



Why are music and art so important? Here are 7 reasons:

1. Early musical development builds fundamental auditory and rhythmic understanding and increases spatial temporal reasoning (*Schiller, 1999*).
2. Creating art enables children to develop fine motor skills, hand-eye discrimination (*Koster, 2005*), visual discrimination (*Morrow, 2007*) and foundational math skills (*Roberts & Harpley, 2007*).
3. Art increases a child's problem-solving skills (*Douglas, 2001*).
4. Dramatic play supports the development of long-term memory and increases mental capacities for recall (*Liebermann, 1995*).
5. Using props in dramatic play and dance enables children to demonstrate the ability to think symbolically (*Miller & Gask, 2009*).
6. Fundamental dance techniques help children develop coordination, balance, sequencing and spatial awareness skills (*Rupnow, 2000*).
7. Art, music and dance encourage children to develop social and emotional skills by helping them symbolically represent their feelings, thoughts and imagination (*Seefeldt & Galper, 2008; Gaskins & Miller, 2009*).

For children with hearing impairment:

Break down steps with picture
cards/visuals. Check for understanding.

WAY UP HIGH IN THE APPLE TREE



Way up high in the apple tree
Two little apples were smiling at me
I shook that tree just as hard as I could
And down came the apples
Mmmmm they were good!

Below are four ways to eat good fats:

1. Be Nutty

Munch on a small handful (about 1 oz.) of unsalted nuts and seeds for good fats, energy, protein and fiber. Good choices include almonds, hazelnuts, peanuts, pistachios, pumpkin seeds, sunflower seeds and walnuts.

2. Go Fish

Eat at least 8 ounces of non-fried fish each week, which may be divided over two 3.5- to 4-ounce servings. Choose fatty or oily fish like albacore tuna, herring, lake trout, mackerel, sardines and salmon to get essential omega-3 fatty acids.

3. Add Avocado

Snack, cook and bake with avocado to add healthy fats, fiber and essential vitamins and minerals.

4. Check the Oils

Use cooking and dressing oils that are lower in saturated fat. Good choices include avocado, canola, corn, grape seed, olive, peanut, safflower, sesame, and soybean and sunflower oils.