Here are some fun activities you and your child can enjoy together!

• **Up and Down**
  Visit the park with your child to explore the opposites up and down. Watch squirrels climb up and down the trees and describe what happens. Toss a ball up and watch it come down. Go up and down a slide. As your child discovers ways people, animals, and things move up and down, say and sign the words often.

• **Explore the Woods**
  Plan a family outing to hike in the woods. Your child will love seeing the trees and animals.

• **Your Job**
  Talk with your child about the work you do. Show your child any tools or equipment you use.

• **Bedtime Routine**
  A regular routine helps children relax and sleep at night. Decide what to include in your routine and try to follow it consistently each night. You might include a story, lullaby, or similar elements.

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**Nursery Rhymes**

Nursery rhymes teach children auditory skills and help them develop an appreciation for rhyme and rhythm. They also help children develop language, memory, creativity, and other cognitive skills.

**Jack and Jill**

Jack and Jill went up the hill
To fetch a pail of water.
Jack fell down and broke his crown,
And Jill came tumbling after.

**The Itsy, Bitsy Spider**

The itsy, bitsy spider
Went up the waterspout.
Down came the rain
And washed the spider out.
Out came the sun
And dried up all the rain.
And the itsy, bitsy spider
Went up the spout again.
Sing Along with Me!

Find this song and more on our 2017–2018 Music and Movement CD available at funshineexpress.com.

Friends, Friends
Sung to “Row, Row, Row Your Boat”
Friends, friends, let’s be friends! We can laugh and play! So hold my hand and sit with me, And be my friend today.
Friends, friends, let’s be friends! We will have such fun! We can clap and sing and dance, And jump and throw and run.

Forest Moves
Sung to “Do Your Ears Hang Low?”
Can you scamper like a squirrel? Can you give your tail a twirl? Can you sniff like a fox Who is hiding in the rocks? Can you freeze like a deer Who hears something coming near? We can do it too!

Reminders . . .

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