



JANUARY - SCHOOL DAY 14



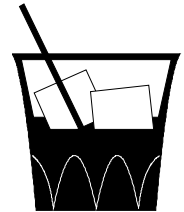
MORNING GROUP TIME

Materials: Large calendar; calendar daily shapes; weather sheet for the month; Weather Bear with weather clothes; Snowman-name cards.

Repeat calendar activities from previous day or refer to page 1 in Provider Reference Guide.

Program Activity

In this activity, the children will be doing a science experiment about insulation using ice cubes



Objective: The children will be introduced to the concept of insulation using ice cubes and different materials.

Materials: Bowl for ice cubes; 5-10 ice cubes; insulation materials, such as plastic wrap, waxed paper, aluminum foil, wrapping paper, newspaper, tissue paper and a piece of fabric.

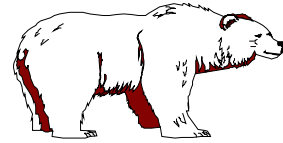
1. If you happen to be living in a place where it snows during the winter, you can tell the children that the snow stays on the ground because the air and temperature are so cold that it keeps the snow from melting.
2. Explain to the children that today they are going to do an experiment to see which material can keep an ice cube cold and keep it from melting. They are going to **insulate** or wrap the ice cubes in the materials.
3. Show the children the various insulation materials that you have collected. Let the children wrap each ice cube using a different insulation material. Be sure to keep one ice cube without any wrapping on it — place it in a separate bowl. Now have the children place each insulated ice cube in a separate bowl or on a plate.
4. Have the children make observations of the ice cubes every 20 minutes. After about one hour, have the children carefully unwrap the ice cubes from the insulation materials and compare them to the ice cube that you did not wrap with any insulation material. Based upon their observations, ask the following questions:

- * Which ice cube melted the most? * Which ice cube melted the least?
- * Which material worked the best?

FREE CHOICE ACTIVITIES:

These activities can include free play at the playdough table, art center, dramatic play corner, toy area, or various learning centers that you have set up in the room.

Program Activity
Penguins and Polar Bears



Objective: The children will learn interesting facts about Penguins and Polar Bears.

Materials: Provider picture of penguin and polar bear; activity paper for penguin; white paper bag; white reinforcement circles; scissors; glue.

1. Explain to the children that penguins live in a place that is very cold and is covered with snow and ice all the time. **Penguins** are birds from Antarctica. (SHOW PROVIDER PICTURE OF PENGUIN.) They eat mostly fish and they make their nests on the ice. They love to go fishing under the ice in the Antarctic Ocean. They do not fly but they can swim very well. Sometimes when they are playing they love to slide across the ice on their stomachs.
2. As a fun large motor development activity, have the children move like penguins. Have them hold their arms straight down at their sides, with hands bent out. Keep the legs straight with feet turned out slightly. (IF YOU HAVE THE MOVIE, "MARY POPPINS" SHOW THE CHILDREN THE PART WHERE BERT DANCES WITH THE PENGUINS.) You can have the children join in the dance with Bert!

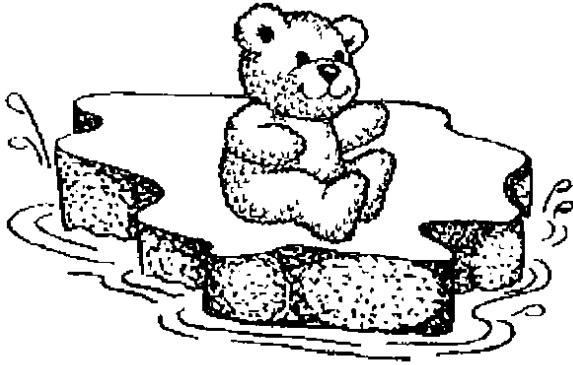
3. Teach the children this short little rhyme about penguins:

Penguins are funny birds
that waddle to and fro,
They always look like they are
dressed and ready for a snow.



4. Tell the children that **polar bears** also live where there is only snow and ice. (SHOW PROVIDER PICTURE OF POLAR BEAR.) The polar bear is a very big bear that is covered in white fur. The white fur helps protect the polar bears when they are running across the ice because it is very hard to see them. Polar bear babies stay close to their mothers until they are grown and can find food on their own. Polar bears move over the ice by sometimes sliding on its belly, down long slopes of powdery snow. The polar bear can also walk over the ice or run very fast over the ice. A mother polar bear will usually have two baby bear cubs.

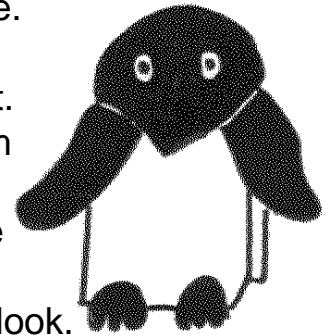
5. Teach the children this little poem about polar bears:



POLAR BEAR

The polar bear
Who sits on ice
Thinks blankets made
Of snow are nice.
Though you or I
Might nearly freeze
He keeps quite warm
With wraps like these.

6. Tell the children that they are going to make a penguin puppet. Give the children the activity page for the penguin. Have them cut out the penguin parts and glue them to the paper bag. (SEE ILLUSTRATION) Have the children then take two white reinforcement circles and use them for the penguin's eyes. Fold the beak along the dotted line to give it a 3-dimensional look.



Program Activity
Cooking Activity
- Make Polar Bear Caves -

Objective: The children will engage in a cooking activity making Polar Bear Caves.

Materials: Canned peach halves; non-dairy whipped topping; small paper plates.

Note: Have the children wash their hands with soap and water before they begin this cooking activity. They will be handling the food in order to make the polar bear caves.

1. PROVIDER'S PART: OPEN A CAN OF PEACH HALVES. Have the children pat their peach half dry with a paper towel and put it on a paper plate.

2. Invite the children to cover their peach half entirely with non-dairy whipped topping. This will make it look like it is completely covered in snow. ENJOY!
3. Remind the children that polar bears sleep in caves called dens. Explain to the children that the temperature inside the cave is much warmer than the temperature outside the cave because the bears snuggle together to keep warm.

STORY TIME



Note: Traditionally, it is nice to end your day with a story. If you prefer, you can also read a story to the children when they come in from playing or just before they have their nap or resting time. Reading a story is a wonderful way to develop good listening skills and oral language skills. Please encourage your parents to read stories to their children at the end of the day just before the children go to sleep. It is a nice quiet time and can be a special time between parent and child.

Read a story of your choice to the children or one from the suggested reading list for this month. Remember to ask questions about what you just read to check for comprehension.

**Practice Your Fire and
Earthquake Drills Today!**