

### Themes

Five Super Senses  
Merry and Bright

### Shapes and Colors



### Numbers

9, 10

### Letters

Jj, Kk, Ll

### Alphabet Words

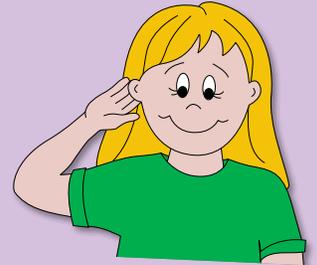
jeep, jelly,  
jet, jump,  
kettle, keyboard,  
kite, kitten,  
lamb, lemons,  
lizard, lotus

### Sign Language



### Theme Descriptions

**Five Super Senses:** Sight, sound, taste, smell, and touch are introduced to the children as their "Five Super Senses!" The theme provides many opportunities for hands-on exploration and learning.



**Merry and Bright:** This festive theme will cover baking, family traditions and celebrations, and all the sights and symbols associated with December holidays.

### Activities for Home

- Look at the holiday decorations around your home, in yards, and in businesses. Talk about the colors, shapes, and different objects with your child. Play a variety of holiday music at home. Sing your favorite songs together.
- Let your child help bake a special holiday treat. Look through cookbooks together and choose a favorite recipe. Can your child pour in the ingredients, mix the dough, or spread the frosting?
- Help your child label his or her emotions when they occur. Give children appropriate ways to handle different feelings. Set boundaries and clear expectations as you help your child work through difficult emotions.
- This holiday season your child may experience an abundance of emotions, not all of them positive! The anticipation of the holidays, the excitement of traveling, the distraction of entertaining guests, and the overall change in routine can translate into frustrations and tantrums for young children. During this busy time, don't forget to take time to simply play and read with your child.

## Look for Books

The best way to learn which books your child enjoys is to read children's books—lots of them! Check out [funshineextras.com](http://funshineextras.com) for Book Lists corresponding to each month's themes. Get to know your local librarians and ask for their recommendations as well.

### **My Five Senses**

by Aliki

### **Antlers with Candles**

by Chris Barash

### **The Black Book of Colors**

by Menena Cottin

### **Llama Llama Holiday Drama**

by Anna Dewdney

### **The Shortest Day: Celebrating the Winter Solstice**

by Wendy Pfeffer

### **Shanté Keys and the New Year Peas**

by Gail Piernas-Davenport

### **I Feel a Foot!**

by Maranke Rinck

### **Listening Walk**

by Paul Showers

## Cooking Together

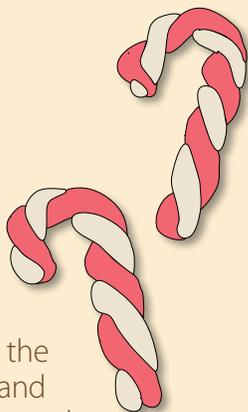
When cooking with young children, allow them to help in a safe way with mixing, pouring, rolling, mashing, shaking, etc. Use words to describe what you are doing and what you plan to do next. Talk about what you see, smell, feel, hear, and taste.

### Candy Cane Twists

- ¾ cup butter, softened
- ½ tsp. vanilla extract
- 1 large egg
- 1 tsp. peppermint extract
- 1 cup sugar
- 2 ¼ cup flour
- red food coloring

Preheat the oven to 375 degrees. In a large bowl, cream the butter and sugar. Add the egg and beat well. Stir in the peppermint and vanilla extracts. Gradually mix in the flour.

Divide the dough in half. Color one half with food coloring and leave the other half plain. Roll out a tablespoon of red dough and a tablespoon of plain until they are each 6–8" long. Twist them into a candy cane, pinching the ends. Repeat. Bake on an ungreased cookie sheet until set, but not brown.



## Sing Along With Me

Find these songs at [www.funshineexpress.com](http://www.funshineexpress.com)

### Super Senses

Sung to "The Muffin Man"

Oh, do you use your ears to hear,  
Your ears to hear, your ears to hear?  
Oh, do you use your ears to hear?  
Oh, yes! We use our ears!

Repeat with:

eyes to see  
mouth to taste  
nose to smell  
hands to touch.



### Little Evergreen

Sung to "I'm a Little Teapot"

Little evergreen, short and stout.  
(Place hands on hips.)

You decorate my house both inside and out.  
(Rock side to side with hands on hips.)

The snow outside makes your branches white,  
(Spread arms wide.)

But inside the house you shine so bright!  
(Spread arms wide and wiggle fingers.)



## Reminders...

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## Connect With Us!

