



Language/ Literacy

Understanding Words and Letters

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



Mathematics

Making Patterns

- Making other kinds of patterns (AABAAB, ABCABC)
- Identifying and comparing simple (ABAB) and other kinds of patterns (AABAAB, ABCABC)
- Identifying errors in patterns



Self- Regulation

Paying Attention

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

Focusing and Remembering

- Following requests by listening and remembering
 - *It's Raining, It's Pouring* game



Social- Emotional

Understanding Feelings

- Reviewing the emotions—excited, shy, and loved



Creative Expression

Creating Art

- Murals are a type of art
- Collage is a kind of art
- How a print is made



Physical/ Health

Staying Healthy and Safe

- Reviewing ways to stay safe when riding in a car or truck
- Reviewing ways to stay safe on a bicycle

Social-
Emotional

Understanding reasons someone might feel a particular emotion can enhance skills in getting along with others.

- Say a basic emotion (happy, sad, excited, angry, etc.). Invite your child to think of 2–3 reasons a person might feel the emotion you say. Encourage your child to make a facial expression for each idea of why someone might feel the emotion you identify. Do all facial expressions for the same emotion look alike?

Including a family member or friend as a character in a familiar story can support language and thinking skills.

- Read or retell one of your child's favorite stories. Modify the story to include your child as one of the characters. After you finish the story, invite your child to retell the same story or a different story, using a family member or friend as one of the story's characters.

Language/
LiteracySelf-
Regulation

Children can strengthen their understanding of behavior control by giving you cues to follow.

- Provide an empty box for your child to use as a drum. Invite him/her to make faster and slower drumbeats for you to mimic in walking (or marching) faster and slower. Encourage your child to vary the length of time for faster and slower drumbeats. Change the rules. Example: a faster drumbeat means walking (or marching) slower.

Making intentional mistakes in a pattern can strengthen your child's pattern knowledge.

- Invite your child to watch you make a pattern with small objects such as play coins. Make a mistake. Example: large coin, small coin, large coin, large coin, small coin, large coin, small coin. Encourage your child to identify your error and indicate how the pattern should be made.

123

Mathematics

Physical/
Health

Children benefit from understanding the reasons for your family's tricycle/bicycle safety practices.

- Ask your child to tell you why your family follows particular safety practices with a bicycle such as wearing a helmet, riding on a specific side of the street, and using both hands on the handlebars. Children are more likely to follow rules when they understand their reasons.

Support your child's understanding of murals by creating one at home.

- Use butcher paper, white shelf paper, or the back of heavy-duty gift wrap for your child to create a mural. You and/or other family members may wish to contribute to the process. Crayons, markers, and colored pencils are good tools for making a mural. Encourage your child to determine a mural theme and describe what it shows.

Creative
Expression