

January

Shenandoah National Park, Virginia



Learn It

There are over 4,000 types of frogs in the world. Frogs like to live in wet places like lakes, streams and ponds. They like to eat all types of foods like worms and insects. And just like us, they need water to survive. They don't drink it through their mouth, but through their skin! During circle time, talk about the importance of water and why our bodies need it.

Eat It Ham Biscuits

- 6 whole grain-rich biscuits
- 1 lb. country ham, cooked and sliced
- 3 tbsp jam



Cut biscuits in half. On one half of the biscuits spread ½ tbsp of jam on the inside. Layer it with 1.5 oz eq of ham, then place the other half of the biscuit on top. Serve at room temperature or warm.



Laugh About It

What happens when a frog is sad? They are un-hoppy.

Create It Ribbit Ribbit



Ask the children to color a white paper plate green, front and back. The children will also color the frog pieces using the template from cacfp.org. Assist as needed to help cut out each piece and fold the paper plate in half. Glue the arms and tongue inside the paper plate fold. Glue the legs to the curved side back of the plate and glue googly eyes to the top of the plate. The kids will have fun with their frog 3D plate!



Play It Meta-What?

Frogs go through a complete cycle of metamorphosis. This is a fun way to teach the stages: egg, tadpole, froglet, and finally adult. First, the children will fold themselves into a ball. While eggs realistically do not move, ours can. As tadpoles, they will stand and "swim" through the water with their hands together, wiggling their bodies. Now that they have grown legs as a froglet, they can get into a frog position and make little hops, and finally big frog jumps as adults.

Fun Fact

Located just outside of Washington, D.C., 101 Miles of the Appalachian Trail go through Shenandoah National Park where there are 10 distinct species of toads and frogs.



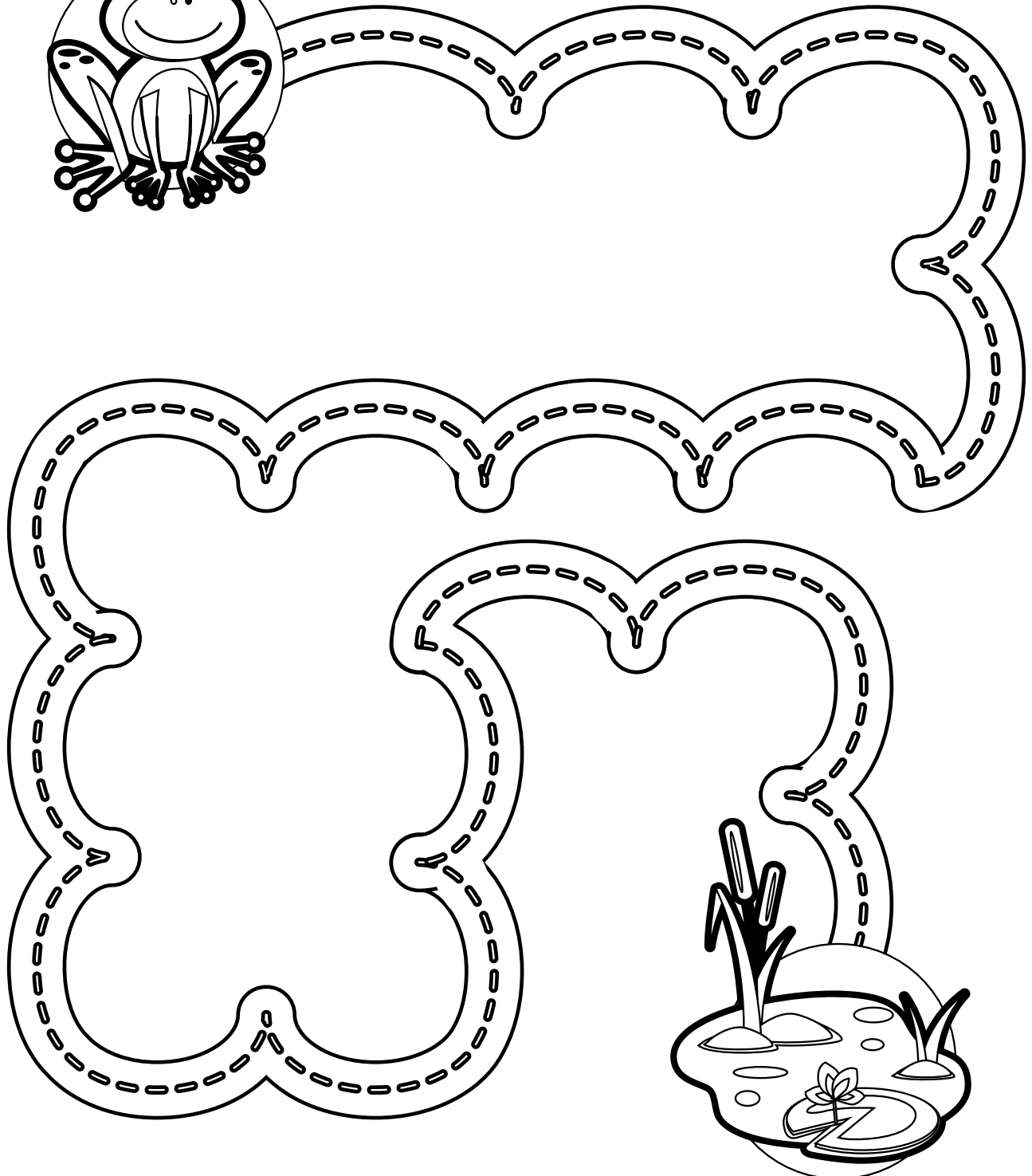
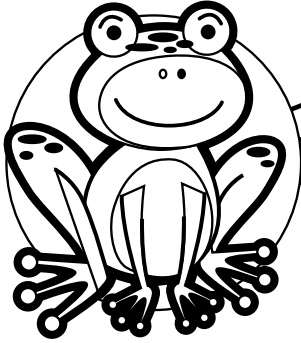
Read It

- Ham with Jam* by Age of Learning
- Virginia: What's So Great About This State?* (Arcadia Kids) by Kate Boehm Jerome
- West Virginia: Children's American Local History Book* by Bold Kids

Name _____

Hop to It!

Trace along the path to help the frog reach its lily pad.



February

Indiana Dunes National Park, Indiana



Learn It

Going for a hike takes a lot of energy! We know that by eating healthy foods, you are giving fuel to your body from head to toe! Talk about the five foods components and how each helps your body grow, move, breathe, heal when you are sick, and build strong bones. Using the song, "Head, Shoulders, Knees, and Toes," discuss how each part of our body needs healthy foods. Head: Nutrition to help you think, Shoulders: Muscles to help you climb and pick things up, Knees: Bones to keep your body strong, Toes: Gives you energy to move around. You can continue the song with more body parts.

Eat It Creamy Chicken and Noodles

2 1/2 (10 oz eq) cups cubed cooked chicken, warmed
3 cups cooked wide egg noodles, warmed
1 (10.5 oz) can condensed cream of chicken soup
3/4 cup milk
1/4 cup Parmesan cheese
Pepper to taste



In a large saucepan over medium heat, add soup, milk, Parmesan cheese and pepper. Mix until well combined and hot. In each bowl, add 1/4 cup noodles, 1.5 oz eq chicken, and 1/4 cup of sauce.

Create It Nature Collage



Indiana Dunes are alive with trails to see all kinds of nature. As you are on a nature walk, ask the children to pick up 5 small treasures (leaves, twigs, etc.) to make a nature collage. When you come back to your child care, assist as needed for the children to make their own nature collage using cardstock, glue, crayons and decorative craft supplies.



Play It Animal High Five

In all our national parks, there are wonderful animals. Post pictures of animals around a safe play area inside or outside. Lead the children around the area and when they see an animal picture, they will give it a high five. Incorporate various skills as you walk – can they lunge walk, stalk, hop or skip to the next picture?

Fun Fact

Indiana Dunes has sand dunes, woodlands, prairies, and wetlands – All in one park!



Laugh About It

What did the brother tree say to the sister tree?
Leaf me alone!

Read It



Good Night Indiana (Good Night Our World)
by Adam Gamble and Mark Jasper

Indiana: Children's American Local History Book by
Bold Kids

Night-Night Ohio by Katherine Sully and Helen Poole

Name _____

These Boots Are Made for Hiking

Having good shoes is important on a hike. Connect the dots to complete the hiking boot.



March

Virgin Islands National Park, US Virgin Islands



Learn It

Fruits come from all over the world! Discuss with children about different fruits that grow in the tropics. Cut out pictures to show them how they grow, what they look like, where they grow and describe how the fruit might taste or smell. Then organize a tasting of tropical fruits to try like pineapple, kiwi, mango, shredded coconut and papaya. Have children describe what they tasted and which ones they liked best.

Eat It Coconut Mango Delight

2 cups 100% full-strength unsweetened coconut water
3 cups mango puree

In a pitcher or a blender, mix both ingredients until well combined. Serve cold.



? Fun Fact

Two-thirds of the island of St. John is a national park and it has been inhabited for over 3,000 years.

Play It Teacher Island



The teacher will stand in the middle of the children on a higher platform if possible or inside a large hula hoop. This is their island. Using a small obstacle course of cones or small frisbees, the teacher will take turns tossing them to the children. The students will practice their catching. Can they catch up high? Down low? Everyone can take a turn being on the teacher island.



Create It Tropical Tissue Fish

Each child will have a paper plate. They will cut a small triangle into the side of the plate to create a fish mouth. Using that triangle, help as needed to glue the triangle directly opposite from the fish's mouth to create the tail. Using bits of colorful tissue paper, the children will create a tissue mosaic by gluing the tissues to the plate. Once dry, add a googly eye to finish the colorful tropical fish.

Laugh About It

What money do you use at the beach?
Sand dollars.



Read It

I am the Virgin Islands by Tiphanie Yanique, images by Moses Djeli

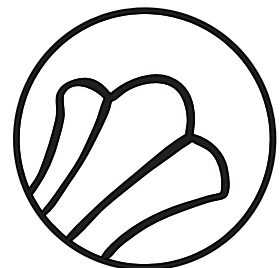
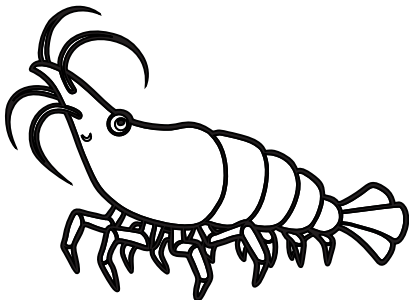
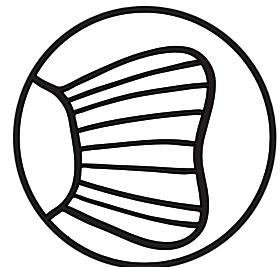
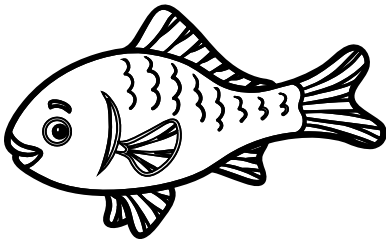
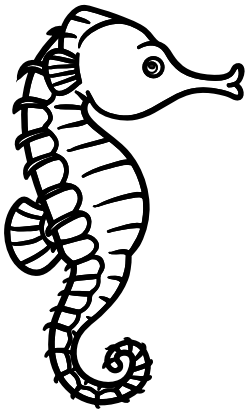
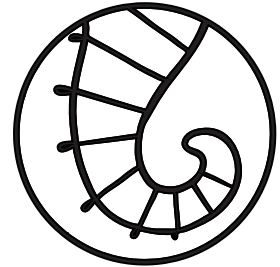
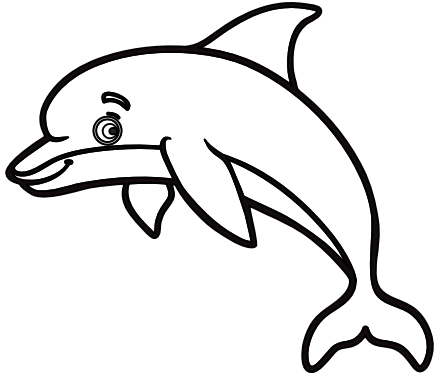
Island Counting 1 2 3 (Board book) by Frané Lessac

Caye Boy: Barefoot Adventures of an Island Child by Jessica Retseck Wigh

Name _____

Tails of the Sea

Use different colors to draw lines and match the ocean animals with their tails.



April

Crater Lake National Park, Oregon



Learn It

When you are camping outside and the weather is cool, a campfire can be built to stay warm. A campfire requires heat, fuel, and oxygen to make a fire. And it should always be made by an adult. Just like a fire, our bodies work hard to stay warm, and we like a fire, also need oxygen to keep our energy up during the day. In a learning circle, practice breathing exercises. Have children take a long, slow breath in and then slowly have them breathe out.

Create It Glowing Campfire

Assist as needed as the children stamp their handprints using red, orange, and yellow paints on a large piece of construction paper. Try to keep the handprints close together in a cluster. Ask the children to collect small twig pieces and maybe a few leaves. After the paint dries, the children will glue their twigs and leaves under the hands. This is creating a glowing handprint campfire.



Read It

B is for Beaver: an Oregon Alphabet by Marie & Roland Smith

Apples to Oregon by Deborah Hopkinson

O Is for Oregon by Trish Madson (Board Book)

Eat It Crater Tater Tot Cups



3.5 cups frozen tater tots, thawed

1 cup shredded cheese

12 large eggs

Oil spray

Preheat oven to 375° F. Lightly spray a 12-cup muffin tin with oil. Add ¼ cup of tater tots into each muffin cup. Mash down with a spoon and press around the muffin cups until it looks like a cup. Add 1 tbsp of cheese. Place in oven for 3-5 minutes, until cheese melts. Remove from oven and add 1 egg into each muffin cup. Sprinkle some cheese on top of each then bake for 12-15 minutes until egg is fully cooked.



Play It Log for the Fire

You need at least one hula hoop and a set of bean bags for one large group game, or the children could play with their partner or individually. The hula hoop represents the campfire. The bean bags represent the logs. From a set distance, the children will toss their logs into the fire. Practice counting: how many logs did they get inside the fire? How many logs did not make it onto the fire (are still outside of the hula hoop)?

Fun Fact

At 1,493 feet deep, Crater Lake is the deepest lake in the US and is fed by rain and snow.



Laugh About It

Why was the fire sad? He couldn't find his perfect match.



Name _____

Busy Beavers

Oregon is known as the Beaver State. Can you trace the dotted lines to make your own beaver?



May

Mammoth Cave National Park, Kentucky



Learn It

Caves are natural, dark and hollow places in the ground. They can form underground, on the side of a hill or even on a cliff. Like caves, there are many types of vegetables that grow underground. Create a sensory bin to show how these types of vegetables grow. All you need is a bin, dirt and pictures of carrots, potatoes, beets, radishes and/or sweet potatoes printed on card stock or laminated. Children can help cut these shapes out. Teach words like dirt, planting, picking, growing and digging to show how these vegetables grow and end up on our plate.

Eat It Hot Brown Sandwich



- 6 slices whole wheat bread, toasted
- 1/3 cup gravy
- 6 (1/2 oz) slices Monterey Jack or Muenster cheese
- 6 (1 oz) slices turkey
- 1 large tomato, sliced into 1/8-inch rounds
- 2 tbsp whole grain mustard
- 3 slices cooked bacon, each cut in half

Preheat oven to 400°F. Place toasted bread slices on the baking sheet. Spread 1 tsp of whole grain mustard onto each piece of bread. Then layer bread with 1 slice of turkey, 2 slices of tomato, 1/2 bacon strip, 1-2 tbsp of gravy, and then 1 slice of cheese. Place in the oven and cook until cheese melts.

Create It Critter in a Cave



First the children will create their cave. Using a disposable cup, cut out a 1" square from the mouth of the cup. Assist as needed while the children cover the in brown paper torn into pieces using glue. Then ask the children to color a paper plate green and brown, forming the ground for your cave to sit on. Glue the cup to the paper plate upside down. With a large pom pom ball, the children will create their critter friend, adding googly eyes and a paper dot for the nose. Sit the critter in the cave and you are finished.



Play It Paper Plate Toss

Mark several paper plates with numbers on the back. Scatter these plates around a designated area away from the starting line. All the children will stand on the starting line with a specific number of bean bags. They will take turns tossing their bean bags to the plates, earning points for the plates they land on. Can they add all the points together? Can they make a subtraction problem using the points? How many points can they make if you move the starting line?

Fun Fact

The oldest part of Mammoth Cave began forming 10 million years ago and there are now more than 426 mapped miles of cave passages.



Read It

I Love You as Big as Kentucky by Rose Rossner and Joanne Partis

B Is For Bluegrass: A Kentucky Alphabet (Discover America State By State) by Mary A Riehle and Wes Burgiss

Good Night Kentucky (Good Night Our World) Board Book by Adam Gamble, Mark Jasper and Joe Veno

Laugh About It

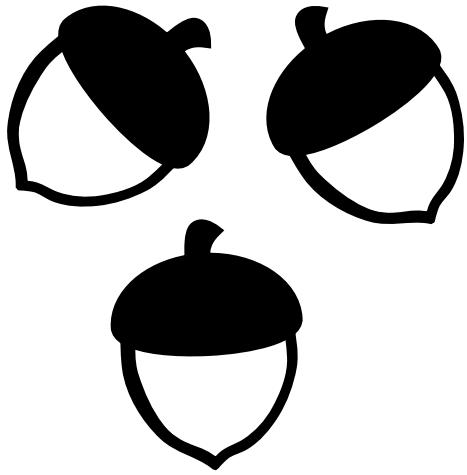
How old was the caveman? Stone age.

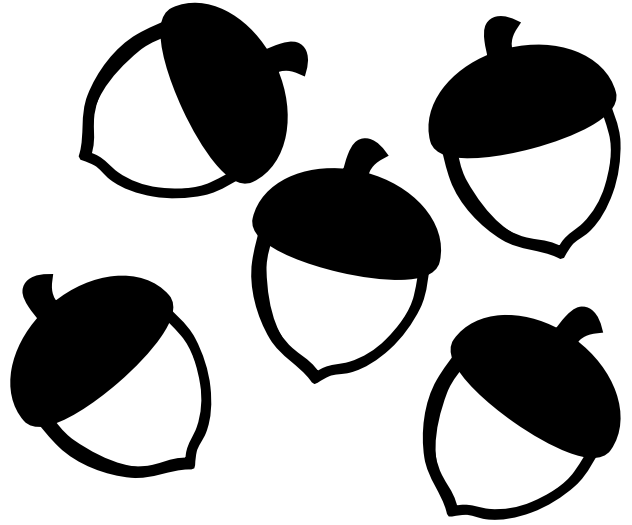


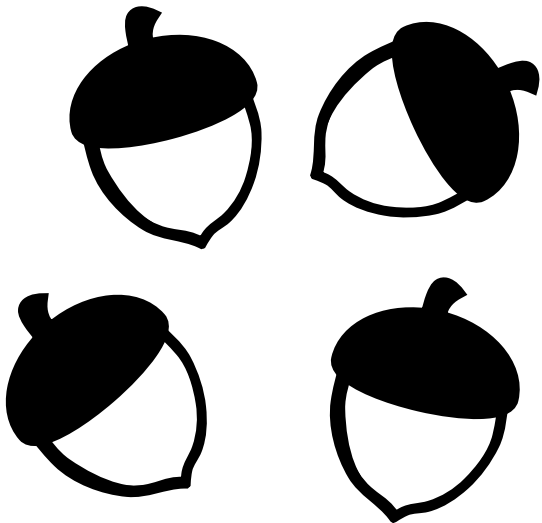
Name _____

Nuts About Counting

The gray squirrel is Kentucky's state animal! Help the squirrel count how many acorns are in each stash. Write the number on the line below each stash.









June

Zion National Park, Utah



Learn It

National parks help protect animals' homes and the foods they eat. Just like us, we need a place to sleep and an area to eat. Animals get their food from trees, bushes, lakes, and many other places. Where do we get food to feed our body healthy foods? Talk about the places we might go, such as the grocery stores, farmers' markets, food pantries and convenience stores.

Eat It Green River Melon Salad

- 1 cup cubed honeydew melon
- 1 cup quartered green grapes
- ½ lb kiwi, peeled, halved lengthwise and sliced



Combine in a medium bowl and serve.



Laugh About It

Who is the famous mountain goat painter?
Vincent Van Goat!

Create It Zion Weaving



Archaeologists believe people lived in the Zion area more than 10,000 years ago. One artifact that they found are ancient baskets. Using cardboard rectangles, set up a weaving loom for the children to use. Cut 4 slits on each short side of the rectangle. These will need to be directly across from one another. Then, loop yarn and tie tight through each slit so the two sides are connected vertically. Demonstrate to children how to weave the yarn horizontally back and forth, in and out, to make their yarn creation.



Play It Porcupine Tag

Choose one child to be the Zion porcupine. The other children will run around. If they are tagged, they will freeze, and their arms will go straight up like quills. To become unfrozen, another child will have to come lower their arms/quills. Play short rounds for everyone to take a turn being the Zion Porcupine.

Read It



- Hello, Utah!* by Martha Day Zschock
- U is for Utah* by Christopher Robbins & Volha Kaliaha
- A Is For Arches: A Utah Alphabet (Discover America State by State)* by Becky Hall & Katherine Larson



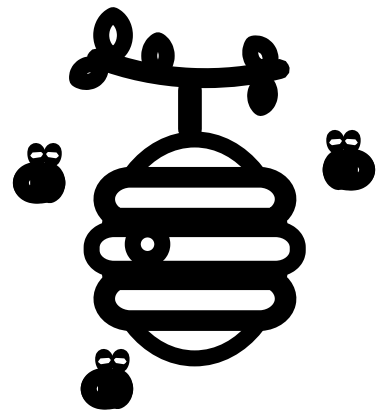
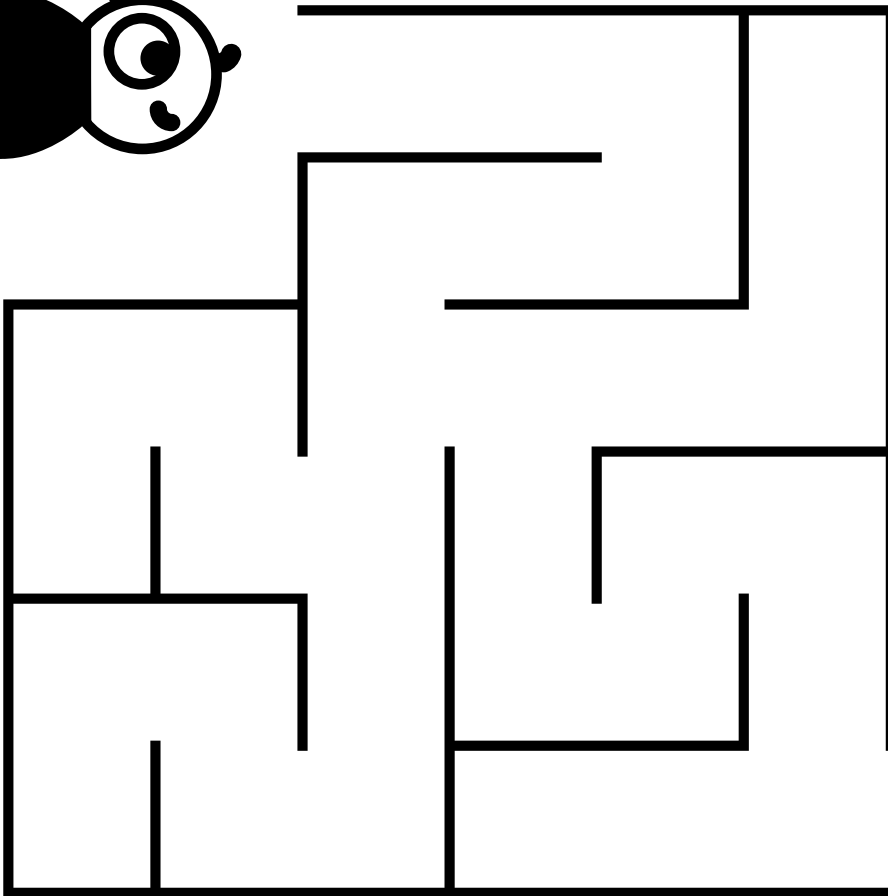
Fun Fact

Zion is part of an active volcano field called the Santa Clara.

Name _____

Bee a Helper!

Utah is the Beehive State. Help the bee find its way back to the hive.



July

Sequoia National Park, California



Learn It

Sequoias are a type of tree that grows in California. They can grow very tall, over 200 feet high and can live for more than 3,000 years. Like many trees, they have wood bark on the outside to protect them from harm. Our body protects us too! What does our body do when we get a cut or wound? Talk about how blood clots and forms a hard surface called a scab to allow the skin underneath time to grow and protect it from getting damaged while healing.

Eat It Avocado Tomato Toast

- 6 slices whole grain-rich toast
- 1 ½ cup mashed avocado
- 1 tbsp lemon juice
- 1 ½ cup diced fresh tomatoes
- Everything bagel seasoning or salt and pepper to taste



In a small bowl, mix mashed avocado with lemon juice. Scoop and spread ¼ cup of avocado onto each slice of toasted bread. Add ¼ cup of diced tomatoes on top of each avocado toast. Sprinkle seasoning over each avocado tomato toast.



Read It

- Little California (Board Book) My Little State* by Helen Foster James
- Love California: An ABC Adventure* by Sandra Magsamen
- Welcome to California: A Little Engine That Could Road Trip (The Little Engine That Could)* by Watty Piper

Create It Sequoia Squeaks



There are seventeen species of bats in the Sequoia National Park! On black paper cut two, 4" circles per child. On one circle, have them glue googly eyes in middle and use chalk to create the mouth. Cut the other circle in half and attach it as wings on each side. Cut two small triangles to attach above the eyes to give your bat ears.



Play It

Animals in the Park

Using a cubed box, create dice by gluing a picture of an animal on each side. Play outdoors. Ask the children to take turns rolling the dice. Turn on music. The children will move like that animal while the music is on. Stop the music to signal the next turn.

Fun Fact

Sequoia trees are the largest in the world and can keep growing up to 3,400 years!



Laugh About It

Can a tree make friends?
Sure! They branch out!

Name _____

Setting Up Camp

The word bank contains things you might need on a camping trip. Find them in the word search.
Don't forget to look diagonally!

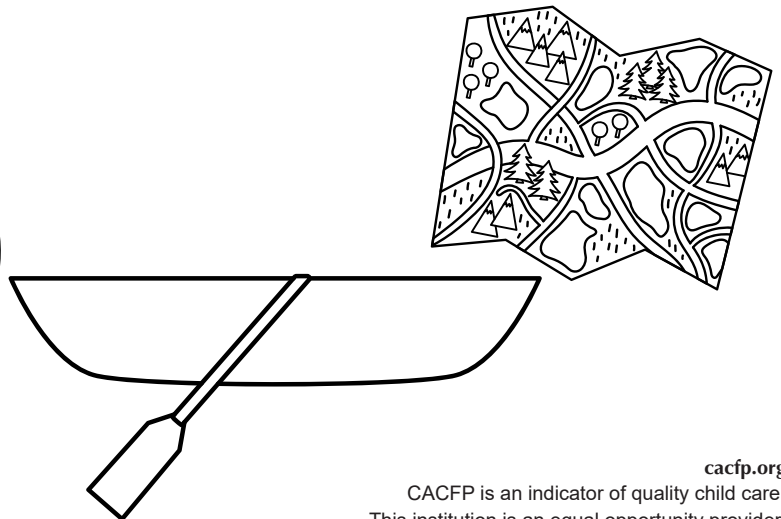
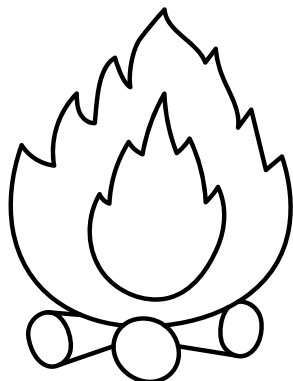
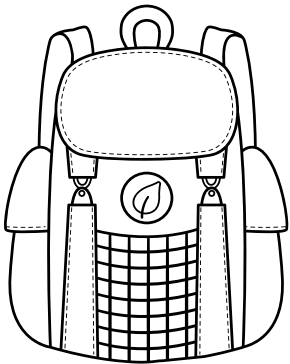
BAG

FIRE

BOAT

MAP

M	G	X	Y	B
Z	M	A	P	O
F	I	R	E	A
G	M	S	A	T
B	A	G	C	F



August

Badlands National Park, South Dakota



Learn It

Badlands National Park is known for its fossils. There are four types of fossils: trace, mold, cast and true form. Discuss these differences with the children and have them create their own trace fossil! Give each child play dough and have them place an object or their hand in the dough. Remove the object or hand and you have a trace fossil! You can also find fossils of dinosaur bones. Discuss how you can make your bones strong by eating certain foods, playing games and getting sun outdoors.

Eat It Easy Runzas



3 whole wheat hot dog buns
¾ lb lean ground beef
⅔ cup shredded cheese
½ lb shredded cabbage
Salt and pepper to taste
Vegetable oil

In a large skillet on medium-high heat, warm oil. Add ground beef and cook until crumbly and evenly cooked through. Stir in cabbage and seasonings. Cook until cabbage is tender, about 15-20 minutes. Scoop warm mixture into each bun and add ⅓ cup of cheese over the mixture. Cut each bun in half. Serve warm.

Create It Natural Names



Trace out each child's name on a large piece of construction paper. As you go on a nature walk, ask the children to gather small twigs, grass blades, etc. Ask the children to glue their nature items to outline the tracing. This is wonderful fine motor practice.



Play It Frisbee Golf

Find several plastic laundry tubs or buckets. Have enough frisbees for every child to have their own. Set up starting lines away from each basket like a tee box on a golf course. The children will take turns throwing their frisbee into the baskets. How many times does it take to get the frisbee in the basket? You can even set up some for a challenge where they must throw the frisbee around a tree!

Fun Fact

The Badlands got its name from the Lakota tribe name for it, *mako sica*. It was said to be very difficult to travel through.



Read It

South Dakota by Bold Kids
Good Night South Dakota (Good Night Our World) by Adam Gamble, Mark Jasper & Ruth Palmer
M is for Mount Rushmore: A South Dakota Alphabet (Discover America State by State) by William Anderson



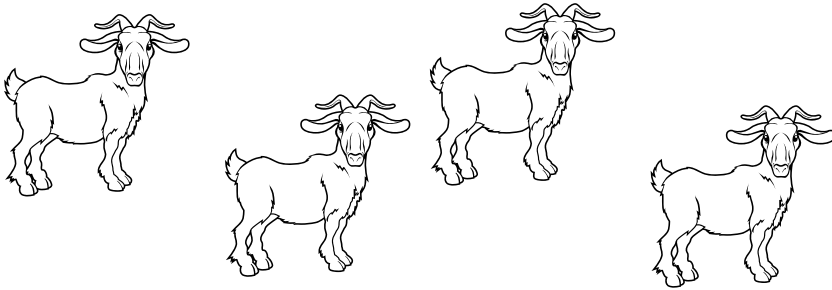
Laugh About It

How does an eagle write?
With a bald-point pen!

Name _____

Count the Goats

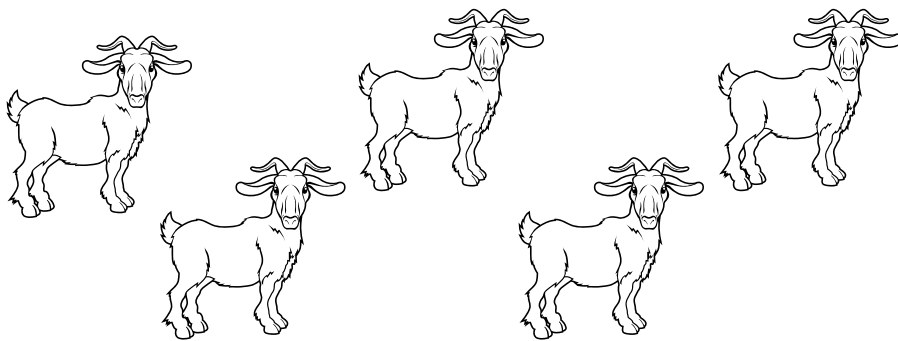
How many mountain goats are in each row? Circle the right number.



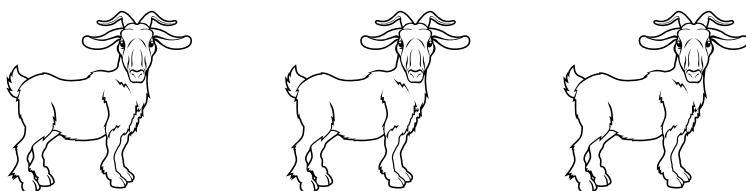
1 2 3 4 5



1 2 3 4 5



1 2 3 4 5



1 2 3 4 5

September

Hot Springs National Park, Arkansas



Learn It

Bird watching is a fun outdoor activity that everyone can enjoy. Print and show pictures of common birds in your state to the children.

Next time they are outside, children can go bird watching as a fun game. And because we use our eyes to look for these birds, discuss how important it is to eat certain foods to keep our eyes healthy, like eating leafy greens (spinach, broccoli), or orange and yellow fruits and vegetables (carrots, sweet potato, pumpkin, cantaloupe, mango). Have them identify one of these foods at meal or snack time.

Eat It BBQ Baked Beans

- 1 can (15.5 oz) great northern beans, rinsed and drained
- 1 cup honey barbecue sauce
- 1 tbsp white vinegar
- ½ lb cooked ham, diced
- Salt and pepper to taste



In a large microwave safe bowl, mix all ingredients together. Microwave, covered on high for 5-8 minutes, rotating halfway through. Allow to rest for 5 minutes before serving.

Create It Hiking Binoculars



With all our visits to national parks, we must have some binoculars! Save cardboard tubes when they are emptied. Tape or hot glue two together for each child. Using a hole puncher, make a hole on one side of each tube. The children can use any decorative craft supplies and make the binoculars their own. When finished, use a piece of yarn, and connect through the punched holes as a neck lanyard.



Play It Balance Bag Relay

Form two groups. Line each group at the start. Place a cone a short distance across from them. The first of each line will place a bean bag on their head and try to make it around the cone and back without dropping the bag. Then the next person will go until everyone has had a turn.

Fun Fact

There are approximately 700,000 gallons of water flowing from Hot Springs Mountain into the springs of the National Park.



Laugh About It

What runs but never walks? Water!

Read It



N Is for Natural State: An Arkansas Alphabet by Michael Shoulders

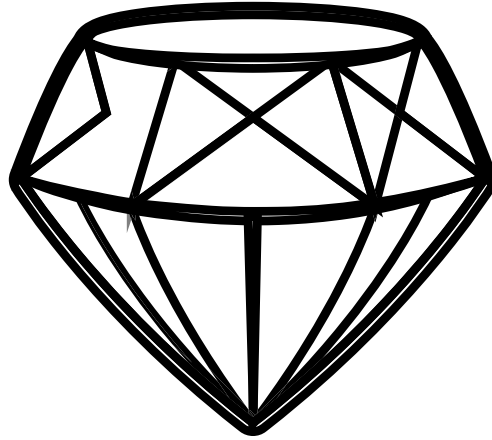
Arkansas: People, Places, And Things Children's Book With Facts And Pictures by Bold Kids

Good Night Arkansas (Good Night Our World) by Adam Gamble and Mark Jasper

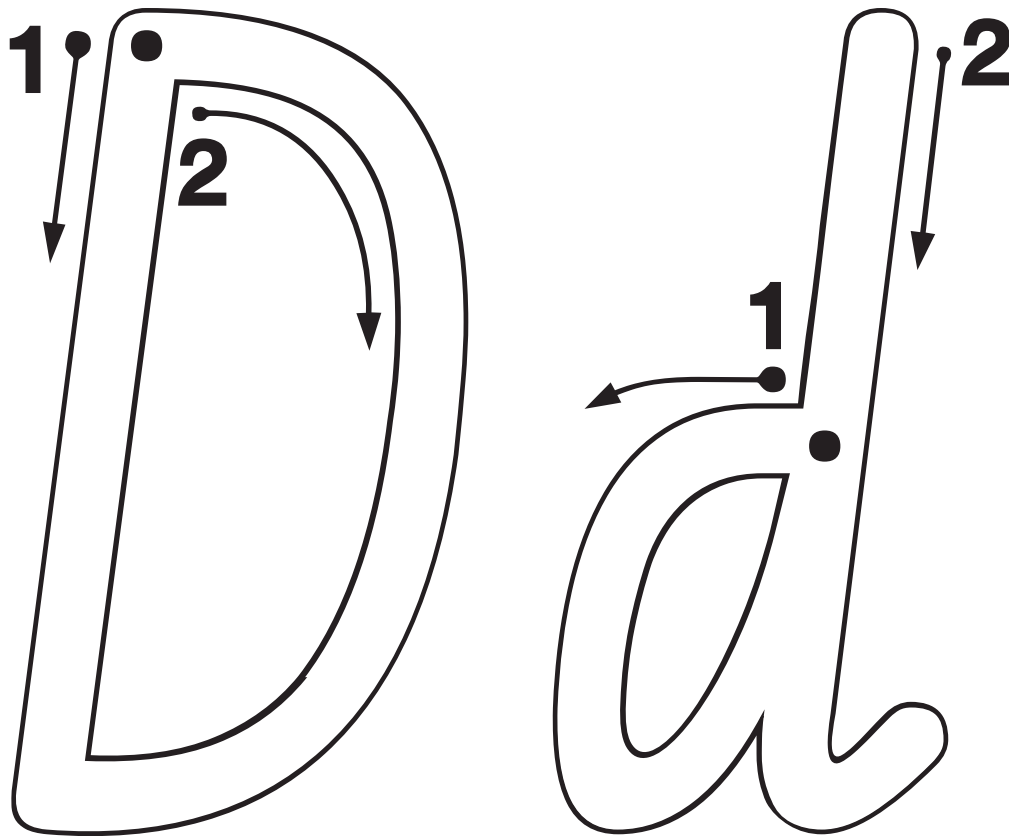
Name _____

D is for Diamond

Arkansas is the only US state with a diamond mine. Practice writing the letter D by tracing the lines.



diamond



October

Congaree National Park, South Carolina



Learn It

Swamps are a type of wetland that have trees and are always wet or filled with water. Teach children about swamps and what lives in them by building a swamp sensory tub. Fill a plastic tub with about an inch of water. Add large rocks, sponge shaped flowers and plastic animals that could live in the swamp. Discuss how water is not only important to drink, but used for animals to live in and even hide from predators. Ask children how we use water every day (i.e. drink it, used for cooking, cleaning dishes, taking a bath/shower).

Eat It One-Pot Chicken Bog

- 1 lb boneless skinless chicken thighs
- ½ (14 oz) package all beef hot dog, cut into small strips
- ½ large onion, diced
- 1 cup uncooked long grain rice
- 4 cups chicken broth
- Salt and pepper to taste



In a 4-quart stockpot, add 2 cups of water and chicken. Cook on medium heat until chicken is thoroughly cooked. Remove and set the chicken aside to cool. Add hot dog pieces and onions to pot along with 4 cups of broth. Bring to a boil. Place rice into pot, then reduce heat to simmer. Cook uncovered for 10-15 minutes or until rice is almost tender. Shred the chicken and add to the pot, cook until rice is tender. Season with salt and pepper to taste.

Create It Congaree Owls



Using shades of brown paper, tear into pieces. Have the children glue the brown pieces to construction paper in an oval shape. Show them how to make side pieces on each side of the oval to make the wings. Cut a small orange triangle to glue on for the beak and two yellow circles to make the eyes. Put one smaller black circle in the middle of each yellow eye for the pupil. Add orange strips to make two, three-toed feet at the bottom of the owl's body.



Play It Zig Zag Paths

On the floor with painter's tape or cement with sidewalk chalk, draw zig zag, curly cue and wavy line paths for the children to walk on. Have a starting point and ending point. Can you follow each path with your feet? How many paths can you do in 3 minutes?

Fun Fact

Congaree National Park is named for the Congaree people who once lived there and is the largest tract of southern old-growth bottomland forest in the US.



Read It

Love Is All Around South Carolina by Wendi Silvano and Joanna Czernichowska

Trick or Treat in South Carolina: A Halloween Adventure In The Palmetto State by Eric James and Karl West

Little South Carolina: Lots of Fun with Rhyming Riddles (Little State) by Carol Crane

Laugh About It

What is the owl's favorite game? Guess WHOO!

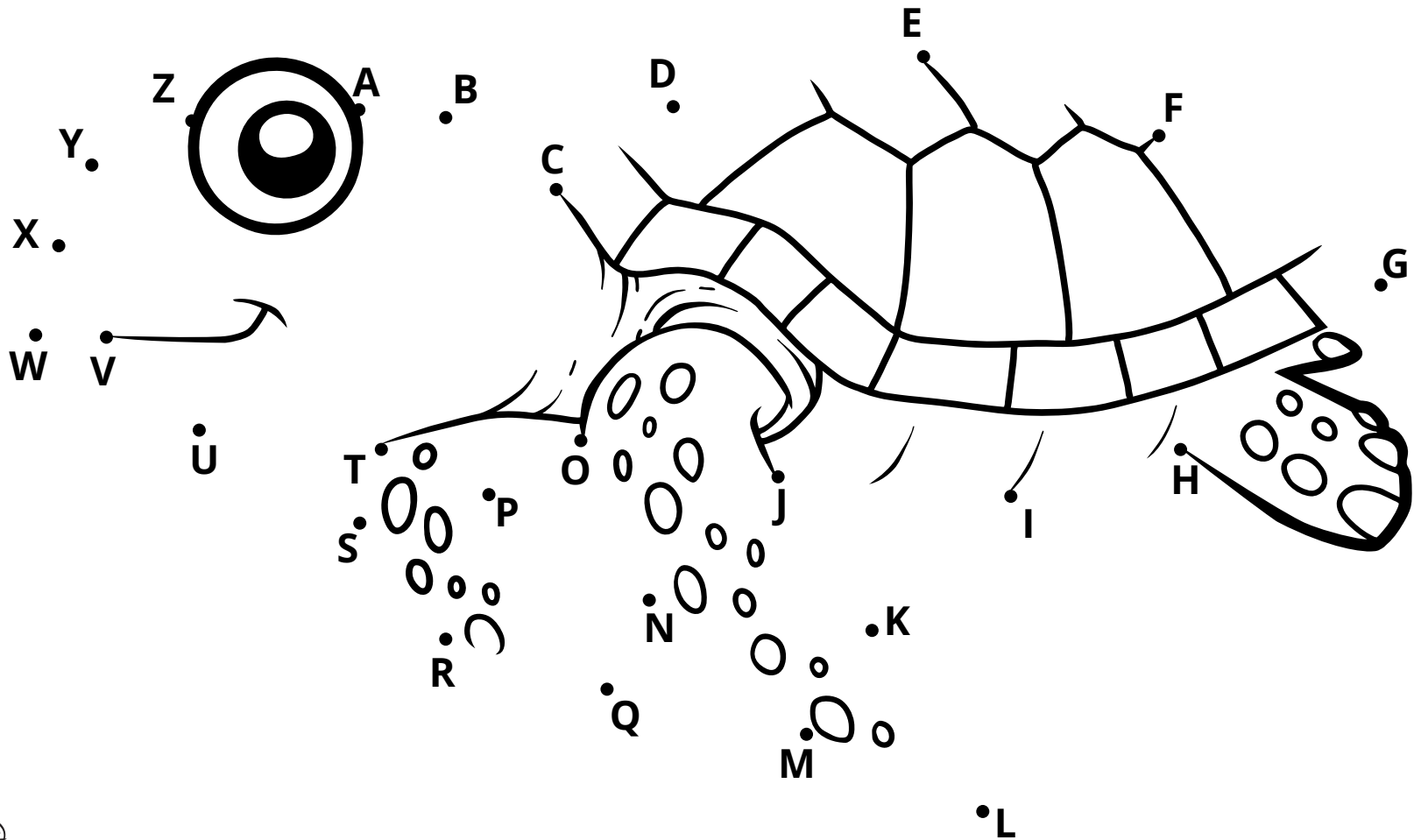


Name _____

An Ocean Friend

The loggerhead turtle is the state reptile of South Carolina. Follow the alphabet to connect the dots to complete the turtle.

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z



November

Mesa Verde National Park, Colorado



Learn It

Ancestral Pueblo People of Mesa Verde were known to cultivate corn, beans, and squash, also known as the “Three Sisters.” Discuss with the children how these three plants support and protect each other as they grow. Print out pictures or have children act out how the vegetables help each other as they grow. Then discuss how they help us stay strong and healthy when we eat them! Encourage children to talk about meals or snacks where they ate these vegetables (i.e. corn tortilla, refried beans, roasted squash).

Eat It Corn Casserole

- 1 (8.5 oz) box corn muffin mix
- 1 (14.75 oz) can creamed corn
- 2 (15.25 oz) cans whole kernel corn, drained
- 1 cup plain Greek yogurt or sour cream
- ½ cup melted butter
- Oil spray



Preheat oven to 350°F. Grease a 9x13 oven-safe casserole pan with cooking spray. In a large bowl, add all ingredients together. Gently fold ingredients until just combined. Pour corn mixture into the casserole pan. Bake for 55 minutes. Serve warm.

Create It Pinecone Bird Feeder

On your next nature walk, ask every child to find a pinecone. Clean the pinecones. Assist the children as needed in tying a long string of yarn around one end of the pinecone. Then, using age-appropriate spreaders, spread peanut butter or coconut oil on the pinecone. Roll the pinecone in bird seed. Set aside to dry and then hang or send home in a plastic baggy. The children will love seeing the birds that come to eat.



Play It Roll-A-Yoga

Have children take turns rolling dice. As each child rolls, the number determines what yoga movement they will do based on the sheet available at cacfp.org. Assist as needed to help them remember which move goes with which number.

- | | | |
|---------------|------------|------------------|
| 1 = Bow | 2 = Tree | 3 = Cat |
| 4 = Warrior 3 | 5 = Bridge | 6 = Forward Bend |

Fun Fact

For 700 years, the Ancestral Pueblo people lived and thrived in the cliffs at Mesa Verde.



Read It

Dreaming of Colorado by Grant Collier & Stephanie Lowman

Little Colorado (Little State) by Denise Brennan-Nelson

Night-Night Colorado by Katherine Sully

Laugh About It

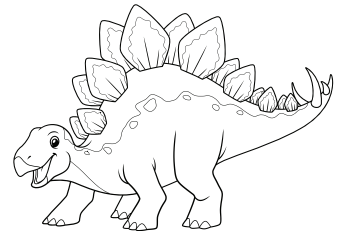
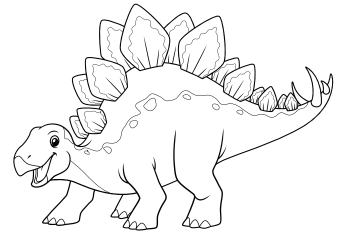
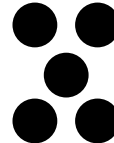
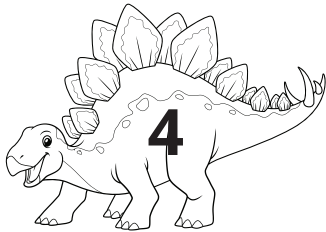
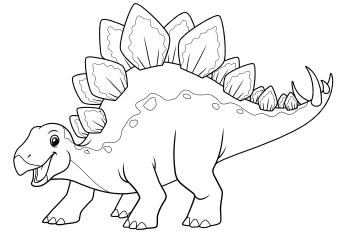
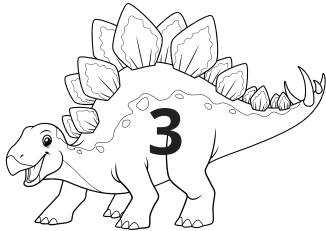
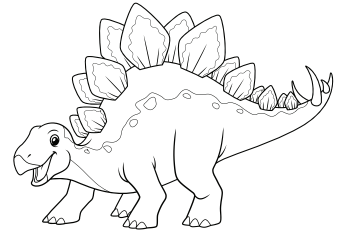
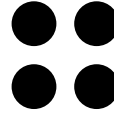
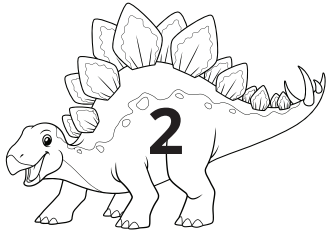
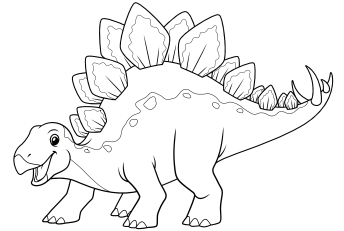
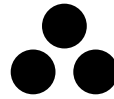
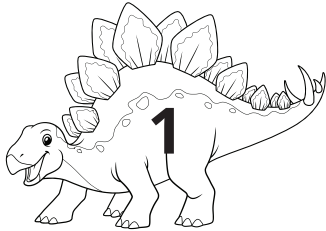


How did the egg get down the mountain?
It scrambled!

Name _____

Jurassic Marks

The stegosaurus is the state fossil of Colorado. Using different colors, draw a line to match the number with how it is spelled.



December

Gates of the Arctic National Park, Alaska



Learn It

Unlike other bear types, polar bears do not hibernate, which means they can have some fun in the snow! When they are on snow, they can easily blend in, which makes them difficult to find. Play a game of hide and seek. Ask children to hide behind objects that blend in with what they are wearing, just like polar bears do. And just like polar bears, we need to eat food to give our body energy to stay warm. Invite children to discuss healthy breakfast foods that will give them energy for the day to play and keep warm.

Play It Snowball Relay



Divide children into pairs. Each pair of children will need one 8 ½ X 11 paper, plastic balls (snowballs) and a basket. The pair will begin at the starting line and move together, holding opposite sides of the paper, balance the ball on the paper and carry it to the basket to drop it in. Then run back and repeat. How many snowballs can you get into the basket in 3 minutes?



Read It

Over in the Arctic: Where the Cold Winds Blow by Marianne Berkes

The Lost Narwhal by Tori McGee

Arctic Animals by Jill McDonald

Laugh About It

What do you call a polar bear on skates?
A roller bear!



Create It Black & White Polar Bear



You will need white and black construction paper. With white construction paper, draw one medium, one large and two small white circles. Each child will cut out their own circles. Glue the medium circle just above the mid-line of black construction paper turned lengthwise. Glue the large circle underneath the medium to form the polar bear body. Glue the two little circles to the top of the medium circles to form the ears. Draw the polar bear face with marker. Then using chalk, add white snowflakes to the black paper around your polar bear.

Eat It Polar Bear Oatmeal



- 1 cup old fashioned oats
- 2 cup milk or water
- 3 large bananas, mashed & 3 large bananas, sliced into rounds
- ½ tsp ground cinnamon
- ¾ cup unsweetened shredded coconut
- 6 prunes or dates, chopped finely if needed
- ¼ cup blueberries

Combine oats, milk, mashed bananas and cinnamon in a medium pot. Bring to a boil over and stir to desired thickness. Scoop ¾ cup into each bowl, then sprinkle each evenly with 2 tbsp of shredded coconut. Next to each bowl, add 2 blueberries, one prune, and half of a banana that has been sliced. Have children make a polar bear face using the fruits provided.



Fun Fact

The Gates of the Arctic is the northernmost National Park and because of its limited access, the least visited park of the US.

Name _____

Moose-ing Around

The moose is the state animal of Alaska. Color in the picture of the moose.

