

FRIENDLINESS



LEARN IT There are simple examples of goodness (helping others) everywhere. What are some examples that you see at child care or at home of people being good to one another? How can we help our mom for Mother's Day?



PLAY IT ABC Race

In a large open space, place cut outs of the ABC's or write with sidewalk chalk. You can also use specific letters that you have been working on. Children can ride their tricycles and scooters to find the letters. When you call out a letter, they will race to see if they can find that letter. Mix it up by calling out the sound of the letter instead of the letter name. You can add in numbers as well.



READ IT

Plants Feed Me by Lizzy Rockwell

Chipper and the Unicycle by Don M. Winn

S is for Smiling Sunrise: An Alphabet book of Goodness, Beauty and Wonder by Vick Wadhwa



MAKE IT Mother's Day Flowers

This is a great gift idea for children to make for their moms! On heavy white cardstock, help them form a small circle with their thumb print. Assist as needed to cut the circle out. Then glue a colorful button in the middle of the circle thumb prints, making a flower. Attach a colorful straw as a stem. Make it a bouquet, place these on a Mother's Day card or even paint mini-clay pots to place the flowers in.



EAT IT Edamame Goodness

Here's a yummy snack to share with mom. Using 1 lb frozen edamame, rinse in warm water until thawed. Remove the beans from the pods. Lay out flat on a baking sheet and drizzle with 2 tbsp of olive oil. Sprinkle with 1/3 cup parmesan cheese and then bake at 400 degrees for about 15 minutes.

DRAW a picture of your family as a gift to your loved one.