



# Badlands Head Start:

## PRENATAL TO FIVE



January—February 2022 **Newsletter**

### Upcoming Dates

January 1 - 2	<b>No Centers</b>
January 3rd	<b>CENTERS RESUME</b>
January 17	<b>No Centers</b> (Martin Luther King Day)
January 19	Policy Council Meeting
February 2nd	Groundhog Day
February 16	Policy Council Meeting
February 21	<b>No Centers</b> (President's Day)



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Belle Fourche Office: 605-723-8837  
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BF Center: 605-892-3303

Bison Office: 605-244-5500

Newell Office: 605-456-1370

Buffalo Office: 605-375-3179

Lemmon Office: 605-374-3134



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## Table of Contents

[Badlands Head Start Staff Meeting](#)

[Income Tax Time Information](#)

[Badlands Head Start Job Opportunities](#)

[Household Items for playing and learning](#)

[Songs and Finger Plays](#)

[Bison Head Start Social](#)

[Read Across South Dakota Challenge](#)

[Dental Health Month Information](#)

[Smoke Detector Safety](#)

[Winter Fire Safety Tips](#)

## Activity Pages

[Chocolate Play Dough](#)

[Snowman Paper Doll learning activity](#)

[Snowman cutout page](#)

# Badlands Head Start Staff Meeting

All Staff – December 3, 2021

Badlands Head Start staff gathered for their biannual All Staff trainings December 3, 2021. The theme was “Wellness.” Staff participated in a variety of trainings which included ways to combat the winter blues, ways to incorporate movement activities in the classroom and in the home, and identifying unhelpful thoughts that can lead us to become even more stressed. Everyone dressed in their best pajamas for the “PJ” contest; played “Match the Photo” game of connected each staff member’s current photo to one from their childhood; had a Best Socks contest; and made blessing bags to take back to each site’s hometown to distribute to those in need. Staff then gave feedback on agency wellness activities they want to see continued as well as new ones they would like to see added.



Wellness library resource books that can be checked out covering various Wellness areas. These are a mix of art, cookbooks, and self—development resources.

Marcus Bevier, Executive Director, gave the welcome and provided an update regarding upcoming policies. He was pleased with staff pulling together and covering all the needs during these pandemic months. Staff all made adjustments on the fly, covered areas that needed extra assistance, substituted for those that were out and continue to fill in for staff we do not have placed yet, all with positive attitudes and graciousness.





Rebecka Funk, our Mental Health Contract consultant presented on the winter blues along with strategies to maintain positive mental health during the winter months.



Melissa Pickle, our Coaching and Training Specialist, covered common unhelpful thought processes that lead to us feeling more stressed. We discussed how to identify these ways of thinking along with strategies to disrupt these thought patterns.



Heather showed us the "FROG" movement game she plays at home visits to get the kids engage and to practice listening and learning. A photo of a fly is hidden in the home. The child then pretends to be a frog, and hop around the home looking for the fly. The activity helps children practice their gross motor skills, to listen and follow directions, and to build pretend skills.

Amber and Tami shared several movement songs they play at the Lemmon Center. Staff joined in to sing and dance along. We also all played, "The Floor is Lava". What fun and engaging songs and games are out there for kids to participate and learn in!



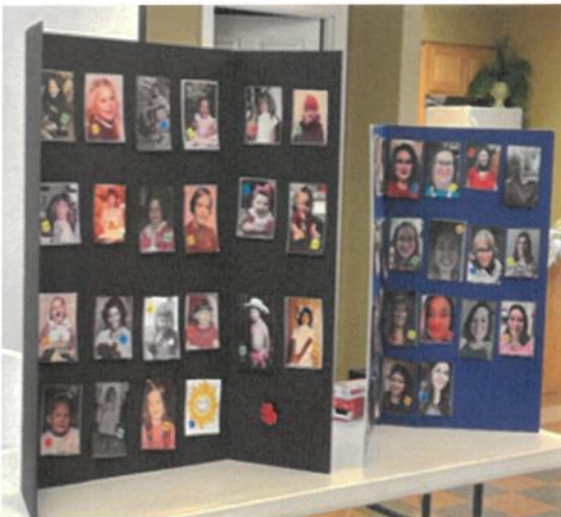
Oh, what fun it is!!





Kim, Ann and Shirleen all showing us the "Driving the Fire Truck" sing along and game. We each had an item to hold up during the song, a photo of a firetruck steering wheel, scarves in various fire colors, and a picture of the firehose and water to put out the fires. Participants have to listen to the song, learn the words, and know when to wave their participating item. Everyone loved it!

Kristi and her helpers demonstrated the "Parachute" game. You take the parachute (sheet, blanket, or tarp will work too) and have family members hold the sides. The activity can be modified to age appropriate levels – tossing a stuffed toy in the parachute to see which way it will bounce; all can run under the parachute; can wave the parachute slow or fast and see what happens, and much more.



All Staff Contest Winners were as follows: Best Socks – Melissa Pickle; Best Cocoa Mug – Bobbi Seim; Best Pajama's – Guadalupe Estrada; Matching Photo contest – Tricia Forsythe and Melissa Pickle, tie.



At the end of our Wellness gathering, we wanted to bring back the focus of helping others. Kristi and Wanda are in the line making up the blessing bags to be distributed to those in need. Staff members bought and donated all the items for the bags. Included were toothbrushes, toothpaste, shampoo, conditioner, bar soap, deodorant, chap stick, candies, and other fun items. All items were bagged up by staff, then distributed to each site to take to a local charity place for them to distribute. Belle Fourche staff took theirs to the Compassion Cupboard. Volunteers working at the Compassion Cupboard were happy to accept the donated items.

*Not all of us can do great things.  
But we can do small things with great  
love.*

*- Mother Theresa*



Volunteers from St. James Episcopal Church working at the Compassion Cupboard accepting blessing bags.





Photo: TREC-Badlands Head Start staff holding up the blessing bags.

Wishing you and your family all the best in the new year!

## Income Tax Time Information

*Wanda Dunn - Family & Community Partnership Specialist*

### You work. Let EITC work for you!

For more than 40 years, the Earned Income Tax Credit made life better for millions of workers. You may have extra money waiting for you. If you qualify and claim the credit, it could be as much as \$6,728 from the IRS for some workers.

Don't be the one in five that misses this credit. If you or someone you know earned less than \$57,414 from wages, running a business or farm or from Form 1099 MISC, check it out.

It's easy to find out if you qualify. Use the [EITC Assistant](#), available late January, and answer questions about yourself and other family members to see if you qualify and estimate the amount of your credit.

EITC eligibility depends on several factors, including income and family size. If you don't have a qualifying child and earned under \$21,430 (\$27,380 married filing jointly), find out if you qualify for a smaller credit, worth as much as \$1,502. Don't guess about EITC eligibility use the [EITC Assistant](#) to find out if you do qualify for EITC. And, see what other [tax credits](#) are available.

It's easy to find free tax help to prepare and file your taxes. Use the VITA locator tool on [IRS.GOV](#) to find a volunteer site near you. Or, you can prepare and e-file your own taxes with brand-name software using IRS's [Free File](#).

### ITC Relief: Temporary Special Rule for Determination of Earned Income

For tax year 2021, you may elect to use your 2019 earned income to figure your 2021 EITC if your 2019 earned income is more than your 2021 earned income. For details, see [Publication 596](#).

# Income Tax Time Information

**Wanda Dunn** - Program Services Director / Education & Disability Specialist

## Your Monthly Child Tax Credit Payments May Increase or Decrease Your Refund

For the first time in history, the IRS sent the child tax credit as monthly payments to qualifying families. Depending on the amount of your monthly child tax credit payments received in 2021, you may receive a bigger tax refund, get a smaller refund than expected—or even owe additional taxes. If you received monthly child tax credit payments, you must report the amount on your 2021 tax return. You should receive [Letter 6419](#), which will state the total amount of child tax credit payments you received. The IRS recommends that you compare this amount with the total child tax credit you're entitled to.

If the total child tax credit you qualify for exceeds how much you already received through your advance child tax credit payments, you can claim the remaining amount on your 2021 tax return. If you received more than you qualify for, [you will need to repay some](#) or all of the excess payments back to the IRS when filing their taxes.

Here are some reasons where you may receive more than what you may qualify for in 2021:

- Your qualifying child now lives with another parent
- Your income or filing status changed
- You no longer reside in the United States for more than half of 2021

Your tax professional can use Letter 6419 and [other letters](#) to claim any remaining amount of the child tax credit if you qualify for it.

The child tax credit for 2021 is up to \$3,600 for children under the age of 6 (up to \$3,000 for children ages 6–17). From July to December, qualified families received up to 50% of their child tax credit as monthly payments. Some families can claim the remaining amount on their 2021 tax returns. However, not all families received the payments, some chose to opt-out.

You can use [Schedule 8812](#), Credits for Qualifying Children and Other Dependents or allow your [tax software program](#) to walk you through how much you may qualify for on your tax return.

You could claim the full lump sum on your 2021 tax return if you opted out of receiving monthly payments in 2021.





# Message from Judy

**Judy Petera—Human Resources Specialist**

**WE'RE  
HIRING!!**

*Available Job Opportunities with*

## **TREC - BADLANDS HEAD START**

101 5<sup>th</sup> Ave., Belle Fourche, SD 57717  
Telephone 605-723-8837 \* Fax 605-723-8834



### **EARLY HEAD START HOME VISITOR – PERKINS COUNTY - Home-Based / Home Visiting environment**

- Working with 10-12 children (ages 0-3) and their families in their homes in Perkins County, SD
- Travel required with company vehicle provided – Office located in Bison or Lemmon, SD
- Minimum requirement of CDA (Child Development Associate) certification within 1-2 years of hire (in-house training provided), or
- AA degree in Early Childhood or related degree
- Full Time - 40 hours per week year around

### **BISON (SD) CENTER – ASSISTANT TEACHER (or long-term substitute) – Center-Based / Preschool environment**

- Teaching children ages 3-5 in a classroom setting
- Providing and linking families to comprehensive services
- Early Childhood experience and Education preferred
- Minimum of completion of Childhood Development Associate (CDA 1-2 years of hire – in-house training
- 40 hours per week for 38 weeks per year

### **HARDING & PERKINS COUNTIES AREA SERVICE MANAGER – Management Position**

- ASM to supervise/manage 6 Home-Based program staff serving Harding & Perkins Counties
- Office can be in Buffalo, Bison or Lemmon, SD.
- Ability to coach/mentor; discipline; and have organizational skills
- Minimum of a BA/BS in such fields as Early Childhood Education/Development, Social Work or Human Services is required
- 3 years working with families
- 3 years in administration or supervision experience
- 40 hours per week for 47 weeks per year, and 15 hours per week for 5 weeks in summer

### **BUTTE COUNTY – Part Time Home Visitor/Nutrition Support**

- Working with children (ages 0-3) and their families in their home in Butte County
- Travel required with company vehicle provided – Office located in Belle Fourche or Newell
- Minimum requirement of CDA (Child Development Associate) certificate within 1-2 years of hire
  - In House CDA training provided
- Or AA degree in Early Childhood or related degree
- Provide nutrition services support for Butte County socializations
- Completion of paperwork and adhering to health and food safety codes
- 24 hour per week, 12 month per year position
- Preference given to individuals with nutrition services or relevant experience

### **EARLY HEAD START HOME VISITOR – BUTTE COUNTY - Home-Based / Home Visiting environment**

- Working with 10-12 children (ages 0-3) and their families in their homes in Butte County, SD
- Travel required with company vehicle provided – Office located in Belle Fourche or Newell, SD
- Minimum requirement of CDA (Child Development Associate) certification within 1-2 years of hire (in-house training provided), or
- AA degree in Early Childhood or related degree
- Full Time - 40 hours per week year around

**For more information, Call Judy at 605-723-8837**

or pick up an application and job description at 101 5<sup>th</sup> Avenue, Belle Fourche, SD 57717

*\*Criminal Background checks & Valid Driver's license required*

*\*Competitive Wages and Benefits \* Wages dependent upon Education and Experience*

**Also looking for  
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Assistant  
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sites.**

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# Message from Melissa

***Melissa Pickle - Coaching & Training Specialist***

Young children learn through play. There are many common items found in the home that can provide children with opportunities to learn skills such as comparing and contrasting, sorting and matching, as well as learn about colors, sizes and shapes. This week's newsletter includes items that can be used for playing and learning. Enjoy!

## **Household Items for Playing and Learning**

***Muffin Tin or Empty Egg Carton:*** Perfect for sorting items such as buttons, coins, etc. Egg cartons can also be decorated for an art project or can be cut up and be used to hold items.

***Empty Oatmeal Containers:*** Can be used for stacking, filling, emptying, making a drum or for pretend play.

***Large Appliance Boxes:*** Are great for creating a playhouse, store, post office or train. Let your child decorate it with crayons, markers or paint for the added benefit of developing your child's sense of creativity and fine motor skills.

***Scarves:*** Can be used with music to engage in movement activities or as a prop for pretend play.

***Magazines, Store Ads, and Catalogs:*** Can be used to give children the opportunity to cut and paste, find things that go together or for make believe play. You can also promote early literacy skills by reading some of the words and by identifying letters.

***Old Envelopes, Cards, or Scraps of Paper:*** Are good for practicing the fine motor skills needed later in learning to write, for making art and for pretend play for a post office.

***Dress-up Clothes:*** Pretend play is an important way for children to use their imaginations. They can also be used for sorting, matching, discussing colors and sizes, etc.

***Empty Cereal Boxes and Tissue Boxes:*** These can be used for stacking, pretend play for a store or house, as well as develop early literacy skills by reading the writing and identifying the letters on the packages. They also make great homemade blocks.

***Laundry Baskets:*** Can be utilized for dumping and filling activities, to climb in and out of and be used as basket to throw balls or bean bags into. For homemade bean bags, take an old sock, fill part way with beans or rice, then tie the end shut.

***Pots, Pans, Lids, Pie Tins and Tupperware Containers:*** Can be used to explore sounds, discuss sizes, to match items and use hand and finger muscles to take lids on and off.

***Measuring Spoons, Cups, and Bowls:*** Are good to practice matching, stacking, pouring and counting. These are also great for discussing sizes.





# Message from Melissa

*Melissa Pickle - Coaching & Training Specialist*

## Songs and Finger Plays

Young children are fascinated by animals which is why so many children's books and songs have animals in them. The following are some fun songs you can sing with your children about different types of animals. Enjoy!

### Five Little Pigs

Five little pigs rolled in the mud,  
Squishy, squashy, felt so good.  
The farmer took one pig out.  
Oink, Oink, Oink, the pig did shout.

Four little pigs rolled in the mud,  
Squishy, squashy, felt so good.  
The farmer took one pig out.  
Oink, Oink, Oink, the pig did shout.

Three little pigs rolled in the mud,  
Squishy, squashy, felt so good.  
The farmer took one pig out.  
Oink, Oink, Oink, the pig did shout.

Two little pigs rolled in the mud,  
Squishy, squashy, felt so good.  
The farmer took one pig out.  
Oink, Oink, Oink, the pig did shout.

One little pig rolled in the mud,  
Squishy, squashy, felt so good.  
The farmer took one pig out.  
Oink, Oink, Oink, the pig did shout.

No little pigs rolled in the mud,  
They all looked clean and good.  
The farmer turned his back and then,  
Those pigs rolled in the mud again!



**Animals on the Farm**

*Sung to the tune of "The Wheels on the Bus"*

The pigs on the farm go oink, oink,  
oink  
Oink, oink, oink; Oink, oink, oink  
The pigs on the farm go oink, oink,  
oink  
All night long

The sheep on the farm go bah, bah,  
bah  
Bah, bah, bah; Bah, bah, bah  
The sheep on the farm go bah, bah,  
bah  
All night long

The cows on the farm go moo, moo,  
moo  
Moo, moo, moo; Moo, moo, moo  
The cows on the farm go moo, moo,  
moo  
All night long

The ducks on the farm go quack ,  
quack, quack  
Quack, quack, quack; Quack, quack,  
quack  
The ducks on the farm go quack,  
quack, quack  
All night long

### Five Little Ducks

Five little ducks went out to play  
Over the hill and far, far away.  
Mother duck said "Quack, Quack,  
Quack, Quack"  
But only four little ducks came back.

Four little ducks went out to play  
Over the hill and far, far away  
Mother duck said "Quack, Quack,  
Quack, Quack"  
But only three little ducks came back.

Three little ducks went out to play  
Over the hill and far, far away.  
Mother duck said "Quack, Quack,  
Quack, Quack"  
But only two little ducks came back.

Two little ducks went out to play  
Over the hill and far, far away.  
Mother duck said "Quack, Quack,  
Quack, Quack"  
But only one little duck came back.

One little duck went out to play  
Over the hill and far, far away.  
Mother duck said "Quack, Quack,  
Quack, Quack"  
But no little ducks came back.

Sad mother duck went out one day  
Over the hill and far, far away.  
Mother duck said "Quack, Quack,  
Quack, Quack"  
And all of the five little ducks came  
back!





# Bison Social



This was our 2<sup>nd</sup> social and our Game & Fish Warden: Keith Mutchler visited with the children about hunter safety and presented The Critter Crate for the children to enjoy. The children had a wonderful time asking questions and handling the different animal pelts.



## Message from Wanda



## Welcome to the 3rd annual Race to Read Across South Dakota Challenge!

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Are you passionate about reading or helping children reach reading proficiency? Then join Black Hills Reads for this challenge!

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### What is the Read Across South Dakota Challenge?

Black Hills Reads is a Campaign for Grade Level Reading initiative and our overall goal is to help children reach reading proficiency and support partners in this process. Half the battle of helping a child reach reading proficiency is getting the child excited about reading.

This challenge helps us do just that!

### Why?

Black Hills Reads has had tremendous success getting children and organizations to host Race to Read events in the Black Hills area. Our last challenge lasted two months and there were over 40 organizations, individuals and schools participating! This process supports multi-generations, adults supporting and becoming a positive role model for young children. We want to share this enthusiasm with the rest of South Dakota and see what achievements we can make as a state!

### Who?

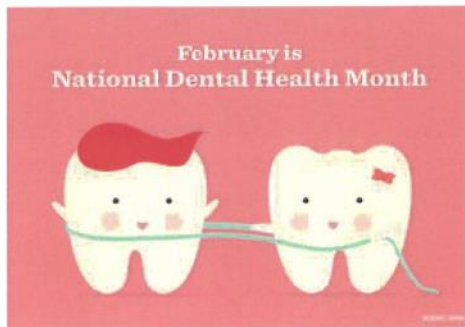
Any school, community organization, for-profit business, individual or family in South Dakota that would like to challenge their community or organization to a reading challenge!

### When?

The challenge will officially begin on January 3rd and end March 2nd - Dr. Seuss' Birthday!



# Information from Misty



Children's Dental Health Day was first celebrated on February 8, 1949. It became a month-long commemoration in 1981. 40 years later, children's dental health continues to be promoted throughout February for National Children's Dental Health Month. Celebrating children's oral health awareness is incredibly important for the community. Tooth decay remains the most common chronic childhood disease. Continuing educational programs and prevention

awareness will help motivate more parents and other adults to recognize the seriousness of children's dental disease.

The importance of teaching children good oral habits early to ensure a lifetime of healthy smiles. Parents or caregivers are essential and can promote children's dental health this month and throughout the year. Support children's dental health by working with dental professionals on specific topics such as:

- Tooth decay
- Getting your child familiar with their dentist's office
- Preventing crowded teeth
- Healthy gums in later years

Keeping up with daily oral care and visiting the dentist at least twice a year for an oral examination and professional cleanings are steps you can take towards a happier and healthier mouth! Setting the foundation for your child earlier in life will set your child up for success in the future.

If your child tends to brush their teeth unattended, take time this month to check-in on their brushing habits. Checking in with your kids and offering helpful tips and tricks will keep their teeth looking great and healthy.

National Children's Dental Health month is a great time to learn about and promote good oral hygiene habits with your entire family. Stay current with checkups, treat the family with new toothbrushes, and ensure your child knows how to clean their teeth properly.

## Dental Health is important for the entire family.

Misty West  
Health, Nutrition & Safety Specialist





# Information from Misty



Misty West  
Health, Nutrition & Safety Specialist



The smoke detectors s throughout your home help play a crucial role in keeping you and your family safe by alerting you to potential dangers. However, smoke alarms are no use if they do not have working batteries. It is important that you take the time to check and test home smoke detectors often and change the batteries to ensure they are working properly. It is recommended you test your detectors at least once a month to ensure they are working properly. If your smoke alarms are powered by a nine-volt battery, the battery should be replaced every 6 months, while the alarm itself should be replaced once every 10 years. For 10-year lithium-powered fire detectors, you won't need to replace the battery. Instead, the entire alarm should be replaced after 10 years have passed from the manufacture date on the back of the alarm. If your alarm is hardwired into your home's electrical system, replace the backup battery at least every 6 months and replace the smoke alarm itself once every 10 years.

## **Battery safety Practices**

Place a piece of electrical tape over the terminals of old batteries before you dispose of them. New batteries should be stored securely in their original packaging, not tossed loosely into a spare drawer or cabinet where they can contact one another or metal objects. If batteries must be stored loose, place a piece of electrical tape over the terminals until you are ready to use them. This simple step can save your home and save the lives of those around you by preventing a fire in an unexpected location like a garbage bag or junk drawer.

## **Winter Fire Safety Tips More fires happen in the winter months than any other time of the year.**

During the cold months, we spend more time indoors and use different methods to heat our homes.

It is important to keep fire safety in mind when you are heating your home.

### If you are using a portable heater:

- Make sure the heater has an automatic shut-off so if it tips over, it shuts off.
- Keep anything that can burn such bedding, clothing and curtains at least 3 feet from the heater.
- Plug portable heaters directly into wall outlets. Never use an extension cord or power strip.
- Turn heaters off when you go to bed or leave the room.

### If you are using a fireplace:

- Keep a glass or metal screen in front of the fireplace to prevent embers or sparks from jumping out and starting a fire.
- Do not burn paper in your fireplace.
- Before you go to sleep or leave your home put the fire out completely.
- Put ashes in a metal container with a lid. Store the container outside at least 3 feet from your home.
- Use appropriate fuel

### If you are using a wood stove:

- Have your chimney inspected and cleaned each year by a professional.
- Keep anything that can burn at least 3 feet from the stove.
- Do not burn paper in your wood stove.
- Before you go to sleep or leave your home, put the fire out completely
- Use appropriate fuel

## Activity Page

### Homemade Hot Chocolate Play Dough Recipe

This simple recipe has a VERY yummy chocolate smell and a great texture to it. It does require some cooking but it's not too complicated or too time consuming either. This **chocolate scented play dough recipe** is super easy to make, the supplies are probably already in your pantry {if not – they are pretty inexpensive} and your little baker can practice their baking skills for hours with it. So what are you waiting for? Grab your supplies, some cookie cutters and get to work!

#### *Chocolate Play Dough Ingredients:*

- \* 2 cups tap water
- \* 1 1/2 cup white flour
- \* 1 cup table salt
- \* 1/2 cup cocoa powder
- \* 2 tablespoons vegetable oil
- \* 1 1/2 tablespoons cream of tartar

#### *Directions:*

- \* Throw all your ingredients in a medium sized saucepan.
- \* Stir the ingredients with a cooking spoon, over medium heat. until the play dough starts to foam into a large ball.
- \* When everything is well combined and the dough is starting to take stiff, remove the saucepan from the heat and let it cool a bit.
- \* After the dough is cool enough to touch, knead the play dough with your hands until the mixture is nice and smooth. If too sticky, add just a little more flour and knead it in.
- \* When you have the consistency you want, grab some cookie cutters, a rolling pin and let your child have at it with their **homemade hot chocolate scented play dough!**

*When done playing, store in air tight container when not using and of course – although this chocolate play dough recipe smells amazing, it's just for pretend. Besides that – it tastes gross when ingested. Please always supervise children while they play with the dough. This recipe is NOT intended for children who still put things in their mouth.*



# Activity Page



## What you will need:

Crayons or markers

Scissors

Glue, buttons, sequins,

Pattern on next page

## How to make the paper Snowman:

1. Color the clothes and hats. It is much easier to color the picture before you cut them out.
2. Cut out the clothing pieces.
3. Glue or tape the clothes to the snowman.
4. Cut out the labels provided. Glue or tape on each item to label it.

Hand

Nose

Vest

Eyes

Arm

Button

Scarf

Mouth

Glove

Head

Hat

Tie





