

Opening the Gift

A Long Winter's Nap



Hibernation by Robin Nelson

Time to Sleep by Denise Fleming

Bear Snores On by Karma Wilson

When Winter Comes by Nancy Van Laan

A Den Is a Bed for a Bear by Backy Baines

Naptime With Theo & Beau by Jessica Shyba

Every Autumn Comes the Bear by Jim Arnosky

Don't Wake Up the Bear! by Marjorie Dennis Murray

Squirrels Leap, Squirrels Sleep by April Pulley Sayres



Nursery Rhyme: Wee Willie Winkie

Songs & Fingerplays to Share

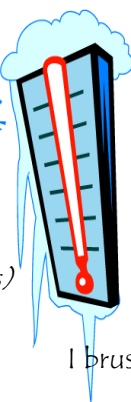


CD: "Für Elise" from *A Charlie Brown Christmas* by The Vince Guaraldi Trio

Fall for All

Winter is cold,
(hug yourself and shiver)
There is snow in the sky;
(Flutter fingers above your head)
The squirrel gathers nuts,
(pretend to gather nuts)
And the wild geese fly.
(flap arms)
The fluffy red fox,
(cup hands over head to form ears)
Has his fur to keep him warm;
(stroke arms as if stroking fur)
The bear's in her cave,
(form a cave shape with hands)
Sleeping all through the storm.
(fold hands under cheek and pretend to sleep)

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Before I Go to Bed

(tune: "The Wheels on the Bus")

Before I go to bed,
I take a bath.
Splash, splash, splash
(make splashing motions)
Splash, splash, splash
Before I go to bed,
I take a bath.
Splash, splash, splash

Continue with:

I brush my teeth... (make scrubbing sound)
I get a drink... Glug, glug, glug
I read a book... Once upon a time
I sing a song... La, la, la
I give a kiss... (make kissing sound)
I whisper goodnight... Nighty-night, night



Baby's Nap

This is a baby ready for a nap,
(Hold up one finger)
Lay her down in a loving lap.
(Place finger in palm of other hand)
Cover her up so she won't peep,
(Wrap fingers around the baby finger)
Rock her 'til she's fast asleep.
(Rock finger back and forth)

Hibernating Bear

(tune: Up On the Housetop)

There once was a bear
who loved to play.
In the woods—every day.
But then the winds
Began to blow.
And soon the woods
Were covered in snow.

Oh, oh, oh. Ice and snow.
Oh, oh, oh. I'd better go-o.
In my cave to sleep all day.
Until the cold winds go away.

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Your next visit will be: January _____

Next month's theme will be: "Black & White & Cute All Over"

More Books to Share:

Animals in Winter by Henrietta Bancroft & Richard G. Van Gelder

Sleep, Big Bear, Sleep! by Maureen Wright

The Bear In This Book by Kate Banks

Naptime by Elizabeth Verdick

Sleepy Places by Judy Hindley

Ten Twinkly Stars by Russell Julian

Hibernation Station by Michelle Meadows

Sleep Tight, Little Bear by Britta Teckentrup



Activity Ideas:

Pass the Pillow: Transition your youngsters into naptime with this adaptation of Hot Potato. Have children sit in a circle and listen while you read the story *Time for Bed* by Mem Fox, then quietly pass a small pillow. As the pillow is passed, start playing lullaby music. The child holding the pillow when the music stops leaves the circle to rest. Have youngsters bid the child sweet dreams by reciting the phrase from the story, "It's time for bed, little Sam, Little Sam", changing names for each child. Continue playing until all of the children have left the circle to rest.

Making My Nest: People don't actually hibernate, but many reduce their activity and spend more time indoors during the short winter days. Invite children to imagine that they do hibernate. What kinds of supplies will they store up for a long winter's rest? What will they line their nests with? What will they keep on hand for wakeful times when it's too cold to go outdoors? Provide paper plates, fabric or paper strips, store catalogs, sales flyers, and magazines. Then ask the children to create personal winter nests by gluing the strips inside the plate and adding pictures of selected items to line their nests. During a sharing time, invite children to tell the group about their nests and why they chose some of the items in them.

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Book of the Month:

Whatever the Weather: Science Experiments and Art Activities That Explore the Wonders of Weather
by Annie Riechmann and Dawn Suzette Smith

PTC 551.6078 R



The weather around us offers a perfect starting point for exploring the wonders of nature. The engaging science experiments and open-ended art activities in this book aim to give children ages four to eight a basic understanding of the science behind the weather that they experience each day, while also encouraging creativity, questioning, and a spirit of curiosity—perfect for budding naturalists. Full of accessible information about weather science and the way things work, this hands-on guide to exploring the natural world will inspire a sense of wonder and adventure—no matter what the day brings.

Road to Reading Tip:

As you choose gifts for the winter holidays, either for your own child or as a donation to a favorite charity, consider giving good books to snuggle up with.

"Books are mirrors and windows for *all* kids—they not only allow them to see their own experiences validated, but expose them to experiences far beyond their homes, communities, and countries, helping them to grow into caring, empathetic citizens of the world."

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Questions or Suggestions? Call Melinda Chase, Bel Air Branch, 410-638-3151, ext. 6351
If you have an urgent message for me, please speak with the operator, 410-638-4800 (starting at 8 am)
email: chase@hcplonline.org

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