



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. 6, 4:00 - 7:00 pm, Lodi Village Square

Kick off your holiday season on the Square in Lodi with a visit from Santa, reindeer from Spring Mist Farms, horse-drawn wagon rides, face painting, crafts, and treats! Held in conjunction with Lodi Village, Lodi-Harrisville Historical Society, and Lodi Railroad Museum, Details at mccl.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!

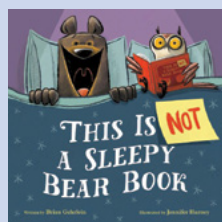
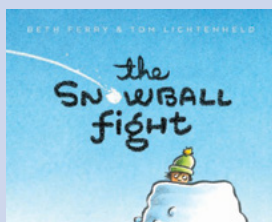
Repeat using different directions, such as:
Touch the ground
Clap their hands
Wave at you



Books to Read

The Snowball Fight by Beth Ferry

This Is Not a Sleepy Bear Book by Brian Gehrlein



The Bunny Ballet by Nora Ericson

A Cure for the Hiccups by Jennifer E. Smith

The Abominable Snow-Dancer by Steph Lau

The Wishing Leaf by Kallie George



December 2025

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 Let's Hug Day! Give someone you love a great big hug!	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 Lodi Library's Winter Wonderland (Details on other side.)
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 Find a recipe and make snow paint. Paint a snowman on dark paper.	12 Make a blanket tent and read a story.	13 Make a holiday or winter card for a friend.
14 Pick up small items with a clothespin. Put them in a cup and 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 pick up some reindeer food.	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 Ask an adult to recommend a book.	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 paper plate clock and count down to midnight!			

Find additional MCDL events at mcdl.info/Events
For the current Bookmobile schedule, visit mcdl.info/Bookmobile