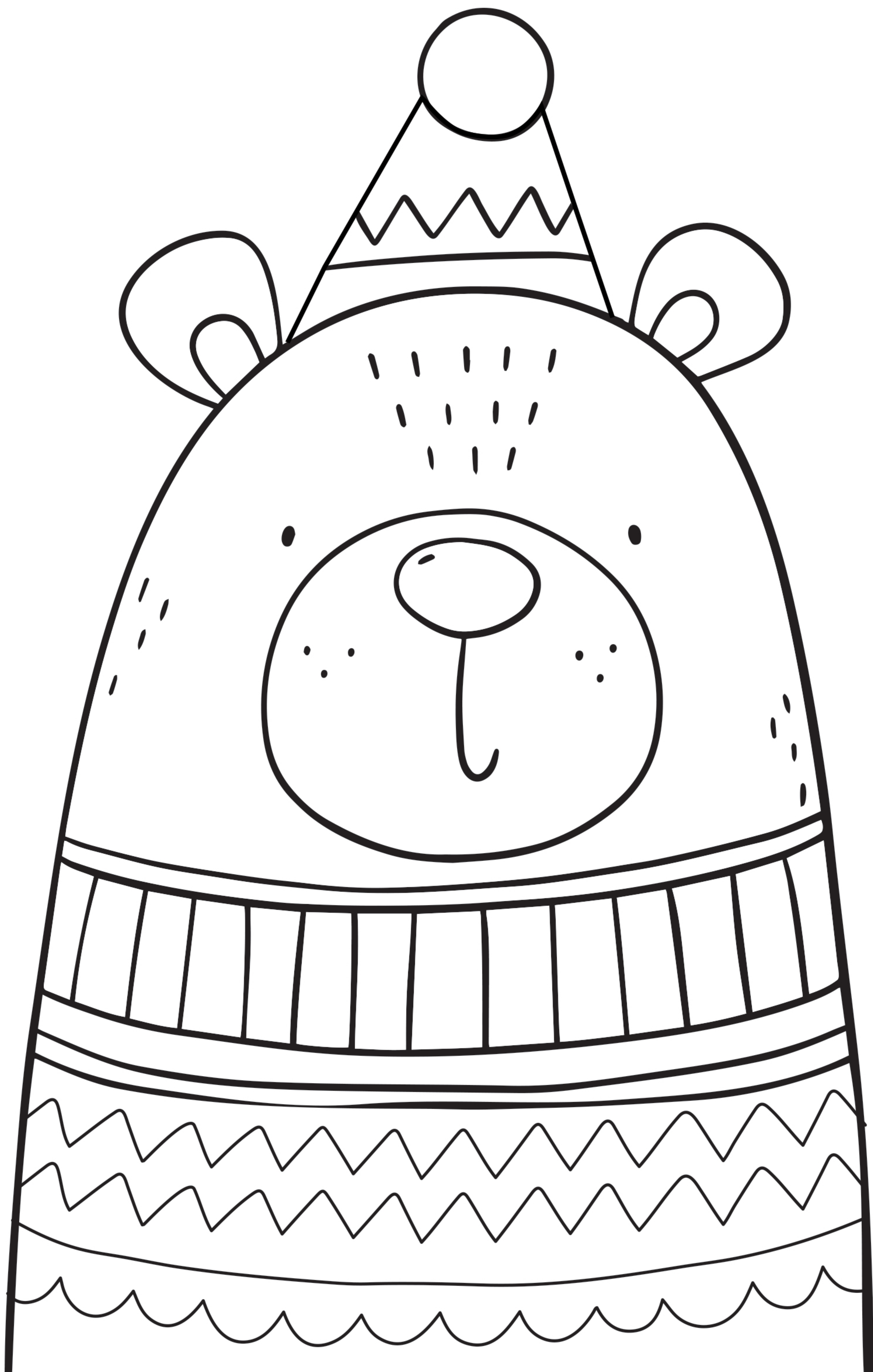


# Polar Bear Painting

1. Place your child's favorite colors of washable paint on a palette  
(a piece of cardboard works great!)
2. Show your child how to dip their thumb into the paint and paint sections of the image by pressing their thumb onto the paper
3. Your child can repeat Step 2 to fill in all sections of the polar bear and complete their masterpiece (wiping their thumb with a damp cloth between colors)





# H for Hot Chocolate!

1. Trace the letter H with a pencil or marker
2. Tear pieces of colored paper
3. Place the pieces of paper inside the outline to complete the collage
4. Color the hot chocolate mug

