

## Old Toddler Newsletter for the Month of December



### Themes and Activities

Week 1: 4<sup>th</sup>-8<sup>th</sup>: Parts of our bodies: This week will be talking all about our bodies. We will talk about our muscles and bones and all the awesome things our bodies do!

Week 2: 11<sup>th</sup>-15<sup>th</sup>: Exercise and Nutrition: This week we will be talking about why exercise is good for you and different things we can do for exercise. We will be doing fun games and activities. We will also talk about healthy foods that we can eat.

Week 3: 18<sup>th</sup>-22<sup>nd</sup>: How we grow: This week we will be talking about how our bodies grow. We will be doing fun measurement activities and seeing how big we are!

Week 4: 25<sup>th</sup>-29<sup>th</sup>: Winter Wonderland Week: This week we will be talking all about winter and why it is special. We will talk about snow and do fun winter activities.

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### SPECIAL DAYS

- Thursday, December 14<sup>th</sup>: Bring your favorite toy from home
- Tuesday, December 26<sup>th</sup>: Wear your favorite winter PJs

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### *Reminders*

- \*Please remember to keep bringing your winter clothes in everyday! We will be going outside every day that is it above 10 degrees with the wind chill
- \*Bring in a picture of your child and your family so we can hang them up in the classroom!

### ***Skill to work on with your child:***

We are working on good handwashing skills now that is it flu season and our germs spread easily!

We are also working on putting on our own shoes!

### *Announcements*

*We are closed on Monday December 25<sup>th</sup> and will reopen the 26<sup>th</sup>!*