

## Preschool Newsletter for the Month of October!

### Themes and Activities

#### Week of October 1<sup>st</sup>: Numbers

- Fish number Puzzle
- Counting beads
- Swat the Fly

#### Week of October 8<sup>th</sup>: Community Helpers

- Syringe Art
- Hands are for Helping
- Painting with Nuts and Bolts

#### Week of October 15<sup>th</sup>: 5 Senses

- Listen and Move
- Guess the Object
- Blindfold Art

#### Week of October 22<sup>nd</sup>: Transportation

- Transportation Song
- Car Parking Lot
- Race Car Painting

#### Week of October 29<sup>th</sup>: Dinosaurs

- Dino Traces
- Dino "Dig"
- Build a Shape Dinosaur



### SPECIAL DAYS

- October 12<sup>th</sup>: Book Day!
- October 24<sup>th</sup>: Sweatshirt Day!

### DID YOU KNOW???

National Sleep Foundation  
Recommends

Preschoolers 3-5-year-old get  
10 to 13 hours of sleep daily  
(includes naps)

Check out.....

Sleepless in America

By: Mary Sheedy Kurcinka

**Fall is Here!**

