

# OCTOBER

## Play It Walk the Plank

Using varying widths of board, set up a pathway for the children to walk from start to end. Teach them how to use their arms for balance and to go at different speeds. They don't want to fall in with the scary ocean monsters!

## Learn It

Teaching kids about the importance of vitamins and minerals can be hard. Vitamins come from plants and animals and help our bodies grow all the way from infant to adult. Minerals come from water and soil and since we don't eat dirt, we get them from foods that have absorbed the minerals. Tell your kids that vitamins and minerals each have their own special job to help our bodies grow and be healthy. Some help you see, grow strong bones, avoid getting sick, or give you energy. Help the children in your care see and appreciate the super powers on their plates by teaching the importance of vitamins and minerals. You'll be helping them form life-long healthy habits.

## Eat It Shiver Me Swords!

2 cups sliced cucumbers  
2 cups carrot sticks  
2 cups yogurt, plain  
1 tbsp lemon juice  
1 tbsp dill



Create a small hole in the middle of each cucumber slice. Mix yogurt, lemon juice and dill. Measure out  $\frac{1}{4}$  cup cucumber slices per kid; then poke a carrot stick through the hole of each cucumber slice to make a sword. Pair with a  $\frac{1}{4}$  cup yogurt dip per kid. Kids will love waving their sword around and dipping it into their yogurt dipping sauce.

## Read It

*Mealtime (Toddler Tools)* by Elizabeth Verdick  
*Let's Eat!/¡A Comer!* by Pat Mora

*Shiver Me Letters: A Pirate ABC* by June Sobel and Henry Cole

*Pete the Cat and the Treasure Map* by James Dean & Kimberly Dean

*Fruits: A Caribbean Counting Poem* by Valerie Bloom

*Pirate Boy* by Eve Bunting and Julie Fortenberry

## Create It Pirate Prints

Help the children paint their hands to stamp it on construction paper using three stripes of color across the hand. Paint the thumb and across the palm red, paint the middle stripe skin toned, and the 3rd stripe with 4 fingers black. Stamp construction paper with their painted hand. Once the paint dries, turn the paper where the black is on bottom. This creates their pirate beard, the red is the scarf on top of their heads. They can decorate the scarf with markers or craft supplies and add a patch and googly eye in the skin tone middle section. ARGHH MATEY!



## Laugh About It

What is the pirate's favorite school subject?  
ARRRRRRRT!



Name \_\_\_\_\_

# Shiver Me Shadows

Draw a line to match each object to its shadow.

