



Early Literacy Extras:

Parents and caregivers are a child's first and best teachers. Here are some ideas and activities to try this week with your child. These five practices are designed to help your child develop literacy skills, engage your child, and enhance the bonds between you. Storytimes at the Adams County Library support Pennsylvania Early Learning Standards.

This week's theme is: **Healthy Eating**

Read: *Clark the Shark: Too Many Treats* by Bruce Hale. Watch the author read the story!
<https://www.youtube.com/watch?v=gys2buANKWk>

Talk: Talk about healthy eating. With everyone staying home, it's easy to let bad eating habits develop. To learn more about healthy eating, use your library card to access PowerKids through PowerLibrary
<https://sdm-tfx.digital.scholastic.com/p/node-44665/10541085?authCtx=U.600022943>
and also check out the USDA's healthy eating website for children

<https://www.choosemyplate.gov/browse-by-audience/view-all-audiences/children/kids>

Sing: Rhymes to do at Home

Play: Each day, let your child pick a different color and eat healthy foods of that color for the day.

Write: Make a scavenger hunt with your child for the next time they go to the store with you. Make a list of healthy things to find. Even if they can't go to the store with you, have them help you make your healthy food list. If they can, have them write the list or draw it for you!

Rhymes to do at Home

Chop, Chop, Choppity, Chop

Chop, chop, choppity, chop
Cut off the bottoms
And cut off the tops
What you have left you put in the pot
So chop, chop, choppity, chop
(For your younger children, you can help them "chop" with their hands. Have your older children decide what they are chopping and have one hand as the cutting board and the other as the knife.)

The Soup is Boiling Up (Sung to: *The Farmer in the Dell*)

The soup is boiling up, (*flutter your fingers up*)
The soup is boiling up.
Stir slow, around we go, (*pretend to stir*)
The soup is boiling up.

First we cook the broth,
First we cook the broth.
Stir slow, around we go,
First we cook the broth.

Now we add some carrots,
Now we add some carrots.
Stir slow, around we go,
Now we add some carrots.

(Add whatever other vegetables your child thinks should be added to the soup.)