

January

Shenandoah National Park, Virginia



Learn It

There are over 4,000 types of frogs in the world. Frogs like to live in wet places like lakes, streams and ponds. They like to eat all types of foods like worms and insects. And just like us, they need water to survive. They don't drink it through their mouth, but through their skin! During circle time, talk about the importance of water and why our bodies need it.

Eat It Ham Biscuits

6 whole grain-rich biscuits
1 lb. country ham, cooked and sliced
3 tbsp jam



Cut biscuits in half. On one half of the biscuits spread ½ tbsp of jam on the inside. Layer it with 1.5 oz eq of ham, then place the other half of the biscuit on top. Serve at room temperature or warm.



Laugh About It

What happens when a frog is sad? They are un-hoppy.

Create It Ribbit Ribbit



Ask the children to color a white paper plate green, front and back. The children will also color the frog pieces using the template from cacfp.org. Assist as needed to help cut out each piece and fold the paper plate in half. Glue the arms and tongue inside the paper plate fold. Glue the legs to the curved side back of the plate and glue googly eyes to the top of the plate. The kids will have fun with their frog 3D plate!



Play It Meta-What?

Frogs go through a complete cycle of metamorphosis. This is a fun way to teach the stages: egg, tadpole, froglet, and finally adult. First, the children will fold themselves into a ball. While eggs realistically do not move, ours can. As tadpoles, they will stand and "swim" through the water with their hands together, wiggling their bodies. Now that they have grown legs as a froglet, they can get into a frog position and make little hops, and finally big frog jumps as adults.

Fun Fact

Located just outside of Washington, D.C., 101 Miles of the Appalachian Trail go through Shenandoah National Park where there are 10 distinct species of toads and frogs.



Read It

Ham with Jam by Age of Learning
Virginia: What's So Great About This State?
(Arcadia Kids) by Kate Boehm Jerome
West Virginia: Children's American Local History Book by Bold Kids



Name _____

Hop to It!

Trace along the path to help the frog reach its lily pad.

