

As you sing, invite children to imitate the movements in the song.

Sung to "Row, Row, Row Your Boat"

Reach, reach, way up high,

Try to touch the sky!

Like a plane or butterfly,

Pretend that you can fly!

Crouch; crouch, way down low,

Build up all your steam!

Like a rocket in the night,

Blast off like a dream!



One Busy Bee

By Chris Lensch

Hold up the cover of the book
and invite children to find and
point to the word 'Bee.'

Read the story aloud and
encourage children to mimic
the action on each page.



For children who have difficulty with transitions:

- Use picture cards for the daily schedule to look at and review throughout the day.
- Offer a transitional toy/item to carry to the next activity.
- Have a friend invite him/her to the next activity.
- Use a visual timer.

Smoothie

An all-natural alternative to protein shakes

1 banana

1 tablespoon almond butter

1 tablespoon flax meal

½ cup Geek-style vanilla yogurt

½ cup apple juice

Put all of the ingredients plus ½ cup ice cubes into blender.

Blend until smooth.