



# THIS WEEK IN THE GARDEN @ PRESCHOOL



Third Week of December

Get Local @ School Product of the Month = Apples

## What's Growing?



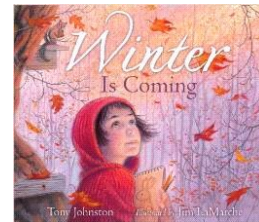
Winter offers opportunities to explore the garden in new ways. With a fresh coat of snow, children can find and trace animal and bird tracks. Can you help them make guesses about the tracks they see? Who do they belong to? Where do the tracks start? Where do they lead? What do the children think the animals were doing in the garden? By spending time in the garden in the winter, you and your students will find new ways of appreciating, observing, and using the space.

Visit the Growing Minds website for more ways to tie Farm to School in with curriculum:  
[www.growing-minds.org](http://www.growing-minds.org)

## Activities

- ◆ Where do bugs go during the winter? Go exploring outside and try to locate some bug and bird habitats. Try looking for footprints or tracking where animals have been. What evidence is left behind?
- ◆ Do an outdoor scavenger hunt. Whomever finishes theirs first gets a special surprise inside.

## Farm to School Book of the Week



Witness the changing of a season through a watchful child's eyes in this story of nature and

discovery. Day after day, a girl goes to her favorite place in the woods and quietly watches from her tree house as the chipmunks, the doe, the rabbits prepare for the winter. Silently she observes the world around her as it reveals its secrets. It takes time and patience to see the changes as, slowly but

## Energizers!

Encourage students to get active with these Farm to School energizers!

## Get Local recipe: Apple Salad

### Ingredients:

- 6 medium apples
- 1/2 cup raisins
- 1/2 tsp cinnamon
- 1/2 cup chopped nuts
- 1/4 cup white grape juice

### Steps

1. Peel and chop the apples
2. Mix well and add remaining ingredients
3. Enjoy



Sing the following song with your students, leading them in the motions: (*Sung to Twinkle, Twinkle, Little Star*)  
Snowflakes, snowflakes dance around,  
(*Dance and spin around in circles.*)  
Snowflakes, snowflakes touch the ground.  
(*Wiggle your fingers; touch the floor.*)  
Snowflakes, snowflakes in the air,  
(*Fly around.*)  
Snowflakes, snowflakes everywhere.  
Snowflakes, snowflakes dance around,  
Snowflakes, snowflakes touch the ground.