

Welcome to Mommy and Me with a Jewish Twist!!!

Curriculum Outline: Session 1

-A project of Chabad of Cary-

About Us:

Welcome to Mommy and Me, a place for moms and their babies to grow and learn. Mommy & Me is a series of innovative classes that allow moms and tots to experience Jewish tradition in a stimulating, fun and creative environment. It is designed to be a place where your child's imagination can soar, providing the foundation for a lifelong love of learning. At Mommy and Me, parents join their little one for storytelling, puppetry, sensory activities, art, snack, and music & movement with Jewish themes. Children learn new skills and form their first friendships in a safe, warm, and nurturing environment. And of course the moms love it too, especially those who can't remember the last time they enjoyed a proper adult conversation! It is a time for moms to network and just schmooze. Specific classes also include a short demonstration presented by a resident mom or local professional.

Our Mommy and Me group is carefully crafted to reflect progressive educational models and philosophies. Rather than viewing each child as an empty vessel waiting to be filled with adult knowledge and ideas, to us, each child is an individual world with unique views, understandings, and perspectives. Our role as educators is to facilitate and guide their educational journey, always in tune to their individual way of learning and processing information. Based on this approach, the first half hour of our group consists of a center based activity time. These centers reflect the weekly theme and are designed to help children develop a wide spectrum of skills including fine motor, sensory, gross motor, social, and critical thinking all in a developmentally appropriate way. During this time, moms can chat and catch up as well as join their children as they explore the various centers situated throughout the room. As you look through the curriculum outlined in this booklet, take note of the centers and group activities that will provide moms and tots the opportunity to explore Jewish themes in an informal yet educational environment.

The Mommy and Me group is open for moms and children from ages 6 months- 2 1/2 years. We meet from 9:45-10:45 am on Wednesday mornings at the Chabad of Cary Learning Center, 909 Reedy Creek Rd. The meeting room is equipped with quilts, toys, bouncers and books. Healthy snacks for children are served. Classes are \$7 per class or \$36 for 6 sessions. You can sign up for 6 classes, or pop in when your schedule allows it. Complimentary first session for all new participants! To request an information packet and curriculum outline, call Chana at 919-651-9710 or email chana@chabadofcary.org. We look forward to hearing from you soon!

Sample Schedule:

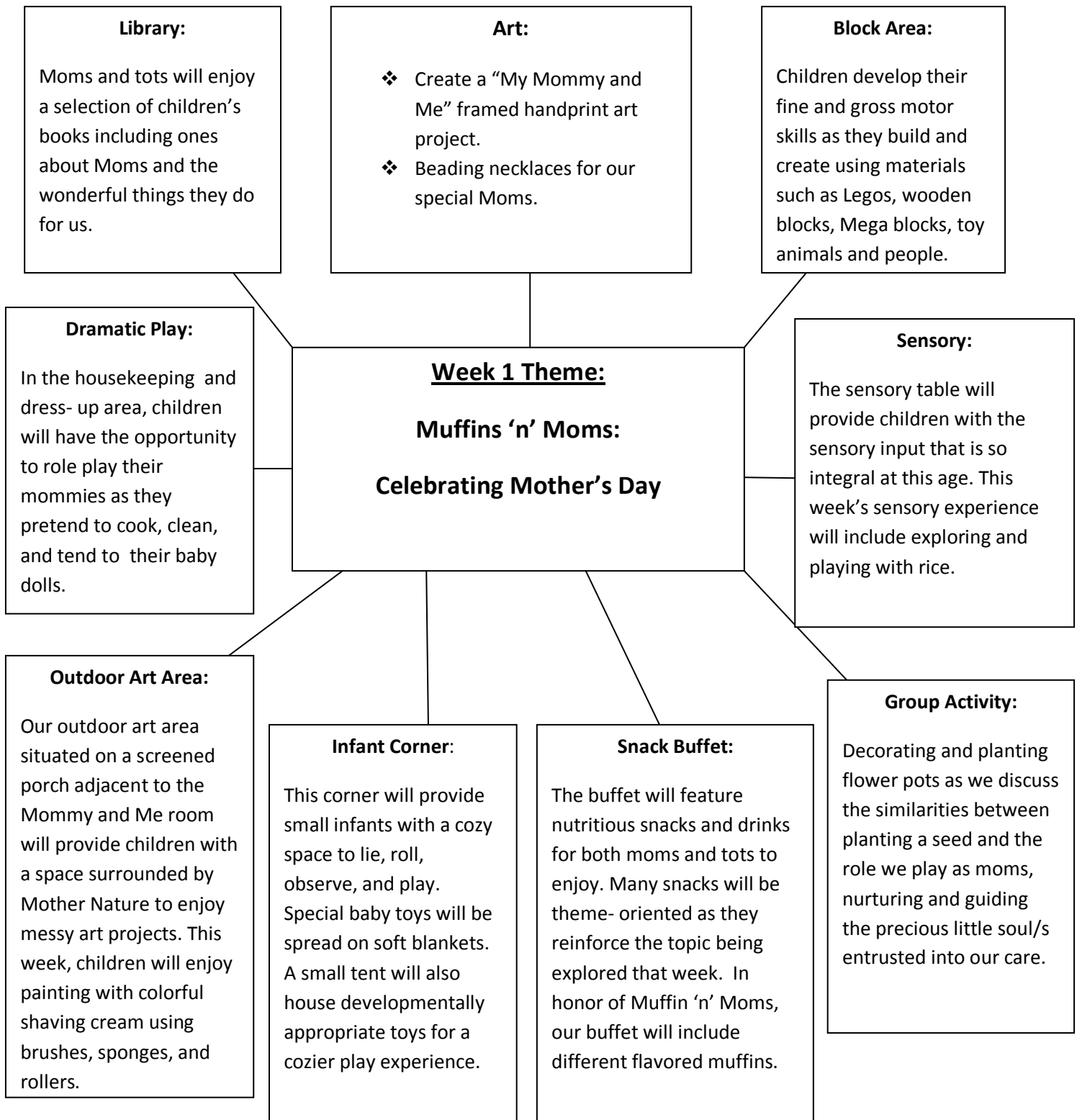
9:45-10:15: Center Based Activities and Free Play

10:15-10:25: Group Circle Time

10:25-10:40: Group Activity/ Discussion

10:40: Parachute and Goodbye Circle

Week 1: May 5



Week 2: May 12

Block:

The block area will be transformed into a mini Jerusalem with photos of the Western Wall and various building materials available for children to build a Kotel Wall (Western Wall) replica.

Infant Corner:

This corner will provide small infants with a cozy space to lie, roll, observe, and play. Special baby toys will be spread on soft blankets. A small tent will also house developmentally appropriate toys for a cozier play experience.

Circle Time:

Hop aboard our big paper airplane as we pretend to fly to the Holy Land with music and movement activities!

Art :

Welcome to the city of Zefat! Children can don an artist's beret and then hop on over to the art easels where they will have the opportunity to create their very own canvas paintings. These works of art will be proudly displayed in our Mommy and Me Art Gallery.

Week 2 Theme:

"I Love Israel!" Day

Our goal with this theme is to provide children with a hands-on experience that will expose them to the various features of Israel and hopefully help cultivate an appreciation for the Land. Each center will resemble a city in Israel and an activity that relates to that city's special feature. Photos of actual life, landmarks, and people in the city will be displayed near each center to add to the authenticity of the experience.

Library:

Moms and tots will enjoy a selection of children's books including picture books illustrating Israel's cities and the unique features of each.

The magnet board in the library area will also have magnetic pictures of Israel's cities for kids to explore.

Sensory:

No longer just a sensory water table, children will now experience the Dead Sea hands-on! Salty water will fill the water table with many water toys for fun water play as well as objects with which to conduct Sink vs. Float experiments.

Snack Buffet:

Come taste an all-time Israeli favorite: falafel balls! In addition, our snack buffet will feature a Jaffa station where the children aided by their dear moms will have the opportunity to juice some of the delicious citrus fruits for which the city of Jaffa is famous.

Group Discussion:

As our little ones enjoy some quiet playtime, we will discuss:

"Should taking our children to Israel be a priority for us as parents? At what age will our children benefit most from the visit? (while allowing us to enjoy the trip as well!) "

Week 3: May 26

Outdoor Art Area:

Children will have the opportunity to use “Dot- Paints” on our special Plexiglas outdoor art board. In addition, the outdoor easel will be equipped with paper and chalk for children to explore this new art media.

Dramatic Play:

Our housekeeping/kitchen area will be filled with delicious and nutritious foods for children to play with. Photos will be displayed as well to serve as models of healthful eating.

Art:

Where art and sensory experiences meet:
Playing and creating with children’s all- time favorite: GAK!

In connection with our Health theme, we will also have watercolor paints out with a bowl of real fruit as inspiration for the children’s paintings.

Week 3 Theme:

Healthy Mommies and Babies

Infant Corner:

In addition to the usual developmentally appropriate toys to be found in this cozy baby play space, we will add some stuffed fruits, veggies, and other healthful foods, giving our infants the opportunity to explore this week’s theme.

Sensory:

This week, children will explore soil in the sensory table. The sensory area will be equipped with potting tools, small planters, and veggie planting seeds for moms and tots to plant their very own homegrown healthy veggies.

Snack Buffet:

Welcome to the “Make Your Own Smoothie Station”! Choose from a delectable variety of nutritious fruits and whip up your own personalized smoothie.

Displayed on our snack buffet will also be some yummy healthful recipes for moms to jot down and try at home as well as tips for feeding those of us with picky eaters.

Group Discussion:

A professional trainer from the “Healthy Moms Fitness” group will lead a short mom and tot fitness class in which everyone will enjoy a good workout while learning new exercises that parents can do at home with their children.

Week 4: June 2

Outdoor Art Area:

Children will have the opportunity to use Shabbat-themed sponges for a fun sponge-painting experience on our outdoor Plexiglas art board.

In addition, our outdoor easel will be equipped with paper and crayons for our budding artists to enjoy.

Dramatic Play:

Our dramatic play area will be transformed into a mini Shabbat home with a Shabbat table and real-life Shabbat objects for children to celebrate in style.

Art:

Create your very own Kiddush cup with various art media; an art project that children will treasure and reuse again and again.

Week 4 Theme:

Tots 'n' Shabbat

Infant Corner:

In addition to the usual developmentally appropriate toys to be found in this cozy baby play space, we will add some soft, stuffed Shabbat related items such as a Kiddush cup, Challah, and candles, giving our infants the opportunity to explore this week's theme.

Sensory:

Hidden in rice throughout our sensory table will be various Velcro Shabbat objects. A great activity for developing cognitive, fine motor, and sensory skills, children will try to match the Velcro objects to their matching counterpart on the Shabbat scene poster displayed nearby.

Snack Buffet:

Join us for a mini Shabbat party with grape juice, Challah rolls, and a special Shabbat treat!

Group Activity:

What better way to make Shabbat and its preparations come alive than to spend quality Challah baking time with your child. Knead and shape the Challah dough and then choose from a variety of classic and creative toppings for the final touch to your Shabbat baking experience.

Week 5: June 9

Outdoor Art Area:

With a background banner of a pretty nature scene mounted onto the outdoor Plexiglas board, children will be able to paint over the scenic designs with colored shaving cream, paint rollers, brushes, and sponges.

Art:

In conjunction with our theme, children will have the opportunity to reuse recyclable materials such as cork, cardboard, paper scraps, and bottle caps to create a beautiful "Recyclables Collage". This medium provides a beautiful way to instill within our children the importance of respecting G-d's world.

! Special Feature: Sing-Along with Guest Mom, Sarah Rosner!

Join us for a sing-along with guest mom, Sarah Rosner, an accomplished violinist and mother of three.

Week 5 Theme:

Our Big Beautiful World: Appreciating G-d's World

Group Activity:

A large part of appreciating G-d's world, is treasuring the beautiful memories and events that happen to us, especially during our child-rearing years. Join us for a group art project as we design Keepsake Boxes where notes and souvenirs from these special times can be stored.

Sensory:

Join us for water play at the sensory table filled with various plastic sea life animals for children to explore the wondrous oceanic world down under.

Infant Corner:

This corner will provide small infants with a cozy space to lie, roll, observe, and play. Special baby toys will be spread on soft blankets. A small tent will also house developmentally appropriate toys for a cozier play experience.

Library:

Children will enjoy a selection of developmentally appropriate picture books including ones that depict the wonders of nature around us.

Week 6: June 16

Outdoor Art Area:

Our outdoor easel will provide children with a unique water painting experience: Painting with colored frozen ice popsicles made of frozen water and washable paint.

In addition, children will be able to create a beautiful mural on our Plexiglas board. Watch the colorful blend of colors that is created when the bleeding tissue paper collage and spray bottles meet one another!

Special Group Activity:

Swimming, swimming in the swimming pool!!! Join us in our spacious backyard for a wade or swim in our baby pool. What a wonderful way to spend a warm summer day before our Mommy and Me group breaks for summer vacation.

***Note:**

Please bring a bathing suit, towel, and change of clothing with you for water activities.

Week 6 Theme: **Wet Water Wednesday**

Art:

Watercolor paints and paint brushes will be set out in the art area as another medium with which to interact with water.

Sensory:

As we have fun with water, water, and more water on this Wet Water Wednesday, we will explore the properties of frozen water as well: ICE. The sensory table will contain a frozen block of ice with little toy "treasures" hidden inside. Using water and water tools, children will melt the ice block to uncover the treasures buried within.

Infant Corner:

This corner will provide small infants with a cozy space to lie, roll, observe, and play. Special baby toys will be spread on soft blankets. A small tent will also house developmentally appropriate toys for a cozier play experience.

Library:

Children will be able to choose from a selection of children's picture books including ones that explore the topic of water and its varied uses and functions.