



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 S

123

Mathematics

Making Patterns

- A pattern is something that repeats itself
- How to make a pattern using two colors of cubes
- How to identify patterns around us
- How to make patterns by moving some parts of our bodies
- Reviewing how to identify and make patterns



Self- Regulation

Paying Attention

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



Social- Emotional

Understanding Feelings

- We may feel disappointed when we cannot do something we really want to do or have something we really want
- We may feel excited when we are looking forward to something that will happen soon



Social Studies

Exploring Where We Live

- Creating unique box places in our center neighborhood



Science

Exploring Living Things

- Different ways insects use their six legs
- Parts of insects' bodies and how they use them
- Physical characteristics of different insects



Physical/ Health

Moving Our Bodies

- Paying attention to how our body moves when we run and jog
 - Zig Zag game

Social-
Emotional

It is helpful for children to talk about times they feel disappointed or excited.

- Help your child recall and describe a time of feeling excited (such as a holiday or birthday celebration) and a time of feeling disappointed (such as not being able to go to a favorite restaurant). Talk about how these feelings are different. Practice making excited and disappointed looks at each other.

Children's pre-reading skills can be strengthened by frequently practicing syllable claps in a word.

- Continue last week's activity of clapping each syllable in the names of family members, pets, and friends. Say a word slowly and invite your child to clap its syllables. Offer bigger words, such as television, caterpillar, America, January, alligator, community, vegetable, celebration, and/or rhinoceros.

Language/
LiteracySelf-
Regulation

Children's abilities to calm their bodies are strengthened when they frequently practice focusing on their breathing and muscle relaxation.

- Use rolled up socks for each hand to squeeze as you and your child breathe in slowly to the count of three. Slowly exhale and relax the squeeze of the socks to the count of three.

Identifying patterns in objects is a valuable math skill.

- Invite your child to find simple patterns in objects in your home and community. Examples: red and white stripes in the American flag; stripes in a piece of clothing. Encourage your child to point to and say the pattern. Example: red, blue, red, blue.

123

Mathematics

Social
Studies

Enhance your child's understanding of your neighborhood by talking about your child's favorite neighborhood place.

- Encourage your child to identify and describe his/her favorite place in your neighborhood. Offer ideas (such as an open space, building, stretch of sidewalk) if your child seems uncertain. What is special about this place? Your child may wish to draw a picture of the place.

Children's skills in observing and comparing things can be enhanced by looking closely at different insects.

- Many children are interested in bugs. Invite your child to look closely at two or more different insects. Use pictures in a book or actual insects. Talk with your child about how the insects are similar (such as the number of legs) and different (such as color).



Science

Running is a good activity to help children understand how parts of their body work together to do a physical movement.

- Talk with your child about how his or her legs and arms move when running. Invite your child to run slowly to draw attention to arm and leg movements. Encourage your child to try running without moving his or her arms.

Physical/
Health