

# The Land of Heroes

## **Sing | You Are My Sunshine**

We all admire our heroes, as we admire our children. Sing and listen to this classic song at <http://bit.ly/2MbAcik>

You are my sunshine.  
My only sunshine.  
You make me happy  
When skies are grey.  
You'll never know, dear,  
How much I love you.  
Please don't take my sunshine away.  
The other night, dear  
While I lay sleeping  
I dreamt I held you in my arms  
When I awoke, dear  
I was mistaken  
So, I lay my head down & cried



## **Talk | Two Little Eyes**

In this rhyme, parents and caregivers are introducing concepts of the senses to their baby with simple language and tapping. The rhyme can be done with your baby lying on the ground or sitting in a lap facing parent or caregiver. For older children, have them point to where the body parts are.

Two little eyes to look around, (gently tap near baby's eyes)  
Two little ears to hear each sound, (gently tap on baby's ears)  
One little nose to smell what's sweet (gently tap on baby's nose)  
One little mouth that likes to eat (gently tap on baby's mouth)

## **Play | Colored Feather Matching**

Many of our folktales and myths have birds featured as part of the story. In this game, children work on color skills. You can pre-color the feathers (attached) or have your child color them. You may wish to cut them out.

Have your child match the feathers by color. You can add variations on this as well, counting how many feathers there are and incorporating letter knowledge by asking them what letter makes the beginning sound of each color.



## Write | Mix It Up

Playing with wooden spoons is a great way for children to work on grasp and other fine motor skills. In this activity, let your child grab a spoon and mix up something good to eat.

### Supplies:

- Large Bowls/Boxes/pots
- Wooden Spoons
- Large Pom Poms or shredded paper

### Instructions:

Demonstrate to your child how to hold the spoon and stir. Let them have fun mixing up their own recipe.

## Read | The Little Red Hen

Make pieces to tell this fun story about being helpful. Talk with the children about the story and how to be helpful. Then let your child retell the story using the pieces.

On a farm, there lived a Little Red Hen, a Dog, a Cat, a Pig, and a Rat. The Little Red Hen was small, but she worked very hard. One day, she found some seeds of wheat lying on the ground.

“Who will help me plant these seeds?” said the Little Red Hen.

“Not I.” said the Dog. “Not I.” said the Cat. “Not I.” said the Pig. “Not I.” said the Rat.

“I shall do it myself.” said the Little Red Hen.

The seeds grew very tall. “Who will help me cut this wheat?” said the Little Red Hen.

“Not I.” said the Dog. “Not I.” said the Cat. “Not I.” said the Pig. “Not I.” said the Rat.

“I shall do it myself.” said the Little Red Hen.

With the wheat cut, it needed to go to the mill to be made into flour. “Who will help me take this wheat to the mill?” asked the Little Red Hen.

“Not I.” said the Dog. “Not I.” said the Cat. “Not I.” said the Pig. “Not I.” said the Rat.

“I shall do it myself.” said the Little Red Hen.

With the wheat milled into flour, the Little Red Hen was ready to make the bread. “Who will help me make the bread?” she asked.

“Not I.” said the Dog. “Not I.” said the Cat. “Not

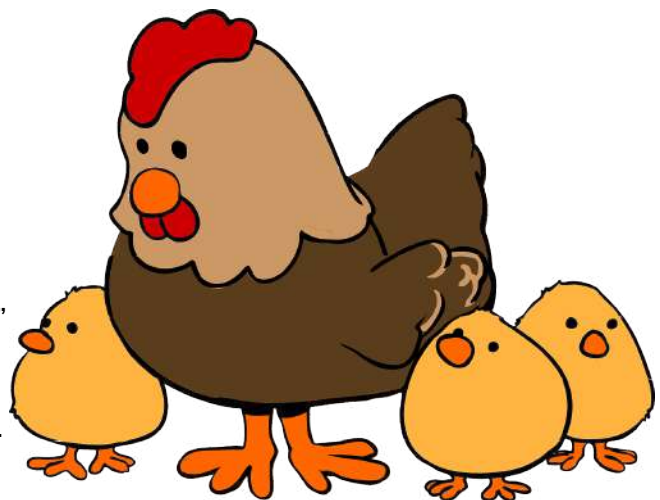
I.” said the Pig. “Not I.” said the Rat.

“I shall do it myself.” said the Little Red Hen.

The bread was baked and smelled so good. All of the animals couldn’t wait to try it. “Who will help me eat this bread?” asked the Little Red Hen.

“I will.” said the Dog. “I will.” said the Cat. “I will.” said the Pig. “I will.” said the Rat.

“No. I will.” said the Little Red Hen. And, she did.



# Extra Fun!

## **Talk | Way Up High In the Apple Tree**

For this chanting rhyme, ask the children to think about what else grows in trees. Do the chant again, inserting the item the children said into the rhyme.

Listen to the chant here <http://bit.ly/2M6Q6u6>

Way up high in the apple tree (Stretch both arms above your head, hands open)

Two little apples smiled at me (Close hands into fists)

I shook that tree as hard as I could (Shake the tree)

Down came the apples (Bring fists down)

Mmmm, they were good! Rub stomach)

# Little Red Hen Story Pieces

