

Getting Ready for Winter Week

Suggested Books:

The Snowy Day by Ezra Jack Keats
 The Mitten by Alvin Tresselt
 Curious George in the Snow by H.A. Rey
 50 Below Zero by Robert Munsch
 Snow by Cynthia Rylant
 Waiting for Winter by Sebastian Meschenmoser
 Biscuit's Snowy Day by Alyssa Satin Capucilli
 Winter (Four Seasons) by Nuria Roca
 Jan Brett's Snowy Treasury by Jan Brett
 Lucia and the Light by Phyllis Root
 The First Day of Winter by Denise Fleming

Vocabulary Words:

Winter, Seasons, Four, Snow, Ice, Slush, Hats,
 Mittens, Snowsuits, Long Johns, snow angels, snow
 balls

Songs and Fingerplays:

Winter's Coming

(to Frere Jacques)
 Winter's Coming, winter's coming,
 It is dark, It is cold!
 I am bundled snug and warm,
 Animals sleep safe from harm.
 Sleds and snow.
 Cold winds blow.

Dance Like Snowflakes

(same melody)
 Dance like snowflakes
 Dance like snowflakes
 In the air
 In the air
 Whirling, twirling snowflakes
 Whirling, twirling snowflakes
 Here and there.
 Here and there.

I'm a friendly snowman

(to "I'm a little Teapot")
 I'm a friendly snowman big and fat.
 Here is my tummy, here is my hat.
 I'm a happy fellow, here's my nose.
 I'm all snow from my head to my toes.

I have two bright eyes, so I can see.
 All the snow falling down on me.
 When the weather's cold I'm strong and tall.
 Bet when it's warm I get very small!

Frost

(to "Farmer in the Dell")
 The frost is on the roof
 (point hands over head)
 The frost is on the ground
 (point to the floor)
 The frost is on the window pan
 (make a window with your hands)
 The frost is all around!
 (make large circles with arms)

Snowflakes

(sung to "Sailing, sailing")
 Snowflakes, snowflakes
 Falling to the ground.
 Each one rests so gently
 That they never make a sound.
 Snowflakes, snowflakes
 Are so pure and white.
 The special thing about them is
 No two are just alike!

Materials to Gather:

Dramatic Play:

Add sweaters, coats and blankets for dolls. An empty hot cocoa can, and some cotton balls for pretend marshmallows.

Blocks:

Spread quilt batting in the blocks area to simulate snow. Add small plastic polar animals like Polar bears or penguins to the play.

Music:

Lulie the Iceburg, by Frank, Ma, Winter, Waterston (Five Stars!)
 Bartók for Children, by Bela Bartok (composer), Jenő Jandó (Performer)
 Christmas Rhapsody with John Bayless

Projects:

1. Lotto game-make your own, using stickers and posterboard. Put one set of stickers on the game boards, and another set on cards

- cut to fit the size of the square on the game board. Child draws a card, and matches it to a square on his board. If there's a match, he goes again. If not, then it's your turn. Teaches matching, one-to-one correspondence, and taking turns.
2. Nut Crackers, bowl of nuts in the shell.
 3. Add white paint to your easel. Let children explore how white affects other colors. Or put out large sheets of black or blue paper and give them only white to paint with. Display in calendar area when dry.
 4. Bird Feeder #1- gather large pinecones. Slather them with either peanut butter or lard. Roll them in bird seed, then hang in trees. You can tie them to a branch with Christmas ribbon, or wire, or baggie ties.
 5. Bird Feeder #2: cut two sides out of a large gallon jug (milk or vinegar) so birds can fly through, with a 1" lip on the bottom to hold the seed inside. Weight jug with pebbles in the bottom, then add bird seed. Wire securely to a tree branch.
 6. Pine Cone Art – paint pine cones with white, roll in glitter, dry, display
 7. Mitten match- dump 5 pairs of different mittens on table, have child match them up. Try with more mittens, or less, depending on child's skill level.
 8. Snowflakes – adult cuts snowflake shape from white construction paper. Child decorates with glue and glitter, sequins, beads, yarn, etc. When dry, tape to windows to display.
 9. Sensory play: mashed potatoes. Mix up instant mashed potatoes with warm water. Let child stick his hands in it, squish it, lick it, splat it, etc. Paint with it on dark paper. Add drops of food coloring to different corners, and let child mix them together. When done, discard.
 10. To play What's Missing, set out a variety of objects on a cookie sheet (Styrofoam ball, plastic or paper snowflake, model snowman, pair of mittens, earmuffs, ski mask, etc.) Let child see the sheet. Then he closes his eyes, and you remove one item. He opens his eyes and tries to remember what is missing. You can vary the game all year round by changing the items on the sheet. Use more items for older child, less for younger child.
 11. Cut a green pepper in half, notice how the shape is sort of like a star. Dip the green pepper in white paint, and press on darker colored paper. Sprinkle with glitter before it dries. Alternate: use a star-shaped cookie cutter for printing.
 12. A simple electric ice cream maker is not that expensive, and can provide years of delicious desserts and entertainment for your youngster. Ours had a thick bowl that you stored in the freezer. Then you assembled the machine, added only cream and sugar, and plugged it in! Ice cream was ready in 30 minutes. We could stand over it and watch. Before it was finished, we could drizzle in chocolate syrup, chopped nuts, mini chocolate chips, mint flavoring, a few drops of green food coloring, etc. The possibilities are nearly endless. We made chocolate cherry ice cream, butter cream, pistachio, butter rum, rocky road, mint chip, chocolate chip, strawberry, brandied peach, and more. Another simple ice cream recipe that many have made – simply stir sugar into freshly fallen snow. Some people are grossed out by this, but kids have been eating snow for as long as there have been both kids and snow.
 13. Listen to Lulie the Iceberg. This is a great, new classical piece written for children. You can buy it, or download it at amazon.com. It has a narrated story about an iceberg that breaks off and floats south, from the north pole to the south pole. Then float ice cubes in a large pan or sink, and let child play with toy plastic animals in the water. Spread towels on the floor.
 14. Reach and Feel: You can make a simple reach and feel box by stretching a mis-mate sock over the end of a large, empty oatmeal carton. Cut the toe off the sock. Now you can stick your hand inside, and feel around to what's in there, but not see it. Put the items from "What's Missing" activity in

reach and feel box. (Use a pillow case, if you don't feel like making the box). Child touches something and describes it to you. Encourage him to use lots of descriptive words. Then child guesses what he's touching. Then your turn. You describe, and have child try to guess what you are holding.

15. Snow pictures: make a splatter paint screen, but stapling a small sheet of screen over a wooden frame. Or find a summer sandbox "sifter". The technique is to scrape a toothbrush loaded with paint over the screen

or sifter, to splatter paint drops on the picture beneath. Now, cut out pictures of people or animals from magazines, paste them to dark colored construction paper, then splatter paint them in white, to make snow falling.

16. Parent pre-cuts construction paper into shapes. Can use scrapbooking punches, or scissors. Cut out squares, circles, triangles and rectangles. Child pastes the shapes onto a solid piece of construction paper in a pleasing design.

Week: Monday

Date: _____

Concepts: S, 3, white, circle

7:00	Wake up, go potty. Get dressed, Brush hair
7:30	Do Calendar activity: Practice vocabulary words: Teach “Winter’s Coming”. Introduce letter, number, color, and shape for the week. Display S, 3, white, and circle by calendar.
7:45	Breakfast: Snowman Face spread cream cheese on rice cake. Add face with raisins or other fruit. Discuss “white” and “circle”.
8:00	Table Activities: Play lotto. Make a winter lotto game with snow-themed stickers.
8:15	Free Play: Set out props in dramatic play, blocks, music, books areas.
9:45	Child picks up toys. Go potty, wash up for snack
10:00	Snack: nuts, juice. Show child how to crack open nuts. Talk about squirrels eating nuts.
10:15	Outside time: Can you find any squirrels? Collect nuts that fell in the yard and set them in a dish by a window, so you can see if any squirrels come to eat them. Gather pine cones for crafts.
11:15	Project: White Paint.
12:00	Lunch. Go potty, read a story, sing & cuddle
1:00	Nap
3:00	Up from nap. Make bed, go potty, wash.
3:15	Snack:
3:30	Outside time: Swings
4:30	Table Time: worksheet #1 – matching snowflakes numbered 1 – 10 on a tree
4:45	Project: Bird Feeders
5:15	Clean up. Read a story, free play time
6:00	Dinner
6:30	Put away food, load dishwasher, Journals
7:00	Bath time. Get in Pajamas, read stories, or play a quiet game together
8:00	Bed.

Winter Week: Tuesday

Date: _____

Concepts: S, 3, white, circle

7:00	Wake up, go potty. Get dressed, Brush hair
7:30	Do Calendar activity. Vocabulary. Teach "Dance like Snowflakes". Review concepts.
7:45	Breakfast
8:00	Table Activities: Puzzles. There is a great Winter puzzle available through my store.
8:15	Free Play
9:45	Child picks up toys. Go potty, wash up for snack
10:00	Snack: Banana stackers. Cut banana into thin circles. Place a raisin, a nut, or a date on top of each circle and hold there with a toothpick. Some kids will eat anything with a toothpick.
10:15	Outside time: Is your ground frozen yet? Let child discover difference between digging in sand and trying to dig up the frozen ground. Discuss how some animals have burrowed into the ground for winter.
11:15	Project: Freeze, thaw, melt. Set a large pan of water outside to freeze. Later, bring it inside and watch it melt. Set a small carton of milk outside to freeze. Later, taste it with a spoon. Bring a dishpan full of snow inside to explore, observe with magnifying glass, bury matchbox cars inside, etc.
12:00	Lunch. Go potty, read a story, sing & cuddle
1:00	Nap
3:00	Up from nap. Make bed, go potty, wash.
3:15	Snack: popsicles
3:30	Outside time: ride tricycle, or if there is enough snow, go sledding.
4:30	Table Time: worksheet #2: S is for Snow
4:45	Project: paint pinecones with white paint, roll lightly through silver glitter. Let dry, then use to decorate the house. Use on Christmas tree, or in a glass bowl displayed on table, etc.
5:15	Clean up. Read a story, free play time
6:00	Dinner
6:30	Put away food, load dishwasher, Journals
7:00	Bath time. Get in Pajamas, read stories, or play a quiet game together
8:00	Bed.

Winter Week: Wednesday

Date: _____

Concepts: S, 3, white, circle

7:00	Wake up, go potty. Get dressed, Brush hair
7:30	Do Calendar activity. Review concepts, vocabulary, teach “I’m a friendly snowman”
7:45	Breakfast: Banana smoothie – puree frozen bananas, almonds, a little water and honey until smooth, drink.
8:00	Table Activities: Dump several pairs of mittens on the table, child matches and sorts. Add more mittens for older child, fewer for younger child.
8:15	Free Play:
9:45	Child picks up toys. Go potty, wash up for snack
10:00	Snack
10:15	Outside time. Collect falling snow on black paper or dark velvet. Observe the shape, and uniqueness of each flake.
11:15	Project: Adult cuts out snowflake shapes from white paper. Child decorates with glitter, sequins, beads, etc. When dry, tape to windows to display.
12:00	Lunch. Go potty, read a story, sing & cuddle
1:00	Nap
3:00	Up from nap. Make bed, go potty, wash.
3:15	Snack: make “snowmen” with a mound of cottage cheese, a carrot strip for nose, raisin or nuts for eyes, etc. Could top with a flat chocolate cracker or cookie for a hat.
3:30	Outside time: If there is snow- show children how to make snow angels. Otherwise, play with outside toys – balls, jump ropes, trucks, etc.
4:30	Table Time: worksheet 3: Snowman Maze
4:45	Project: Sensory play with Mashed potatoes.
5:15	Clean up. Read a story, free play time
6:00	Dinner
6:30	Put away food, load dishwasher, Journals
7:00	Bath time. Get in Pajamas, read stories, or play a quiet game together
8:00	Bed.

Winter Week: Thursday

Date: _____

Concepts: S, 3, white, circle _____

7:00	Wake up, go potty. Get dressed, Brush hair
7:30	Do Calendar activity. Review vocabulary and concepts. Teach “Frost” song. Review others.
7:45	Breakfast
8:00	Table Activities: What’s missing?
8:15	Free Play
9:45	Child picks up toys. Go potty, wash up for snack
10:00	Snack
10:15	Outside time: If there is snow, give child a toy snow shovel, and let him help clear the sidewalk. Pile the snow in one area to build a snowman, fort, or hill.
11:15	Project: Green Pepper snowflakes
12:00	Lunch. Go potty, read a story, sing & cuddle
1:00	Nap
3:00	Up from nap. Make bed, go potty, wash.
3:15	Snack: Make ice cream, if you can buy or borrow an ice cream maker or churn.
3:30	Outside time: Look for animal tracks in the snow. Build a snow fort (safely – see article).
4:30	Table Time: worksheet 4: practice writing the letter S.
4:45	Project: Listen to Lulie the Iceburg. Float ice cubes in a large pot or dishpan, or kitchen sink. Let child play in the water, Add plastic animals – penguins, polar bears, etc.
5:15	Clean up. Read a story, free play time
6:00	Dinner
6:30	Put away food, load dishwasher, Journal
7:00	Bath time. Get in Pajamas, read stories, or play a quiet game together
8:00	Bed.

Winter Week: Friday

Date: _____

Concepts: S, 3, white, circle _____

7:00	Wake up, go potty. Get dressed, Brush hair
7:30	Do Calendar activity. Review vocabulary, concepts. Teach “Snowflakes, snowflakes”.
7:45	Breakfast
8:00	Table Activities: Reach and Feel.
8:15	Free Play.
9:45	Child picks up toys. Go potty, wash up for snack
10:00	Snack: snowcones. Pack crushed ice in paper cup and top with ice cream topping, or fruit flavored gelatin powder or other flavoring.
10:15	Outside time. Walk to a frozen pond, if you are sure the ice is thick and safe. Or throw snowballs at a target in your back yard.
11:15	Project: Snow Pictures.
12:00	Lunch. Go potty, read a story, sing & cuddle
1:00	Nap
3:00	Up from nap. Make bed, go potty, wash.
3:15	Snack
3:30	Outside time:
4:30	Table Time: practice writing numbers 1 – 5.
4:45	Project: Shapes collage.
5:15	Clean up. Read a story, free play time
6:00	Dinner
6:30	Put away food, load dishwasher, Journal
7:00	Bath time. Get in Pajamas, read stories, or play a quiet game together
8:00	Bed.

All Worksheets are taken from First Preschool website, at: <http://www.first-school.ws/INDEX.HTM>

Worksheet 1: <http://www.first-school.ws/t/ap/winter-tree-snowflakes.html>

Worksheet 2: http://www.first-school.ws/t/alpha3_snow_b.html

Worksheet 3: <http://www.first-school.ws/t/preschool-mazes/snowman.html>

Worksheet 4: http://www.first-school.ws/t/alpha_tracers_zb1/s4.htm

Worksheet 5: <http://www.first-school.ws/t/numbers/worksheet-2/acorns-1-5-pk.html>

Alphabet worksheet: <http://www.first-school.ws/t/alphabet/holidays/winter-snowman-zb.html> - can print off and laminate, so child can practice writing the alphabet on it again and again with dry erase markers. Or print off dozens of copies, for child to practice. Print off one to mount on calendar wall, as it demonstrates all the letters.