

Jack Be Nimble

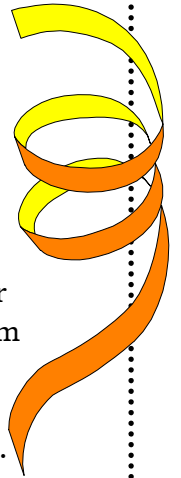
Jack be nimble,
Jack be quick,
Jack jump over the candlestick

Make a “candle” out of an empty toilet paper roll and yellow and orange tissue paper. Take turns jumping over the “candlestick” as you recite the nursery rhyme.

Hold your child’s hand and, on the word “jump”, jump with her. Try to stay very still until you say, “jump”. Vary this game by substituting your child’s name for “Jack”.

Fun with Streamers

- Streamers are excellent accompaniments for all kinds of movement.
- Twirl them, shake them, weave them in and out, and run with them behind you.
- Play instrumental music for your child. The streamers will help him move to the music more easily.
- Play fast and slow music. Try some very fast and furious music.
- Streamers are wonderful to take outside and run with in the wind.



Apple Fun

- Two year olds are beginning to identify colors.
- Fill a sack with both red and green apples. (no more than 6-8)
- Ask your child to take the apples out one at a time.
- Each time she takes an apple out, say, “Wow, a green apple” or “Oh boy, a red apple”.
- When all the apples are out of the sack, sort them into two piles by color.
- Ask your child to put all the red ones back into the sack and then to put all the green ones back into the sack.

After you have played this game a few times, your child will begin to understand how to separate the apples by color.

- You can also cut a slice of a green and red apple and talk about how they taste differently
- Cut an apple in half, press in a small puddle of paint and press onto paper to make apple prints.

Apple Nachos

1 medium apple, cored and cut into circle slices
Shredded cheddar cheese

Arrange the apples on a microwave safe plate. Sprinkle evenly with cheese. Microwave on high power for 1 minute or until the cheese is melted. Let cool but eat while warm and gooey.

