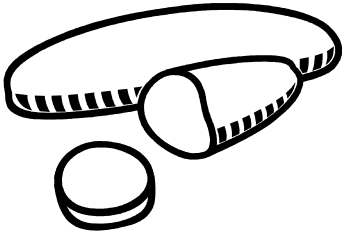


## Eat Your Greens

You'll need:  
Grocery flyers  
A green disposable plate

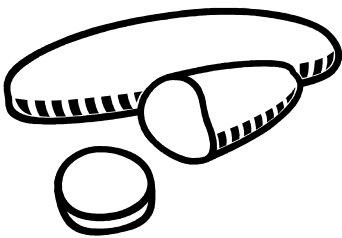


Have your child cut or tear pictures of foods from magazines. Put the green plate on the floor and spread the magazine pictures around it. Explain to your child that only the green foods can go on the plate. Have them decide which foods can be put on the plate.

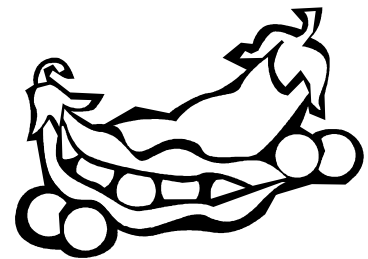


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## Seven Little Numbers

Seven little numbers  
On my phone,  
I learn them together to call my home.

Seven little numbers,  
What are they?  
My telephone number  
I learned today!  
(Say telephone number.)

### Ten Little Fingers

*As you sing, point to the appropriate body part.*

I have ten little fingers and ten little toes.  
Two little arms and one little nose.  
One little mouth and two little ears.  
Two little eyes for smiles and tears.  
One little head and two little feet.  
One little chin, that's child's name complete.

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