

### Themes

Yummy in My Tummy  
Sail Away

### Shapes and Colors



### Numbers

15, 16

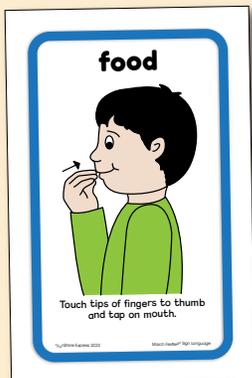
### Letters

Ss, Tt, Uu

### Alphabet Words

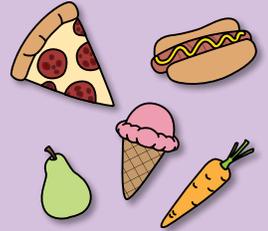
sandcastle, saw,  
seahorse, soap,  
tadpole, teeth,  
toast, turtle,  
ugli fruit, umbrella,  
unicycle, up

### Sign Language



### Theme Descriptions

**Yummy in My Tummy:** Good nutrition helps our bodies stay healthy and strong. In this theme, the USDA MyPlate and all of its components will be discussed and explored. Children will have the opportunity to learn that cooking can be just as enjoyable as eating!



**Sail Away:** Ahoy, matey! Float into spring with this aquatic transportation theme. Learn about what might be found on and deep within oceans, lakes, and rivers. An array of water table fun will be included, and plenty of pirate activities will pop up as well! Arrgghh!

### Activities for Home

- Preschoolers learn to be more independent and open-minded when they choose to try a new food. Vary the foods you serve and introduce new items. Set a good example by trying the food first and describing why you like it. Be patient! It can take up to 15 tries before a child decides she likes a new food.
- Talk about boats with your child. Read books or look at pictures of different types of boats. Has your child been on a boat or ship? If possible, take her to see a real boat, either on the water if you live in a warm winter climate, or in a showroom if you live where it's cold!
- To help your child learn the alphabet, make sure that he is learning letters in meaningful ways. Help your child learn to identify his own name and the letters that spell it. Begin with uppercase letters, as they are easier for children to recognize. Show him his whole name in functional ways. You might put name labels on his backpack or lunch box or inside the covers of favorite books. Show your child his name on any mail you receive, such as doctor appointment reminders, school calendars, or junk mail.

