

Language/
Literacy**Understanding Words and Letters**

- How to understand, comprehend, and interpret information in a book
- Learning new words
- How to divide our names into syllables
- The name, sound, written form, and uses of the letter X

123

Mathematics

Counting Things

- How to sort items into groups and identify the group that has more
- How the amount of items in a group does not change when the items are moved
- How to make a group of a given number and compare with other groups
- How to compare groups of different amounts
- Identifying numerals 0, 1, 2, 3, and 4

Self-
Regulation**Focusing & Remembering**

- How to follow requests by watching and remembering
- *Conducting an Orchestra* game
- *Orange Circle, Purple Circle* game

Social-
Emotional**Understanding Feelings**

- We may feel bored when we don't have anything we want to do or we are tired of what we are doing
- We can use our imagination to think of new or pretend things when we feel bored

Social
Studies**Exploring Where We Live**

- Our homes are located in a neighborhood
- Places we might find in a neighborhood



Science

Exploring Living Things

- How the coverings of animals protect their bodies and help animals do different things
- Naming different parts of animals' bodies and how animals use them
- How animals move in similar and different ways

Physical/
Health**Staying Healthy and Safe**

- We rest our bodies by taking a break from thinking and doing
- Ways to help our bodies take a rest

Social-
Emotional

If your child looks bored, or says "I'm bored," help your child use his or her imagination.

- Gather four or five unrelated items, such as a paper/plastic cup, a small stuffed animal, an empty box (like a cereal box), a block, a piece of paper, etc. Encourage your child to create something with some or all of the items. Another option is to invite your child to come up with five different ways to play with the items.

An important pre-reading skill is understanding that words are made up of syllables.

- Engage your child in slowly clapping each of the syllables in a word. Begin with your child's name. Examples: Ben is one clap, Ben-ja-min is three separate claps. Clap each syllable in the names of other family members, friends, pets, and/or favorite toys. This is a good activity to do while waiting in a line.

Language/
LiteracySelf-
Regulation

Help your child practice controlling his or her behaviors by watching you conduct a pretend band.

- Provide your child with a musical instrument. Examples: an empty box to beat like a drum, two metal spoons to clang, or dried beans or rice in an empty bottle to shake. Use a spoon as your baton to conduct/lead the band. Your child is to play the instrument when you wave the baton, and to stop making sounds when your baton stops.

A core counting skill is understanding that the number of items does not change when the items are in different positions.

- Place four identical items, such as rectangle blocks, in a row. Leave a space between each item. Invite your child to count the blocks. Move the items into a circle and encourage your child to count the items. Move the items into a random arrangement. Invite your child to count the items.

123

Mathematics

Social
Studies

It is useful for children to know how places in their community help people.

- As you and your child travel around your community, point out and talk about different places and what people do there. Examples: fire station, medical centers, library, schools, restaurants, grocery stores, gas stations, community center, parks, stores, and religious places.

Looking carefully at different types of animals can help strengthen children's abilities to observe and compare.

- Use books with pictures of animals, or visit a place with animals, to help your child notice and talk about how animals are similar and different. Make comparisons: skin coverings (fur, feathers, shell); body parts, (ears, wings, beaks, fins, shells, horn); movement (crawl, swim, fly, walk, jump).



Science

Focusing on breathing can help children relax their bodies for a rest.

- To help your child get calm for a rest or sleep, encourage your child to concentrate on his or her breathing (air is going in, out, in out) and on relaxing his or her muscles. Reduce or eliminate distractions so your child can focus on his/her body.

Physical/
Health