This is a very exciting time of the year for the children and providers alike. With all the excitement as we get closer to the holidays, it’s important to provide healthy snacks and to include physical activities in your daily routine. Here are some great healthy ideas for snacks and great way to change old games to incorporate the holidays.

**Santa Hat**

**What you’ll need:** Strawberries, grapes, banana, mini marshmallow, toothpick.

**Instructions:**

Rinse the grapes and strawberries
Slice the bananas
With the toothpick place the grape on the bottom; then place the banana on top of the grape. Next, place the strawberries on top of the banana, and finally put a mini marshmallow on top to complete the Santa Hat.

**Reindeer Crackers**

**What you’ll need:** Graham crackers, pretzels, raisins, peanut butter.

**Instructions:**

Spread peanut butter on a graham cracker square.
Use the pretzels for ears.
Place the raisins on peanut butter for the eyes and a cranberry or M&M for the nose.
Holiday Office Schedule: Our office will observe the following holiday schedule to allow our staff to enjoy the holidays with their families. If you find the need to call during this time, please feel free to leave a message and we’ll return your call on the following work day.

- Tuesday, December 23rd at Noon – Friday, December 26th
- Wednesday, December 31st at Noon - Thursday, January 1st

May you and yours have a blessed and safe holiday season!!!

Physical Address - 270 Minot Avenue, Suite B, Auburn, ME 04210
Mailing Address – PO Box 1660, Auburn, ME 04211-1660
Office Hours – 8:30 AM – 12:00 Noon & 1:00 PM – 4:30 PM
Phone Numbers – 1-800-784-0157, 786-0925, fax – 784-2453

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**Snow Books**
- *If It’s Snowy and You Know It, Clap Your Paws* – Kim Norman
- *Stella, Queen of the Snow* – Marie-Louise Gay
- *That’s not my Snowman* – Fiona Watt

**Snowflake Slime**

1. Mix together ½ cup water, ½ cup clear glue and lots of glitter.
2. In another bowl measure out ½ cup liquid starch.
3. Slowly mix the glue into the starch with spoon.
4. Drain excess liquid.
5. You can use it right away but may need time to settle. You can use this on trays for each child or put in sandwich bags for mess free play.

Littlebinsforlittlehands.com

**Frosty Yogurt**

**Materials needed**
- Vanilla Yogurt
- Wax paper
- Toppings
- Sandwich bags

1. Place wax paper on a baking sheet
2. Place baggie over mug and have child scoop yogurt into baggie then seal. Snip off a corner to make a frosting baggie.
3. Using the yogurt baggie have child draw a snowman onto wax paper then add toppings to decorate.
4. Put baking sheet into freezer until yogurt snowmen are frozen.
5. Peel off wax paper and enjoy.

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