

TAKE ONE

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November  
Nursery Rhyme

Teddy Bear,  
Teddy Bear

Teddy bear, teddy bear,  
turn around.

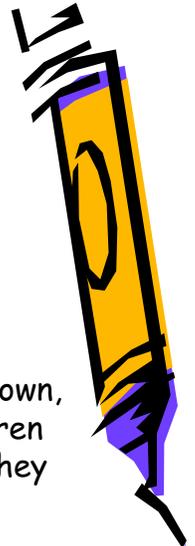
Teddy bear, teddy bear,  
touch the ground.

Teddy bear, teddy bear,  
show your shoe.

Teddy bear, teddy bear,  
that will do.



# November Activities



## Teddy Bear Dance

Read the nursery rhyme with children. Do they know all of the words? Have fun as you perform the rhyme together, doing each of the actions. (Turn around, touch the ground, show your shoe.)



## Story Time

Find a video or book about a popular bear. Young children enjoy stories with Pooh Bear, Paddington Bear, Corduroy and others. You might ask the librarian to help if you don't find one. Enjoy reading or watching the story together. Then talk about how the bear acted. Who seemed happy (or worried)? What happened at the end of the story? Let children share their ideas with you.

## Bear Facts

Bears eat nuts, berries, fruit and different types of grasses for much of their diet. They usually live in wilderness and rest in their dens from November to April.

## Bear Art

Talk about the colors of bears (brown, black and white). Share with children about where bears live and what they like to eat.

Draw a bear shape on paper. Ask children to add trees, clothes, food and other items for the bear, as they are interested.

## Cooking

Pooh Bear stories often have him trying to reach honey. Do you have a story like that?

Make some decaffeinated tea. Let children taste the tea with and without honey. This is also a good time to talk about measuring, pouring, stirring and kitchen safety.

Show children other ways you use honey in the kitchen. Find a recipe with honey that you can make together.



*Children learn best in the context of a loving relationship. These activities are designed for children and adults to do together. Children should be encouraged to do as much as they safely can by themselves. There should be a lot of lively discussion accompanying these activities.*