



November 7th is Hug a Bear Day!
Here are some “beary” fun activities picked just for you!

Music: Sing and dance to this old favorite!

Teddy bear, teddy bear, turn around
Teddy bear, teddy bear, touch the ground
Teddy bear, teddy bear, reach up high
Teddy bear, teddy bear, touch the sky
Teddy bear, teddy bear, bend down low
Teddy bear, teddy bear, touch your toes
Teddy bear, teddy bear, rest your head
Teddy bear, teddy bear, time for bed.

Following Directions: Go on a bear hunt! Before you start the hunt, hide one of your child’s teddy bears (big or small, it doesn’t matter)! While on the bear hunt, take your child “through” the woods; “up” the tree; “across” the river; and, “inside” the cave. Inside the cave should be in the room of your house where you have hidden the bear and help your child find the bear!

Color recognition: Say “Brown Bear, Brown Bear, What do you see?” from the popular Bill Martin Jr. book to start a color recognition game. After saying that phrase, add to it “I see something **RED** looking at me”. Have your child guess what red item in the room is looking at you and then play again with a different color!

Snack and a story: Bears like to eat berries so a perfect snack would be a variety of berries- blueberries, strawberries, blackberries, raspberries- and some teddy grahams. Cozy up with your child, a teddy bear, their snack and one of “Books by the Bushel’s” best storybooks, [A Bear Hug at Bedtime](#), or any of your child’s favorite books about bears!

