



August 2014

Friendship

www.communitybridges.org

For some children friendship skills come easily; while others need a little more practice and help. The first Sunday in August, is National Friendship day. A great way to introduce and learn about friendship is reading books about friendships together. After reading each book, ask children questions like: Why were the characters friends? What made them good friends? How did they become friends? How did they settle arguments?

Have a discussion with children about what they think makes a good friend. The following are some possible responses:

A good friend...

- * shares his/her toys
- * listens to me
- * plays with me
- * doesn't get mad easily
- * is fun to be with
- * cares about me
- * makes me laugh
- * helps me

Book suggestion: *The Rainbow Fish* by Marcus Pfister. **Description:** Rainbow Fish is the most beautiful fish in the ocean. His iridescent scales sparkle and shimmer. The other fish ask him to play with them, but all he wants to do is show off his beauty. One day a little fish asks Rainbow Fish to share one of his scales with him, but Rainbow Fish refuses. His selfishness and greed leave him friendless and sad. A wise octopus advises the lonely fish to give away his beauty, which he reluctantly decides to do. With each scale that Rainbow Fish gives away, he grows happier and happier. Rainbow Fish learns the importance of sharing and reaps the joy from giving.

After reading the story, ask children the following questions:

- o What was so special about Rainbow Fish?
- o Even though Rainbow Fish was the most beautiful fish in the ocean, was he the nicest?
- o When the other fish invited him to play, how did he respond? Why do you think he didn't want to play with the other fish?
- o What was most important to Rainbow Fish?
- o Do you think the other fish liked him? Why or why not?

Source: twigglemagazine.com

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Note: For every 10 providers that sign-up and submit a claim online for 3 months, we will be holding a raffle! (Prizes include: Disney dresses, a blender, gift cards, etc...)

Friendship Fish Activity

Provide each child with a paper fish scale and let them decorate it. Have them write a sentence about a friend they have. Spread a thin layer of glue over the entire fish and sprinkle lightly with glitter. Let dry. Attach all the scales to a large paper fish and display on the wall or bulletin board.



Menu Ideas

Breakfast				
Pancakes	Cream of wheat	Corn bread	Whole grain cereal	Warm raisin toast
Cinnamon Apple slices	Banana	Strawberries	Blueberries	Apricots
Milk	Milk	Milk	Milk	Milk
Lunch/Dinner				
Cheddar cheese	Roast beef	Bean Bake*	Turkey hot dog	Black Bean Soup
Macaroni	Marinated pasta	Brown Rice	Hot dog roll	Whole grain roll
Tossed green salad	Mixed vegetables	Kale	Baked sweet potato wedges	Spinach salad
Watermelon	Pineapple	Apples	Pineapple	Apricots
Milk	Milk	Milk	Milk	Milk
Snack Am/Pm				
Zucchini bread	Watermelon	Peach	Carrot sticks w/lowfat ranch dip	Blueberry muffin
Yogurt	Whole grain roll	Cottage cheese	Triscuits	Orange wedges

Activity Corner – Alphabet Exercises

For this activity, you can write the ABC's on pieces of paper and scatter them all over the floor. Have the children walk from letter to letter in order and perform each movement when they get there. You can do any movement you like, but here is a list of sample actions. Try making up new actions to keep it new for the next time.

A - Act like a cat **B** - Bend knees **C** - Chair pose
D - Dance **E** - Elephant steps **F** - Fly like a bird
G - Gallop **H** - Hugs **I** - Itsy bitsy steps
J - Jump **K** - Kick **L** - Leg lifts **M** - March
N - Noisy steps **O** - Open arms **P** - Pop up
Q - Quiet hops **R** - Run **S** - Side steps **T** - Turns
U - Under the table **V** - Vacuum **W** - Wiggles
X - X-jumping jacks **Y** - Yoga pose **Z** - Zig zag steps



Did you Know!

Friendship Day was originally promoted by Joyce Hall, the founder of [Hallmark cards](#) in 1919

- The average person in the US eats 4½ pounds of broccoli each.
- The average child will eat 1500 peanut butter sandwiches by their high school graduation.
- Potassium citrate in fruits and vegetables appears to boost bone density by neutralizing excess acid in the body.
- California is the number one food producer in the US. There are 89,000 farms in California.

Source: Journal of Endocrinology & Metabolism

Cheesy Bean & Rice Bake *

Brown Rice, cooked	4 Cups	Onion, diced	¼ Cup
Milk	¼ Cup	Mozzarella Cheese, shredded.....	2 Cups
Cottage Cheese	2 Cups	Kidney beans, rinsed, drained	1 (15 oz) can



1. Preheat oven to 350°F. Spray a 2-quart baking dish with non stick spray.
2. In a small bowl, mix the milk with the cottage cheese. In another bowl combine rice, onions and beans.
3. Cover the bottom of the baking dish with 1/3 of rice. Layer with 1/2 cup mozzarella cheese and 1/3 of the cottage cheese mixture. Repeat the layers.
4. Bake for 30 minutes. Sprinkle with remaining 1/2 cup cheese during the last 5 minutes of baking.

Yield: 8 servings

Meets requirement for grains/breads and protein/meat alternate

Source: Child Care Food Program Roundtable

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