Helps and Hints
Family Child Care Newsletter

Arkansas State University

Childhood Services

Volume 5, Issue 12

December 2005

Helps and Hints Family Child Care Newsletter is funded by:

Department of Human Services, Division of Child Care and Early Childhood Education

Little Rock, Arkansas

Inside this issue:

Stories, Rhymes, & Jingles

Cooking and Children

Safe Kids...Healthy Kids

Art-Creativity

Did You Know?

Let's Laugh

The wisest man who ever lived once wrote "A merry heart does good like a medicine". Recent research proves he was right - laughter and happiness really do make people healthier! So let's have some fun with the little ones we care for - LET'S LAUGH.

Laughter Quote: "Laughter is like changing a baby's diaper. It doesn't permanently solve any problems, but it makes things more acceptable for a while" ~ Unknown

Introduce the fun by declaring a SILLY DAY. Encourage children to come dressed silly. Dress silly yourself. Put your clothing on backwards, wear a silly hat, do something silly with your hair, wear mismatched socks and/or shoes. Have fun.

When the children arrive instead of saying "good morning" say "good night"! Start the day with giggles and see how much fun you have.

Have fun with the parents too. Print funny items from the internet, magazines or other sources on small slips of paper and put into envelopes. Give one to each parent and encourage them to read the item during the morning.

Show pictures of yourself that are funny. C'mon...dig out those pictures from your high school years when "big hair" was in! What about the time you were caught crossing your eyes for your sister's wedding photos? We all have school photos we hope will never see the light of day again. Share them with the children. Create a bulletin board showing funny things from your own life. Children will enjoy seeing their teacher's "oops"!

At circle time share a funny story from your own

childhood. To make the story more interesting, use story props. For instance, one of my own stories is about a time when a ball I hit during a neighborhood ball game flew into our cow lot and my mother's favorite pet cow ate it! I had to fish the ball out of the cow's mouth! I use a baseball and a picture of the cow when I am telling the story. Practice the story before you tell it to the children. Use enthusiasm, lots of action, laugh at yourself, have fun telling this story to the children. Answer their questions.

Make up a silly story. Let the children help you tell it. Start with a funny first line and let the children add to the story. The sillier the story, the more the fun. This is a great transition to occupy the children while you are cooking or your hands are occupied with diapering, etc.

Share a funny book such as one of Audrey's Woods' wonderful stories: *Silly Sally, King Bidgood's In the Bathtub, The Napping House.* Children love silly, repetative stories. The more you laugh and enjoy the story, the more the children will also enjoy and remember this special time with you.

Share your favorite funny movie. Choose something age appropriate to your group. Share old cartoons. Today's children have watched so many action cartoons, when they watch old cartoons they think Tom and Jerry, the Road Runner, Popeye and the old Mickey Mouse movies are hysterical. My grandson thinks The Lone Ranger is a comedy! Be sure to watch together and share the laughter.

Ask the parents of the teachers at your site to write down, tape or come in person to share stories about funny things the teachers did when they were young! Sure to cause laughter.

Record children laughing and make a tape to play of their laughter. Challenge the children to listen and find themselves on the tape. Who laughs loudest? Who laughs most? Who laughs the least?

NO I WON'T

Materials: NONE!

Gather children in a circle. Children will take turns being IT. The child who is IT must try not to laugh or smile. All the other children and teacher will try to make the child laugh. Ask the child "Are you going to laugh?" The child is to respond "No I won't" without laughing or smiling. Everything is legal to make a smile or laugh except touching IT – so no tickling. But it's legal to act as if you are going to tickle, creep fingers toward it saying "I'm going to get you..." Even a 12 year old has trouble not laughing when they see those fingers approaching. Once IT has smiled or laughed, someone else gets to be IT.

Get down and play with the children. Play hide and seek or other games. Make a happy memory for the little ones to take home.

FUNNY DAYS

There are a lot of special days in the year which lend themselves to laughter in a special way, such as April Fool's Day, Hat Day, Dr. Seuss's birthday,

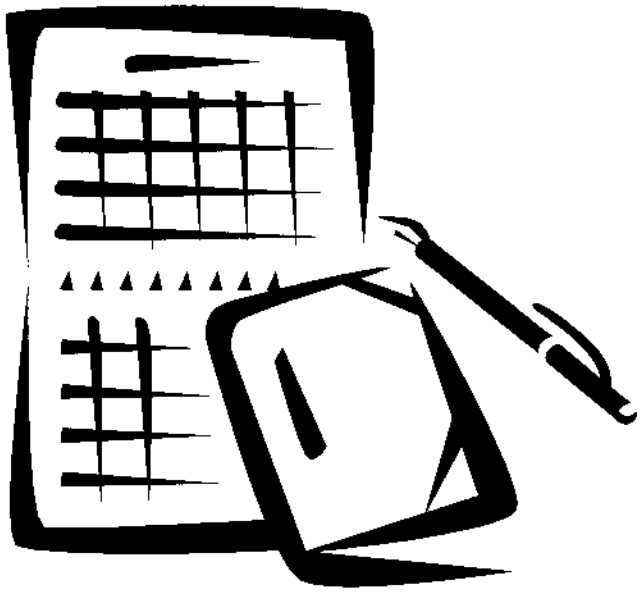
Mark Your Calendar

Family Child Care Conference

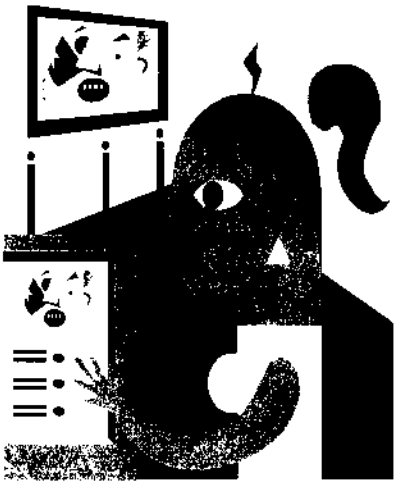
April 21-22, 2006

Jonesboro, AR

Tom Copeland with Redleaf Institute will be here on April 8, 2006



Parent Involvement



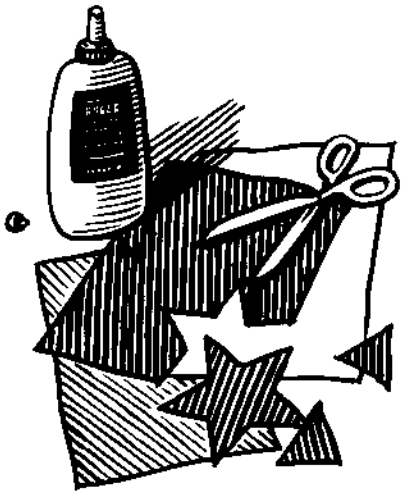
Busy parents need a laugh. Watch for funny things the children do. Either share them in a newsletter, create a display board with the kids' funny sayings displayed prominently, or share verbally as children are picked up for the day. Set a goal to tell each parent something funny at pick up and nothing negative. If something happened during the day which is negative and needs to be communicated, give the parent a note to call you later.

Ask parents to share a funny book, poem, song or true life story from their own childhood with their children. Ask for volunteers who would be willing to come to your site to tell a story or read a funny book or poem to the children. Children love to hear of times when parents goofed!

Ask parents to send in funny photos of their little ones.

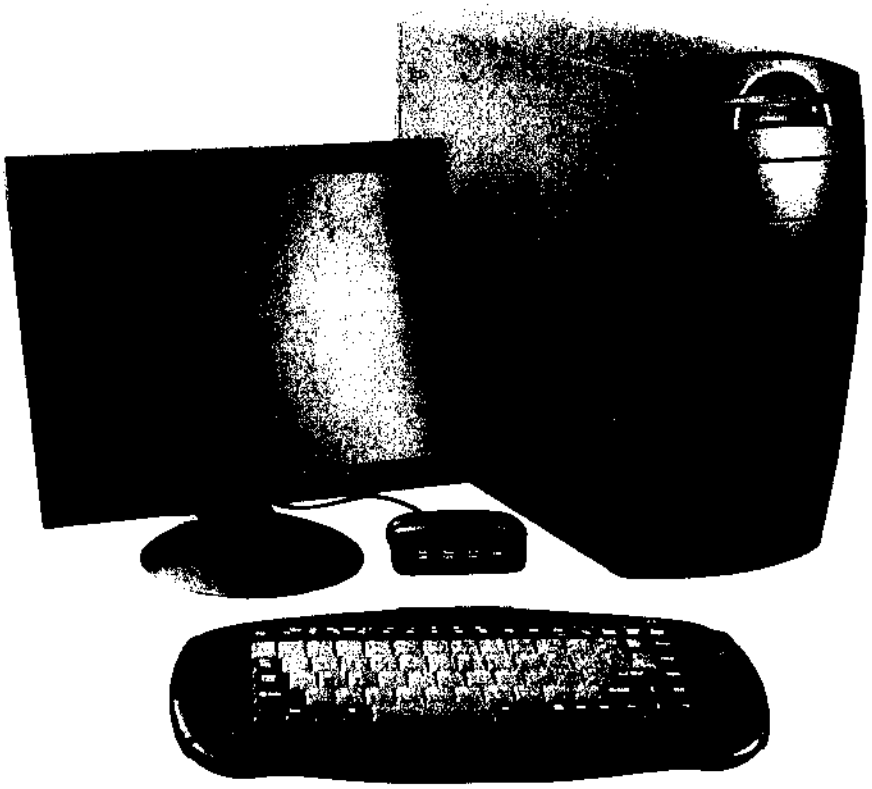
Ask them to write down, tape or come and share in person a funny story about their little one.

Send home a paper plate with each child. Ask parents to work together with their child to create the silliest face they can imagine and send back in for display. Suggest using scrap fabric, construction paper, markers, rice, beans, rick rack, whatever they have on hand. This would be a fun experience for a parent meeting. Provide plenty of materials and let children/parents team up to create the silliest face. Give prizes for the silliest, happiest, most colorful, most original etc. so that each child's creation wins a prize. Here are some suggestions for silly prizes they could win: fake teeth (available at Wal Mart), rubber snake, pacifier candy,...use your imagination. You can provide inexpensive prizes for lots of fun.



Internet Resources

Flannel Board pieces for the following books or songs can be found at the Division of Child Care website:
http://www.state.ar.us/childcare/storymonth.html
For a colored version of these pieces you may email me at: skylark@magtel.com
The Old Lady Who Swallowed the Fly
The Napping House
Silly Sally
If You Give A Pig a Pancake
The Little Mouse, The Red Ripe Strawberry
And the Big Hungry Bear
The Lady with the Alligator Purse



Art-Creativity

Sad and Glad Puppets

Materials:
2 paper plates for each child
Markers, paint, crayons, pencils, etc.
Collage items - fabric, yarn, construction paper, etc.
Glue
Scissors

Ask children to create two faces. Ask them first to create a sad face on the first paper plate. Then ask them to create a very happy, laughing face on the second plate. Afterwards discuss how they felt when they were working on the faces? Which face was the most fun to make? Mount paper plates on paint stir sticks or large craft sticks for other activities in this theme. Label the puppets SAD and GLAD.

Tickle Me Place Mat

Materials:
A variety of magazines
Art materials
Construction paper
Scissors, glue
Clear contact paper

Encourage children to cut or tear pictures or other things from the magazines they find funny, glue to construction paper. At the bottom or sides write: THIS MAKES ME LAUGH! Laminate or use clear contact paper to cover the place mat.

Blow Art

Materials:
Straws
Paper
Paint

Put dots of paint on the paper. Children use the straws to blow the paint to create their picture.

Fly Swatter Art

Materials:
New flyswatters
Card Stock
Paint
Paper plates or pie tins
Clothespins

Books that bring a Laugh

MMMM Cookies	Munsch
The Gigantic Turnip	Aleksei Tolstoy
The Very Clumsy Click Beetle	Eric Carle
Tooth Trouble	Jane Clarke
The Laughing Dragon	Mahood
Giant Children	Brad Bagert
Muddle Cuddle	Laura Lee Gigler
Good Night, Gorilla	Peggy Rathman
Peek-A-Moo	Cimarushi
Mrs. Mooley	Jack Kent
Ah Choo	Cuyler
Tawny Scrawny Lion	Jackson
Too Many Pumpkins	Linda White
No, David	David Shannon
David Gets In Trouble	David Shannon
David Goes to School	David Shannon
Everyone Poops	Taro Gomi
The Loudest Lion	Paul Bright
If You Give a Pig a Pancake	Laura Numeroff
If You Give a Mouse a Cookie	Laura Numeroff
If You Give a Moose a Muffin	Laura Numeroff
No More Jumping on the Bed	Tedd Arnold
A Gruesome Stew	P Z Mann
Giant Hiccups	Farley
An Octopus Followed Me Home	Dan Yaccarino
The Awful Aardvarks Go to School	Lindbergh
Morning Song	Mary K. Siddals
Alexander and the Terrible, Horrible, No Good, Very Bad Day	Judith Viorst
A Plump and Perky Turkey	Teresa Bateman
The Cow Who Wouldn't Come Down	Paul Brett Johnson

Art-Creativity

Paint aprons or shirts

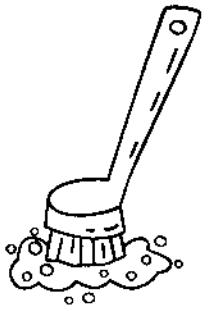
This is definitely an outdoor painting experience. Use clothespins to hang paper (card stock works best) on the fence of your play yard. Pour paint into pie tins or paper plates. Children dip the fly swatters into the paint and then "swat" the paper. Good for lots of giggles.

Shared Art

Divide the children into groups of three or four.
Fold a piece of paper into four sections. The first child draws something on the first section, being sure to start at the fold of the paper, then fold that section so it can't be seen. Second child draws his picture on the next section and so forth. When the paper is unfolded a silly creation will appear.

Messy Art

This is best done outside.
Materials:
Toothbrushes
Paint
Cardstock or paper or butcher paper



Put the cardstock or butcher paper on the fence. Show the children how to dip the toothbrushes into the paint and then use their thumbs to spatter paint by pulling toward themselves on the top of the brush.

Body Art

Ask children to wear old clothing or swim suits for this activity.
Spread butcher paper on the floor or lawn, Provide paper plates or pie tins of paint. Encourage children to dip elbows, knees, feet, into paint then press to the paper. The art will bring lots of laughs.

Fruity Science
Materials:
Selection of soft fruits such as strawberries, watermelon, blackberries, etc. chopped into chunks.
Paper

Encourage children to use the food chunks to squish, or to hold and smear on paper. Discuss which fruits make the best marks, which don't work well, discuss how the fruit feels as it squishes, smells, etc.

Mud Pies
Provide dirt and water and encourage children to make mud pies and other mud sculptures!

Books that bring a Laugh

These books have been "kid tested" as laugh starters, however, it depends on how YOU read the book whether it is funny or not. Read with enthusiasm, use different voices for different characters. Be excited yourself about the story. Get the children involved in acting the story out or telling about the sequence of events.

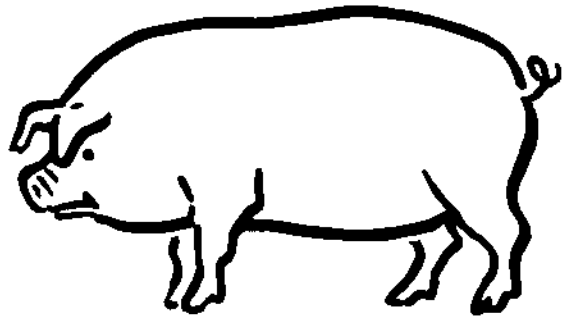
TITLE:	AUTHOR:
The Greedy Python	Eric Carle
Silly Sally	Audrey Woods
King Bidgood's in the Bathtub	Audrey Woods
The Napping House	Audrey and Don Woods
Froggy Eats Out	Landon
Froggy's Baby Sister	Landon
Froggy Goes to School	Landon
Froggy Learns to Swim	Landon
Dinosaurumpus	Tony Mitton
Chicka Chicka Boom Boom	Bill Martin, Jr.
Anansi and the Spider	McDermott
Curious George	Rey
Henry's Awful Mistake	R. Quakenbush
One Hundred Hungry Ants	Elinor Pinczes
Mommy Ant, Eat Your Vegetables	Donald Sullivan
Daddy Ant	Donald Sullivan
Baby Ant Has Stinky Pants	Donald Sullivan
Annie Ant, Don't Cry	Donald Sullivan
The Little Old Lady Who Was Not Afraid Of Anything	Linda Williams
The Bear Snores On	Karma Wilson
Bear Wants More	Karma Wilson
The Little Mouse, the Red Ripe Strawberry And the Big Hungry Bear	Audrey Wood
Where's My Teddy	Jez Alborough
It's the Bear	Jez Alborough
The Very Hungry Caterpillar	Eric Carle
Huggly Gets Dressed	Ted Arnold
Animals Should Definitely Not Wear Clothes	Jude Barrett
Underwear	Judith Hannatt
White Dynamite and the Curly Kid and	Bill Martin, Jr.
balt	John Archam-
Armadillo Rodeo	Jan Brett

Infant and Toddler Activities

Peek A Boo

Put a scarf or handkerchief over your face, slowly remove it saying "peek-a-boo" when you can see baby's eyes. When baby tires of playing this way, gently put the fabric over baby's face and pull away. You can also hide behind your hands, behind the couch, etc.

This Little Piggy Went To Market



Gently wiggle one toe for each of the famous piggies, beginning with the baby's big toe.

This little piggy went to market
This little piggy stayed home
This little piggy had roast beef
This little piggy had a bone
And this little piggy cried wee, wee, wee, all the way home
(at the last piggy walk your fingers up baby's leg, and tummy and tickle beneath chin)

If baby doesn't like being tickled, stop tickling, repeat game at a later time.

This is Where the Kitty Sat

(touch each facial feature as you say this verse)
This is where the kitty sat (nose)
This is where the kitty jumped (forehead)
Eye winker (one eye)
Tom tinker (other eye)
Nose smeller (nose)
Mouth eater (mouth)
Chin chopper (chin)
Get her, get her, get her (tickle beneath chin)

Use a blanket for baby to lay on. Gently take the corners of the blanket and pull baby around the room.

Use a stuffed toy to play peek a boo or to pretend the toy is going to "get" baby.

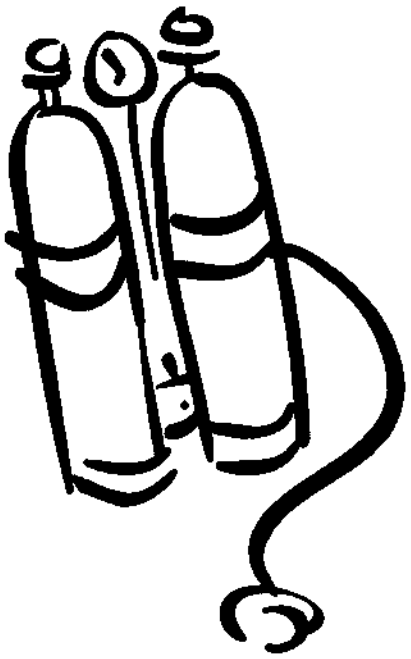
WATER

Sponge-Bob Square Pants!!!

DRAMATIC PLAY

Include beach towels, pails, shovels, robes, sandals, fish, and other aquatic toys

Set up the Crabby Patty fast food restaurant. Provide toys dishes, stove, play hamburgers (can make them from construction paper or foam), tables, chairs, aprons, cash register, toy money, order pads, etc. Let children make the menu list and a sign for the restaurant. Talk about how it would be different from McDonald's or other fast food places they know, since it is underwater.



Make diver's air tanks
with two two-liter soda bottles. Use Duck tape to tape the two together side-by-side to be pretend air tanks for your little divers. You can buy inexpensive tubing at your drugstore. Ask for tubing for a nebulizer. For $1.50 you can get a tube and a mouthpiece that loosely resemble those used by divers. If the children put the mouthpiece into their mouths, be sure to disconnect it and bleach it.

Provide star cookie cutters for Patrick. Rectangles for Sponge Bob. Point out Sponge Bob is a rectangle, just his pants are square. Show the children how to roll "snakes" to create Squid worth's tentacles or to create Gary's snail shell.

Infant and Toddler Activities

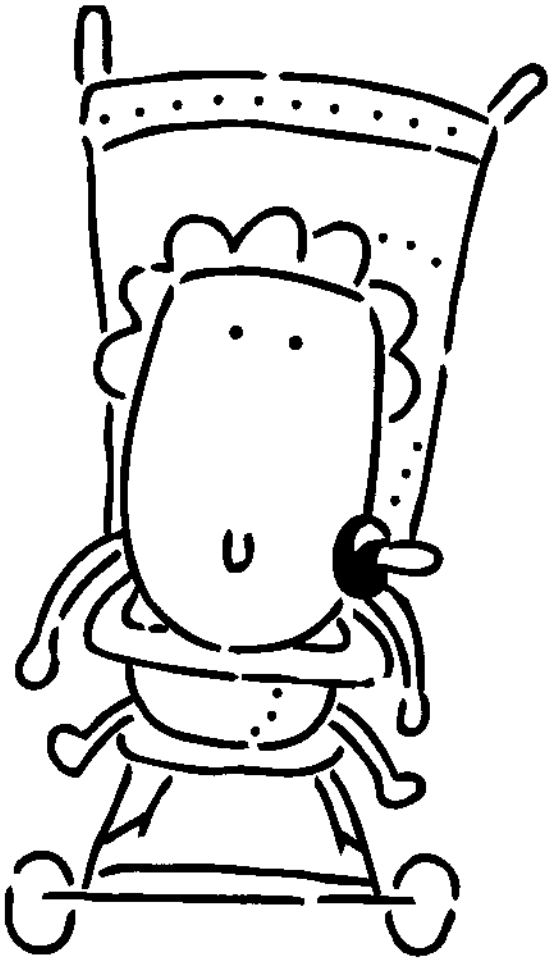
Pour small amount of water on the baby's highchair tray or in a small container at the table and let baby splash in it.

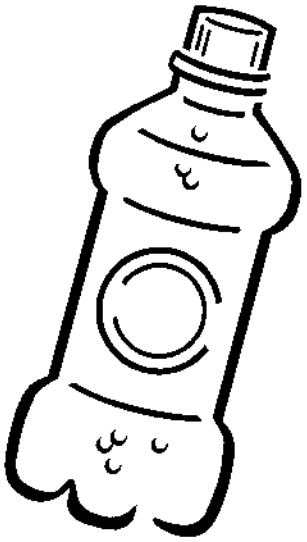
For toddlers provide about 1 ½ inches of water in a plastic tub or container and provide a doll to wash, or cups and spoons to play with. Supervise during the entire time toddler is playing in water.

Mix tearless baby shampoo (lavender scent adds a nice sensory experience) and water. Blow bubbles for baby to watch, try to catch, etc.

For older toddlers who are old enough to be taught to blow into a straw, fill a small bowl with water and add a few drops of tearless shampoo. Encourage the child to put the straw into the bubble solution and blow. Mounds of bubbles will appear. Slit the straw near the top so the child will not swallow the solution.

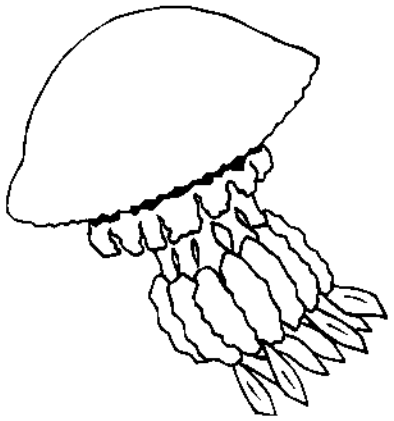
For Pre K age children, provide squirt bottles and let the fun begin!





Sponge-Bob Square Pants!!!

Move Like Sponge Bob
Have fun moving like the characters on Sponge Bob. Float like a jelly fish (use streamers or scarves to simulate tentacles)
Crawl slowly like Gary (read the book Slow as a Snail by
Walk like Patrick
Bounce like SpongeBob



Transition:
Print off or draw the Sponge Bob characters on cards. Children take turns drawing a card and acting like the character on the card while the other children guess who he is.

Sponge Bob Target

Materials:
Large piece of cardboard or plywood.
Assorted sponges (mostly yellow)
Cut out oval, square, and star. Paint or draw around the square so it resembles Sponge Bob, create Patrick with the star, and Squid Worth around the oval.

Children try to toss sponges through the cut outs.

COOKING

Since Sponge Bob lives inside a pineapple, buy a fresh pineapple and explore with the children. Give pineapple for snack.

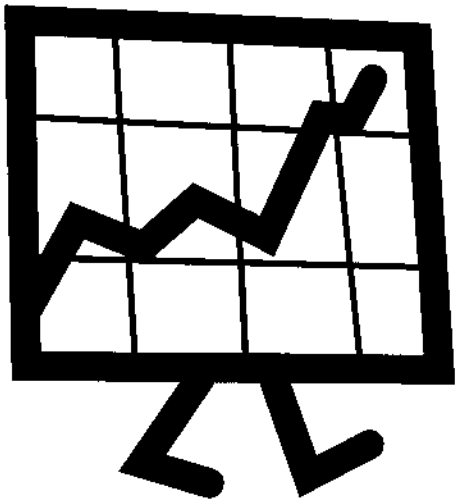
Sponge Bob works for a fast food place called the Crabby Patty. Serve crabby patties for lunch. Buns, hamburgers, tomatoes and lettuce. Yes, they are just hamburgers - but call them crabby patties, serve with milk you have tinted blue with food coloring and call it "ocean milk" and watch the fun!

SCIENCE

Provide talk pictures of sea creatures for the children to compare to Sponge Bob and his friends. Learn about star fish like Patrick, squids like Squid Worth., snails like Gary.

Study Squirrels. Sponge Bob's friend Sandy is a squirrel who lives undersea in a diver's suit. Could Sandy really live underneath the sea?

Math & Manipulatives



Ask the children who makes them laugh the most. Graph their answers. Here's an easy graph to make and reuse often. Cut a white shower liner or table cloth to a size that works for your environment. Use a washable marker and yardstick to divide into squares. If you are using the graph on the floor, provide bottle caps, checkers, buttons, small toys, pomp poms or other items which coordinate with the current theme for the children to use to mark the squares. If mounted on the wall, you can write on it with dry erase markers. You could provide the children with post it notes to stick onto the graph or cut out items which go with your current theme. Use double backed tape to hold items to the graph.

Ask WHAT makes you laugh the most? Graph the results. Share the results of both these activities with the parents.

Count funny things.

Count the freckles on your noses.
Count the toe jam between your toes
Count the thorns on the roses
Count the people who went with Moses
Count the leaks in the hoses.

Ask the children how many funny things they can find in your home or classroom. Write down the list of the things they think are funny. Count them. Divide them into categories.

Put out silly things to use as manipulative. How about spoons, straws, cotton balls, kibosh balls, things which aren't usually in your manipulative area? Challenge the children to build and create with these items. Take pictures of the laughter as they work on these creations.

HOW MANY MARSHMALLOWS

Materials:
Large marshmallows

Give the children bags of bite-sized marshmallows and challenge them to build a tower with them. Who can build the tallest tower or use the most marshmallows before they fall?

Sponge-Bob Square Pants!!!

FINE MOTOR

Materials: yellow construction paper, hole punch

Encourage children to cut out rectangles of construction paper. They can punch holes in the paper to create Sponge Bob.

PLAY DOUGH

Make yellow, gray, pink and/or brown play dough for the children to make the characters from Sponge Bob. Use the following recipe for extra sensory value:

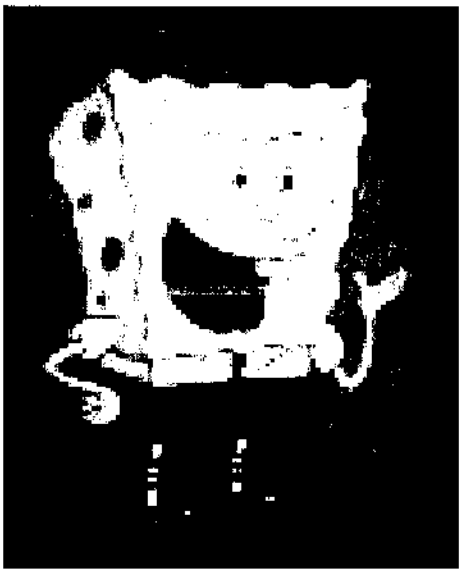
Pineapple Playdough

2 cups flour
1 cup salt
4 tablespoons cream of tartar
2 cups boiling water
2 tablespoons cooking oil
3 oz. Package of sugar-free flavored gelatin (pineapple flavor)

GROSS MOTOR

Sponge Bob Jelly Fish Chase

Materials:
Jelly Fish plates (see ART section)



Divide the children into two teams. One team is the Sponge Bob team. For added fun print off pictures of the Sponge Bob characters and make into necklaces by punching holes at top of picture and lacing yarn through the holes. This team would include Patrick the Star Fish, Gary the snail, Squid Worth, Sandy the Squirrel and Spongebob. The other team are the jelly fishes. Provide streamers or scarves for this team to hold in their hands. The Spongebob team will try to catch the jelly fish children. But if a jelly fish touches a Spongebob team member with his streamer tentacles, Spongebob has been stung and has to "freeze" for 15 seconds. Change the teams frequently so all the children get to be on both teams.

Science

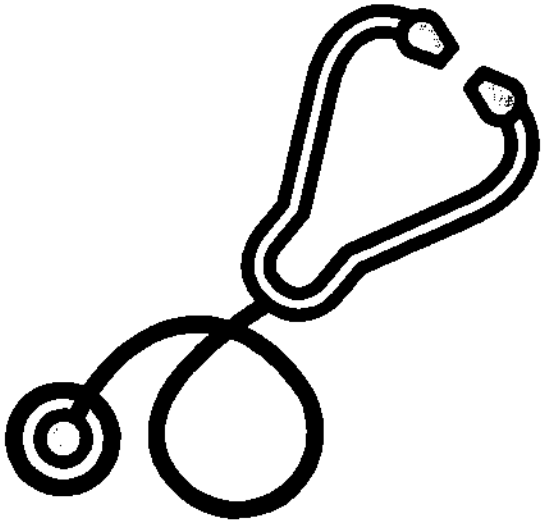
Tickle Me

Materials: feathers, pompoms, cotton balls, Q tips, paint brushes, hair brush, rubber lizard or snack, block, ball.....

Gather an assortment of things for the children to experiment with to find out if they tickle. Some ideas would be feathers, pomp pomes, cotton balls, Q tips, paint brushes, rubber lizard or snake, block. Ask the children to work with a partner taking turns tickling each other. Ask the children to decide which items tickle. Why do some things tickle? Why don't the others tickle?
Encourage children to add other things that tickle to the center.

Happy Hearts

Materials:
Fetal monitor (available at Wall Mart in the infant section for about $23), stethoscope, or glass.
Paper to graph heart beats



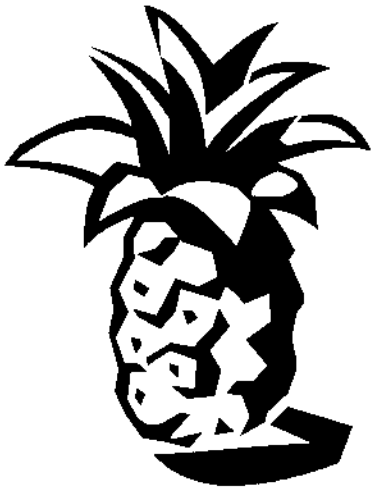
Use something to listen to the children's heart beats. Talk about how their hearts sound. Imitate the sound of the heart while it is resting. Graph the beats per minute for each child. Then read or play some game which causes laughter in the children. Listen to the hearts again. Now how do the hearts sound? Is the beat slower or faster? Why? How would that help make your heart healthier? Are there more beats per minute?

Ask a health professional to talk about why laughter and being happy help keep us healthy.

Sponge-Bob Square Pants!!!

Paint brushes
Paint
Markers
Stickers
Sand
Glue
Crayons

Sponge Bob and his friends live underwater. Provide a large sheet of butcher paper and let the children create a mural of Sponge Bob's world.



Pineapple Roll

Sponge Bob lives inside a pineapple. Purchase a small pineapple. Let the children roll it in paint and roll onto paper to create patterns.

Sponge Bob Diorama

Materials:
Small boxes such as a shoe box
Blue tissue paper
Variety of construction paper
Yellow sponge
Sea shells
Colored pasta shells

Children use materials to create a diorama of Sponge Bob's world.

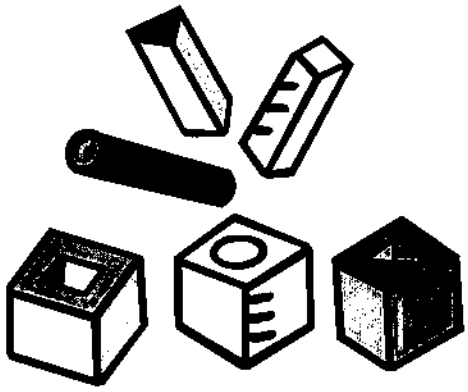
Jelly Fish

Materials:
Small paper plates
Paint
Crepe paper or streamers
Glue
Scissors

Sponge Bob frequently encounters jelly fish. Cut a slit on the side of the small paper plate to about the center point. Over lap the edges to form the plate into a shallow bowl shape. Children can paint the jelly fish body. When it is dry, they will glue streamers of crepe paper to form a jelly fish tentacles. These really look pretty hung from a ceiling.

Blocks

Add materials to block center to stimulate creativity such as silk or plastic flowers, clowns, 2 ft. long plastic gutter, ping pong balls. See what the children come up with.



Dramatic Play

Provide clown costume materials for the children. Bright fabrics, big shoes, red pom poms, toy seals, etc.

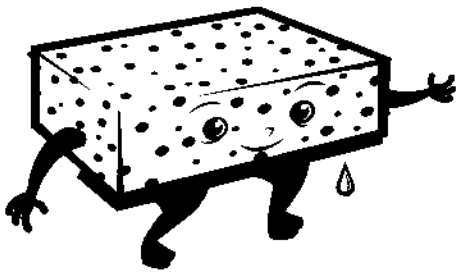
Provide Silly Sally and Spongebob Square Pants props. Ocean props for Spongebob. Silly dressy clothing for Silly Sally and Neddy Buttercup (see Literature Extensions below)

Sponge-Bob Square Pants!!!

We can't talk about laughter without incorporating the children's own choice of things to laugh at. Use the children's interest in the Spongebob Square Pants cartoons to teach them skills they'll use all their lives, long after Spongebob has dried up.

ART

Creating Sponge Bob Square Pants



Materials:
Yellow sponges
Pipe cleaners
White, brown, black construction paper or foam sheets
Markers
Scissors
Glue

Give the children the materials and let them create Sponge Bob. Pipe cleaners can be used to create his arms and legs.

Wet Sponge Painting

Materials:
Yellow sponges
Paint
Paper
Water

This is an outdoor activity. Hang a large piece of butcher paper on the fence, or use easels to support paper. Let the children dip their sponge into water, then into paint and throw at the paper to see what happens!

Sponge Painting

Materials:
Sponges (cut into smaller shapes)
Paint
Paper

Children dip sponges into paint and create.

Sea Mural

Materials:
Sponges

Language Arts

FLANNEL BOARD IDEAS

FIVE SILLY FOLKS

You will need the following flannel board pieces:
Tiger, goose, wolf, fish, moose
You could draw these pieces yourself, copy from a coloring book, or use clip art from your computer.

Five silly folks going out to play,
Soon there were four, when tiger jogs away.
Four silly folks sitting by a tree
Soon goose falls asleep, then there were three
Three silly folks thinking what to do
Soon wolf goes to work, then there were two
Two silly folks looking for some fun
Soon fish drives away and then there is one
One moody moose with no friends nearby
Sits down on a rock and has a good cry.

Discuss with the children why this is called Five Silly Folks. How were the animals silly? Tell a story about at time when you did something really silly (if you have pictures or props for this story it will be much more interesting to the children). Ask the children to tell about something silly they have done. Have fun laughing together.
Talk about the different words for a laugh such as a snicker, giggle, chuckle, snort, roar, hoot, laugh, etc. How are each of these different from the others?

LITERATURE EXTENSIONS

SILLY SALLY

By Audrey Wood

Silly Sally lends itself to so many "silly" giggles. The characters in the story are beautifully illustrated, with silly hair styles and clothing. Let your little "sillies' make a "Sillyette" of themselves.

ART/CRAFTS

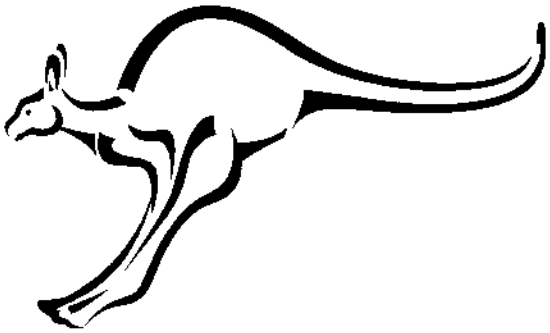
Sillyettes

Materials:
Card stock, white paper, or butcher paper (depending on whether you choose just a head and shoulders or a full body sillyette)
Bright light
Collage materials: macaroni, fabric, yard, ribbon, etc.
Art Materials

Cooking and Children Mix Well

Kangaroo Kabobs

Ingredients:
1 plastic straw per child
Any type of fruit cut into hunks (oranges, watermelon, bananas, strawberries, etc.)
Rainbow marshamallows
Loop Pretzels (not sticks)



Let children put one marshmallow at the end of the straw, load up fruit and pretzels in any pattern they desire, finish off with another marshmallow at the end and eat!
Note: you could substitute cheddar cheese or other cheese for the marshmallows to increase nutritional content and qualify snack for the USDA Food Program.

Snail Sandwich

Ingredients:
Slice of bread per child
Peanut butter
Jelly
Thin pretzel sticks

Cut the crusts off the bread and eat while you work. Roll out the bread with a rolling pin or a heavy glass until flattened. Spread peanut button on one half of the flat bread and jelly on the other half. Roll lengthwise and cut into $\frac{3}{4}$ inch slices. Will make about five snail slices. Use pretzel sticks broken in half to insert in the rolls to create the snail.

Pizza Pasta

Ingredients: 16 oz. pasta (any shape or combination of shapes you like. Bowties are a good choice because of their intriguing shape and flavor)
8 oz. mozzarella cheese
Milk
Small can tomato sauce
Pepperoni if desired

Cook and drain pasta. Melt 8 oz. mozzarella cheese with $\frac{1}{2}$ cup milk and 1 small can tomato sauce. Pour over drained pasta, top with Pepperoni slices if desired, sprinkle Parmesan cheese on top.

This is fun because the mozzarella makes long strings as the children lift it to their mouths.

Surprise Milk

Secretly pour some food coloring in the milk you will be using to fill the children's cups. If you put a drop of food coloring in the bottom of their glasses, when you pour the milk in the cups, it will instantly become colored. Children believe magic has happened. When they exclaim about the color, tell them "Oh, the blue fairy (a leprechaun, one of Santa's elves, ect.) must have come by! All of our milk is blue (green, red...)!"

Language Arts

Tape the paper onto a blank wall. Have the child stand in front of the paper. Use the bright light to cast the child's silhouette onto the paper. Trace. Give the child the silhouette and collage and art materials to decorate the image and make it a "sillyette" with funny hair styles, facial features, etc.

Spoon Puppets
Wooden spoon or craft sticks
Glue
Card stock
Art Materials

Encourage the children to draw the characters from Silly Sally and mount them on wooden spoons or craft sticks for a puppet show.

Provide a Silly Sally paper doll for each child. Also provide wall paper samples, fabric scraps, yarn, etc. so the children can make their own Silly Sally character.

Sheep: Cut the center from a paper plate; let the children choose cotton balls, cotton batting, popcorn packing, yarn, to create a sheep's mask.

Loon: provide orange construction paper, brown construction paper, feathers and lunch bags and glue. Let the children create a loon puppet.

For toddlers and younger Pre K you may want to have magazines for them to cut out a bill, eyes, wings, etc. for the children to glue onto their lunch sack to create the loon.

Pig: Have the children draw a pig. Let them color their pig, then give them mud to smear on the pig to make him look like a pig who's been rolling in the mud!

Neddy Buttercup: provide a boy paper doll figure for each child. Provide yellow and green tissue paper, construction paper, yellow silk flowers, etc. and let them choose how they will reperesent Neddy Buttercup's costume.

GROSS MOTOR

Practice walking backwards. Discuss ways we could "walk backwards upside down"
"Dancing backwards upside down", etc.

Play Leap Frog

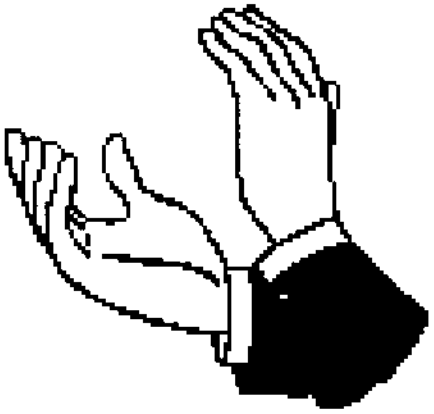
Have a Silly Sally parade --- everyone dresses silly and walks backwards - or help each other walk backwards using the old wheelbarrow method...
Provide lots of dress up clothing, socks, shoes, hats, ribbons to decorate the hats, scarves...

Sing, Song, Sway

Instead of "I guess she'll die" at the end of each verse, "perhaps she'll die" or "I think she'll cry"
End with "She's full of course" instead of "She's dead of course"

<u>If You're Happy and You Know It</u>

If you're happy and you know it clap your hands.
(clap clap)
If you're happy and you know it clap your hands.
(clap clap)
If you're happy and you know it then your face will surely show it.
If you're happy and you know it clap your hands.
(clap clap)



If you're happy and you know it stomp your feet.
(stomp stomp)
If you're happy and you know it stomp your feet.
(stomp stomp)
If you're happy and you know it then your face will surely show it.
If you're happy and you know it stomp your feet.
(stomp stomp)

If you're happy and you know it nod your head.
(nod nod)
If you're happy and you know it nod your head.
(nod nod)
If you're happy and you know it then your face will surely show it.
If you're happy and you know it nod your head.
(nod nod)

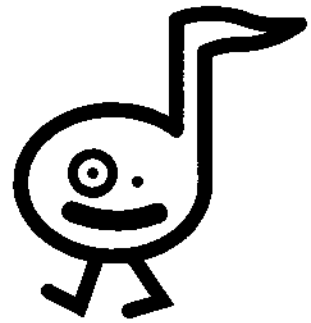
If you're happy and you know it shout "Hooray!"
(Hoo-Ray!)
If you're happy and you know it shout "Hooray!"
(Hoo-Ray!)
If you're happy and you know it then your face will surely show it.
If you're happy and you know it shout "Hooray!"
(Hoo-Ray!)

If you're happy and you know it do all four.
(stomp nod Hoo-Ray!)
If you're happy and you know it do all four.
(clap stomp nod Hoo-Ray!))
If you're happy and you know it then your face will surely show it.
If you're happy and you know it do all four.
(clap stomp nod Hoo-Ray!))

Language Arts

MUSIC

Provide lively music for the children to dance to as Silly Sally did with the pig.



BLOCK CENTER

Encourage the children to build Silly Sally's town in the block center. Use the DCCECE website (see internet resources at the end of this theme for the URL) to print off the characters from Silly Sally. Either color them on your computer or by hand and laminate. Include them in block center so the children can have the characters act out the story as they "walk backwards upside down to town".

LANGUAGE

Silly Sally has wonderful words in it:

Walking backwards upside down – talk together about how she would do that. Let the children experiment with ways to walk backwards upside down.

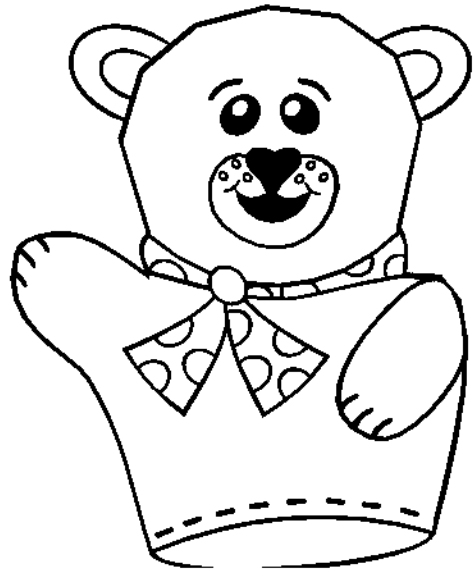
Have the children walk backwards as transition to go to meals, bathroom, nap time, etc.

What is a jig? Play jig music.

What is a loon? Have talk pictures of real loons available.
If possible, have a tape of a real loon's song.

Could the sheep be one of Little Bo Peep's lost sheep?
Teach the nursery rhyme:
Little Bo Peep has lost her sheep
And doesn't know where to find them.
Leave them alone and they'll come home
Wagging their tails behind them.

Puppets: provide a frog, dog, loon (bird), sheep puppet for the children



Sing, Song, Sway

She swallowed the spider to catch the fly.
I don't know why she swallowed the fly.
I guess she'll die.

There was an old lady who swallowed a bird.
How absurd to swallow a bird.
She swallowed the bird to catch the spider,
that wiggled and wiggled and tickled inside her.
She swallowed the spider to catch the fly.
I don't know why she swallowed the fly.
I guess she'll die.

There was an old lady who swallowed a cat.
Imagine that, she swallowed a cat.
She swallowed the cat to catch the bird.
She swallowed the bird to catch the spider,
that wiggled and wiggled and tickled inside her.
She swallowed the spider to catch the fly.
I don't know why she swallowed the fly.
I guess she'll die.

There was an old lady who swallowed a dog.
My what a hog, to swallow a dog.
She swallowed the dog to catch the cat.
She swallowed the cat, to catch the bird,
She swallowed the bird to catch the spider,
that wiggled and wiggled and tickled inside her.
She swallowed the spider to catch the fly.
I don't know why she swallowed the fly.
I guess she'll die.

There was an old lady who swallowed a cow.
I don't know how she swallowed a cow.
She swallowed the cow to catch the dog.
She swallowed the dog, to catch the cat.
She swallowed the cat to catch the bird.
She swallowed the bird to catch the spider,
that wiggled and wiggled and tickled inside her.
She swallowed the spider to catch the fly.
I don't know why she swallowed the fly
I guess she'll die.

I know an old lady who swallowed a horse...

She's dead of course!!!
Alternate words include:

Sing, Song, Sway

Rock-A-Bye Baby

Sing this traditional song while holding the child. When you come to the part about "when the bough breaks the cradle will fall" on the word 'fall' dip the child down as if dropping him/her. Sure to bring lots of giggles. When you repeat the song slow down just before the word fall or pause. The little one will giggle in anticipation of the "drop".

Rock a bye, baby
On the tree top
When the wind blows the cradle will rock
When the bough breaks the cradle will fall
And down will come baby cradle and all.

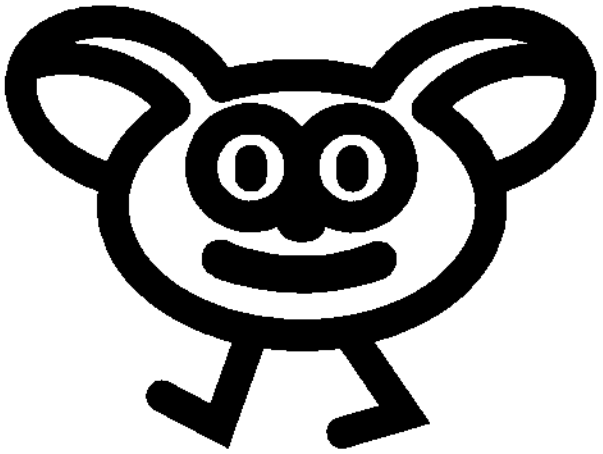
Criss Cross Applesauce

Seat the child with her back to you.

Criss cross applesauce (make a large X going from shoulder to waist on each side)
Spider crawling up your back (creep your fingers up the spine)
Gentle breeze (blow on the neck)
Tight squeeze (big hug)
Tickle out all the sillies (tickle)

Do Your Ears Hang Low?

Do your ears hang low?
Do they wobble to and fro?
Can you tie 'em in a knot?
Can you tie 'em in a bow?
Can you throw them over your shoulder
like a Continental Soldier?
Do your ears hang low?



Do your ears Flip Flop?
Can you use them as a mop?
Are they stringy at the bottom?
Are they curly at the top?
Can you put them in a shower
With a giant daisy flower?
Do your ears Flip Flop?

Does your tongue hang out?
Can you shake it all about?
When you try to tuck it in,

Sing, Song, Sway

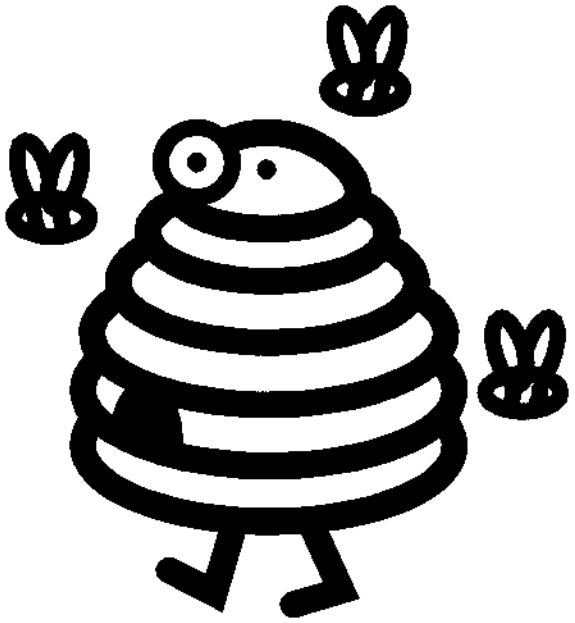
Baby Bumble Bee

I'm bringing home my baby bumble bee
Won't my Mommy be so proud of me
I'm bringing home my baby bumble bee -
OUCH!! It stung me!!

I'm squishin' up my baby bumble bee
Won't my Mommy be so proud of me
I'm squishin' up my baby bumble bee -
EW!! What a mess!!

I'm wipin' up my baby bumble bee
Won't my Mommy be so proud of me
I'm wipin' up my baby bumble bee -
OOPS!! Mommy's new towel!!

I'm wringin' out my baby bumble bee
Won't my Mommy be so proud of me
I'm wringing out my baby bumble bee -
Bye-Bye baby bumble bee!!



I'm Being Swallowed by a Boa Constrictor

I'm being swallowed by a boa constrictor
I'm being swallowed by a boa constrictor
I'm being swallowed by a boa constrictor
And I don't like it very much

Oh no (oh no) he swallowed my toe (he swallowed my toe)

Oh me (oh me) he swallowed my knee (he swallowed my knee)

Oh fiddle (oh fiddle) he's up to my middle (he's up to my middle)

Oh heck (oh heck) he swallowed my neck (he swallowed my neck)

Oh - (GULP!)

There Was An Old Lady Who Swallowed A Fly

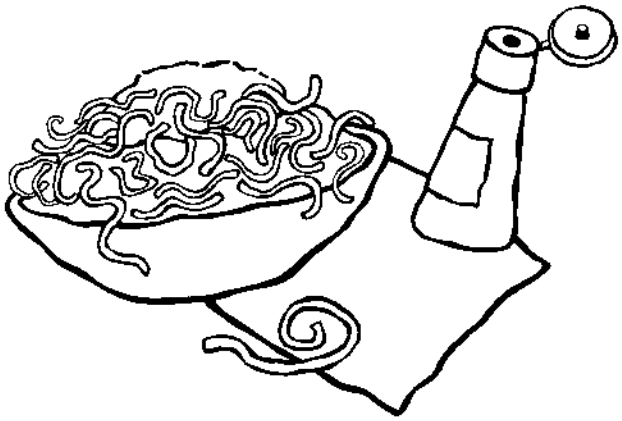
There was an old lady who swallowed a fly.
I don't know why she swallowed the fly,
I guess she'll die.

There was an old lady who swallowed a spider,
that wiggled and wiggled and tickled inside her.

does it just hang out?
Can you roll it to the ground,
with a clunk and a pound?
Does your tongue hang out?

On Top of Spaghetti

On top of spaghetti all covered with cheese.
I lost my poor meatball when somebody sneezed.



It rolled off the table, it rolled on the floor,
And then my poor meatball rolled out of the door.

It rolled in the garden and under a bush,
And then my poor meatball was nothing but mush.

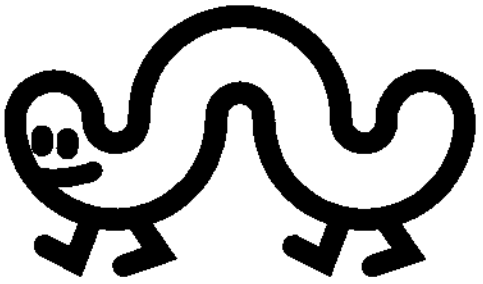
The mush was as tasty as tasty could be,
And early next summer it grew to a tree.

The tree was all covered with beautiful moss.
It grew great big meatballs and tomato sauce.

So if you eat spaghetti all covered with cheese,
Hold on to your meatball and don't ever sneeze.

Herman the Worm

(Steven Fite has a great version of this on his Wiggles and Jiggles CD
Brian Faulkner of Makin' Music has included it on his Makin' Music CD)
I was sitting on the fence post *(slap knees)*
Chewing on my bubble gum *(chomp, chomp, chomp, chomp)*
Playing with my yo-yo *(up and down with hands)*
Doo-wop, doo-wop, doo-wop, doo-wop *(continue yo-yo motion)*
When along came Herman the worm yeah *(worm motion with hands)*
and he was this big.....
1 inch (verse 1) *(measure with hands)*
6 inches *(verse 2)*
1 foot *(verse 3)*
2 feet *(verse 4)*
And I said "Herman what happened?"
And Herman said "Duuuuuhhhh, I swallowed a..."
bug in a rug *(verse 1)*
mouse in the house *(verse 2)*
kitty cat, imagine that *(verse 3)*
puppy dog, what a hog *(verse 4)*
Oh Herman!!!
And Herman just crawled away like this



Sing, Song, Sway

He was my pal
(He was my pal)
He was my friend
(He was my friend)
There is no more
(There is no more)
This is the end
(This is the end)

He was my pal, he was my friend
There is no more, this is the end.

Now don't you fret
(Now don't you fret)
Now don't you fear
(Now don't you fear)
That little worm
(That little worm)
Had scuba gear
(Had scuba gear)

Now don't you fret, now don't you fear,
That little worm had scuba gear.

Peanut Butter Song

A peanut sat on the railroad track
His heart was all a flutter
Along came a choo choo train
Splatt! peanut butter.

Animal Fair

I went to the animal fair,
The birds and the beasts were there,
The big baboon by the light of the moon
Was combing his auburn hair.
The monkey bumped the skunk,
And sat on the elephant's trunk;
The elephant sneezed and fell to his knees,
And that was the end of the monk!

The monk!
(alternate ending: And where oh where is the monk, the monk, the monk?)

Sing, Song, Sway

crawling fingers - verse 1
crawling hand - verse 2
crawling arms & hand - verse 3
whole body - verse 4
Last verse:
And he was three feet...
No, he was two feet...
No, he was 1 inch.
And I said "Herman what happened?"
And Herman said "Duuuhhh, I burped!"
Oh Herman!!!

There Was A Crooked Man

There was a crooked man and he walked a crooked mile,
He found a crooked sixpence upon a crooked stile.
He bought a crooked cat which caught a crooked
mouse,
And they all lived together in a little crooked house

Nobody Loves Me

Nobody loves me,
Everybody hates me,
Guess I'll go eat worms
Big fat juicy ones
Little tiny skinny ones
Oh, how they wiggle and squirm.

Black Socks

Black socks, they never get dirty
the longer you wear em the blacker they get
Sometimes I think I should change em but something keeps telling me
Oh no not yet ... not yet

John Jacob Jingleheimer Schmidt

John Jacob Jingleheimer Schmidt
His name is my name, too.
Whenever we go out
The people always shout
THERE GOES JOHN JACOB JINGLEHEIMER SCHMIDT

My Body Needs Calamine Lotion

(to the tune of "My Bonnie Lies Over the Ocean")

Sing, Song, Sway

To my dresser drawer,
To my rear!

God bless my underwear
My only pair
God, bless my underwear
Or I'll be bare!

The Littlest Worm
Echo Song

The littlest worm
(The littlest worm)
You ever saw
(You ever saw)
Got stuck inside
(Got stuck inside)
My soda straw
(My soda straw)

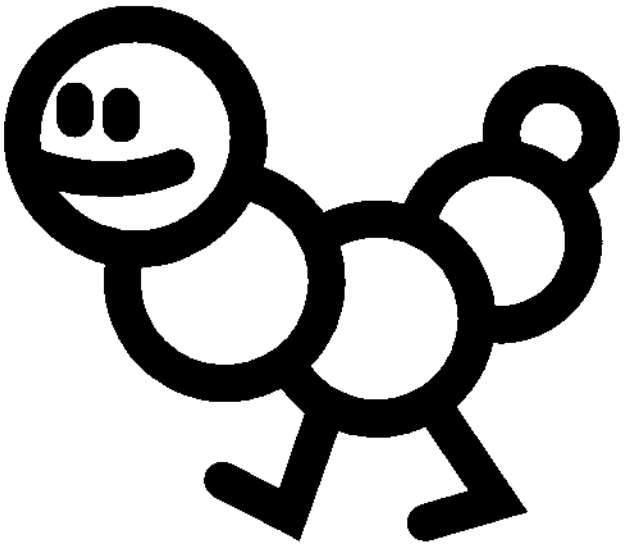
The littlest worm you ever saw
Got stuck inside my soda straw

He said to me
(He said to me)
"Don't take a sip
("Don't take a sip)
'Cause if you do
('Cause if you do)
You'll get real sick."
(You'll get real sick.")

He said to me, "Don't take a sip,
'Cause if you do, you'll get real sick."

I took a sip
(I took a sip)
And he went down
(And he went down)
Right through my pipe
(Right through my pipe)
He must have drowned
(He must have drowned)

I took a sip and he went down
Right through my pipe, he must have drowned



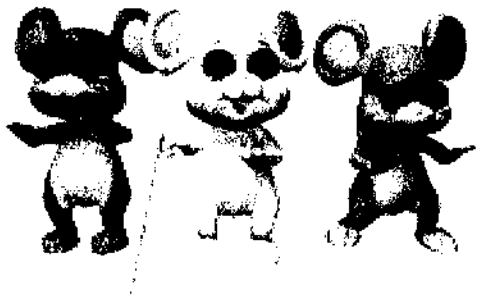
Sing, Song, Sway

My body needs calamine lotion
My body's all red as you see.
The flowers I picked for my mommy,
Turned out to be poison ivy!
Don't touch, don't touch, don't touch the leaves of three, of three!
Don't touch, don't touch, don't touch the leaves of three!

Boom, Boom, Ain't It Great To Be Crazy?

A horse and a flea and three blind mice
Sat on a curbstone shooting dice,
The horse he slipped and fell on the flea,
"Whoops," said the flea, "there's a horse on me!"

Boom, boom, ain't it great to be crazy,
Boom, boom, ain't it great to be crazy,
Giddy and foolish the whole day through,
Boom, boom, ain't it great to be crazy?



Way down South where bananas grow,
A flea stepped on an elephant's toe,
The elephant cried with tears in his eyes,
"Why don't you pick on someone your own size?"

Boom, boom, ain't it great to be crazy,
Boom, boom, ain't it great to be crazy,
Giddy and foolish the whole day through,
Boom, boom, ain't it great to be crazy?

Way up North where there's ice and snow,
There lived a penguin and his name was Joe,
He got so tired of black and white,
He wore pink slacks to the dance last night!

Boom, boom, ain't it great to be crazy,
Boom, boom, ain't it great to be crazy,
Giddy and foolish the whole day through,
Boom, boom, ain't it great to be crazy?

Pop Goes the Weasel

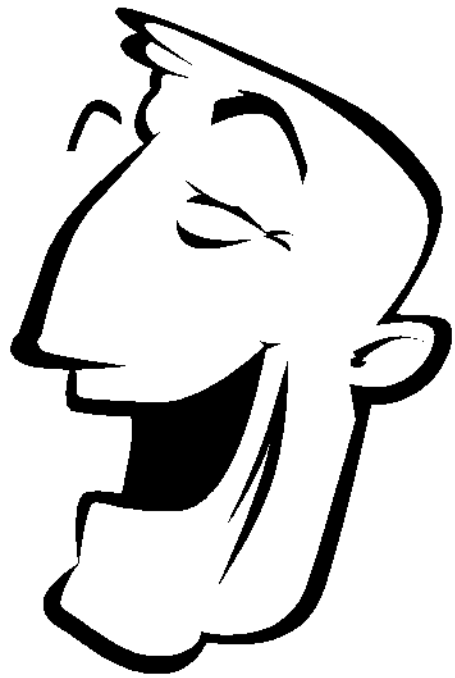
All around the cobbler's bench,
The monkey chased the weasel.

Sing, Song, Sway

My hands are starting to wiggle
Etc. Continue on with other body parts.

Laugh a Little

Laugh a little, laugh a little, ha, ha, ha.
Sing a little, sing a little, la, la, la.
Clap a little, clap a little, clap, clap, clap.
Dance a little, dance a little, tap, tap, tap.
Spin a little, spin a little, round and round.
Rest a little, rest a little, all fall down!



Happy Little Puppet
(children pretend to be the puppet)

Happy little puppet,
Dancing 'round the town
Strings make his arms
Go up and down.

Happy little puppet.
Dancing 'round the town.
Strings make his lets
Go up and down.

Happy little puppet
Dancing 'round the town.
Spin, spin, spin
Oops! Fall down.

God Bless My Underwear

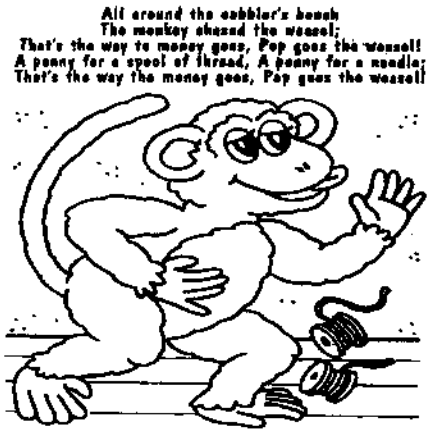
For some reason children, especially school age children think anything referring to underwear is funny. Try this little rhyme with your school age children and see what happens!

To the tune of God Bless America:

God bless my underwear
My only pair
Stand beside them
And guide them
As they sit in a heap by the chair.

From the washer,
To the clothesline

Sing, Song, Sway



The monkey thought t' was all in fun,
(or: the monkey stopped to pull up his socks)
Pop! goes the weasel.

A penny for a spool of thread,
A penny for a needle.

That's the way the money goes,
Pop! goes the weasel.

This Old Man

This old man, he played one,
He played knick-knack on my thumb.
With a knick-knack, paddy whack,
Give a dog a bone,
This old man came rolling home.

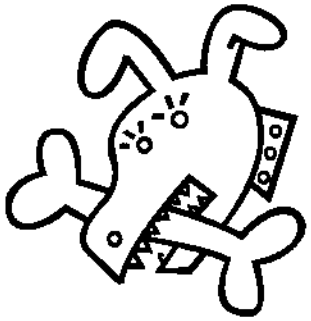
This old man, he played two,
He played knick-knack on my shoe.
With a knick-knack, paddy whack,
Give a dog a bone,
This old man came rolling home.

This old man, he played three,
He played knick-knack on my knee.
With a knick-knack, paddy whack,
Give a dog a bone,
This old man came rolling home.

This old man, he played four,
He played knick-knack on my door.
With a knick-knack, paddy whack,
Give a dog a bone,
This old man came rolling home.

This old man, he played five,
He played knick-knack on my hive.
With a knick-knack, paddy whack,
Give a dog a bone,
This old man came rolling home.

Sing, Song, Sway



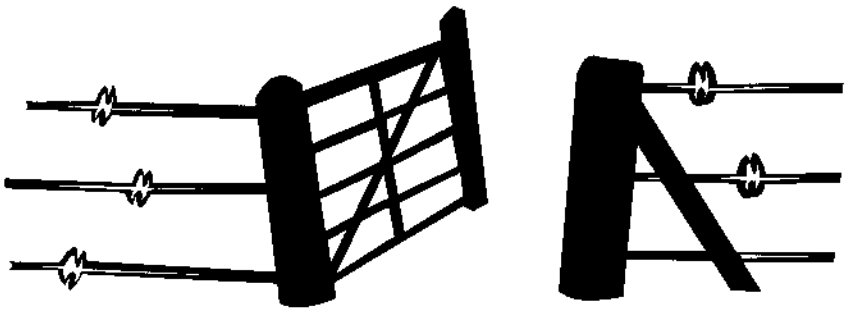
This old man, he played six,
He played knick-knack on my sticks.
With a knick-knack, paddy whack,
Give a dog a bone,
This old man came rolling home.

This old man, he played seven,
He played knick-knack up in heaven.
With a knick-knack, paddy whack,
Give a dog a bone,
This old man came rolling home.

This old man, he played eight,
He played knick-knack on my gate.
With a knick-knack, paddy whack,
Give a dog a bone,
This old man came rolling home.

This old man, he played nine.
He played knick-knack on my spine.
With a knick-knack, paddy whack,
Give a dog a bone.
This old man came rolling home.

This old man, he played ten.
He played knick-knack once again.
With a knick-knack, paddy whack,
Give a dog a bone.
This old man came rolling home.



My Thumbs are Starting to Wiggle
Tune: The Bear Went Over the Mountain"

My thumbs are starting to wiggle,
My thumbs are starting to wiggle,
My thumbs are starting to wiggle,
Around and around and around.

My tummy is starting to giggle
My tummy is starting to giggle
My tummy is starting to giggle
Around and around and around.