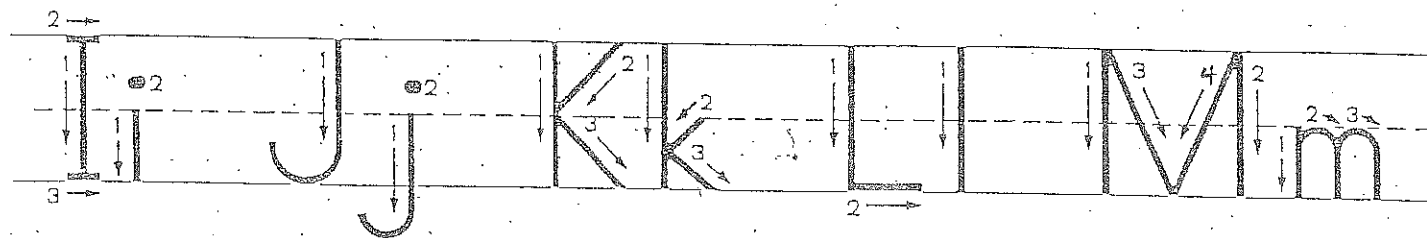
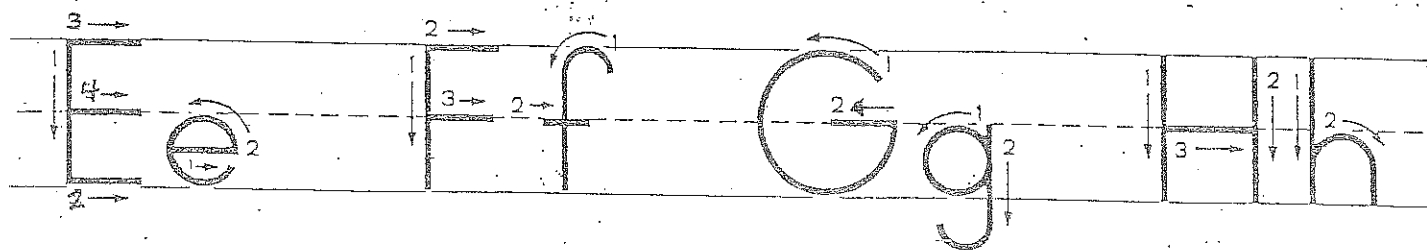
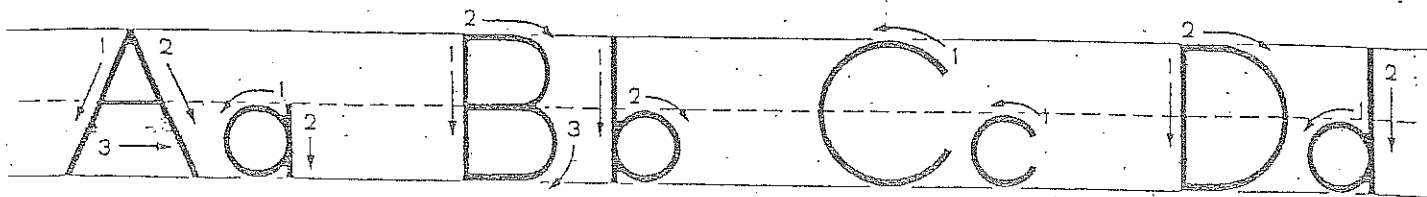
- \*Using clothespins, tongs, or tweezers to pick up objects.
- \*Screwing and unscrewing nuts and bolts.
- \*Finger painting in pudding and ketchup.
- \*Lacing buttons, beads, or macaroni on yarn or pipe cleaners.
- \*Balancing marbles onto golf tees.
- \*Slice fruit or spread jelly using a plastic knife.
- \*Pick up fluids using an eye dropper.
- \*Use pea gravel to trace shapes or letters.



## WHAT DO WE DO IN PRESCHOOL?

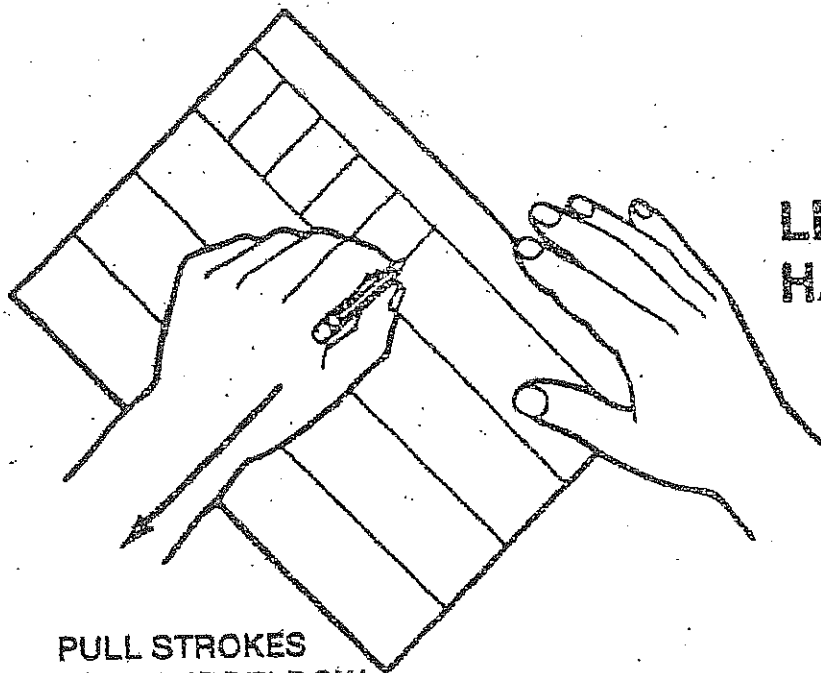
- **Circle time** is a group gathering during which we share our ideas, plans, and observations. Circle activities are designed to stimulate youngsters' thinking, enrich their social skills, and expand their attention spans.
- **Gross-motor activities** give children the opportunity to use their muscles—as well as their imaginations—as they engage in fun, healthy exercises, such as running, jumping, and climbing.
- **Fine-motor activities** help improve small-muscle development and eye-hand coordination. Some common items found in the fine-motor/manipulative area include puzzles, beads and laces, pegboards, crayons, and scissors.
- **Art activities** help youngsters creatively express their thoughts and feelings. They help reinforce fine-motor skills and concept development in areas such as colors, shapes, and size relationships.
- **Dramatic-play activities** help children express themselves, practice life skills, improve social skills, increase self-esteem, build vocabulary, and solve problems. And, well, dramatic play is just plain fun!
- **Music activities** promote youngsters' listening skills, creative expression, and social skills. In music, children can explore sound, volume, tempo, and rhythm.
- **Science activities** offer children many hands-on opportunities for observation, exploration, investigation, making predictions, and experimentation.
- **Sand and water activities** allow youngsters to experiment with textures and the properties of different substances. These activities also promote the development of other skills, such as math, science, and language.
- **Block play** gives children experience with many different concepts, such as shape and size discrimination, spatial relationships, number skills, balance, organization, cause and effect, and classification. Cooperative play skills, problem solving, and creativity are also promoted in block play.
- **Storytime** is designed to help youngsters develop an appreciation and enjoyment of literature. Reading activities enhance children's vocabulary and comprehension skills, and also expand their knowledge base.





# PAPER POSITION

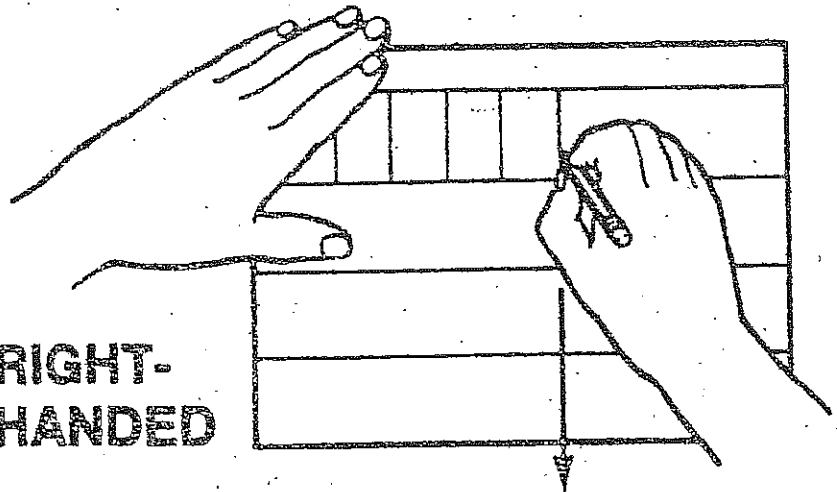
## Manuscript



**LEFT-  
HANDED**

**PULL STROKES  
TOWARD LEFT ELBOW**

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**RIGHT-  
HANDED**

**PULL STROKES TOWARD MIDSECTION**

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