



Get Ready to Read

with Medina County District Library

Tips to Reduce Anxiety

The winter holiday season is a busy time of year, which means schedules can get disrupted and kids may begin to feel stressed. Here are some ideas to reduce tension:

- **Stick to Routines** - Events and gatherings may lead to meals or bedtimes being delayed. Following a disruption, try to provide quiet and calm activities and return to regularly scheduled meals and bedtimes.
- **Provide Healthy Meals and Snacks**
Offer healthy snack options like cheese, crackers, and apple slices to get ahead of the “grumpys” and minimize the number of sweet treats.
- **Go Outside and Play** - A dose of fresh air and exercise are great mood boosters. Going for a walk can be very calming.
- **Avoid Overscheduling** - Accepting invitations is fun, but too many can be overwhelming for you and your child. Try to build in breaks.
- **Give Notice of Upcoming Events, Visitors, and Transitions** - For example, “We will be leaving in five minutes.” Or “Grandma will be here tomorrow night and she will sleep in the guest room.”

Lodi Library's Winter Wonderland

Sat., Dec. 3, 4:00 - 7:00 pm, Lodi Village Square

Kick off your holiday season with a visit from Santa, reindeer from Spring Mist Farms, horse-drawn wagon rides, face painting, crafts, a bonfire, and treats!
Held in conjunction with Lodi Village, Lodi-Harrisville Historical Society, Lodi Railroad Museum, and Wayne Savings Community Bank.

Details at mcdl.info/WinterWonderland.

Song Teddy Bear

(to the tune of *Muffin Man*)

Teddy Bear can turn around
Can turn around, can turn around
Teddy bear can turn around
You can do it too!

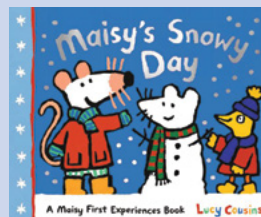
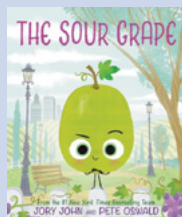
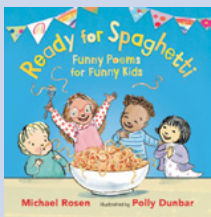
Repeat using different directions, such as:
Touch the ground
Clap their hands
Wave at you



Books to Read

Ready for Spaghetti: Funny Poems for Funny Kids by Michael Rosen
Little Red Riding Hood and the Dragon by Ying Chang Compestine

The Sour Grape by Jory John
Maisy's Snowy Day by Lucy Cousins
The Great Caper Caper by Josh Funk
Cozy in Love by Jan Brett





December 2022

Fun activities to promote literacy and learning

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Listen to your favorite music and clap to the beat.	2 Play with buttons. Count and sort them.	3 Lodi Library's Winter Wonderland (Details on other side.)
4 Sing <i>Teddy Bear</i> (words on other side).	5 Fill a baggie with hair gel and a drop of food coloring. Practice writing letters.	6 Ask an adult to recommend a book.	7 What clothes do you need to stay warm outside? Can you put them on yourself?	8 Make a tower out of blocks. Can you stack 10 of them?	9 Walk like a penguin, polar bear, or a reindeer. Talk about where they live.	10 Bundle up and take a walk outside. Do you see birds? What color are they?
11 Paint a snowman on dark construction paper.	12 Make a blanket tent and read a story.	13 Make a holiday or winter card for a friend.	14 Use a clothespin to pick up small item and drop them in a cup. Count them!	15 Write a list of words that rhyme with tree.	16 Look for something green in each room of your house.	17 Read a book to your teddy bear or favorite stuffed animal.
18 Pretend to be snowflakes and melt! Talk about how temperature affects snow.	19 Visit the library and check out a book about snow.	20 Make your favorite cookie by following a recipe.	21 Draw a picture of your home during each season. What is the same? Different?	22 Read a holiday book with a grownup.	23 Hide toys in a sack. With eyes closed, use your sense of touch to identify items.	24 Sing your favorite holiday song.
25 Give someone you love a hug.	26 Play with a puzzle.	27 It's National Make Cut-Out Snowflakes Day. Make some and hang them in a window!	28 Make up a story about your favorite toy.	29 Draw a picture of your family doing a fun holiday activity.	30 List three things you want to learn next year.	31 Make a clock out of a paper plate and count down to midnight!

Find additional MCDL events at mcdl.info/Events

For the current Bookmobile schedule, visit mcdl.info/Bookmobile