

# Foals 1

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## Ready, set, Summertime!

We are looking forward to a world of fun, learning, and growing these next few months in Foals 1! Let the adventures begin. Singing songs is so much fun, especially singing them to the infants. The excitement of their facial expression says it all, along with seeing them moving their hands and feet with joy. We sit with them on the mat and use our singing voices. Songs we like to sing are "Twinkle, Twinkle Little Star," "Itsy Bitsy Spider," and "Row Your Boat."

Singing to your baby is great for his/her brain development. A fun activity we use in the classroom is playing with shakers. We let the infants explore the different sounds depending on what is inside the toy while we are singing our songs together. We can talk about what colors we see inside the shakers.

Fine motor skills involve coordination the small muscles of the hand, wrist, and fingers. Some fine motor skills development include:

- . Holding and shaking the rattle.
- . Following moving objects with their eyes, and grasping objects with their hands.
- . Looking at an object in hand while bringing it to mouth.
- . Dropping and putting small blocks into a container.

We use several themes during the summer months: Summer Fun, Ocean, and Beach. For the theme of Ocean, we will read a book "Bubble Fun." We will make a fish and octopus with our hands for an art project. We will also work on our gross motor skills by popping bubbles. Our next theme is a Day at the Beach, so we will play catch and roll with a beach ball. For art we will paint a beach ball and make a crab with our hands. We will work on our fine motor skills by looking at books about beaches. Our last theme is Summer Fun. We will make a watermelon and ice cream cones for art.

Foals 1 babies will discover all the best parts about summer while their creative expression and sensory development flourish with our fun art activities.

As always, our babies are learning about abilities; we are here to help and encourage them to reach their goals.

If you have questions comments suggestions or concerns, please feel free to contact us.

## LEARN DON'T BURN

A great sensory learning experience is a mini water blob. Water-filled freezer bags with small (non-sharp/pointy) toys are easy to make and gives baby a cool squishy learning time. See below for directions on how to DIY one.

### YOU'LL NEED

- 2 freezer bags
- Duct tape
- Water
- Optional: Bath toys (nothing pointy) and a towel

### HOW TO MAKE A MINI WATER BLOB

1. Place bath toys in one of the freezer bags and fill with water. Try to squeeze out most of the air and seal tightly.
2. Use duct tape to make the seal extra strong.
3. Place your filled bag, with the taped side down, inside another freezer bag. Again, squeeze out as much air as possible and seal tightly.
4. Duct tape that second edge for extra security.
5. Let baby squish, explore, and play!