

# Pre-School Pages

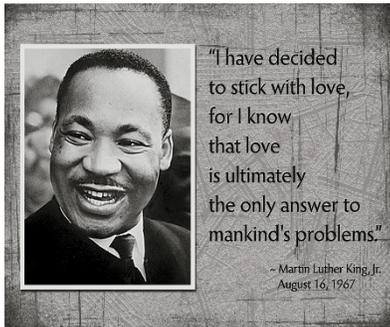


A newsletter for parents of pre-schoolers  
 packed with food, facts & fun  
 from your local county extension office

Cooperative Extension Service  
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## Celebrate



**Martin Luther King Day is January 17**  
 Martin Luther King, Jr. is one of the greatest heroes of the 20th century, symbolizing the quest for equal

rights for all and volunteer service for one's community. In honor of his legacy, Martin Luther King's birthday is observed as a day of service. In 1994, the US Congress passed the King Holiday and Service Act, designating the third Monday in January as the King Day of Service in commemoration of Martin Luther King's birthday. Celebrate by reading books about the life of Martin Luther King Jr.

## Play Time



**Martin Luther King Jr Day Craft Project – One Love Art Activity**

### Supplies:

- 1 Sheet of each; Blue, Yellow, Tan, and Pink Construction Paper.
- 1/2 Sheet of Red Construction Paper.
- Scissors.
- Pencil.
- School glue or a Glue Stick.

First, trace each your preschoolers' arms and hands on the yellow, pink, and tan sheets of construction paper. Place the blue sheet aside until all of the hands have been traced and cut out. Then, cut each one out. You should have a total of six hands and arms cut out. Next, cut out a heart shape using the red construction paper piece. Now, use the glue stick and add a strip of glue to each finger, hand, and arm. Make sure your left and right hands are facing the right way. Then, place two matching hands on each of the short sides of the blue construction paper. We placed the hands so that the thumbs would make a small heart in the middle. Next, place the last two hands on the top and bottom of the paper. The fingers should meet in the middle area. Then, apply glue to the back of the heart, and stick it in the middle of the blue construction paper. It should look like the hands are all holding the heart together.

## Kids Care

### Handwashing safety



We have been dealing with Covid for almost two years now. It is very important to properly wash our hands when hand sanitizer is not available. Here are the steps to make sure you are playing it safe and fighting those pesky germs.

1. Make sure a clean, disposable paper towel is available.
2. Turn on the water so that it's at a comfortably warm temperature.
3. Apply soap to your hands.
4. Wash your hands for 15 to 20 seconds. It helps to sing "Row, Row, Row Your Boat" or "Happy Birthday" so you know you've washed long enough. Make sure you wash the palms and backs of your hands, between fingers, under and around fingernails, and around wrists.
5. Rinse the soap off under the warm, running water.
6. Dry your hands with a paper towel.
7. Turn the faucet off with the paper towel, and use the paper towel to open the door. If you don't use the paper towel as a barrier between your hands and the faucet or door knob, you've just re-contaminated your hands!



Source: Health Education through Extension Leadership (HEEL)

## Let's Eat

### Edible Snowman

- 1 box round crackers
- 1 container low fat cream cheese
- Tiny slices of carrots, apples
- Box of raisins

Each child gets 3 round crackers, approximately 2 tablespoons of cream cheese, and a small pile of the sliced fruit, veggies and raisins. Place the crackers on a paper plate. Allow child to spread cream



cheese on the crackers and decorate with veggies, apples and raisins.

## Let's Sing

A sign with a green border. At the top left, it says "Baby Signing TIME!". The main text reads: "I'm a little Snowman" in purple, followed by "Tune: I'm a little Teapot" in purple. Below that, the lyrics are written in black: "I'm a little Snowman, Short and fat, Here are my Buttons, Here is my Hat, When it's COLD outside, I like to stay! But when it gets hot, I melt away!". At the bottom, there is a cartoon illustration of a girl and a boy, and a photo of a woman signing. Below the photo, it says "winter/cold Clench your fists close to you and shiver!". At the very bottom, the website "momcats-signing-academy.com" is listed.

Sincerely,

*Denise Wibley*

County Extension Agent for  
Family and Consumer Sciences



**University of Kentucky**  
College of Agriculture,  
Food and Environment  
*Cooperative Extension Service*

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