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## Garfield County DHS Childcare Quality and Licensing

Friday Tip  
October 16, 2009

### *Fall Fingerplays*

Here are some fun fall fingerplays to teach to the children, plus one winter song for that first big snow:

#### **Ten Red Apples**

Ten Red apples growing on a tree,  
(hold hands up high)  
Five for you and five for me.  
(Shake one hand, then the other.)  
Help me shake the tree just so,  
(shake whole body.)  
And ten red apples down below.  
(Lower hands while fluttering fingers.)  
One, two, three, four, five,  
(count fingers on one hand.)  
Six. Seven, eight, nine, ten.  
(Count fingers on opposite hand.)

#### **I'm a Little Scarecrow**

(Sung to I'm a Little Teapot)  
I'm a little scarecrow, short and fat  
Here is my shirt and here is my hat.  
Stuff my arms and legs with lots of hay,  
and watch me chase the crows away.

#### **Two Little Apples**

Way up high in the apple tree (extend arms above head like a tree)  
Two little apples smiled at me (smile and point to your mouth)  
I shook that tree just as hard as I could (circle hands like you have a  
hold of the tree and shake!)  
Down came the apples (hands in the air falling)  
Mmmmmm were they good! (rub tummy)

#### **Winter's Coming! (Tune: Are You Sleeping)**

Winter's coming! Winter's coming!  
Here comes snow! Cold winds blow!  
Wintertime will thrill us.  
Wintertime will chill us.  
From head to toe, head to toe.

#### *Looking for more?*

These websites have lists of fall songs:  
[www.geocities.com/soogal99/fallsongs.html](http://www.geocities.com/soogal99/fallsongs.html)

[www.geocities.com/providersnfriends/fall/f3.html](http://www.geocities.com/providersnfriends/fall/f3.html)

[www.bellaonline.com/articles/art46980.asp](http://www.bellaonline.com/articles/art46980.asp)

[stepbystepcc.com/fall.html](http://stepbystepcc.com/fall.html)

Also, we have a couple books of fingerplays, chants and songs available from the resource van. Please call Amelia if you'd like to borrow one.

*Resources*

Due to the economic shift, families in our area are continuing to experience difficult situations. Often, these families do not know what help is available. If you have families in need of information about assistance programs, a good resource is the Garfield County Resource Connections offices, which has information about government and local programs available. This office also houses the Fatherhood Initiative and other parenting support resources. You can find them on the internet under the Human Resources tab on the Garfield County page, [www.garfield-county.com](http://www.garfield-county.com). Or contact them directly at:

321 East Avenue, Rifle, CO 81650

Phone: (970) 625-6110

Fax: (970) 625-6152

Email: [kbinde@garfield-county.com](mailto:kbinde@garfield-county.com)

Another good resource is Western Colorado 2-1-1, a partnership between Mesa and Garfield Counties and local non-profit agencies. By dialing 2-1-1, or 970-244-8400 from a cell phone, callers are connected to a database of local, state and national resources covering a variety of services, activities and volunteer activities. Brochures for both of these programs are attached. Please consider posting them in your parent information area.

On that note, Karen Meier-Binde with Resource Connections is looking for winter clothing for a child, size 4T. If you have forgotten clothing that you're not using, please contact her.

Have a great week!

Amelia