

Language/  
Literacy**Understanding Words and Letters**

- How to understand, comprehend, and interpret information in a book
- Learning new words
- Review how to identify, name, and say the sound of the letters M, T, R, F, and W

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## Mathematics

**Measuring Things**

- How to compare the weight of two things using a balance scale
- How to find the exact weight of something using a kitchen scale
- How to compare the exact weight of different amounts of things using a kitchen scale

Self-  
Regulation**Paying Attention**

- How to use our sense of touch to describe an item behind our back
  - *What's Behind My Back?* game

Social-  
Emotional**Understanding Feelings**

- Identifying different emotions associated with situations and facial expressions
- Identifying how we might feel in certain situations
- Using our face to show what a feeling might look like

Social  
Studies**Exploring Where We Live**

- Adults in our center follow rules to help keep us safe
- Laws are rules made by people in charge of our community or country to keep us safe and help us to treat people fairly



## Science

**Exploring Habitats**

- Habitats are places where certain types of animals and plants live
- Types of things that live in a water habitat
- How fish live in a water habitat
- How some animals use a shell as their home and for protection in a water habitat

Physical/  
Health**Staying Healthy and Safe**

- Identifying actions that are safe and not safe
- How to stay safe in an emergency, such as a fire

Social-  
Emotional

A facial expression can be a helpful clue to understanding how someone is feeling.

- Take turns with your child using a facial expression to show a feeling, such as happy, sad, nervous, and excited. Describe each other's expression and tell what feeling it may show. Play this like a game of charades. Paying attention to how someone might be feeling can be helpful in getting along well with others.

Removing the initial sound of a one-syllable word is a useful way to practice important pre-reading sound skills.

- Say a one-syllable word. Examples: ball, can, pig, cap, cat. Invite your child to repeat the word and then say the word without its initial sound. Example: not saying the initial sound of the word "cat" is "at."

Language/  
LiteracySelf-  
Regulation

Children's concentration skills can be enhanced by paying attention to objects they can feel but not see.

- Invite your child to put his/her open hands behind his/her back. Put a small object in your child's hands without letting your child see the object. Examples: rock, crayon, toy. Encourage your child to describe how the object feels—What is its texture? What is its shape?—and try to figure out what object he/she is holding.

Children can broaden their understanding of how to measure things by exploring a produce scale or a kitchen scale.

- Visit a local grocery store that has a scale in the produce department. Talk with your child about how the scale weighs different amounts and sizes of items, such as potatoes, tomatoes, and apples. Point out and describe the numbers on the scale. Compare the weight of different items. Use a kitchen scale at home, if available.

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## Mathematics

Social  
Studies

Children benefit from understanding that we have rules in our community to keep us safe.

- As you travel in your community with your child, point out instances of laws and rules aimed at keeping us safe. Examples: crossing on a "walk" signal at a light and in the crosswalk; vehicles stopping at red lights or stop signs; wearing seat belts.

Children's understanding of water life is enhanced by seeing how a body of water is the home for fish and some plants.

- Look at and talk with your child about fish and plants that live in water. Options include a visit to a river, lake, bog, or pond; a store that sells fish and aquatic plants; or pictures included in books about water life at your local library.



## Science

Learning and practicing what to do during an emergency at home can be a lifesaving use of time.

- Describe and practice procedures for your child and family to follow in case of an emergency at your home. It can be reassuring for children to know what to do if there is a fire, a bad storm, or someone gets hurt.

Physical/  
Health