

Theme: Welcome Back!

Date: September 15, 2021

Hello StrongStart families,

We hope everyone had a fun and safe summer. StrongStart will re-open on **Tuesday September 21st** on a drop-in basis with the first ten families. The program will be very busy. There is a chance you will not get into the program on any given day. For **new families**, please have all your forms and proofs of documents ready on your first visit.

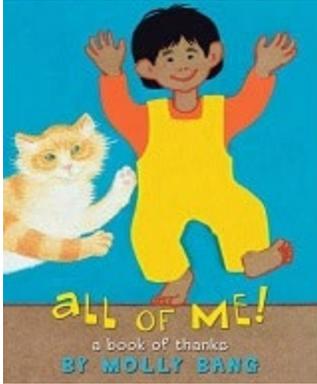
Our content emails will be sent out weekly on Wednesdays. These emails consist of activities, songs and stories you can do at home on days you are not at StrongStart.

This year, we may be seeing a lot of new faces at our centers. So, let's start by getting to know each other! How about we make some self-portraits?

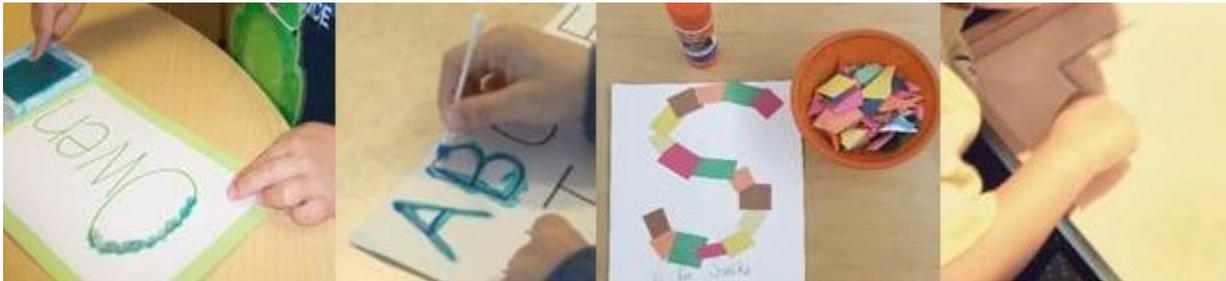


There are many ways to make a self-portrait. You can draw with markers and crayons or paint with water colours. You can also decorate a paper plate by using buttons, cotton balls, yarn or pipe cleaners. Ask the children to use a mirror to look and talk about their features. What features do they have that are the same as others? What features make them unique?

After our self-portraits, let's join Teacher Evina with a book called "All of Me: A Book of Thanks" by Molly Bang - <https://youtu.be/o1m58U0MD-A>. Follow along and try to find the body parts on yourself!



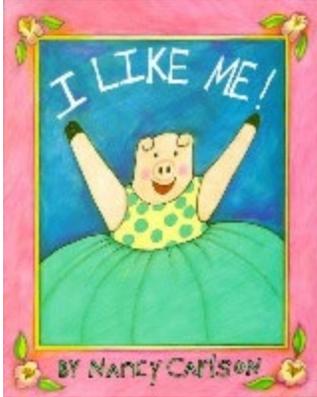
Next, we want to know your name! Recognizing their own name is a big, first step in having their own identity. It first starts when they are little and they begin to recognize their own names when called. When they enter school, they begin to recognize their names in written form. Later, they will start to write their own names.



Here are some art ideas for tracing their names. For toddlers, you can just start with the first letter of their name.

- Bingo Dabbers and Paint – Write their names on a piece of paper. Have them trace the letters with bingo dabbers or a Q-Tip with paint.
- Natural Materials – You can get them to trace their names in sand or build their names from pebbles and sticks.
- Playdough – Playdough is a great material for molding letters as well as writing and re-writing! You can use chopsticks or toothpicks to write in playdough.

Whoever you are, you are special! Let's join Ms. Cindy for a story called "I Like Me" by Nancy Carlson - https://youtu.be/mX_HB_M8hk



Finally, let's move our bodies with Ms. Joni and a song called "Head and Shoulders, Knees and Toe" - <https://youtu.be/REtwrX8v958>. Encourage your child to try it at different speeds. How fast can you go? How slooooww can you move?



Thanks for reading! Have a great week 😊