

Language/
Literacy**Understanding Words and Letters**

- How to understand and comprehend information in a book
- Learning new words
- Reviewing the name, sound, written form, and uses of selected letters

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Mathematics

Counting Things

- Reviewing and practicing how to count and make groups of different numbers of items

Self-
Regulation**Paying Attention**

- Concentrating on our breathing while stretching our bodies
 - Practicing two yoga poses

Focusing & Remembering

- Following requests by watching and taking turns
 - *Mirror, Mirror* game

Social-
Emotional**Getting Along with Others**

- Reviewing some common classroom problems
- Reviewing different solutions to some common classroom problems



Science

Exploring Living Things

- Characteristics of dinosaurs
- How scientists learn about dinosaurs
- Tools scientists use to dig and care for dinosaur fossils
- Making pretend dinosaur fossils

Social-
Emotional

Good problem-solving skills include careful thinking about outcomes of possible solutions.

- Talk with your child about a recent conflict he/she had with a peer (or make up a realistic example of a conflict). Invite your child to think of several different solutions. For each solution, imagine what might happen if the solution was used. Is one solution better than another?

Self-
Regulation

Children can practice control of their behaviors by tightening, and then relaxing, specific muscles in their body.

- Join your child in lying on your backs on the floor. Tighten your fists by pretending to squeeze oranges to the count of five. Then relax your hands. Take turns selecting different muscles in your bodies to tighten and then relax.

Support your child's name-writing skill by providing different ways to write his/her name.

- Offer finger paints and paper, or a tray of sand, or a pencil and paper for your child to practice writing his/her first name. Provide a sample of your child's printed name, if appropriate.

Language/
Literacy

Counting utensils and other items in preparation for a family meal can strengthen math skills.

- Invite your child to count out the number of different utensils and other items, such as plates, cups, and bowls, needed for a family meal. Counting items before placing them on the table reinforces number skills. Tell your child who will be at the meal and encourage him/her to figure out how many.

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Mathematics

Children can strengthen their understanding of fossils by making a footprint or handprint.

- Provide flattened clay for your child to make a footprint or handprint. Once the clay dries, the print can be covered with sand or dirt, and your child can use a dry paintbrush to discover the "fossil." Talk with your child about how this is similar to scientists finding dinosaur footprints.



Science