

Theme: Me and My Body

Date: June 3, 2020

Hello StrongStart families,

Today's email is put together by Ms. Joni (from Waverley) and Ms. Cindy (from Cook).

As part of our Me and My Body theme, we will be starting our morning with Ms. Joni singing "Head and Shoulders, Knees and Toes" - <https://youtu.be/REtwrX8v958>. Encourage your child to try it at different speeds. How fast can you go? How slow can you move?



Here's a story that will help little ones feel good about themselves. It's called "I Like Me" by Nancy Carlson. Ms. Cindy will read it here - [https://youtu.be/mX\\_HB\\_M8hk](https://youtu.be/mX_HB_M8hk). Ask your child questions like "what do you like about yourself?" or "what makes you happy?"

Now, let's make a Healthy Face snack like this!



**Ingredients** - apples, carrots, bananas, grapes, strawberries, broccoli, cucumber, red peppers, whatever you have!

**Directions** - Have your child help you arrange the faces. Ask questions like "what shape is this fruit?" and "what can we use this for?" Some ideas are apple slices as smiles, carrots for noses, banana slices as eyes, etc.

**Extension** - you can get creative and add other food groups like shredded cheese or spaghetti for hair! Mini marshmallows are also great for little teeth 😊

To wrap up this email, we will be making our own mirror so your child can see themselves!

**Materials** - cardboard/craft paper, aluminium foil, glue, popsicle stick and decorative items (like stickers or jewels).

**Directions** - Draw a mirror shape onto the craft paper/cardboard and cut it out. Cut the same shape out of aluminum foil. Glue the aluminum foil to the cardboard. Let the children decorate the mirror.



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Thanks for reading! Send us a photo of your silly face snack and let us see if it looks like you.

