**Create with Me**  
**Watercolor Paper**  
Have children place torn pieces of purple and blue tissue paper on top of a piece of white cardstock paper. Then with a water dropper, they will moisten all of the tissue paper slightly, not soaking. Let the cardstock dry until the tissue paper falls off. As the tissue paper falls off, it will leave color behind on the cardstock to create the water color paper. Help the children cut out fish from construction paper to place on their water color paper and make an ocean scene.

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**Cook with Me**  
**Boiled Dinner**  
- 3 lb ham shoulder  
- 1 cabbage head  
- 3 large potatoes  
- 3 large carrots  
Put the ham shoulder into a Dutch oven and cover with water. Bring to a boil and cook on medium for two hours. Peel and cut potatoes and carrots. Wash and core cabbage, then cut into wedges. Add them all to the Dutch oven and continue cooking for another 40 – 60 minutes depending on how soft you like to serve your cooked vegetables. Drain and serve.

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**Read with Me**  
Many areas of the country do not have lighthouses for children to visit or see in person. Take them through their imagination to experience a lighthouse with the following reading selections.

- *The Little Red Lighthouse and the Great Gray Bridge* by Hildegarde H. Swift  
- *Hello Lighthouse* by Sophie Blackall

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**Learn with Me**  
**Wash, Wash, Wash Your Hands**  
One of the most important ways we can avoid sickness is to simply wash our hands. This prevents the spread of germs and infections. Teaching children to do this properly is key!

1) Wet hands with clean, warm water.
2) Lather with soap. Remember to get the back of hands, between fingers and under fingernails.
3) Scrub for at least 20 seconds.
4) Rinse your hands well.
5) Dry your hands with a clean towel or air dry.

Here are children’s songs that take 20 seconds to sing while washing hands.

1) ABC’s  
2) Happy Birthday  
3) Mary Had a Little Lamb  
4) If You’re Happy and You Know It, Wash your Hands!  
5) Row, Row, Row Your Boat

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**Play with Me**  
**Lighthouse Counting**  
Lighthouses have many, many steps to get to the top. Tell the children they are going to practice climbing steps while practicing their counting. Have them form a circle and march in place while counting to 100. When they get to 100 congratulate the students for making it to the top of the lighthouse.
Name ____________________________

Count the Lighthouses

Draw a line to the matching number.

2

1

4

3