

# EEP Family

## Connect

October, 2016



**A**utumn greetings from us at the Early Education Program! Can you believe it? It's almost Halloween! Such a fun time for many of our little ones. Time to visit a farm if you can, buy a pumpkin and maybe carve it together. Those squishy seeds are so exciting to feel!

It also can be a bit of a scary time for some, all of those masks and costumes. That's why at school, we'll be saying things like, "It's OK to feel scared" and "I feel scared sometimes" and, "You can feel scared and still act bravely!" If you feel the moment is right, maybe you can say some of those same things to your child at home.

Just another opportunity to connect together.



## Talk with me!

Here are some words I am learning over the next week. If you happen to see any of these in books, or in stores or when we're out and about, point them out to me! Remember, even though I might be younger, I can still learn the other words too!

### Developmentally Younger

- ♥ Pumpkin
- ♥ Door
- ♥ Witch
- ♥ Ghost
- ♥ Spider
- ♥ Cat
- ♥ Candy
- ♥ Mask
- ♥ Flying
- ♥ Knock
- ♥ (Go) Trick or Treating
- ♥ (Say) Thank you
- ♥ Funny (costume)
- ♥ Dark
- ♥ Same
- ♥ One
- ♥ Circle
- ♥ Scared

### Developmentally Older

- ♥ Holiday ( a special day)
- ♥ Halloween
- ♥ Jack-o-lantern
- ♥ Bat
- ♥ Stem
- ♥ Circle, triangle (face parts on jack-o-lantern)
- ♥ Face
- ♥ Candle
- ♥ Treat
- ♥ Costume
- ♥ Broom
- ♥ Seeds
- ♥ Cob-web
- ♥ Dress up (put your costume on)
- ♥ Ring the doorbell
- ♥ Going trick or treating
- ♥ Carving a pumpkin
- ♥ Orange
- ♥ Black
- ♥ Same, different
- ♥ One, two, four
- ♥ Silly
- ♥ Flashlight
- ♥ Safe
- ♥ Polite
- ♥ Not comfortable feeling (scared)



# Read with me!

Books are a wonderful way for me to learn. I can look at the pictures with you and you can show me things on the pages. Sometimes the stories are too long for me to listen to but if you TELL me what's going on, I can probably listen for longer. I also will benefit from hearing the words over and over and over... Here are some of the books we'll be reading:

## *Where the Wild Things Are*

By Maurice Sendak



(Max's evening hasn't started off too well. Chasing the dog and now he has been sent to his room. Will the monsters in his dream be better company than his mommy? Let's see...This is a classic!)

## *Go Away Scary Green Monster*

By Ed Emberley



(There's no need to be afraid of scary 'ol monsters anymore! Just tell those 'ol monsters to 'beat it' and watch them disappear before your very eyes!)

## *It's Pumpkin Time!*

By Zoe Hall



(It's like a field trip between the pages to the farm...well, not quite. But it is sweet and covers everything from the seeds all the way to the jack-o-lantern.)

## *Trick or Treat, Little Critter*

By Gina & Mercer Meyer



(Lil' Critter and his sister are off to an evening of traditional Halloween fun. This one you'll have to find used but it's *cute!*)

## *Apples and Pumpkins*

By Anne Rockwell



(This is a teacher favorite! Join the children as they go through the complete process of fall-on-the-farm fun...from apple picking to the making of the pie with Grandma. SO sweet!)

## *Tough Boris*

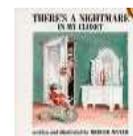
By Mem Fox



(Pirates are just really "in" right now and this book is the best and worst of pirates...gently done.)

## *There's a Monster in My Closet*

By Mercer Meyer



(Another book that explores being afraid of something and being brave. Watch what happens when the monster gets a little dose of fear himself)

**Got an iPad or iPhone? Here's an app we love:**

*The Monster at the End of This Book...starring Grover.*  
By Sesame Street; Spendy at \$4.99 but oh so fun!!!





## Play with me!

When you play with me, I love it. When I get your full attention, I feel really special. We can build something, go somewhere, make something or just play around with the toys I have. No matter what, I'll be learning about all kinds of things. Remember, just being with YOU makes it really fun. Let's play!

- ♥ We could go to the farm and pick out a pumpkin, and even some apples. If my classroom went to the farm, find out where. I'd probably really like to go to the same place again...I could help show you where things are! That would make me feel extra good!
- ♥ How about carving a pumpkin into a jack-o-lantern together? I know the knife is sharp, so that can be your job, but maybe I can help you scoop out the seeds onto the newspaper? Putting the candle inside and then going into a dark room for a peek sounds like fun too!
- ♥ I'd love a fall walk. If it's raining we could take our umbrellas and boots. We could watch for all kinds of pretty fall colors in the leaves. Maybe, we'll even see some houses decorated for Halloween!
- ♥ We could play dress-up with some of your old clothes. I could pretend to be you! Or we could play dress-up with my new costume too, that'd be fun!
- ♥ Orange is such a neat color. We sure see a lot of it around this time of the year. How about making something to eat that's orange? Carrot sticks would work or even some orange Jell-o with mandarin orange slices in it would be fun.
- ♥ The leaves are starting to fall outside now. Maybe we could go outside and see if there are some pretty leaves on our lawn that we can pick up and bring inside? We could count them or pick out all the red ones and yellow ones and put them into piles.



## Sing with me!

Singing little songs with me may seem silly, but it's good for me to hear the words over and over. I might even sing along with you or add a little word here or there. Try singing when you hold me, or when I'm in the tub at night or how about in the car when we're going places? Here are some of the songs/chants we'll be singing:

### "Five Little Pumpkins"

(This is a finger play...no tune needed!)

5 little pumpkins sitting on a gate, (hold up 5 fingers)  
The first one said, "It's late! It's late!" (touch your wrist watch)  
The second one said, "There's a chill in the air" (wave hands like the wind)  
The third one said, "I don't care!" (flip hand forward)  
The fourth one said, "Let's run! Let's run!" (have running arms)  
The fifth one said, "It's Halloween fun!"  
And "Whoooo" went the wind,  
And OUT went the lights! (have someone turn out the lights on cue)  
And the five little pumpkins, rooooooollled out of sight! (roll arms & end with hands up)

### "Jolly Jack-O-Lantern"

(Tune: I'm A Little Teapot)

I made a jack-o-lantern for Halloween night (make arms into a circle)  
He has 3 crooked teeth but he won't bite (point to teeth and shake head)  
He has 2 round eyes but cannot see (make circle eyes with fingers)  
He's a jolly jack-o-lantern, happy as can be.

### "Black Cat"

(A chant, we sing it but you can just chant it!)

Black cat, black cat looking for a witch, (hand above eye brow searching)  
All around the night is black as pitch. (wave hands like the wind)  
You can't see me with your eyes of green. (touch eyes)  
Black cat, Black cat, this is Halloween.....Boo! (whisper last line, Shout "BOO")



## Pull me close...

I'm little but I have lots of feelings. Sometimes I cry because I'm tired and I don't even know why. Sometimes I laugh and feel giggly and it's good to hear you laugh and tell me you feel happy too. But sometimes when I'm mad I need you to help me know what that's called. Pull me close and tell me. There might even be times when you're mad about something I've done. Noticing that and telling me how you feel helps me to understand that we ALL have feelings and that all feelings are okay.

- ♥ This can be a season with lots of scary things! People say, "Boo!" to me and I feel a little scared. Even the dark and some of the masks people are wearing make me feel scared, too. When I feel scared, I know how it *feels* but I don't know what it's *called*. At those times, please help me know that you understand how I'm feeling. Tell me what it's called. "Oh sweetie, you look like you didn't like that. That was scary. You felt a little scared."
- ♥ When I'm scared, I feel it in my body. It does not feel very good. My teacher says that scared is NOT a comfortable feeling. That's a big word, isn't it?
- ♥ Brave. I want to be brave. I see how pirates can be so brave. But sometimes I just don't *feel* brave. I act bravely sometimes. When I do, tell me how proud you are that even though I was a bit scared, I acted bravely. Then I'll know how brave feels and how to do it the next time. "Wow! What a brave pirate you were just now. Your room was all dark and that was a little scary. But you just acted brave and walked in and turned on the light. I'm proud of you!"
- ♥ Some body parts help me know if someone is scared. Eyes show you're scared. They get big! Your eyebrows do, too. They go up like this when you are scared. Sometimes in a book or on TV your hair stands way up when you are scared. It looks a little funny!
- ♥ Your nose does NOT show if you are scared.
- ♥ My teacher says everybody is scared sometimes. She is scared sometimes. Me, too! But being scared goes away. Sometimes I'm scared and sometimes I'm not! Sometimes I am very brave!
- ♥ I love the *There's a Nightmare in My Closet* book. I love *Where the Wild Things Are*, too! They were very brave in those books even when they felt a little scared. I liked that!

