

# December



## Learn It Skin Protector

Before outdoor play, discuss how our skin absorbs Vitamin D from the sun, making our bones strong. But we also need to protect our skin as it is the first barrier from germs and harmful rays that come from the sun. Using dark construction paper, draw a white line down the middle. Label one side "With Sunscreen" and the other side "No Sunscreen." Have a child paint with sunscreen on the "With Sunscreen" side. Place the paper outside in full sun for a few hours. See what happens! Is the paper faded where the sunscreen was painted on?

## Read It

*Fruit Bowl* by Mark Hoffman

*Pete the Cat and the Supercool Science Fair* by James Dean and Kimberly Dean

*Princess Naomi Helps a Unicorn: A Dance-It-Out Creative Movement Story for Young Movers* by Once Upon a Dance and Ethan Roffler



## Create It Clothespin Painting

Gather materials that could be clipped to a clothespin and used as a paintbrush, such as feathers, sponges, leaves and paper. Ask the children to dip the "brushes" into paint and design their artwork. They can use different types of brushes and experiment with the various textures.



## Play It Partner Ping Pong Catch

Divide the children into pairs. Give each set of partners a cup and ping pong ball. One child will catch and the other will toss or bounce the ping pong ball. How many times can they catch in a row? Trade cups and ping pong balls so both children get a chance to catch and toss.

## Eat It Harmony Bowl

Different colored bell peppers, thinly sliced and sautéed  
Brown rice, cooked and warmed  
Lean ground beef, cooked and warmed  
Taco seasoning  
Shredded cheese



In a bowl, toss the warm rice and season to taste the taco seasoning. Have children assemble their bowl by instructing them to scoop  $\frac{1}{4}$  cup brown rice, 1 oz eq ground beef,  $\frac{1}{4}$  cup bell peppers, and 2 tablespoons cheese ( $\frac{1}{2}$  oz eq).



## Fun Fact

The sun is 4.5 billion years old!

## Laugh About It

What do the elves learn in school?  
The elve-abet.



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