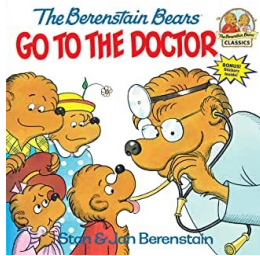


The Be **READY** Rover Review

January, 2022 - Storytime

READ



The Berenstain Bears Go To The Doctor by Jan and Stan Berenstain

The young bears are a little nervous about going to the doctor for a checkup. They find the examination is nothing to fear, and even the immunization shot is not so bad!

TALK

Have you ever gone to the doctor for a check-up? Did you guess that Papa Bear was sick before the doctor told him he was? How could you tell? Do you know any things you can do to keep from getting sick?

SING

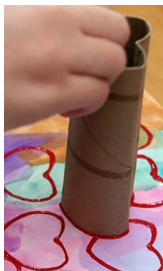
I demonstrated the **winter version** of the “Leaves Are Falling” action song I showed in October: “Snow is Falling, Snow is Falling, Falling down, to the ground. Snowflakes twirl around, never make a sound. Watch them fall. Watch them fall.” Use tissues for snow, or let the children cut paper into pieces to throw in the air at the end!

PLAY

A puppet play, “**Katy Goes to the Doctor**” emphasized taking care of our health, and how a doctor can help. More puppets demonstrated things children can do to avoid catching germs and getting sick.

WRITE

I demonstrated a **snowman craft**, where children glue pre-cut shapes to make a snowman picture. I challenged them to dress up their snowmen/ladies with shapes to make fun and unique snow-people! During the activity, shapes and colors could be pointed out and discussed.



For Valentine’s Day : Take a toilet paper tube and flatten it. Press down on each side until they are creased. Release the pressure and push one crease toward the inside of the tube to make a heart shape. Hold the tube in the heart shape and wrap a piece of tape all the way around to keep the heart shape. Let the children dip one end into paint and use as a stamp.

Get Healthy With Rover!

In addition to promoting literacy skills, the Be **READY** Rover program has added a **Health Literacy** component. Until April, storytime will include health topics ; **January’s** topic was **Getting Sick!** **February’s** topic is **Healthcare Workers** . For up-to-date information on **all health matters**, go to **Med-linePlus.gov**; you can even find great recipes there!

ATTENTION! If you are not yet on the list for book deliveries, and would like to be, please call Mary at 717-207-0500, ext. 1201.

WINTER CRAFTS



Make a baby Snowy Owl!

Draw an oval on a piece of dark-colored paper. Pick up a pom pom with a clothespin and let the children use it to apply white paint.. Challenge the children to paint within the oval. Add paper eyes and beak, and crumple brown paper or a piece of a paper bag for a branch.



Make a Polar Bear mask!

Cut 2 eye holes in a paper plate. Trace around a cleaned-out fruit cup to draw 2 circles for ears, then glue the cup to the center of the paper plate. Tear or cut white tissue paper into little pieces. Let the children scrunch up the pieces and glue them to the paper plate and cup (**good for fine motor skills development**). Glue on the ears and a black circle for the nose. Attach a large-size craft stick to the back of the paper plate and tape securely . The children can then hold the mask up in front of their face and become a polar bear!

From Pinterest