



## February is Black History Month

February was designated Black History Month by Carter G. Woodson in 1926. He was the son of former slaves and dedicated his life to ensuring that black history was reported accurately.

### Facts to Celebrate Black History Month

- Dr. Charles Drew established the first American Red Cross blood bank.
- Katherine Dunham was a dancer and choreographer and opened the Performing Arts Training Center in East St. Louis, Illinois.
- Garrett Morgan invented the first traffic light and a gas mask used by firefighters.
- Selma Hortense Burke created sculptures of famous people. Her sculpture of President Franklin Delano Roosevelt is pictured on the dime.
- Benjamin Banneker made the first striking clock created entirely in America. He carved each part individually from wood.
- Mary Ann Shadd Cary was the first African-American woman to edit a newspaper in North America and to earn a law degree.
- Ray Charles overcame many obstacles to become a world-famous musician; he won ten Grammy awards.
- Dr. Mae Jemison became the first African-American woman to travel into space in 1993.
- Wilma Rudolph was the first American woman to win three gold medals at the Olympics in track and field.

## Chinese New Year

Children can explore Chinese New Year and how it is celebrated.

### Materials and Preparations:

- Local newspapers and bulletins
- Library newsletters and flyers
- Chart paper and markers
- Assorted art materials

### Learning Experiences:

- Share with children how Chinese New Year is celebrated in your community. Look through local newspapers, newsletters, or flyers that highlight where and when the celebrations occur.
- Using chart paper, create a list of the major events held locally during this celebration (Lion Dancing, Dragon Dancing, etc.).
- Invite families who celebrate Chinese New Year to share how they observe this event. Are there significant foods? attire? music? firecrackers?
- This year, 2010, will be the Year of the Tiger. Children may wish to create their own tigers by drawing, sculpting, or building.



## What I Love

Children share what and whom they love.

### Materials and Preparations:

- Construction paper
- Tissue paper
- Crayons and markers
- Glue
- Assorted art supplies (paint, craft scissors, chenille stems, pom-poms, etc.)

### Learning Experiences:

- Invite children to create a piece which shows some of the people and things they love (family, pets, books, toys, etc.).
- Ask children to describe what they are drawing/creating as they are working.
- If children prefer, print their words onto the paper exactly how they dictated them to you.
- Encourage children to share their creations with others.

# classroom tips

## Developing Social Interaction and Self-Regulation

In order to be effective in social interactions, children's self-regulation abilities need to be developed and nurtured by building:

1. Responsive relationships – the ability to share in alliances with adults and other children.
2. Emotional literacy – the ability to use language and identify and use emotions effectively.
3. Attention – the ability to focus on a task.

Below are just a few ways you can foster the development of children's social interaction and self-regulation skills.

- Build a sense of community within the classroom by referring children to each other for support and guidance and by thinking out loud about how you might solve a social dilemma.
- Role-play and model strategies for coping with emotions and interpersonal problem solving, both positive and negative.
- Encourage children to look at things in new ways in order to foster growth in their peer interactions.
- Use many and varied words with children to describe emotions.
- Incorporate multiple approaches to movement, including child yoga, music, outdoor exploration, etc.



## Books to Share

*Groundhog Weather School* by Joan Holub

*President's Day* by Robin Nelson

*Happy Valentine's Day, Mouse!* by Laura Numeroff

*The Day It Rained Hearts* by Felicia Bond

*Dragon Dance* by Joan Holub

*My First Chinese New Year* by Karen Katz



## February is Dental Health Month

Children learn about taking care of teeth and tooth decay.

### Materials and Preparations:

- Red apple
- Chart paper and marker

### Learning Experiences:

- Ask children how they care for their teeth – how often do they brush their teeth? Do they floss? Discuss the importance of brushing and flossing (to remove food, get rid of germs, etc.).
- Using the apple, explain that the skin on the apple protects the inside much like enamel on our teeth protects the nerves inside.
- With your fingernail, nick the skin of the apple. Mention how sugary foods like soda and candy can eat holes in the hard enamel on our teeth.
- Encourage children to predict what will happen to the hole in the apple over the next few hours. Write their predictions on the chart paper.
- Invite children to examine the apple several hours later. How has the apple changed? How do the results compare to our predictions?

This learning experience was taken from our Dental Health Kit.