NOVEMBER

Learn with Me

Just Breathe

Even our youngest need help calming down and regulating their emotions. Music, outside time, writing/drawing, and reading are all good ways to help. Try this exercise with the children in your care to teach Belly Breathing. Remember to practice when they are already calm.

Have children lay on their backs with their eyes closed. Place one hand on their chest and the other on their stomach. Inhale through the nose and into their abdomen. The hand on the stomach should rise and the hand on the chest should stay still. Inhale for 4 counts, hold the breath for 4 counts and then breathe out. The hand on the stomach should move down with the exhale. They should continue until they feel relaxed. You can tell them this is like smelling the flowers and anytime needed, use that as the vocal cue.

Create with Me

Painting Pumpkins

Pumpkins do not always have to be carved to create the jack-o-lanterns. Get out craft supplies and paint and let the children decorate their pumpkins to create a wonderful fall decoration. Make sure to wash the pumpkin well beforehand and use non-toxic paint to cook with afterward.

Play with Me

Over and Under Pumpkins

This is a great game to play before painting pumpkins. Ask the children to form two even lines and give each line leader a small pumpkin. When you say go, the line will first pass the pumpkin over their heads to get from the front to the back of the line. Then they’ll pass the pumpkin through their legs from the back of the line to the front of the line. The first team to do both wins the race.

Read with Me

The fall is such a fun time of year for children. Add these two selections to your fall reading time.

*From Seed to Pumpkin* by Wendy Pfeffer

*Pumpkin Pumpkin* by Jeanne Titherington

Cook with Me

Potatoes & Pumpkins

- Potatoes
- Pumpkin, canned

Wash, peel, quarter, and boil potatoes. When soft when tested with a fork, remove from heat and drain. Using a mixer, mash potatoes and add in the canned pumpkin for a new fall flavor.
Name ____________________________________________

Rhyming Pumpkins
Match the letter in the pumpkin to the first letter of the rhyming sight words.

S  H  R
Hat  Sat  Rat
C  P
Cat  Pat