

# The Preschool Press

Volume 7, Issue 2

September 2022

## Themes: Me and My Family & Fabulous Fall

This month your child will be participating in a variety of fun and educational activities and experiences as they learn about Marvelous Me, My Family, and Fall! These activities include: stories, songs, poems, art, science, and much more! Your child will also be introduced to, work with, and learn about:

Letters: Mm, Ff, Aa

Counting: 1-10

Number Sense: 2

Colors: Red & Yellow

Shape: Sphere & Circle

Pattern: A-B



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## Some of September's Songs, Poems, & Fingerplays

### "Here are Grandma's Glasses"

Here are Grandma's glasses. (Make circles around eyes with thumb and fingers)  
Here is Grandma's cap. (Put hands on head like a hat)  
This is how she folds her hands, (Clasp hands)  
And puts them in her lap. (Place clasped hand in lap)

Here are Grandpa's glasses. (Make bigger circles around eyes)  
Here is Grandpa's hat. (Hands make a bigger hat)  
This is how he folds his arms - (Fold arms)  
Just like that! (Nod head one time)



### "I Am Special"

Tune of "Are You Sleeping"  
I am special. I am special.  
Yes I am. Yes I am.  
There is only one,  
Person in the world,  
Just like me. Just like me!

### "Hands and Fingers, Feet and Toes"

Tune of "Twinkle, Twinkle Little Star"

Hands and fingers, feet and toes,  
Eyes and mouth and ears and nose.  
They are mine as you can see  
They are all a part of me.

Hand and fingers, feet and toes,  
Eyes and mouth and ears and nose.



### "10 Autumn Leaves"

Tune of "Ten Little Indians"

One red, two red, three red leaves;  
Four yellow, five yellow  
Six yellow leaves;  
Seven orange, eight orange,  
Nine orange leaves,  
Ten leaves on the ground!



### "The Apple Tree"

Way up high in the apple tree,  
(reach arms up high)  
Two little apples smiled down at me.  
(hold up 2 fingers)  
I shook that tree as hard as I could.  
(pretend to be shaking a tree)  
Down came the apples  
(make a falling motion)  
M-m-m-m they were good!  
(smile and rub tummy)





## Games and Activities - Quiet Activities

Want to spend some quiet, quality time with your child? Here's a short list of things to do that cost next to nothing.

- Prepare a small picnic lunch and eat it together, anyplace in or out of the house, anyplace except the kitchen or dining room. (Perhaps a picnic table at a nearby park.)
- Both of you make a clay figure of a make-believe animal.
- Look through a magazine and count the number of dogs (or cats

or bugs) you can find.

- Play "I wish I was" and explain why. ("I wish I was a kangaroo because then I could jump around a lot.")
- Teach your child a song from your childhood or a folk tune like "Home on the Range."
- Draw a picture of each other.
- Color together in a coloring book.
- Share a popsicle.

## Social Skills - Learning Kindness

Children don't learn kindness by accident. They learn it by the teaching they receive, the way they see others interact, and by practicing gentle treatment of others.

Teaching children to think of others takes very little effort. There are plenty of opportunities in an average day to instruct youngsters how to be nice.

For example, while waiting in line at the post office, you can explain that you wait your turn because others are in front of you. And others are waiting behind you for their turn.

You can teach children how to answer politely when someone asks them a question. You can even pose quizzes for them when situations arise: What would be helpful for that man on crutches?

The first and often most challenging place to teach children to be kind is at home. Daily interactions with siblings can be used as learning situations.

Encourage little ones to express anger in ways that don't hurt anyone, and to find solutions to problems that are fair to everyone.

Although family members will always have times of disagreement, they can begin to think of how other people feel.

Kids who are raised in an "anything goes" atmosphere cannot be expected to know how to play nicely with other children.

Even more powerful than teaching is modeling. If you are rude to others, your children will quickly learn to be discourteous

also. If you yell at sales people because you aren't waited on promptly, or mutter obscenities at fellow drivers, your children will notice and perhaps be more likely to treat others with contempt.

Young people treat others the way they are treated. How many times do we thank toddlers for helping, or ask that they walk a little faster instead of demanding it?

Children need to be listened to and taken seriously, even if their ideas at times seem a bit trivial to us. By respecting children's point of view and really listening to what they have to say, we help them learn how to react to others.

When youngsters are treated with love and respect in the home, they will be much more likely to be kind to friends away from home.

## More Songs, Poems, & Fingerplays

### "Autumn Leaves"

Tune of "London Bridges"

Autumn leaves are falling down, falling down, falling down.

Autumn leaves are falling down, on the ground.

Take a rake and pile them up, pile them up, pile them up.

Take a rake and pile them up, big and tall.

Grab an armful and throw them in the air, throw them in the air, throw them in the air.

Grab an armful and throw them in the air, way up high.

Autumn leaves are falling down, falling down, falling down.

Autumn leaves are falling down, on the ground.

### "Johnny Appleseed"

Johnny Appleseed lived long, long ago.  
He planted seeds wherever he'd go. The seeds he planted grew up tall, And the trees would grow apples in the Fall.

### "I am a Sunflower"

Tune of "Are You Sleeping?"

I am a sunflower. I am a sunflower.

Big and tall, big and tall,

I have lots of seeds.

People like to eat.



In the Fall. In the Fall.

**Growing Together** is published by Growing Child, Inc.,

P.O. Box 2505 W. Lafayette, IN 47996

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Telephone: (765) 464-0920.

Customer Service: 1-800-927-7289.

**Growing Child** also publishes:

**Growing Child** (birth-six years), and

**Growing Up** (grades K-12).

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