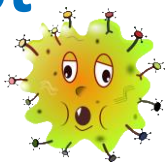




Germs Are Not For Sharing

By Elizabeth Verdick



Show the cover of the book and read its title aloud.

Ask, "Why are germs not for sharing?"

Before reading the story, encourage children to look around the room and invite them to point at items that are touched by everyone. For example: toys, chairs, faucets, shelves.

As you read aloud, invite children to role-play the self-care habits shown on the pages.

For Children with Anger/Aggression:

Offer a quiet, safe place for the child.

Offer an object (such as a stress ball) to squeeze.

When speaking to the child, kneel down to their level and give some space. Use a soft voice.

Ask the child, "What can we do to make this better?"

Wake Up Song

Sung to: "Twinkle Twinkle Little Star"

Wake up, Groundhog.

Time up see

What the weather's going to be.

Time to stretch,

Time to think,

Time to eat,

And time to drink.

Wake up Groundhog,

Time to see

What the weather's going to be!



Healthy Snacks

Here are some snacks for you to try out when you plan your next grocery trip:

Avocado/Whole wheat toast

Blueberries/Greek yogurt

Cheese/Whole wheat crackers

Applesauce/Nuts

Parent Page Edited by
Cheryl Chinn