



## Language/ Literacy

### Understanding Words

- How to understand, comprehend, and interpret information in a book
- Learning new words
- Reviewing the names of the letters E, H, M, R, and F
- Practicing how to identify beginning sounds in familiar words

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## Mathematics

### Counting Things

- The number that comes right after another number is one more
- How to count pennies to pay the price of an item and identify the price of an item when it costs one more penny
- How to count out the number of items that is one more than a given number



## 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 guilty when we do or say something that is wrong or may make someone else feel bad
- When we apologize, we let someone know we feel bad about something we've done or for causing a problem



## Social Studies

### Exploring Where We Live

- Tools that community helpers use to help people
- Pretending to be a helper in our community



## Science

### Exploring Life Cycles

- Stages of a bean plant's life cycle
- How to plant our own bean seeds and what we do to help them grow



## Physical/ Health

### Moving Our Bodies

- How to balance our body and shift the weight of our body by moving side to side and standing on one foot and leg
- Practicing how to shift the weight of our body by pretending to jump and move like a frog

Social-  
Emotional

It is helpful for children to recognize and discuss situations where they feel guilty about what they did or did not do.

- Children do things that can lead to feelings of guilt. Examples: take away a toy from a peer, refuse to share a toy with someone. Talk with your child about what it's like to feel guilty (maybe feeling yucky inside) and things to do about feeling guilty. Some options: apologize, if appropriate; always try to do the right thing.

Identifying the missing beginning sound of a word is a good way for children to practice an important literacy skill.

- Say the names of familiar items or persons, one at a time, without saying the beginning sound. Examples: "og" for dog; "ilk" for milk. Offer a clue. Example: "I am thinking of something we drink. 'ilk.' What's the word?" Your child may think of more than one appropriate response (dog, frog, log for "og").

Language/  
LiteracySelf-  
Regulation

Doing yoga poses can help children quiet their minds and focus on controlling their bodies.

- There are many yoga poses children like to do. One option is a tree pose. Ask your child to stand tall with his/her feet about shoulder-width apart. Then ask your child to put his/her right foot on his/her left ankle or calf. Finally, ask your child to "grow his/her tree" by slowly moving arms above his/her head like branches. Deep breathing helps.

Provide your child with challenging practice in understanding that the next number we count is one more.

- Say a number below 10 and ask your child how many items he/she would have if you gave him/her one more. Example: "Let's pretend you have four markers. How many markers would you have if I gave you one more?" Repeat with different numbers. Adding one more without looking at objects is more challenging than counting actual objects.

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## Mathematics

Social  
Studies

Children can deepen their understanding of the work of helpers in a community by learning about the tools they use.

- Talk with your child about the tools used by a community helper of special interest to your child. Examples: a veterinarian uses a stethoscope, a teacher uses books. Discuss how the worker uses the tools to help others. Your child may be able to talk briefly with a helper about his/her work. Encourage your child to pretend to be the helper.

Planting and caring for several bean seeds can support your child's understanding of a plant's life cycle.

- Help your child plant two or three bean seeds in a clear glass or plastic container. Place the container in a sunny area and encourage your child to add water to the container as needed. Watch the seeds grow over the next several weeks and talk about the stages of growth (seed, seedling, flower, bean).



## Science

Help your child practice balancing his/her body by shifting weight to a single foot/leg.

- The yoga tree pose described above involves standing on one foot/leg. Provide additional experience in shifting weight by showing and then encouraging your child to shift body weight from side to side and then standing on one foot at a time, using arms to help with balance.

Physical/  
Health