Learn with Me

Turn It Off

The American Academy of Pediatrics recommends the limit for preschoolers and technology to 1-2 hours per day. This includes TV, streaming, games, and websites. While the children are in your care, make an effort to have hands-on, imaginative, active learning activities. Studies have shown a link to language delays, academic problems, obesity, and even sleep problems for children that spend too much time on the screen. It is more important as preschoolers while they are learning social interaction skills and motor skills.

Create with Me

Snowmen Feet

Help the children stamp their footprints onto blue paper with white paint. Once the paint dries, the children can decorate their snowman footprints, where the heel is the head of the snowman. Let them draw on a scarf, eyes, nose, and arms. They could also add snow with white paint or cotton balls to finish their creations.

Cook with Me

One-Pot Winter Soup

- 1 bag corn, frozen
- 1 can black beans
- 1 bag chicken, grilled, frozen
- 1 can tomatoes, diced
- 2 cans chicken broth
- 2 cans chicken broth

Put all ingredients into a pot and heat until simmering. Let simmer for an additional ten minutes and serve with warm dinner rolls and a glass of milk.

Play with Me

Snowball Toss

Create targets to hang on the walls using heavy paper or paper plates. The targets can have letters, numbers, or sight words the group may be learning. Ask the children to stand on the designated starting line and call out a target. They can then throw inside snowballs they’ve made to see if they can hit the correct target. Snowballs can be made out of tissue papers, newspaper, yarn, or other soft material.

Read with Me

The children will love these stories about snow and the winter time!

Over and Under the Snow by Kate Messner
The Jacket I Wear in the Snow by Shirley Neitzel
Circle the Number

Circle the number that matches the amount of objects.

Ice skates: 2, 5, 3
Snow globes: 4, 6, 3
Hats: 1, 5, 2
Snowflakes: 7, 8, 6
Bells: 3, 4, 5
Stars: 6, 8, 7
Bow: 1, 0, 2
Snowmen: 6, 7, 4