



### We Are Learning About:

- **Numbers:** Reviewing numbers 1-20 (recognize and write)
- **Letters:** Reviewing A-Z (recognize and write)
- **Shapes:** Review all basic shapes (rectangle, square, oval, circle, triangle, and rhombus)
- **Colors:** Review all basic colors
- **Calendar activities:** (days of the week, months of the year, weather, songs)
- **Social/Emotional:** Participate in group activities and communicate effectively with others

### Books We Love This Month:

- Bugs! Bugs! Bugs! By Bob Barner
- Duckie's Rainbow By Frances Barry
- I Love the Rain! By Margaret Park Bridges
- Bob and Otto By Robert O. Bruel
- The Very Hungry Caterpillar By Eric Carle

### Encourage kids to eat Healthy Foods:

- Get them involved! If you involve your kids in the meal planning, they'll more likely eat what is being provided.
- Teach healthy eating habits early
- Make healthy snacks available
- Give them freedom of choice (healthy ones!)
- Don't give up! Kids need to try foods several times to see if they like them

