



This Little Doggie

*(Hold up fingers of one hand
and point to each finger as you say the rhyme)*

This Little Doggie ran away to play
This Little Doggie said, "I'll go, too, someday."
This Little Doggie began to dig and dig
This Little Doggie danced a funny jig.
This Little Doggie cried "ki yi ki yi, I wish I were big."

Turkey Feathers

You will need:

Brown construction paper

Glue

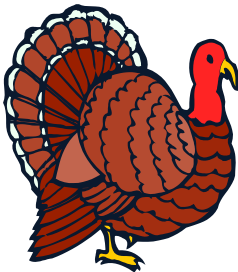
Feathers

Trace your child's hand onto brown paper. Either cut out and glue on white paper, or just leave the brown paper intact. Rub or squirt glue inside hand shape.

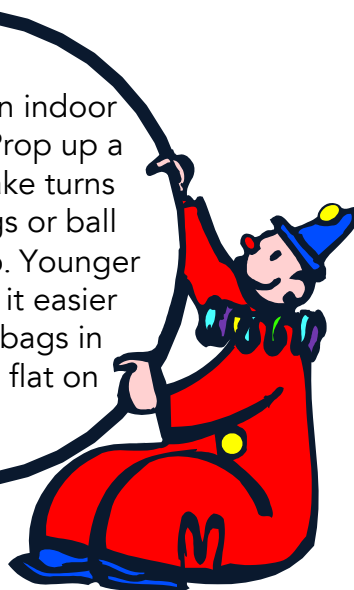
Place gluey hand away from the edge of the table.

Place feathers near the edge of the table. Have your child blow the feathers toward the gluey hand.

Variation: Blow the feathers by blowing through a straw.



Make your own indoor carnival game. Prop up a hula hoop and take turns throwing beanbags or ball through the hoop. Younger children may find it easier to toss the bean bags in the hoop if it is flat on the floor.



Heavy Work

Children need to use their bodies. Heavy work involves pushing, pulling, lifting, playing and moving. After children engage in heavy work, they are calmer and have a better attention span. Heavy work is especially important during the winter months when children may be limited in their opportunities for movement. Here are some ideas for heavy work during the winter months: Play tug-of-war, pull a full laundry basket around, push a toy vacuum, mop or sweep the floor (even if it is no cleaner than when they started), rake pine needles, shovel snow (again, even if there is no progress), and wrestling.

