

Getting Ready for A is for Apple Week

Suggested Books:

Dr. Seuss's ABC by Dr. Seuss
 Nutshell Library (Caldecott Collection) by Maurice Sendak
 Bright Baby First Words by Roger Priddy
 My Book of Alphabet Games by Kumon Publishing
 B is for Bethlehem by Isabel Wilner
 Sheep in a Jeep by Nancy Shaw
 How to Make an Apple Pie by Marjorie Priceman
 Ten Apples up on Top! By Dr. Seuss
 One Green Apple by Eve Bunting
 The Apple Pie Tree by Zoe Hall
 Johnny Appleseed by Reeve Lindbergh

Songs:

ABC song

Ten Red Apples

(Both hands high) Ten red apples grow on a tree
 (Dangle one hand and then the other) Five for you and five for me.
 (Shake body) Let us shake the tree just so
 (Hands fall) And ten red apples will fall below
 (Count ea. finger) 1,2,3,4,5,6,7,8,9,10.

Here Is An Apple

(make circle with thumb and pointer) Here is an apple
 (make circle with other thumb and pointer) and here is an apple
 (Make circle with arms) and a great big apple I see
 Now let's count the apples we've made
 (repeat above actions) 1 - 2 - 3 !

All Around The Apple Tree

Sung to: "Mulberry Bush"
 Here we go round the apple tree, the apple tree, the apple tree
 Here we go around the apple tree
 On a frosty morning.
 This is the way we climb the ladder
 -pick the apples
 -wash the apples
 -peel the apples
 -cook the apples

Johnny AppleSeed

Submitted by Amy
 Oh. . .the Lords been good to me
 And so I thank the Lord
 For giving me the things I need

The sun and the rain and the apple seed
 The Lords been good to me, Amen.

Two Red Apples

(Sung to: This Old Man)
 Way up high, in a tree (raise hands over head)
 Two red apples smiled at me (smile)
 So I shook that tree as hard as I could (pretend to shake tree)
 Down came the apples, Yumm, they were good
 (Rub tummy)

Dramatic Play:

Any thing apples. Do you have red plastic apples for a toy fruit bowl? Apple-checked fabric for a table cloth? Pictures of apple trees, or alligators, or ants, or aardvarks for the wall. Cut out large As and small a's to tape to the wall this week. If you have foam alphabet letters or magnetic alphabet letters, put out the As.

Blocks: if you have a toy airport, get it out this week. Or toy airplanes, and encourage child to build the airport out of blocks.

Music:

I have included a few titles of alphabet recordings, if you don't already own a few. They are available through my store. I loved the Sesame Street characters sing the alphabet. My kids listened to that many years ago, and they still remember the lyrics. Oscar's Big B Sandwich, or Bert's inability to come up with a lovely song for the letter L. We loved it. I haven't listened to the other three suggestions yet, but they had high ratings by other parents, and I plan to buy a copy for my granddaughter soon. I'll add my rating then, as well.

Materials to gather:

1. Buy a variety of apples – granny smith, Jonathans, red delicious, mackintosh, dried apples, canned apples, frozen apples, whatever is available in your area.
2. Red fingerpaint, green paper leaf, brown paper stem
3. Small paper plate, red crayon, green leaf, brown stem, scissors
4. Apple Sequence Puzzle: buy one, or make your own. Draw a picture of a whole apple, with one bite out, with two

- bites out, half eaten, and just a core. Cut out apple pictures. Have child put them in order.
5. Apple Family Tree. Red construction paper, wallet-size photos of family members, brown tree trunk, green paper leaves.
 6. Apples, splash pool or bucket, towels.
 7. Apple, rigatoni pasta, large plastic needle and yarn, cinnamon, fabric bow.
 8. Make or buy Red playdough
 9. Apple Tree prints: brown, green paint, paper, red construction paper circles, black marker.
 10. Stained glass apples: wax paper, white glue, red, yellow or green tissue paper, black marker.
 11. Small paper plates, hole punch, large plastic sewing needle, yarn, dried beans (bigger the better).
 12. Make arrangements to visit an apple orchard, or show pictures of an apple tree farm.
 13. Blue paper, white paint, splatter screen and brush, yellow paper sun, real apple seeds.
 14. Red apple-shaped bean bags to toss or stack
 15. Thin paper (typing paper), brown, green crayons – paper removed
 16. Alligator shape cut out of sturdy paper or thin cardboard, brown & green rubbings, glue or paste, black marker
 17. Lime jello, applesauce
 18. Rice krispy candy recipe and ingredients – green food coloring, too.
 19. Pinch-type clothespin, green paint, strong magnet, googly eyes
 - 20.

APPLE PAN DOWDY

1/2 cup molasses
 1/4 tsp. nutmeg
 1/4 tsp. cinnamon
 1/4 tsp. salt
 3 cups sliced, peeled apples
 Bake above in a 1 1/2 qt. buttered pan at 350°F for 20 minutes.

1/2 cup milk
 1 egg
 1 1/2 cup flour
 1/2 cup butter
 1/2 cup sugar
 1/2 tsp. salt
 2 tsp. baking powder
 Melt butter; add egg and milk. Add other ingredients; mix well. Pour over apples.
 Bake at 350°F for 30 minutes.

A is for Apple Week: Monday

Date: _____

7:00	Wake up, go potty. Get dressed, Brush hair
7:30	Do Calendar activity. Introduce the letter A. Vocabulary words: apple, apple core, alligator, ant, applesauce, animal, apple seed, alphabet. Teach ABC song.
7:45	Breakfast: Cut up apples to put on oatmeal?
8:00	Table Activities: Explore apples. Set out a variety of apples. Cut them open, taste them, and discuss similarities and differences. When done exploring, cut the rest of them up and put them on the stove to simmer for applesauce.
8:15	Free Play: set out props for dramatic play, blocks, books, music centers.
9:45	Child picks up toys. Go potty, wash up for snack
10:00	Snack: (Applesauce, if it's ready!) Applesauce is very easy to make. Simmer apples, period. Some folks peel the apples first, but if you have a sieve to take out the peels and seeds, that isn't necessary. Some puree the cooked apple mush in a blender. Add a touch of lemon juice, so the applesauce doesn't darken as it cooks. Some people add sugar, which generally isn't necessary. Don't add water! If you wash your apples before you cut them up, that's usually enough water. You can add cinnamon if you child will eat it that way.
10:15	Outside time. Draw A shapes in wet sand with a stick
11:15	Project: Fingerprint with red paint. Allow to dry, then cut paper into an apple shape. Add a green paper leaf, and mount to your calendar wall, along with upper and lower case letter As.
12:00	Lunch. Go potty, read a story, sing & cuddle
1:00	Nap
3:00	Up from nap. Make bed, go potty, wash.
3:15	Snack: Apples and peanut butter
3:30	Outside time.
4:30	Come inside. Go potty, wash up, and prepare for project.
4:45	Project: Apple Worm. Color a small paper plate with red crayon or marker. Add green leaf and brown stem. Cut a small hole in the plate. Draw a face on child's finger. Child sticks finger through the hole in plate to make a wiggly worm.
5:15	Clean up. Read a story, free play time
6:00	Dinner
6:30	Put away food, load dishwasher
7:00	Bath time. Get in Pajamas, read stories, or play a quiet game together
8:00	Bed.

Apple Week: Tuesday

Date: _____

7:00	Wake up, go potty. Get dressed, Brush hair
7:30	Do Calendar activity. Review vocabulary words. Teach Ten Red Apples, review ABC song.
7:45	Breakfast: dried apples on cereal
8:00	Table Activities: Apple Sequence Puzzle
8:15	Free Play.
9:45	Child picks up toys. Go potty, wash up for snack
10:00	Snack: apple jelly on toast
10:15	Outside time: apple prints. When weather is nice – move art outside! Cut apples in half. Child dips cut apple in thick paint and prints it on paper. Let dry, then display in child's room. Can stab a fork into cut apple for "handles".
11:15	Project: Family Tree. Child cuts circles out of red paper. Pick the best circles, and mount small photos of your family members to each "apple". Draw a brown tree, and hang your family apples on the branches. Decorate with green paper leaves. Decorate with a few nuts!
12:00	Lunch. Go potty, read a story, sing & cuddle
1:00	Nap
3:00	Up from nap. Make bed, go potty, wash.
3:15	Snack: caramel apples. Slice apples in small bowls. Set out topping options, let child dress up his apples, and eat. Suggestions include chocolate or caramel ice cream topping, nuts, chocolate chips, cinnamon candies, whipped cream, etc.
3:30	Outside time: Bob for apples. Float apples in a big bucket or splash pool. Child tries to bite one without using his hands. Supervise carefully! Children can drown in a few inches of water.
4:30	Come inside. Go potty, wash up, prepare for project.
4:45	Project: Adult slices an apple in thin slices from top to bottom, so each slice is a circle, and soak in lemon juice and water briefly. Soften rigatoni pasta in water, and roll in cinnamon. Child strings alternately apple slices and rigatoni. Hang in a sunny window to dry. Add a bow – pretty and sweet smelling sachet!
5:15	Clean up. Read a story, free play time
6:00	Dinner
6:30	Put away food, load dishwasher
7:00	Bath time. Get in Pajamas, read stories, or play a quiet game together
8:00	Bed.

Apple Week: Wednesday

Date: _____

7:00	Wake up, go potty. Get dressed, Brush hair
7:30	Do Calendar activity. Review songs. Teach Two Red Apples.
7:45	Breakfast: Apple Pan Doudy
8:00	Table Activities: play with red playdough.
8:15	Free Play
9:45	Child picks up toys. Go potty, wash up for snack
10:00	Snack: blender applesauce. Also called "raw applesauce" as it isn't cooked. Peel, and core a couple of apples. Puree in a blender, and eat immediately. May sweeten with sugar or honey, if desired, or top with nuts, seeds or whipped cream.
10:15	Outside time.
11:15	Project: Apple Tree Prints. Paint child's hand and wrist brown, press to paper to make a tree trunk and branches. Wash up child's hand. Let child press fingertips only in green paint to make leaves on tree. When dry, cut out two red circles from paper, let child draw smiley faces on them. Glue to tree, and letter the poem "Two Red Apples" on the paper. Display proudly.
12:00	Lunch. Go potty, read a story, sing & cuddle
1:00	Nap
3:00	Up from nap. Make bed, go potty, wash.
3:15	Snack
3:30	Outside time: Ride Tricycle
4:30	Come inside. Go potty, wash up, and prepare for project.
4:45	Project: Stained Glass Apples. Spread a lot of white glue over a sheet of waxed paper. Child layers red, yellow, or green tissue paper bits over the glue. Let dry. Peel the "stained glass" off the wax paper and cut into apple shapes. Hang in a window.
5:15	Clean up. Read a story, free play time
6:00	Dinner
6:30	Put away food, load dishwasher
7:00	Bath time. Get in Pajamas, read stories, or play a quiet game together
8:00	Bed.

Apple Week: Thursday

Date: _____

7:00	Wake up, go potty. Get dressed, Brush hair
7:30	Do Calendar activity. Sing songs, review vocabulary. Teach: Johnny Appleseed song.
7:45	Breakfast Sing Johnny Appleseed song as table grace, if appropriate in your home.
8:00	Table Activities: punch holes around the edge of two small paper plates, give child yarn on a plastic needle to “sew” plates together. For younger children, stop. For older ones, you may add dried beans inside, and let child shake the apple as he dances to music.
8:15	Free Play
9:45	Child picks up toys. Go potty, wash up for snack
10:00	Snack: walking apples. Core an apple and stuff it with peanut butter, nuts, marshmallows, chocolate chips. Carry it with you when you go for a walk
10:15	Outside time Can you walk through an apple orchard? Depending on the season, look at apple blossoms, or small apples growing, or red apples ripening. Better yet, visit the orchard four times this year, once each season!
11:15	Project: Make Johnny Appleseed poster. Splatter paint white paint on blue paper for rain drops. Add a construction paper sun, and glue a handful of real apple seeds to paper.
12:00	Lunch. Go potty, read a story, sing & cuddle
1:00	Nap
3:00	Up from nap. Make bed, go potty, wash.
3:15	Snack: apple slices, cheese
3:30	Outside time balance red apple-shaped bean bags on head. How many can you carry at once?
4:30	Come inside. Go potty, wash up, prepare for project.
4:45	Project: Rubbings. Using green and brown crayon, with paper removed, make rubbings. Place typing paper over something rough (the wall, cement sidewalk, etc) and rub the side of the crayon over the paper. Save rubbings.
5:15	Clean up. Read a story, free play time
6:00	Dinner
6:30	Put away food, load dishwasher
7:00	Bath time. Get in Pajamas, read stories, or play a quiet game together
8:00	Bed.

Apple Week: Friday

Date: _____

7:00	Wake up, go potty. Get dressed, Brush hair
7:30	Do Calendar activity. Sing songs, teach “All around the apple tree”.
7:45	Breakfast
8:00	Table Activities: String beads on a shoelace, or do a puzzle
8:15	Free Play.
9:45	Child picks up toys. Go potty, wash up for snack
10:00	Snack: stir 1 tsp of lime jello mix into a cup of applesauce, eat! Add crackers or milk for a balanced snack.
10:15	Outside time.
11:15	Project: Parent cuts out an alligator shape from sturdy paper or thin cardboard. Child tears his green/brown rubbings into small bits and glues them all over the alligator shape. Mount, and label the picture with a big A and a little a. Write “alligator” to picture. Display in calendar area.
12:00	Lunch. Go potty, read a story, sing & cuddle
1:00	Nap
3:00	Up from nap. Make bed, go potty, wash.
3:15	Snack Alligator Krispies. Make rice crispy candy, but add green food coloring to mallow mixture. Child lightly greases hand, and shapes candy into alligator shape. Add green M&Ms for eyes, and eat.
3:30	Outside time: play Alligator game, if more than one child is around. One child is the alligator,. The other children try to cross a “pond” without the alligator snapping at them. Child uses arms like big jaws. If a child is “snapped” he becomes the new alligator.
4:30	Come inside. Go potty, wash up, and prepare for project.
4:45	Project: Alligator Refrigerator magnets. Paint pinch-type clothespins green. When dry, add googly eyes, funfoam teeth and a strong magnet to the back. Use to hold child’s art work to refrigerator.
5:15	Clean up. Read a story, free play time
6:00	Dinner
6:30	Put away food, load dishwasher
7:00	Bath time. Get in Pajamas, read stories, or play a quiet game together
8:00	Bed.