



Red Green



Little Green Tree

(Sung to "I'm a Little Teapot")

I'm a little **green** tree ready to trim. *(Stand tall.)*

Here is my trunk. *(Raise arms straight up.)*

Here are my limbs. *(Hold arms out at sides.)*

Decorate me now with lights so fine,

(Move hands back and forth across body.)

Plug them in and watch me shine!

(Hold arms out at sides and wiggle fingers.)

▶ Parents are children's first teachers.

The way we celebrate at Christmas time can be a gift in itself. The traditions, rituals, and special foods we eat can give children a feeling of continuity, comfort and joy. It does make a difference when we slow down and do the little things that make the days leading up to Christmas and Hanukah a special time.

Early Years Literacy



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Christmas Cake

(Pretend to stir the cake.)



Into the basin put the plums,
Stir-about, stir-about, stir-about!

Next the good white flour comes,
Stir-about, stir-about, stir-about!

Sugar and peel and eggs and spice,
Stir-about, stir-about, stir-about!

Mix them and fix them and cook them
twice,
Stir-about, stir-about, stir-about!



Yule-Log Sandwiches

Help your child flatten slices of brown bread with a rolling pin. Spread hummus (store bought or homemade) on the bread, and sprinkle with diced **red** and **green** peppers. Let your child roll up the bread slices to make "Yule Logs."

Hummus is a Middle Eastern spread made from chick peas.



Eye-Spy for Christmas

Make a telescope with an empty paper towel tube.

Play **Eye-Spy** for objects that are **red** or **green**.

Nutrition Tip We can enjoy all foods, in moderation. During the holidays, enjoy Christmas treats, but remember to balance them with healthier choices.

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