Let's Explore Push and Pull!
Here are some songs to sing together!

**Hi, My Name is Joe!**

Hi, My name is Joe  
And I work in a button factory  
I've got a wife and one kid  
One day my boss said to me  
Are you busy Joe? I said no,  
He said push this button with your _____.

1) Left hand 2) Right Hand 3) Left Foot 4) Right Foot

**Pop Goes the Berry**

All around the strawberry fields  
We picked some juicy berries  
We brought them home and washed them off, Pop!  
Go the berries! (Jump up on “pop”)

Other Verses: Stack the bricks, Stir the paint, Paint the wall

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Virtual Read Alouds of Favorite Books

**Press Here**  
by Herve Tullet

Some questions to ask during or after the story:  
*What do you think will happen when the man presses the dot?*  
*If you could turn paint into shapes, what shapes would you choose?*  
*Why do you think the author and his helper laugh when they are shaking and moving the book?*

**The Dot**  
by Peter H Reynolds

Some questions to ask during or after the story:  
*How do you think Vashti feels at first? What helps you feel better when you feel you “can't” do something?*
Let's Explore Push and Pull
Here are some activities the whole family can do together!

"Press Here" Art Collage

Materials: a variety of sponges, cotton balls, stickers, and anything else that involves pressing, Paint or food coloring

Help your child dip and press materials into paint or food coloring and dab onto large paper to create their own shapes and designs!

Talk to your child about what they are making, what shapes and colors you see in their work, etc. Encourage them to use as many materials as they'd like!

Push and Pull "Seesaw"

Two people link both hands and sit on the floor. Take turns as one of you (gently!) pushes and the other gently pulls. Talk about it: Which direction do you move in? Is it the same direction? What about if you both "push" or "pull" at the same time? Why?

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