

Language/
Literacy**Understanding Words and Letters**

- How to understand, comprehend, and interpret information in a book
- Learning new words
- Reviewing the names of the letters B and C, O, and A
- Practicing how to make and take apart compound words
- Identifying rhyming words

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Mathematics

Counting Things

- The last number we count tells us how many we have
- How to sort items into groups and identify groups that are equal
- How to make a group of a given number of items

Self-
Regulation**Paying Attention**

- How to concentrate on our breathing while stretching our bodies
 - Practicing two yoga poses

Social-
Emotional**Understanding Feelings**

- When we feel sad we may have a frown on our face or cry
- Making and identifying happy, silly, and sad faces
- Ways to feel better when we are sad

Social
Studies**Exploring Where We Live**

- Creating a unique shoebox home

Creative
Expression**Creating Dance**

- How to move forward and backward
- How to bend, stretch, and bow
- How to jump, glide, spin, and hop

Physical/
Health**Staying Healthy and Safe**

- Our teeth help us eat and make sounds when we talk
- How to brush our teeth

Social-
Emotional

Children benefit from knowing how to identify a sad feeling.

- Talk with your child about how someone may look when feeling sad. Possibilities: frowning, crying, pressing arms toward body, looking down. Invite your child to show you a sad face. Show your child your sad face. Describe your faces to each other. Talk about why someone might feel sad and what we can do to feel better when we are sad.

Identifying rhyming words is a valuable early literacy skill.

- Encourage your child to listen for and say rhyming words in nursery rhymes, such as “Twinkle, Twinkle, Little Star” (star/are, high/sky). Read books together that include rhyming words.

Language/
LiteracySelf-
Regulation

Yoga is a useful way for children to practice focusing on their bodies and breathing.

- Here is a simple yoga pose for your child to try: 1) lie on the floor face down; 2) place palms on the floor by shoulders; 3) push body upward from head to waist and then lock elbows; 4) look upward and breathe deeply in normal breaths; 5) hold this posture for 25–30 seconds; 6) relax.

Creating a group of a target number of objects offers good practice in counting.

- Provide a group of small objects: blocks, stuffed animals, or toy vehicles. Ask your child to use the objects to create a separate group of the objects by counting the number of objects you specify. For example, form a group of four blocks from a larger group of 10 blocks. Practice different target numbers for creating a second group.

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Mathematics

Social
Studies

Children can learn how homes are unique by comparing your family's home to other homes.

- Discuss with your child some of the ways your home is similar to, and different from, other homes in your neighborhood. Encourage your child to look closely at colors (including roofs), type of construction materials (brick, stone, siding), trees, bushes, flowers, yards, closeness to street, etc.

Dance helps children control their body movements.

- Encourage your child to dance by moving three steps forward, pausing, and then taking three steps backward. Repeat the movements with some slow music that has a clear, steady beat. Taking several steps sideways, or along an imaginary diagonal, can add variation and challenge.

Creative
Expression

Supporting your child in regularly and properly brushing his/her teeth can foster long-term, healthy dental habits.

- Assist your child in properly brushing his/her teeth twice daily for two minutes each time. You may wish to sing a song to promote the routine and mark the time. Proper brushing techniques, songs, and activities may be found at the American Dental Association website.

Physical/
Health