

Language/
Literacy**Understanding Sounds and Words**

- How to listen to sounds, including quieter and louder sounds
- How books and words work
- How to take good care of books

123

Mathematics

Counting Things

- We count to find out “how many” of something
- How to verbally count up to five items (fingers, feet, books)
- We can tell “how many” in a small group of items (2, 3, and 4 items) without counting

Self-
Regulation**Using Self-Control**

- A routine is the order in which we do things such as steps in brushing our teeth
- Our classroom’s daily schedule shows the order in which things happen

Social-
Emotional**Getting Along with Others**

- Different ways we can play
- How to ask someone to play

Social
Studies**Respecting Our Differences**

- How people are the same and different
- Each of us is unique

Creative
Expression**Being Creative**

- We are creative when we use an idea to make or do something new
- Music is the sound we make when we sing or play a musical instrument
- We dance by moving our bodies in creative ways, usually to music
- Drama is when we tell a story through our words and actions

Physical/
Health**Staying Healthy and Safe**

- Germs are very small things that can make our bodies sick
- How and when to wash our hands to get rid of germs

Social-
Emotional

Knowing how to ask someone to play is an important skill in getting along with others.

- Help your child use two stuffed animals or dolls to practice different ways to ask someone to play: (1) give friend a toy to share, (2) take friend by hand to play area, and (3) say "Let's play!"

Identifying different sounds can strengthen children's listening skills.

- Play a sound guessing game with your child. Invite your child to close his/her eyes and then you make a sound using your hands (such as snapping fingers, clapping, or knocking on a hard surface) or with a material from your home (crumpled paper, scissors, zipper). Invite your child to open his/her eyes and guess the sound you made.

Language/
LiteracySelf-
Regulation

Children like the predictability of steps in daily routines.

- Encourage your child to tell the order in which he/she does some things at home (steps in brushing teeth, getting ready to go to the early childhood program, getting ready for bed). What do you do first? What do you do next?

Counting objects helps children understand numbers.

- Count how many people are sharing a meal together. Encourage your child to point to each person as he/she counts.
- Count other objects such as buttons on a coat or shirt, fingers, feet, hands.

123

Mathematics

Social
Studies

Understanding that each person is unique can help children respect others.

- Look into a large mirror with your child. Talk about physical characteristics that are similar and different. Compare characteristics with other members of your family.

Children's creativity is fostered when they are encouraged to express their own ideas in art activities.

- Provide plenty of opportunities for your child to use colored pencils, crayons, paints, markers, or play dough to create special art. Remind your child that special art is something he/she creates. It is not a copy of what someone else has done.

Creative
Expression

Keeping hands clean is a great way to stay healthy and prevent germs from spreading to others.

- Talk about and practice handwashing steps used at your child's early childhood program or recommended by the Center for Disease Control and Prevention (available online).

Physical/
Health

Language/
Literacy**Understanding Sounds and Words**

- Listening to and identifying one and then two single sounds
- How to understand, comprehend, and interpret information in a book
- Learning new words

123

Mathematics

Counting Things

- Practice counting things around us
- How to verbally count groups of up to five items
- How to recognize and form groups of two items

Self-
Regulation**Using Self-Control**

- How rules help us to keep safe, get along with others, pay attention, and learn
- Our classroom rules and circle time rules

Social-
Emotional**Getting Along with Others**

- Practicing how to ask someone to play

Social
Studies**Respecting Our Differences**

- How we are the same and different
- How we can look the same and still be different

Creative
Expression**Being Creative**

- We use our own ideas to be creative with dance, drama, and music
- Ways we can be creative in classroom centers
- Describing our ideas of what to do during center time

Physical/
Health**Staying Healthy and Safe**

- Germs can spread by touching things
- Germs can travel through the air when we cough or sneeze
- Sneezing into a tissue or into our arm can stop germs from spreading

Social-
Emotional

Knowing how to respond to someone who does not want to play with us is an important skill in getting along with others.

- Talk with your child about why someone may not want to play (may want to play by self, play with a different toy or someone else). Explain that we do not need to feel bad when this happens. Talk about options your child can use (ask to play together later, tell child you'd like to play with toy when child is done with it, ask another child to play).

Identifying pairs of sounds can strengthen children's listening skills.

- Use your hands or items in your home to make four different sounds for your child. Then invite your child to close his/her eyes. Make two of the sounds you made when your child's eyes were open. Hide items you used. Invite your child to open his/her eyes and guess the two sounds. Increase the challenge by making similar types of sounds (example: crumpling paper, cutting paper).

Language/
LiteracySelf-
Regulation

Children follow rules better when they understand the reason for a rule.

- Discuss with your child the reasons for some of your family rules. Examples: buckling up helps us stay safe in a vehicle; a specific bedtime helps our bodies rest so we have lots of energy for the next day.

Counting small groups of items helps children understand numbers.

- Encourage your child to create and count groups of two items such as shoes, stuffed animals, crayons, and toy vehicles.



Mathematics

Social
Studies

Each member of the same family is unique.

- Looking closely at the skin of people in the same family can help children appreciate that each person is unique. Help your child compare the skin of his/her hand to other family members. Look at differences in color, texture, lines, and whether skin has freckles or pigment spots.

Children's toys can strengthen creative abilities.

- Look at some of your child's toys with your child and talk about different ways the toys could be used to create or do something different. Examples: What kind of a neat pizza could be made with play dough? How could pencils or markers of different colors be used to write some alphabet letters or make a drawing for a friend or relative? What could we pretend a block is?

Creative
Expression

Learning to cover a sneeze helps children stop the spread of germs.

- Talk with your child about germs and how they can make a person sick. Show your child how to cover his/her mouth and nose with a tissue before sneezing and how to "catch" a sneeze in the inside part of his/her elbow if a tissue is not available.

Physical/
Health



Language/ Literacy

Understanding Sounds and Words

- How to understand, comprehend, and interpret information in a book
- Learning new words
- Listening to and identifying the sequence of two single sounds
- Following requests that use prepositions and relational words

123

Mathematics

Counting Things

- Verbal counting of up to five items
- How to identify and form groups of five or fewer items with and without counting
- How to connect number words to quantities and understand which group has more



Self- Regulation

Using Self-Control

- Listening helps us to learn things and to know what to do
- Raising our hand quietly is a way for everyone to talk and be heard in a group



Social- Emotional

Getting Along with Others

- How to share an item such as play dough
 - split the item
 - play with it together
 - take turns with it



Social Studies

Respecting Our Differences

- How we are the same and different from the main character in a book
- How to identify and represent through drawing something special about the main character in a book



Science

Being a Scientist

- How to observe, describe, and record information about ice
- Investigating how ice changes using water, sun, and shade



Physical/ Health

Staying Healthy and Safe

- Rules and routines that help keep us safe
- Practicing what to do during an emergency

Social-
Emotional

Knowing how to share a toy is part of getting along with others.

- Use a small set of blocks (or other play item) to talk with your child about different ways to share something with someone else: (1) divide the blocks in half so each person has some to play with, (2) play with the blocks together to build something, (3) each person takes a turn in playing with the blocks.

Remembering the order in which we hear two or more sounds can strengthen listening and memory skills.

- Make a noise from each of four objects (such as a bell, whistle, paper, stapler) or your hands (clap, snap fingers, or drum) so your child knows what each sounds like. Then make noises from two or more of the sources while your child's eyes are closed. Ask your child which sound was first, second, etc.

Language/
LiteracySelf-
Regulation

Listening to different types of verbal requests can help children pay attention to details.

- Play a listening game of *Simon Says*. Give your child instructions that if you say "Simon says" and then a direction such as "touch your nose", the child does that activity (touch their nose). If you just say, "touch your nose", they are not to do it.

Making and comparing two or more groups of items can help children understand numbers.

- Help your child make two groups of items with four or fewer items per set. Encourage your child to point to or touch each item while counting. Use things like blocks, stuffed animals, toy vehicles, plastic bottle caps or crayons. Ask your child which group has more.



Mathematics

Social
Studies

Respecting differences in people includes understanding there is more than one way to do something.

- When you and your child are around the community, point out and talk about things that help people who use wheelchairs or walkers or crutches move get around: curb cuts, ramps, rails and grab bars (such as in restrooms), electronic door openers.

Often we can learn about something by trying to change it.

- Invite your child to describe and maybe show you what was done with ice in his/her classroom at the early childhood program (watched how quickly ice in sun or under a lamp melted compared to ice in the shade). Encourage your child to do a similar experiment at home by watching what happens to ice that is put in warm or hot water compared to ice put in cold water.



Science

Children benefit from knowing what to do if there is a fire where you live.

- Describe and practice fire emergency procedures for your home. Give attention to each room in your house or apartment. Show your child how to report a fire (911), if appropriate.

Physical/
Health

Language/
Literacy**Understanding Sounds and Words**

- How to understand, comprehend, and interpret information in a book
- Learning new words
- Understanding and identifying words that rhyme

123

Mathematics

Working with Shapes

- Characteristics of a circle, triangle, and square
- Naming, identifying, and describing circles and squares
- How to match a three-dimensional item to its correct shape (circle or square)

Self-
Regulation**Paying Attention**

- How to concentrate on something
 - Examples of paying close attention to puzzle pieces and breathing

Social-
Emotional**Getting Along with Others**

- Practicing how to cooperate with each other
 - *Musical chairs* game
 - Making a classroom quilt

Social
Studies**Respecting Our Differences**

- How some people may use a wheelchair, walker, crutches, or braces to move from place to place
- How people who are blind may use their fingers and hands to learn about something



Science

Being a Scientist

- Exploring whether items are attracted to a magnet
- Making and trying out predictions about whether an item will be attracted to a magnet
- Exploring differences in the strength of magnets and making a prediction about what a strong magnet looks like

Physical/
Health**Moving Our Bodies**

- Ways to keep safe when we do physical activities
- How our body moves when we walk and march

Social-
Emotional

Knowing how to take turns is part of getting along with others.

- Play a board game or a card game or build something with blocks or other manipulatives with your child. Point out how each person takes a turn and why it is important to take turns. You may wish to explain that taking turns is a fair way for every person to have a chance to contribute.

Identifying words that rhyme helps children pay attention to the sounds of words.

- Encourage your child to point out rhyming words in nursery rhymes such as star/are, high/sky in "Twinkle, Twinkle, Little Star." Many books (such as books written by Dr. Seuss) include rhyming words that your child can have fun identifying.

Language/
LiteracySelf-
Regulation

Concentrating means paying close attention to something.

- Invite your child to lie quietly on his/her back and place one hand on his/her stomach. Encourage your child to concentrate on breathing (in and out) and to think about happens to his/her hand when breathing in and out (it goes up and down).

Understanding the characteristics of a circle and a square help begin to see differences in shapes.

- Encourage your child to look for items in your home and community that are in the shapes of a circle (plates, coins, cookies, the rims of cups/glasses/pans, lids and bottle caps) and a square (tiles on floors or in showers, fence posts, stepping stones, road signs). Invite your child tell why an item is a circle (round, curved edge) or a square (four straight sides and corners that are the same).



Mathematics

Social
Studies

Respecting differences in people includes understanding there is more than one way to do something.

- Explain to your child that a person who is blind can use their fingers and hands to learn about something. Tie a bandana around your child's head to cover his/her eyes. Provide different items for your child to hold and describe, one at a time. What does the item feel like? What shape is it? Begin with a familiar item and then introduce less familiar items.

Exploring is an important first step in learning about something.

- Provide a magnet that your child can use to explore what types of small items are attracted and not attracted to the magnet. Invite your child to put the items into two different groups (items that are attracted, items that are not attracted). Comparing the two groups can help your child make a prediction about what types of things are attracted and not attracted to a magnet.



Science

Moving our bodies in different ways can help children focus on their leg, arm, and muscle movements.

- Invite your child to walk and then march. You may wish to walk and march alongside your child. Encourage your child to pay attention to how his/her body moves when walking compared to marching. How do our legs and arms move differently when we march compared to when we walk? Walking and marching slowly or quickly can help your child pay closer attention to body movements.

Physical/
Health

Language/
Literacy**Understanding Words and Sounds**

- How to understand, comprehend, and interpret information in a book
- Learning new words and identifying rhyming words
- Matching two picture cards that rhyme
- How to identify two of three words (picture cards) that rhyme and which word does not rhyme

123

Mathematics

Working with Shapes

- How to identify and describe a rectangle and triangle
- How to represent shapes using straws, fingers, and drawing
- How to describe attributes of different shapes
- Making shapes with our bodies

Self-
Regulation**Using Self-Control**

- Self-control helps us do the right thing
- We think before we do something and we remind ourselves to do the right thing

Social-
Emotional**Getting Along with Others**

- Four steps in solving a problem
 - What is the problem?
 - What are some solutions?
 - Are the solutions safe and fair?
 - Give it a try!

Social
Studies**Respecting Our Differences**

- Families are not exactly alike
- Activities we do with our family or someone in our family

Creative
Expression**Creating Art**

- An artist is a person who creates art, music, drama, or dance
- Different types of art including painting, drawing, weaving, sculpting, and photography
- We can be artists

Physical/
Health**Moving Our Bodies**

- Paying attention to how our body moves when we walk and march

Social-
Emotional

Identifying possible solutions to a problem is a key part of problem-solving skills.

- Pretend two stuffed toy animals are fighting over a toy. Invite your child to think of several different solutions. Encourage your child to play the part of one of the stuffed toys, and offer a solution to the other stuffed toy.

Identifying words that rhyme strengthens children's attention to sounds in words.

- Play rhyming word games with your child. Say two words (examples: ball/fall or cat/toy) and ask your child whether the words rhyme. Say a simple word and invite your child to say 1) a word that rhymes, and 2) a word that does not rhyme.

Language/
LiteracySelf-
Regulation

Self-control affects many aspects of success in life.

- Children love to pop bubbles. Help your child practice self-control by staying still while you blow bubbles. Encourage your child to try hard to not pop the bubbles until you give a go-ahead.

An understanding of basic shapes is an important part of early geometric and spatial skills.

- Encourage your child to look for items in your home and community that are in the shapes of a rectangle (paper, books, doors, windows, drawers, business signs, road information signs) and a triangle (traffic yield signs, hazard warning signs, house gables, roof lines).

123

Mathematics

Social
Studies

Understanding how your family is unique can promote children's respect for family differences.

- Talk with your child about interests and characteristics of family members. Examples: cooking, hunting, fishing, sewing, quilting, honors, military service, reading, humor, devotion to one another or an institution, simple acts of kindness.

Creative expression can occur in many different ways.

- Point out and talk about different types of creativity in your home and community. Examples: painting, photograph, mural, drawing, watercolor; clay or play dough sculpture; musical performance; fabric art.

Creative
Expression

Moving our body from one place to another requires looking carefully at where we are going.

- Encourage your child to walk or march next to a straight line, such as the edge of a floor rug, and around a circular object, such as a round trash can or laundry basket.

Physical/
Health

Language/
Literacy**Understanding Words**

- How to understand, comprehend, and interpret information in a book
- Learning new words and identifying rhyming words
- The alphabet is all the letters we use to write words
- How our names are the same and different
- Words are made of letters

123

Mathematics

Counting Things

- How to create groups of four or five items
- How to identify quantities of up to five without counting
- How to count groups of up to 10 items
- How to identify which group of dots on dice has “more” or “fewer”

Self-
Regulation**Using Self-Control**

- Different ways to wait patiently
 - Sing or hum quietly
 - Say a rhyme to oneself
 - Play with a toy

Social-
Emotional**Getting Along with Others**

- Practicing different solutions for typical classroom problems
- Thinking about whether different solutions are safe and fair

Social
Studies**Respecting Our Differences**

- Things we like to do with our families at home or somewhere else
- Similarities and differences in the people and pets we have in our families

Creative
Expression**Creating Art**

- How artists use tools, such as a paintbrush, sponge, and straw to create art
- Different types of paper and canvas we can use to create art
- How to use a smock, easel, and stencil

Physical/
Health**Moving Our Bodies**

- How to gallop
 - Gallop and Get game

Social-
Emotional

Thinking about the outcomes of possible solutions to a problem is central to problem-solving skills.

- Again pretend two stuffed toy animals are fighting over a toy. Invite your child to think of several different solutions. For each solution, imagine what might happen if the solution is used to solve the problem. Is one solution better than others?

The first letters children learn to recognize are often letters in their name.

- On a blank sheet of paper, print your child's first name in large letters using an uppercase letter for the first letter and lowercase for the other letters. Print the individual letters of your child's name on smaller pieces of paper. Invite your child to match the individual letters with letters in his/her name.

Language/
LiteracySelf-
Regulation

Waiting patiently is a self-control skill used throughout life.

- Help your child think of ways to wait patiently. Some options include humming, singing a song quietly, playing with a toy, or looking at a book. Provide items and supports for your child to practice waiting patiently.

Comparing the number of items in two groups can strengthen children's understanding of numbers.

- Create two groups of up to five items each. Examples: shoes and boots; crayons and markers; stuffed animals and blocks. Ask your child which group has more items. Change the number of items in each group and ask which group has fewer items.

123

Mathematics

Social
Studies

Talking about how your family members spend time together can help children feel better connected to their family.

- Discuss with your child things your family members like to do together. Examples: playing sports, biking, walking, hiking, fishing, camping, or cooking. Recall past gatherings involving your child. Make plans for a next time.

Experiences with different paintbrushes can broaden children's approaches to creating art.

- Provide several different sizes of paintbrushes to support your child's understanding of how paintbrushes contribute to painting.

Creative
Expression

Galloping is a fun way for children to learn to balance and control their bodies.

- Provide opportunities for your child to practice galloping. A gallop involves taking a large step forward with one foot and leg and then bringing the other foot and leg forward. Use the same foot and leg each time to lead and the other foot and leg to follow.

Physical/
Health

Language/
Literacy**Understanding Words and Letters**

- How to understand, comprehend, and interpret information in a book
- Learning new words
- Parts of sentences
- The name, sound, written form, and uses of the letter B
- A sentence is a group of words that gives us information

123

Mathematics

Counting Things

- How to count and match equal groups of items
- How to verbally count to 10 and count backwards from 10 to 1
- How to follow verbal instructions for counting actions

Self-
Regulation**Using Self-Control**

- Practicing how to wait patiently
 - Using a timer
 - Playing the *I Spy* game and saying the “Wiggle Rhyme”

Social-
Emotional**Getting Along with Others**

- Helping someone means doing something useful for someone
- Helping someone can make the person and ourselves feel good

Social
Studies**Respecting Our Differences**

- How to represent through drawing a special activity we like to do with someone in our family
- Grandparents and older family members (elders) are important members of a family

Creative
Expression**Creating Art**

- Different types of paints we can use to create a painting
- Different types of tools we can use to create a drawing, including crayons, pencils, chalk, and markers
- Using clay or dough to create art

Physical/
Health**Moving Our Bodies**

- How to hop
- *Hoop Hop* game

Social-
Emotional

Helping others is a valuable way to get along well with others.

- Help your child plan two different ways to help your family or someone else. Examples: select unwanted toys to give to a family shelter; help sibling(s)/friends pick up toys after playing; match socks as a part of doing the laundry. Encourage your child to carry out at least one of the plans.

Understanding that a sentence is a string of different words is a core early literacy skill.

- Use a book with one or two simple sentences on a page to show your child how a space separates words in a sentence. Point to each word as you read a sentence. Invite your child to point with you as you read each word.

Language/
LiteracySelf-
Regulation

Waiting patiently is an important life skill.

- During a snack time, encourage your child to wait 10 seconds between bites. Count slowly to 10 or use a timer. Over time, slowly increase wait time between bites—up to one minute. Develop strategies with your child for what she/he can do while waiting.

Practice in counting things strengthens children's understanding of numbers.

- Invite your child to help organize a pretend birthday party with stuffed animals or dolls. Invite your child to count how many animals or dolls are guests. Use blocks (or similar items) as cupcakes for the celebration. Help your child count the number of cupcakes needed so each guest gets a cupcake.

123

Mathematics

Social
Studies

Understanding how families are the same and different helps children learn how each family is unique.

- Talk with your child about family members who live with you, live nearby, or live far away. Make a photograph book together of family members. The book can be your child's own special book about his/her family.

Children learn about the variety of materials used by artists by experiencing the materials.

- Provide your child with a variety of experiences using different types of art materials. Examples: markers, crayons, chalk, colored pencils, clay, play dough; and different types of paint such as watercolors, tempera, and acrylic.

Creative
Expression

Hopping on one foot involves balance and core strength.

- Help your child practice hopping on one foot by holding hands. Have your child use slightly bent knees to help maintain balance. Start by having your child hop in place. Then advance to hopping five steps forward, turn around, and hop back to the starting place on the other foot.

Physical/
Health

Language/
Literacy**Understanding Words and Letters**

- How to understand, comprehend, and interpret information in a book
- Learning new words
- The name, sound, written form, and uses of the letter C
- How to put two words together to make a new (compound) word

123

Mathematics

Counting Things

- How to verbally count small groups of items
- How to create and match equal groups of items

Self-
Regulation**Focusing & Remembering**

- How to follow requests by watching, listening, and remembering
 - *Orange Circle, Purple Circle* game

Social-
Emotional**Getting Along with Others**

- Being friendly is a way to be helpful to others
- Practicing how to be friendly in typical situations

Social
Studies**Respecting Our Differences**

- Things grandparents do with their grandchildren in different parts of the world
- How grandparents and grandchildren are the same and different



Science

Being a Scientist

- How to use our five senses to investigate food items
- How to use our senses to identify and describe things outdoors

Physical/
Health**Moving Our Bodies**

- How to balance our bodies with different parts of our body

Social-
Emotional

Guiding children to be friendly to others can help support positive social skills.

- Act out or discuss situations that involve being friendly to another person. Examples: someone having trouble opening a door because their arms are full; someone drops something; playing with a toy that someone else also wants to play with; what to say when leaving a friend's house after playing there.

Finding compound word items at home can strengthen your child's word skills.

- Help your child find items around your home that have compound word names (doorknob, mailbox, backpack, raincoat, bookshelf, etc.). Extend your left hand, palm up, for the first word and your right hand, palm up, for the second word. Clap hands to make the new word. Example: Hair (left hand out) plus brush (right hand out) makes hairbrush (clap).

Language/
LiteracySelf-
Regulation

Self-control includes starting and stopping body actions in response to cues.

- Play music and encourage your child to dance or move in a circle when the music plays. Ask your child to stop moving when you pause the music. Start moving again when the music restarts. Vary the length of the music and pauses. Switch rules so the movement occurs during pauses in the music.

The concept of equal is an important part of number skills.

- Encourage your child to create two groups that have an equal number of items. Examples: toy cars, dolls, stuffed animals, crayons, markers. Offer a number of items for your child (1-5 items per group). Create one group and encourage your child to create a second group of an equal number of items.

123

Mathematics

Social
Studies

Connecting with older family members can deepen a child's respect for family differences.

- Tell your child about grandparents and/or great-grandparents. If possible, help your child use phone calls or social media tools to enable elders to share stories of their childhood with your child.

The five senses help children learn about their worlds.

- Pop and explore popcorn with your child. Talk with your child about hearing and smelling the popping corn. Enjoy the taste of popcorn together.



Science

Good control of physical movements requires balancing our bodies.

- Encourage your child to pretend he/she is a stork by standing on one foot. Offer your hand for support if needed. Count out loud together to determine how long your child can stand on one foot. Try the other foot.

Physical/
Health

Language/
Literacy**Understanding Words and Letters**

- How to understand, comprehend, and interpret information in a book
- Learning new words
- How to put two words together to make a new (compound) word
- The name, sound, written form, and uses of the letter O

123

Mathematics

Working with Shapes

- How to describe and make four basic shapes
- How to make a new shape from other shapes
- How to create a picture using shapes
- How to sort items in our classroom by shape

Self-
Regulation**Focusing & Remembering**

- How to follow requests by listening and remembering
 - *The Freeze Game*

Social-
Emotional**Getting Along With Others**

- Different ways to give a compliment to someone
- How to give a “thumbs-up,” “high five,” say something nice, and give a gentle hug
- Practicing giving and receiving compliments

Social
Studies**Respecting Our Differences**

- Families share how they are unique
- Family members sharing special things about their families



Science

Being a Scientist

- How to use our sense of sight to play the *I Spy* game
- People who do not have the sense of sight (blind) use other senses to learn more about something
- How to use our sense of smell to learn more about something
- How to use our sense of touch to learn more about something

Physical/
Health**Moving Our Bodies**

- How to twist our bodies in different ways
- How to turn our bodies and balance while walking on a line

Social-
Emotional

Offering compliments is part of getting along well with others.

- Talk with your child about the good feelings we can have when someone gives us a compliment about something we have done. Use a mealtime or some other routine part of your time with your child to point out instances where a compliment could be given to someone. Example: You did a great job putting out the silverware for our supper.

Combining two words to make a new word can bolster your child's word knowledge.

- During an informal time, such as riding in a car, say the two words that make a compound word. Pause between each word. Examples: ear ring, sail boat, snow man. Encourage your child to put the two words together. Add challenge by saying a compound word and then saying one of the words that make up the compound word. Ask your child what word is left. Example: Toothbrush. Tooth. What word is left? (brush)

Language/
LiteracySelf-
Regulation

Children can strengthen the control of their behaviors by practicing responses to visual cues.

- Provide a musical instrument such as an empty box to use as a drum, two metal spoons to use as cymbals, or rice in an empty water bottle for shakers. Use your arm or something as a baton to conduct/lead the music. When you wave your arm or baton, your child plays the musical instrument. When you stop waving, the music stops.

Making shapes is a useful way for your child to understand characteristics of basic shapes.

- Provide a piece of string or yarn about 12 inches in length. Invite your child to use the string or yarn to make some basic shapes: circle, square, triangle, rectangle. Draw each shape on a piece of paper as a sample for your child to follow. Point out how each side of a square is the same length. Ask how the rectangle is different than a square.

123

Mathematics

Social
Studies

Exploring differences in families can broaden your child's understanding of families.

- Find picture books at the local library about families to read with your child. Discuss topics such as: activities families do together, how families celebrate special occasions/holidays, how family members dress.

Exploring where and how animals live in their natural settings can enhance your child's awareness of nature.

- Talk with your child about animals in the region where you live or another habitat of interest to your child. Where do different types of animals live? What do they eat? Are they awake during the day or at night? How do they breathe (gills or lungs)?



Science

Children can learn about physical movements by moving different parts of their body.

- Encourage your child to move his/her body at the neck, waist, hip, and ankles. Focus on head, upper trunk, legs, and feet. Move body parts while standing, kneeling, and sitting.

Physical/
Health

Language/
Literacy**Understanding Words and Letters**

- How to understand, comprehend, and interpret information in a book
- Learning new words
- How to put two words together to make a new (compound) word
- The name, sound, written form, and uses of the letter A

123

Mathematics

Working with Shapes

- How to identify shapes based on verbal descriptions
- Shapes can be different sizes
- How to reproduce a group of shapes by memory
- How to identify a missing shape from a group

Self-
Regulation**Paying Attention**

- How to concentrate on our breathing to help our minds feel calm and our bodies feel relaxed

Social-
Emotional**Understanding Feelings**

- An emotion is how we feel on the inside
- There are many kinds of emotions. Facial expressions can convey emotions
- When we are happy we feel good inside
- When we feel silly inside we may feel happy and playful

Social
Studies**Exploring Where We Live**

- Different types of homes
- Things we can find inside a home



Science

Being a Scientist

- How to use a balance scale to compare the weight of two items
- How to use a magnifying glass to observe something more closely
- Naming, describing, and using tools (balance scale, magnifying glass, and binoculars) to learn more about things

Physical/
Health**Moving Our Bodies**

- How to bend our bodies in different ways
- How to balance when we stop moving our bodies

Social-
Emotional

Talking about feeling happy is a good way to begin understanding feelings.

- Take turns with your child telling what makes you feel happy. Say "I feel happy when . . ." Point out each other's smiles. Your child may want to draw a picture of something that makes him/her feel happy. Display the picture as a reminder of happiness.

Identifying the two words that make up a compound word can strengthen your child's awareness of word sounds.

- Find pictures of compound words and the two component words. Lay a picture of a compound word in front of your child, and have him/her find the two pictures that make up the compound word. Have your child state the compound word and then the first and last component words.

Language/
LiteracySelf-
Regulation

Concentrating on breathing in and out can help your child relax and practice self-control.

- Encourage your child to sit quietly and focus on breathing in and out. You may want to say quietly "in, out, in, out" as your child breathes. Taking slow, deep breaths can help calm our minds. Noisy thoughts get quiet when we are calm. A calm mind can help us use self-control.

Strengthen your child's knowledge of shapes by describing a basic shape for your child to identify.

- Draw the outline of basic shapes on the same or separate sheets of paper: circle, square, triangle, rectangle. Describe a shape. Ask your child to point to and say the name of the shape you describe. Reverse roles by encouraging your child to describe a shape that you point to and name.

123

Mathematics

Social
Studies

Comparing the outside look of different types of homes can improve your child's understanding of a community.

- As you travel around the community with your child, point out and discuss different types of homes, such as apartment complexes, duplexes or multi-family homes, mobile homes, single-family homes, etc. Talk with your child about how the outside looks similar to, or different from, your home.

Exploring things with a magnifying glass can help your child understand how tools help us learn.

- Encourage your child to use a magnifying glass to look closely at things in your home. Outdoors is also a great place to use a magnifying glass with items found in nature, such as leaves, tree bark, and bugs. Ask your child to describe what he/she can see with and without a magnifying glass.



Science

Maintaining our balance is important in moving our body in different ways.

- Encourage your child to maintain balance while bending different parts of his/her body. Serve as a model. Bend knees by raising them, squatting, raising knee to touch elbow, and bend knee with foot behind you. Bend at the waist by leaning forward, backward, and side to side.

Physical/
Health

Language/
Literacy**Understanding Words and Letters**

- How to understand, comprehend, and interpret information in a book
- Learning new words
- Reviewing the names of the letters B and C, O, and A
- Practicing how to make and take apart compound words
- Identifying rhyming words

123

Mathematics

Counting Things

- The last number we count tells us how many we have
- How to sort items into groups and identify groups that are equal
- How to make a group of a given number of items

Self-
Regulation**Paying Attention**

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

Social-
Emotional**Understanding Feelings**

- When we feel sad we may have a frown on our face or cry
- Making and identifying happy, silly, and sad faces
- Ways to feel better when we are sad

Social
Studies**Exploring Where We Live**

- Creating a unique shoebox home

Creative
Expression**Creating Dance**

- How to move forward and backward
- How to bend, stretch, and bow
- How to jump, glide, spin, and hop

Physical/
Health**Staying Healthy and Safe**

- Our teeth help us eat and make sounds when we talk
- How to brush our teeth

Social-
Emotional

Children benefit from knowing how to identify a sad feeling.

- Talk with your child about how someone may look when feeling sad. Possibilities: frowning, crying, pressing arms toward body, looking down. Invite your child to show you a sad face. Show your child your sad face. Describe your faces to each other. Talk about why someone might feel sad and what we can do to feel better when we are sad.

Identifying rhyming words is a valuable early literacy skill.

- Encourage your child to listen for and say rhyming words in nursery rhymes, such as "Twinkle, Twinkle, Little Star" (star/are, high/sky). Read books together that include rhyming words.

Language/
LiteracySelf-
Regulation

Yoga is a useful way for children to practice focusing on their bodies and breathing.

- Here is a simple yoga pose for your child to try: 1) lie on the floor face down; 2) place palms on the floor by shoulders; 3) push body upward from head to waist and then lock elbows; 4) look upward and breathe deeply in normal breaths; 5) hold this posture for 25–30 seconds; 6) relax.

Creating a group of a target number of objects offers good practice in counting.

- Provide a group of small objects: blocks, stuffed animals, or toy vehicles. Ask your child to use the objects to create a separate group of the objects by counting the number of objects you specify. For example, form a group of four blocks from a larger group of 10 blocks. Practice different target numbers for creating a second group.

123

Mathematics

Social
Studies

Children can learn how homes are unique by comparing your family's home to other homes.

- Discuss with your child some of the ways your home is similar to, and different from, other homes in your neighborhood. Encourage your child to look closely at colors (including roofs), type of construction materials (brick, stone, siding), trees, bushes, flowers, yards, closeness to street, etc.

Dance helps children control their body movements.

- Encourage your child to dance by moving three steps forward, pausing, and then taking three steps backward. Repeat the movements with some slow music that has a clear, steady beat. Taking several steps sideways, or along an imaginary diagonal, can add variation and challenge.

Creative
Expression

Supporting your child in regularly and properly brushing his/her teeth can foster long-term, healthy dental habits.

- Assist your child in properly brushing his/her teeth twice daily for two minutes each time. You may wish to sing a song to promote the routine and mark the time. Proper brushing techniques, songs, and activities may be found at the American Dental Association website.

Physical/
Health

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 letters B, C, O, A

123

Mathematics

Counting Things

- The last number we count tells us how many we have
- How to make a group of a given number of items

Self-
Regulation**Focusing & Remembering**

- How to follow requests by listening
 - *Sleeping, Sleeping, All the Children Are Sleeping* game

Social-
Emotional**Understanding Feelings**

- When we are angry we feel bad inside
- Different ways to manage our angry feeling

Social
Studies**Exploring Where We Live**

- Playing with and/or describing our unique shoebox homes
- Describing shapes in our shoebox home



Science

Exploring Living Things

- Living things need food
- Living things need air
- Living things grow and make others like themselves

Physical/
Health**Staying Healthy and Safe**

- How to use our muscles to move parts of our bodies
- How exercise can keep our muscles strong and healthy

Social-
Emotional

Children can learn to stop and think when they are angry.

- It is normal for children to sometimes feel angry when they cannot do what they want to do. Show your child a way to calm down and think of an alternative to feeling angry. Pretend you are angry in an argument with another child over a toy. Show how to: 1) stop, 2) tuck—put head down, give yourself a hug, take 3 deep breaths; and 3) think about some ways to solve the conflict.

Preschool children's knowledge of letters is linked to later reading skills.

- Make a chart containing upper and lower case letters B, C, O, and A. Your child's classroom has introduced these letters. Strengthen your child's familiarity with these letters by asking your child to point to and repeat a letter you say in the order each appears on your chart, then randomly. Are any of the letters in a family member's name?

Language/
LiteracySelf-
Regulation

Children's attention skills are strengthened when they practice listening carefully for a key word in a game.

- Encourage your child to pretend to sleep while you use your own tune to sing "sleeping, sleeping, all the children are sleeping. And when they woke up they were. . . ." Say the name of an animal at the end. Encourage your child to pretend to be the animal you name. Repeat the song 2–3 times, each time using the name of a different animal.

Creating a group of a target number of objects offers good practice in counting.

- Use or make a set of eight cards with one number on each, from two through nine. Scramble the cards and put them face down. Invite your child to select a card and create a group of the same number by counting objects (toy cars, blocks, stuffed animals, etc.). Remove the chosen card and repeat with the remaining cards.

123

Mathematics

Social
Studies

Creating pretend homes can help your child notice how homes can be unique.

- Use play dough, blocks, sheets, or other items for you and your child to each make your own pretend home. Talk with your child about how the two homes are different and similar.

Identifying living and non-living things can strengthen children's understanding of characteristics of living things.

- Your child's classroom is exploring how a living thing needs food and air, grows (gets bigger) over time, and helps make another like itself (a plant seed can grow into another plant). Encourage your child to find things that are living and not living, inside and outside of your home.



Science

Physical exercise strengthens our bodies by making our hearts and lungs move faster.

- What happens to our bodies when we exercise? Ask your child to lie on the floor and place a hand on his/her chest to feel the movement of his/her heart and lungs. Next, stand up and run in place for 1–3 minutes. Then lay on the floor again and feel the rate of heart beats and breathing. What's different?

Physical/
Health

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 X

123

Mathematics

Counting Things

- How to sort items into groups and identify the group that has more
- How the amount of items in a group does not change when the items are moved
- How to make a group of a given number and compare with other groups
- How to compare groups of different amounts
- Identifying numerals 0, 1, 2, 3, and 4

Self-
Regulation**Focusing & Remembering**

- How to follow requests by watching and remembering
- *Conducting an Orchestra* game
- *Orange Circle, Purple Circle* game

Social-
Emotional**Understanding Feelings**

- We may feel bored when we don't have anything we want to do or we are tired of what we are doing
- We can use our imagination to think of new or pretend things when we feel bored

Social
Studies**Exploring Where We Live**

- Our homes are located in a neighborhood
- Places we might find in a neighborhood



Science

Exploring Living Things

- How the coverings of animals protect their bodies and help animals do different things
- Naming different parts of animals' bodies and how animals use them
- How animals move in similar and different ways

Physical/
Health**Staying Healthy and Safe**

- We rest our bodies by taking a break from thinking and doing
- Ways to help our bodies take a rest

Social-
Emotional

If your child looks bored, or says "I'm bored," help your child use his or her imagination.

- Gather four or five unrelated items, such as a paper/plastic cup, a small stuffed animal, an empty box (like a cereal box), a block, a piece of paper, etc. Encourage your child to create something with some or all of the items. Another option is to invite your child to come up with five different ways to play with the items.

An important pre-reading skill is understanding that words are made up of syllables.

- Engage your child in slowly clapping each of the syllables in a word. Begin with your child's name. Examples: Ben is one clap, Ben-ja-min is three separate claps. Clap each syllable in the names of other family members, friends, pets, and/or favorite toys. This is a good activity to do while waiting in a line.

Language/
LiteracySelf-
Regulation

Help your child practice controlling his or her behaviors by watching you conduct a pretend band.

- Provide your child with a musical instrument. Examples: an empty box to beat like a drum, two metal spoons to clang, or dried beans or rice in an empty bottle to shake. Use a spoon as your baton to conduct/lead the band. Your child is to play the instrument when you wave the baton, and to stop making sounds when your baton stops.

A core counting skill is understanding that the number of items does not change when the items are in different positions.

- Place four identical items, such as rectangle blocks, in a row. Leave a space between each item. Invite your child to count the blocks. Move the items into a circle and encourage your child to count the items. Move the items into a random arrangement. Invite your child to count the items.

123

Mathematics

Social
Studies

It is useful for children to know how places in their community help people.

- As you and your child travel around your community, point out and talk about different places and what people do there. Examples: fire station, medical centers, library, schools, restaurants, grocery stores, gas stations, community center, parks, stores, and religious places.

Looking carefully at different types of animals can help strengthen children's abilities to observe and compare.

- Use books with pictures of animals, or visit a place with animals, to help your child notice and talk about how animals are similar and different. Make comparisons: skin coverings (fur, feathers, shell); body parts, (ears, wings, beaks, fins, shells, horn); movement (crawl, swim, fly, walk, jump).



Science

Focusing on breathing can help children relax their bodies for a rest.

- To help your child get calm for a rest or sleep, encourage your child to concentrate on his or her breathing (air is going in, out, in out) and on relaxing his or her muscles. Reduce or eliminate distractions so your child can focus on his/her body.

Physical/
Health

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

Language/
Literacy**Understanding Words and Letters**

- How to understand, comprehend, and interpret information in a book
- Learning new words
- How to divide words into syllables
- How to put syllables together into a word
- The name, sound, written form, and uses of the letter P

123

Mathematics

Making Patterns

- How to make simple patterns with pictures of boys and girls, colors, and shapes; beads on a bracelet; shapes on a crown; and bingo dotters

Self-
Regulation**Focusing & Remembering**

- How to follow requests by listening and remembering
 - *The Freeze Game*
- How to follow requests by listening and watching
 - *Sleeping, Sleeping, All the Children Are Sleeping* game

Social-
Emotional**Understanding Feelings**

- When we feel shy, we may feel a little worried about new places or being with people we do not know
- How we can help someone who is feeling shy

Social
Studies**Exploring Where We Live**

- Describing our neighborhood box places
- Identifying the location of our center and places in our center's neighborhood on a map



Science

Exploring Living Things

- How parts of a plant help the plant to live
- Identifying and representing parts of a plant
- Seeds need sunlight, water, and soil to grow

Physical/
Health**Moving Our Bodies**

- Changing the speed and direction of our jogging
 - *Hungry Hippo* game
- Practicing our jogging and walking skills
 - *Fill the Bucket* game



Social-Emotional

Children benefit from knowing it is okay to feel shy when we meet new people or go to new places.

- Talk with your child about a time you noticed your child feeling shy. Describe behaviors, such as hiding behind you or burying his or her face. Explain it is okay to feel shy. Describe how feeling shy often goes away when we get to know people or a setting. Describe a recent example involving your child or someone your child knows.



Language/Literacy

Children can practice identifying syllables in words by listening carefully for syllable clapping mistakes you make.

- Switch the roles in last week's syllable clapping activity. Ask your child to say a word, then you clap its syllables while saying the word slowly. Ask your child to listen carefully because you might make a mistake. For one or several words, intentionally clap once for two syllables. Invite your child to correct your mistake.



Self-Regulation

Help your child control his or her behaviors by listening to the tempo of music.

- Play slow and then fast music. Pause the music when you change tempos. Invite your child to dance or move slowly to slow music, and dance or move quickly to fast music. Encourage your child to not move when you pause the music. Add challenge by changing the rules.



Mathematics

Making a simple pattern can bolster an important math skill.

- Build on last week's activity of finding patterns in objects by inviting your child to make a simple pattern. Provide a set of items that differ in color or shape for making a pattern. Examples: red bead, blue bead, red bead, blue bead; or square block, rectangle block, square block, rectangle block. Encourage your child to say the pattern.



Social Studies

Making and using a neighborhood map can strengthen your child's understanding of your neighborhood and support the development of spatial skills.

- Help your child draw a large map of your neighborhood. Include your home, familiar streets, and buildings. Use small toy vehicles or small blocks as bikes or vehicles that move around the neighborhood.



Science

Repotting a plant or looking closely at a weed can strengthen your child's understanding of characteristics of living things.

- Engage your child in repotting a plant or looking at a small weed that you dig out of the ground. Talk about how parts of the plant help the plant to live. Roots bring food and water; very tiny holes (pores) in the leaves and stem help the plant to breathe; and the plant produces seeds that can make new plants.



Physical/Health

Trying to carry objects without spilling them can strengthen your child's control of hand/arm movements and walking speed.

- Encourage your child to place cotton balls on a serving spoon, carry them across the room, and pour the balls from the spoon into a bowl. Add challenge by increasing the number of cotton balls and/or the speed of walking across the room.



Language/ Literacy

Understanding Words and Letters

- How to understand, comprehend, and interpret information in a book
- Learning new words and identifying rhyming words
- Identifying the names of letters X, S, and P
- Practicing how to divide words into syllables and put syllables together into a word

123

Mathematics

Counting Things

- How to compare groups of different numbers of blocks
- Identifying numerals 5, 6, 7, and 8



Self- Regulation

Focusing & Remembering

- How to follow requests by watching and remembering
 - *Conducting an Orchestra* game
- How to follow requests by listening and remembering
 - *Drum Beats* game



Social- Emotional

Understanding Feelings

- When we feel embarrassed, we may feel foolish in front of other people
- Practicing some things we might do when we feel embarrassed or when someone else seems embarrassed



Social Studies

Exploring Where We Live

- Neighborhoods make up a community
- Building pretend neighborhoods in our pretend community



Creative Expression

Making Music

- Our voice is a musical instrument when we sing
- Different kinds of musical instruments make different kinds of sounds



Physical/ Health

Moving Our Bodies

- How to throw a ball straight up into the air
- How different parts of our body can help us throw a ball into the air

Social-
Emotional

Children benefit from knowing it is okay to feel embarrassed.

- Describe a situation in which a child might feel embarrassed. Example: spilling food or milk. You may wish to use puppets or stuffed animals to describe the situation. Talk about what a child who feels embarrassed might do to feel less embarrassed. Also talk about how to help a child who feels embarrassed.

Moving our whole body with each syllable in a familiar word is a useful way to practice identifying syllables.

- Invite your child to jump or hop once for each syllable in a word you say. Use familiar words, including names of family members and friends. Begin with two-syllable words. Say each word slowly, emphasizing its syllables. Then repeat as your child says the word and jumps or hops once for each syllable.

Language/
LiteracySelf-
Regulation

Pretending to be a specific animal in response to a visual cue can help children practice memory skills and body control.

- Prepare three cards, or pieces of paper, with one different solid color on each. Explain which color is linked to a particular animal. Examples: blue means elephant, green means dog. Hold up one color and encourage your child to move like that animal. Say the animal name if your child forgets. Add challenge by changing animal and color links.

Identifying written numbers involves recognizing numbers that look similar.

- Prepare cards with one number from 1-9 on each. Show your child sets of two cards with numbers that look similar: 3 and 8; 6 and 9; 2 and 5. Ask your child to point to and say each of the two numbers. Then do actions together for each number, such as touching toes or jumping jacks. Invite your child to put all cards in order, from 1-9.

123

Mathematics

Social
Studies

Children can begin to understand they are part of a larger world when they recognize differences in familiar communities.

- Help your child learn the name and some characteristics of your current community and another community your child has visited or lived in. Compare things like size, types of housing, whether there are sidewalks, and favorite places.

Our voice can be a musical instrument with different levels of volume.

- Sing your child's favorite song with your child. Emphasize that the two of you are making music together. Encourage your child to practice controlling the volume of his/her voice by singing softly and loudly.

Creative
Expression

Throwing a ball straight up into the air can strengthen coordination of arms and hands.

- Invite your child to hold a large soft ball, such as a beach ball, with one hand on each side. Ask your child to place the ball near his/her knees and then bring the ball up quickly with both arms and hands. Encourage your child to release the ball when it is near nose level. Repeat at different speeds and with different sizes of soft balls.

Physical/
Health

Language/
Literacy**Understanding Words and Letters**

- How to understand, comprehend, and interpret information in a book
- Learning new words
- How to identify the beginning sound in our names
- The name, sound, written form, and uses of the letter E

123

Mathematics

Counting Things

- Identifying numerals 9 and 10
- Practice making groups of a given quantity
- How to identify what number comes next
- How to use a number list

Self-
Regulation**Paying Attention**

- How to concentrate on our bodies and breathing by pretending we are a starfish and pretending to rock a stuffed animal to sleep on our stomach

Social-
Emotional**Understanding Feelings**

- We feel loved when we feel important and special to someone
- Ways to show our love for someone

Social
Studies**Exploring Where We Live**

- A city is a large community
- A skyscraper is a tall building in a city
- People use an elevator to get from floor to floor in a skyscraper
- Creating a unique cityscape with skyscrapers

Creative
Expression**Making Music**

- How we blow air into some musical instruments to make sounds
- How we move a bow across a string or pull on a string on some musical instruments to make sounds
- How we strike or shake some musical instruments to make sounds

Physical/
Health**Moving Our Bodies**

- How we use our eyes and hands to catch something that is moving through the air
- Practicing how to throw and catch different types of things
 - *Who Can?* game

Social-
Emotional

Talking with your child about how people love and take care of him/her can strengthen your child's sense of security.

- Draw attention to simple ways you or others show your child that he/she is important and cared for. Examples: being listened to, being included in activities, sharing a toy or favorite food, using routines and rules that keep your child safe and healthy. Your child might like to talk about what he/she does to care for others.

Identifying the beginning sound of a word is an important pre-reading skill.

- Help your child think of words that begin with the same sound as your child's name. Example: The beginning sound of Maria (M) is also the beginning sound of mom, more, milk, mat, most, muffin. Looking at items in your home may help your child think of words that begin with the same sound. Try other names, too.

Language/
LiteracySelf-
Regulation

Helping children focus on their breathing can help calm their minds and bodies.

- Invite your child to lie on the floor and concentrate on breathing slowly. Draw attention to breathing in and out. Place a small stuffed animal on your child's stomach. "Rock" the toy, as your child's stomach moves up and down with each breath.

Counting skills can be strengthened by creating a group of items that match a specific number.

- Play a game with your child using numbered cards, one through ten, and small items, such blocks or toy vehicles. Take turns drawing a card and counting out the number of items indicated on the number card. Use the same type of item, if possible, to help your child focus on counting—not characteristics of what is being counted.

123

Mathematics

Social
Studies

Pictures can help children learn there are many different kinds of communities.

- Find children's picture books at the library that show different types of communities. Discuss the pictures with your child. Talk about differences, such as how living in a high-rise building would be different than living in a house in a smaller town. Example: using an elevator to get home.

Exploring how different musical instruments make a sound can broaden children's understanding of music.

- Help your child understand how musical instruments make sound with air movement, vibration of strings, or percussion (being struck or shaken). Encourage your child to explore how sound is made with a kazoo, if available; different rubber bands stretched over a shoebox lid; empty boxes used as drums; and dried beans in an empty bottle (a maraca).

Creative
Expression

Learning and practicing how to catch a moving object can strengthen coordination of eyes and hands.

- In front of your child, drop a large soft ball, such as a beach ball or a balloon, for him/her to catch. Encourage your child to keep his/her eyes on the ball and move hands to catch it. Increase the challenge by inviting your child to throw the item straight up into the air and then catch it.

Physical/
Health



Language/ Literacy

Understanding Words and Letters

- How to understand, comprehend, and interpret information in a book
- Learning new words
- How to identify the beginning sound of familiar words
- The name, sound, written form, and uses of the letter H

123

Mathematics

Counting Things

- How to identify what number comes after another number
- How to use a number chart to compare two numbers



Self- Regulation

Focusing & Remembering

- How to follow requests by listening and remembering
 - *It's Raining, It's Pouring* game
- How to follow requests by watching and taking turns
 - "Silly Faces Song"



Social- Emotional

Understanding Feelings

- We feel disgusted when we think something is gross
- How to identify things that make us feel disgusted using our five senses



Social Studies

Exploring Where We Live

- A town is a small community that may have farms
- Drawing farm buildings (silo, barn)
- Describing our pictures of skyscrapers and farm buildings



Creative Expression

Making Music

- Pretending we are a musician in a marching band
- Moving scarves to identify louder and quieter, and faster and slower types of music
- A beat is a regular part or sound of music



Physical/ Health

Moving Our Bodies

- How our arms and legs move when we use underarm throwing
- Practicing underarm throwing at a target

Social-
Emotional

It is helpful for children to understand that sometimes we have disgusted feelings about something.

- Talk with your child about things that cause a disgusted feeling. The word “gross” is sometimes used to describe something disgusting. Think of things related to the five senses: smells, tastes, feels, looks, and sounds. Items that prompt a disgusted feeling may be different for you and your child.

Sorting pictures of items with the same beginning sound can strengthen an important literacy skill.

- Collect 2–3 sets of 2–3 pictures of familiar items that begin with the same sound. Example: basket, ball, balloon; dog, door, drawer. Scramble the pictures and invite your child to say the name of each item. Then encourage your child to sort the pictures into groups that have the same beginning sound, saying the beginning sound of each.

Language/
LiteracySelf-
Regulation

Support your child's short-term memory, listening skills, and behavior control, by offering different sound cues for your child to respond to.

- Use the bottom of an empty container as a drum. Establish rules for how your child is to respond to different numbers of beats you make. Example: One beat = clap hands once. Two beats = jump twice. Three beats = stomp feet three times. Vary the beats. Change the rules.

Comparing two numbers can strengthen skills in identifying more, less, or equal.

- Place a deck of shuffled playing cards, or other number cards 1–10, in a pile face down. You and your child each take a card from the top of the stack and place it face up. Invite your child to say whether his/her card is more, less, or equal to your card. Remind your child that equal means the numbers are the same.

123

Mathematics

Social
Studies

Constructing different types of buildings can broaden children's understandings of differences in community size.

- Encourage your child to use blocks, or other construction items, to make buildings found in very large cities (skyscrapers), smaller cities (shorter buildings), and rural areas (barns, silos).

Marching to a beat children set can help children understand music tempo.

- Form a small marching group with your child using a homemade percussion instrument. Make a drum using a small empty box and a spoon. March to the beat. Encourage your child to alternate slow and fast beats as you create a marching path with segments that differ by tempo (fast/slow).

Creative
Expression

Practicing underarm throwing can strengthen hand and arm coordination.

- Encourage your child to throw soft balls or rolled-up socks onto a small rug or towel using an underarm throw. Steps: 1) face the target with throwing hand at side of body, palm with ball facing forward; 2) move throwing arm behind body; 3) move the opposite leg and throwing arm forward and release the ball at about chest level.

Physical/
Health

Language/
Literacy**Understanding Words and Letters**

- How to understand, comprehend, and interpret information in a book
- Learning new words
- Review how to identify the name and say the sound of letters X, S, P, E, and H
- Practice finding letters X, S, P, E, and H in a sentence

123

Mathematics

Making Patterns

- Practice making simple patterns (ABAB) with words, sounds, and our bodies
- How to make other kinds of patterns (AABAAB) with beads and circle counters
- Using three of our senses to identify patterns outdoors

Self-
Regulation**Focusing & Remembering**

- How to follow requests by watching and taking turns
 - *Mirror, Mirror* game
- How to follow requests by listening and remembering
 - *Drum Beats* game

Social-
Emotional**Understanding Feelings**

- We feel proud when we feel good about our actions, ourselves, or someone else
- Illustrating ourself doing something that makes us feel proud

Social
Studies**Exploring Where We Live**

- Identifying characteristics of our community's geography
- How different types of bridges can be used in a community



Science

Exploring Life Cycles

- How living things grow and change over time
- Drawing ourself as a baby
- How long it takes for people, puppies, and kittens to grow and change from babies to adults
- How living things go through different stages

Physical/
Health**Staying Healthy and Safe**

- How different types of farms grow different kinds of food
- How a dairy farmer gets milk from a cow
- Dairy foods include milk and other food made from milk

Social-
Emotional

Feeling proud is a valuable emotion for children to understand.

- Talk with your child about what it means to feel proud. Describe times you were proud of your child. Talk about a situation in which your child was proud of him/herself. Describe how you knew your child felt proud. Examples: big smile on face, stood a little taller. Describe times you were proud of yourself.

Preschool children's knowledge of letters is linked to later reading skills.

- Make a chart containing upper and lower case letters X, S, P, E, and H. Your child's classroom has introduced these letters. Strengthen your child's familiarity with these letters by asking your child to point to and repeat a letter you say in the order each appears on your chart, then randomly. Are any of the letters in a family member's name?

Language/
LiteracySelf-
Regulation

Copying your different facial expressions can help your child pay close attention to facial expressions.

- Make any type of facial expression and encourage your child to mimic your expression. Hold your expression long enough for your child to look carefully. Invite your child to describe some specifics of the expression you make. Examples: shape of mouth, forehead, eyes. Repeat with different expressions.

Moving parts of our body is a useful way to practice pattern skills.

- Make patterns with your child using your bodies, such as clapping hands and lightly slapping knees. Example: clap, slap, clap, slap. Vary the pattern with an action repeat, such as clap, clap, slap, clap, clap, slap.

123

Mathematics

Social
Studies

Children can strengthen their understanding of a community when they become familiar with its geographic features.

- As you travel around in your community, talk about its geographic characteristics: lakes, rivers, ponds, bridges, railroad tracks, hills or mountains, flat land, dams, wind turbines, elevated tracks, or subways.

Strengthen your child's awareness of how people change over time by looking at pictures of family members at different ages.

- With your child, look at his/her baby pictures and discuss how he/she has changed over time. Together, look at pictures of you or other adult family members and talk about changes in physical features over the years, from infancy to adult.



Science

Broaden your child's understanding of food by describing food grown on farms.

- Help your child identify fresh foods that come directly from a farm when visiting a grocery store or a farmer's market. Examples: fruits and vegetables. Talk about food that is slightly processed after leaving a farm. Examples: meats and dairy products. Consider having a family garden, if possible.

Physical/
Health



Language/ Literacy

Understanding Words and Letters

- How to understand, comprehend, and interpret information in a book
- Learning new words
- How to identify the beginning sound of familiar words
- The name, sound, written form, and uses of the letter M

123

Mathematics

Making Patterns

- How to count, sort, and make patterns with fish crackers
- How to make different kinds of patterns using play dough
- How to make simple patterns with basic shapes and cubes
- How to make patterns by moving our bodies and passing a ball



Self- Regulation

Paying Attention

- Practicing concentrating by looking closely at the color of someone's eyes
 - *Hello Game*
- How to concentrate on our breathing



Social- Emotional

Understanding Feelings

- We may feel scared when we are afraid of something
- Ideas of things we can do when we feel scared
- We might get upset or want to cry or give up trying something when we feel frustrated
- Practicing some things to do when we feel frustrated



Social Studies

Exploring Where We Live

- How railroad tracks are used
- Creating geographic characteristics found in our community



Science

Exploring Life Cycles

- Stages of a chicken's life cycle
- Stages of a penguin's life cycle



Physical/ Health

Staying Healthy and Safe

- Five different kinds of foods that are healthy for us to eat
- Selecting different kinds of healthy food for a pretend lunch

Social-
Emotional

Children benefit from knowing ways to reduce feelings of frustration.

- Talk with your child about times he/she has felt frustrated. Examples: trouble getting on a piece of clothing, blocks falling over before a creation is done. Describe and/or demonstrate some ways to handle frustrating situations: breaking a task into smaller steps, being more realistic about what can be done, and asking for help.

Identifying the beginning sound of a word is an important pre-reading skill.

- Find three objects, two of which begin with the same sound. Examples: mop, magnet, cup; towel, plate, toast. Point to and slowly say the name of each object, emphasizing the beginning sound of each. Ask your child which two items begin with the same sound. Repeat with different items. Which one begins with a different sound?

Language/
LiteracySelf-
Regulation

Going on a quiet walk with your child can focus attention on the present moment.

- Encourage your child to pay attention to what his/her feet feel. Is the ground hard or soft? Bumpy or smooth? Next invite your child to notice what's around the two of you. Do you hear birds? Cars? Wind? Your child may wish to walk silently and slowly like a turtle, paying attention to legs moving up and down.

Changing a pattern of items can deepen children's understanding of how a pattern works.

- Use two different colors or types of objects to create the following pattern: blue, red, red, blue, red, red, blue, red, red, blue, red, red. Invite your child to change your pattern to this: blue, red, blue, red, blue, red, blue, red. Ask your child to say his/her pattern and put the items removed in a separate group. How many are there?

123

Mathematics

Social
Studies

Building bridges with blocks can help children strengthen their understanding of the need for bridges.

- Describe a bridge. Invite your child to build a bridge that small toy vehicles can go over or under. Discuss how some bridges help people safely drive or walk over train tracks or rivers. If there are bridges in your community, discuss how they are used.

Strengthen your child's understanding of different life cycles by talking about an animal that begins life inside an egg.

- Use a book from the library or a child-friendly internet source to look at and discuss pictures of a chicken, or bird of interest to your child, as it begins life in an egg, hatches, and becomes an adult.



Science

Broaden your child's understanding of food by talking about different types of food.

- During mealtimes, talk about the types of food you and your child are eating. Examples: veggies, fruits, dairy (cheese, yogurt), grains (bread, cereal), and protein (meat, beans, chicken). Your child may wish to tell the types of food based on discussion of food types in his/her classroom.

Physical/
Health



Language/ Literacy

Understanding Words and Letters

- How to understand, comprehend, and interpret information in a book
- Learning new words
- How to identify the beginning sound of familiar words
- How to identify words that begin with the letter S
- The name, sound, written form, and uses of the letter R

123

Mathematics

Counting Things

- The number that comes after another number is one more
- How to find the number that is one more than another number
- How to identify which of two numbers is more



Self- Regulation

Focusing & Remembering

- How to follow requests by listening and remembering
 - *It's Raining, It's Pouring* game
- How to follow requests by watching and taking turns
 - "Silly Faces Song"



Social- Emotional

Understanding Feelings

- We may feel nervous when we are worried about something
- We can concentrate on our breathing and take deep breaths to help feel less nervous



Social Studies

Exploring Where We Live

- Playing with and/or describing our created geographic characteristics
- Placing our created geographic characteristics in our pretend community



Science

Exploring Life Cycles

- How to record on a chart things we know and learn about frogs
- Stages of a frog's life cycle



Physical/ Health

Moving Our Bodies

- How our body moves when we jump and land on both feet
- How to jump over two strings on the floor

Social-
Emotional

Children can benefit from practicing ways to become calm when feeling nervous.

- It is common to feel nervous when experiencing something unfamiliar, such as going to a new health care provider. Help your child recognize "I feel nervous." Together, think of a way to feel less nervous. Practice the strategy. Deep breathing is one way to become calm (breathe in slowly and deeply, then exhale the same way).

Identifying names of objects that begin with the same sound is a helpful way to practice an important pre-reading skill.

- Go on a scavenger hunt with your child to find items in your home that begin with the same sound. Examples: milk, movies, mattress. Start a hunt with the beginning sound of your child's name or a family member's name.

Language/
LiteracySelf-
Regulation

Copying different facial expressions made by your child can strengthen your child's skill in paying attention.

- Invite your child to make any type of facial expression, which you will then try to mimic. Encourage your child to hold the expression long enough for you to copy. Invite your child to describe what your face looks like. Repeat with different expressions. For one of your child's expressions, intentionally make a different face. Does your child notice?

An important counting skill is understanding that when we count, the next number is one more.

- Create a number line by writing the numbers 1-10 in a row, on a strip of paper. Provide small items, such as coins. Say a number between 1-10. Invite your child to put an item under the number you say and each number that comes before it. Then ask your child to add one more item and tell how many all together. Repeat with different numbers.

123

Mathematics

Social
Studies

Children can strengthen their understanding of a community by exploring an unfamiliar area in their community.

- With your child, explore an area of your community that you have not visited before. Look for geographic characteristics that are not in the part of the community you know. Examples: railroad tracks, a bridge. Compare places in the "new" part of the community with the part of the community you and your child know best.

Strengthen your child's understanding of different life cycles by talking about an animal that goes through metamorphosis.

- Use a book from the library or a child-friendly Internet source to look at and discuss pictures of the life cycle of a frog or a butterfly. Children are often amazed at the changes. Invite your child to describe what he/she sees in the pictures. Encourage your child to say the word "metamorphosis." Children like to use big words.



Science

Practicing standing broad jumps can improve children's balance and coordination.

- Place a rope or rolled-up bath towel on the floor to jump over. Show or remind your child how to jump by bending knees and swinging arms forward as you jump with both feet. Add challenge by slightly increasing the distance to jump. Example: unroll a towel to make it a little wider. Try not to land on the towel.

Physical/
Health

Language/
Literacy**Understanding Words and Letters**

- How to understand, comprehend, and interpret information in a book
- Learning new words
- How to identify the beginning sound of familiar words
- The name, sound, written form, and uses of the letter F

123

Mathematics

Counting Things

- Practicing identifying written numbers
- How to identify the number that is one more than a given number
- Drawing two sets of animals, with one set having one more
- How to figure out how many items we would have if we had one more item

Self-
Regulation**Focusing & Remembering**

- How to follow requests by watching and taking turns
 - *Mirror, Mirror* game
- How to follow requests by listening and remembering
 - *Musical Simon Says* game

Social-
Emotional**Understanding Feelings**

- When we feel lonely, we are sad because we feel like we are all alone
- Things we can do to help us feel better when we feel lonely

Social
Studies**Exploring Where We Live**

- How people help others in our center and in our community
- Drawing ourself doing a job as a community helper



Science

Exploring Life Cycles

- Drawing what may hatch from a butterfly egg
- Stages of a butterfly's life cycle

Physical/
Health**Moving Our Bodies**

- Practicing different movement combinations
- *Moving Along the Line* game

Social-
Emotional

Children can benefit from knowing things to do when they feel lonely.

- Sometimes we feel lonely. Talk with your child about things we can do to feel better when we are lonely. Options include: moving our body (jumping rope, riding a bike, running); doing quiet things (looking at a book, coloring, working on a puzzle); and being with others (playing catch with a friend, sitting with a parent).

Provide practice with an important pre-reading skill by asking your child to name objects with a beginning sound you say.

- Offer the beginning sound of a word, such as the letter B sound. Invite your child to find or think of things or people whose name begins with the sound you say. Examples: ball, bat, banana. Also, encourage your child to say the beginning sound of the first names of children in his/her neighborhood or classroom. You figure out the names.

Language/
LiteracySelf-
Regulation

Children can strengthen their concentration and control of their behaviors by copying what you do.

- Invite your child to mimic what you do with your body. Move a part of your body, pause for your child to copy your action, then offer a different type of action. Examples of actions: hold both arms out to your side, hold one arm out to your side, tilt your head to the left, tilt your head to the right, turn sideways, bend your head, squat.

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

- Invite your child to count a group of up to nine small items, such as markers or toy vehicles. Ask your child to add one more item to the collection and say the total number of items. Repeat with different numbers of items. The goal is to help your child understand the next number counted is one more, not to count as many items as possible.

123

Mathematics

Social
Studies

It is helpful for children to understand the work of helpers in a community.

- As you go to different places in your community with your child, talk about the work of people who help others. Examples: librarian, food service worker, teacher, firefighter, school crossing guard, police officer, health care provider, veterinarian, barber or hairdresser, store clerk.

Children's familiarity with life cycles is strengthened when they understand that some living things look like their parents early in life and other living things do not.

- Build on last week's discussion of a butterfly or frog by talking with your child about how some living things look like their parents early in life (dog, cat, person) and others do not (frog, butterfly). Use pictures to show and discuss differences.



Science

Children can benefit from doing different movements in response to verbal requests.

- Using sidewalk chalk, draw a line about 20 feet long with four crosshatch marks evenly spaced along the line. Say different ways you would like your child to move from mark to mark on the line. Examples: walk, march, hop, jump. Change the movement or keep the same movement at each mark on the line.

Physical/
Health

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

123

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.

123

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



Language/ Literacy

Understanding Words and Letters

- How to understand, comprehend, and interpret information in a book
- Learning new words
- How to blend two initial sounds (body) with the ending sound (coda) of one-syllable words
- The name, sound, written form, and uses of the letter T

123

Mathematics

Measuring Things

- How to compare the height and width of different items
- How to compare the length of two items
- How to measure things with our hands
- How to measure things using a tool made of Unifix® cubes



Self- Regulation

Focusing & Remembering

- How to focus and take turns
 - *Mystery Bag* game
 - *Listening Bingo*



Social- Emotional

Understanding Feelings

- We can feel thankful about things we have or something someone has done or said to us



Social Studies

Exploring Where We Live

- Uniforms worn by community helpers
- How to compare patches and name tags on some community helper uniforms



Creative Expression

Dancing with Music

- Pretending to be different animals moving to music
 - Lion and elephant
 - Fish and bird
 - Dinosaur and swan



Physical/ Health

Staying Healthy and Safe

- A picky eater wants to eat only certain things
- Different types of healthy snack foods
- How we can try different types of healthy foods by eating small amounts

Social-
Emotional

Recognizing another person's help or thoughtfulness is part of getting along well with others.

- Talk with your child about the value of saying "thank you" to someone who helps us or does something thoughtful. Examples: someone serves food, shares a toy, offers a compliment. People who do helpful or thoughtful things will feel good about being noticed. Remind your child to say "thank you" or "thanks" in situations you observe.

Manipulating the sounds of words can strengthen children's pre-reading skills.

- Practice compound word skills. Say a compound word and invite your child to say each of its two words. Another challenging option is to say a one-syllable word slowly, breaking it into sound parts and pausing between each part. Examples: ha-t; ca-t; too-th; do-ll; su-n; foo-t; boo-k; ca-ke; je-t. Invite your child to tell you the word.

Language/
LiteracySelf-
Regulation

Asking questions about a hidden object can strengthen children's skills in focusing and remembering.

- Hide a small object in a paper bag. Invite your child to ask questions for clues to figure out what is in the bag. Encourage your child to ask more than one question. Help your child think of questions to ask by offering a reminder of your answer to a question, if appropriate.

Children can strengthen their understanding of measurement by comparing the height, length, or width of two items.

- Gather several items from your home. Examples: stuffed animals, blocks, crayons and markers, plastic cups. Invite your child to select two items and compare their height. Which one is taller (or shorter)? Repeat this process by comparing the length and width of two items.

123

Mathematics

Social
Studies

Children can strengthen their understanding of the work of helpers in a community by noticing their uniforms.

- Talk with your child about uniforms worn by community helpers of interest to your child. Discuss how the uniforms help workers do their jobs. Examples: hairnet worn by food service worker, fireproof boots and clothing worn by firefighters.

Children can strengthen their awareness of music tempo by moving their body to slow and fast music.

- Play different kinds of fast and slow music. Encourage your child to move his/her body like the music suggests. Move faster with fast music, move slower with slow music. Your child may wish to pretend to be an animal when moving his/her body. Example: a turtle with slower music.

Creative
Expression

Choosing healthy foods for snacks helps keep children's bodies strong and healthy.

- Talk with your child about healthy snacks, such as yogurt, cheese, fruits, and vegetables. Encourage your child to help you find healthy snacks when you shop at a store.

Physical/
Health



Language/ Literacy

Understanding Words and Letters

- How to understand, comprehend, and interpret information in a book
- Learning new words
- How to blend two initial sounds (body) with the ending sounds (coda) of one-syllable words
- The name, sound, written form, and uses of the letter W

123

Mathematics

Measuring Things

- Practicing measuring items with our hands and comparing our measurements
- How to measure and compare items with a ruler



Self- Regulation

Focusing & Remembering

- How to follow requests by listening and remembering
 - *Music Marks* game
 - *Musical Simon Says* game



Social- Emotional

Understanding Feelings

- Reviewing emotions
- Identifying how people feel by looking at their face and body
- Identifying reasons why people feel certain emotions



Social Studies

Exploring Where We Live

- How community helpers use different parts of their uniforms
- Identifying jobs people do based on different kinds of uniforms they wear



Creative Expression

Creating Dance

- Creating dance movements using our arms
- Creating dance movements using our legs
- Putting arm and leg dance movements together



Physical/ Health

Staying Healthy and Safe

- Making a pretend pizza with five types of healthy foods
- Identifying foods in the five types of healthy foods

Social-
Emotional

Children can benefit from knowing we may feel different types of emotions on the same day.

- Read a book about emotions with your child. Example: *The Way I Feel* by Janan Cain. Talk about the feelings described in the book. Explain that we can experience different types of emotions on the same day. Example: We may be disappointed when rain keeps us from playing outside, but happy when we can play our favorite indoor game.

Encouraging your child to retell a story can build language, literacy, and thinking skills.

- After reading a book with your child, invite your child to describe what the book is about. Who are the main characters (could be an animal)? What happens first? What happens next?

Language/
LiteracySelf-
Regulation

Children can strengthen their behavior control by moving their hand in response to the tempo of music.

- Invite your child to draw smooth, continuous lines when you play slow music; and to draw short, separate lines when you play fast music. Add challenge by changing the rule and/or altering the frequency of changes in fast and slow music.

Children can improve their understanding of measurement by using their hands to determine length and height.

- Our hands can be tools for measuring things. Invite your child to find out how many "hands long" or "hands high" different items are by putting his/her hands end to end on the item. Encourage your child to use his/her hands to compare the length or height of two different items. Example: length of a table and length of a couch.

123

Mathematics

Social
Studies

Children can deepen their understanding of a helper in your community by pretending to be the helper.

- Help your child pretend to be a favorite helper in your community by providing clothing and props. Example: A bus driver needs a pretend steering wheel and seats behind where he/she sits. Talk with your child about some of the things the helper does. Example: bus driver welcomes people who get on the bus.

Your child can be a dance choreographer by making up movements for arms and legs.

- Invite your child to create and put together several dance movements involving arms and legs. Examples: Move arms forward, backward, to the sides. Move legs forward, backward, and then bend. Combine arm and leg movements in a sequence. Encourage your child to teach you the movements.

Creative
Expression

Involving children in meal planning or preparation can enhance their awareness of healthy eating.

- Encourage your child to help you make decisions about what to serve at a family meal. Focus on dietary guidelines from the U.S. Department of Agriculture. Consider involving your child in preparing some of the meal.

Physical/
Health



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

123

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.

123

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

Language/
Literacy**Understanding Words and Letters**

- How to understand, comprehend, and interpret information in a book
- Learning new words
- How to blend the beginning sound (onset) with the remaining sounds (rime) in one-syllable words
- The name, sound, written form, and uses of the letter D

123

Mathematics

Counting Things

- How to split a group of items into two parts
- The number of items in the two parts is the same number of items in the whole group

Self-
Regulation**Focusing & Remembering**

- How to focus and take turns
 - *Mystery Bag* game
- How to follow requests by listening and taking turns
 - *Listening Bingo* game

Social-
Emotional**Understanding Feelings**

- Describing situations that might lead to particular emotions
- Pretending our face is showing an emotion

Social
Studies**Exploring Where We Live**

- How we get news about things that have happened or will happen in our community, country, or other places in the world
- How to write a news article about something that happened in our classroom



Science

Exploring Habitats

- Desert habitats can be very dry and mostly covered with sand and rocks
- How some animals and plants survive in a desert habitat

Physical/
Health**Staying Healthy and Safe**

- How to stay safe when riding in cars or trucks
- How to stay safe when riding a tricycle or bicycle

Social-
Emotional

Thinking about why someone might feel a specific emotion can help children get along well with others.

- When you read children's books with your child, talk about why a character in the story might feel happiness or sadness or some other emotion. What happened in the story that led a book character to feel a specific way?

Self-
Regulation

Children can strengthen their understanding of behavior control by giving you signals for moving parts of your body.

- Figure out a simple system of different signals that correspond to two different movements of your body. Example: one clap means you move your right arm in a circle, two claps means you move your left arm back and forth. Three claps means you stop arm movements. Encourage your child to watch closely because you might make a mistake!

Social
Studies

Children benefit from knowing how your family learns what is going on in the world.

- Show and talk with your child about sources of news you use, such as television, radio, newspapers, and websites. Describe a specific news item that would be of interest to your child.

Preschool children's knowledge of letters is linked to later reading skills.

- Make a chart containing uppercase and lowercase letters M, T, R, F, and W. Your child's classroom has introduced these letters. Strengthen your child's familiarity with these letters by asking your child to point to and repeat a letter you say in the order each appears on your chart, then randomly. Are any of the letters in a family member's name?

Language/
Literacy

Children can strengthen their math skills by splitting a group of items into two parts and then counting all items together.

- Put two napkins or pieces of paper on a table. Give your child four items to count and then divide into two parts (napkins). Examples: two items on each napkin; one item on one napkin and three items on the other napkin. Next, encourage your child to count items on each napkin and then count all items together. Repeat with different numbers of items.

123

Mathematics

Children's understanding of a desert is strengthened by learning about desert animals and plants.

- Talk with your child about pictures of desert plants and animals you find in library books or web sources. Animals to look for include prairie dogs, jackrabbits, roadrunners, desert tortoises, fennec foxes, owls, snakes, rats, and camels. Discuss how desert animals live differently than other similar animals.



Science

It is helpful for children to understand reasons for your family's safety rules.

- Children are more likely to follow rules when they understand reasons for rules. Explain your family's safety rules, such as the importance of using seat belts in vehicles, and wearing a helmet when riding a tricycle or bike.

Physical/
Health



Language/ Literacy

Understanding Words and Letters

- How to understand, comprehend, and interpret information in a book
- Learning new words
- How to blend the beginning sound with the remaining sounds in one-syllable words
- The name, sound, written form, and uses of the letter L

123

Mathematics

Counting Things

- Practicing splitting a group of items into two parts and counting the two parts
- Identifying the numeral that represents a whole group of items and parts of a group of items
- Figuring out the missing part of a group of items



Self- Regulation

Focusing & Remembering

- How to follow requests by listening and remembering
 - *Music Marks* game



Social- Emotional

Understanding Feelings

- How to consider another person's thoughts and feelings
- Different people can have different feelings and thoughts about the same thing



Social Studies

Exploring Where We Live

- The meaning and characteristics of the American flag
- The purpose of the Pledge of Allegiance and the national anthem



Science

Exploring Habitats

- Forest habitats are covered with trees and other plants
- Many types of animals live in a forest habitat
- How some animals make their homes in trees, in burrows in the ground, and on the forest floor



Physical/ Health

Moving Our Bodies

- How our bodies move when we roll on the ground
- Practicing rolling our bodies by pretending we are a log

Social-
Emotional

Children's relationship skills can be strengthened by comparing how two people think about the same situation.

- Use a storybook to talk with your child about how two people can have different views of the same situation. Focus on why the two views may be different. Explain that it is okay for people to think about the same thing in different ways.

Children can strengthen their literacy skills by identifying and then saying the two parts of a one-syllable word.

- Play a word guessing game with your child. Say the beginning sound and main part of a one-syllable word slowly. Pause between the two parts. Examples: d-og, c-at, c-up, f-an, or b-and. Invite your child to figure out the word and then say the two parts slowly.

Language/
LiteracySelf-
Regulation

Identifying sounds we hear in our home or elsewhere can strengthen children's concentration skills.

- Sit quietly with your child at home or some other place. Encourage your child to listen carefully for one minute to identify different sounds he/she hears. Examples: water running, squeaky door, cars moving outside. Waiting to the end of the one minute to tell what sounds he/she heard can strengthen memory skills. Compare what you heard.

Determining how many items are missing in a set of items can help children develop beginning subtraction skills.

- Provide three or four items, such as craft sticks or buttons. Invite your child to count the total number of items and then split the items by placing them on two separate napkins. Cover one set with another napkin. Ask your child how many items are "missing." Repeat with different numbers and configurations of items.

123

Mathematics

Social
Studies

Children can begin to understand their nation by becoming familiar with its flag.

- Encourage your child to point out U.S. flags when you travel around your community. Talk with your child about what the flag means to you. Describe flag characteristics your child can understand. Look at pictures of some other nations' flags to help your child understand that a flag is a symbol of a nation.

Children's understanding of a forest can be enhanced by learning about things that live in a wooded area.

- Take your child on a walk in a safe woods or find pictures of forests in books or on websites. Focus on animals and their homes. Examples: deer, squirrels, eagles, or hawks. Animal tracks may be of special interest. Look for different types of plants, such as trees, moss, and grasses.



Science

Rolling on the ground or floor can strengthen physical coordination skills.

- Encourage your child to roll his/her body once (or halfway) in a safe space on the floor or ground. Legs should be close together and arms at the side of his/her body. Talk about how he/she started and stopped the roll, and whether he/she moved his/her head before or while rolling.

Physical/
Health



Language/ Literacy

Understanding Words and Letters

- How to understand, comprehend, and interpret information in a book
- Learning new words
- How to blend the beginning sound (onset) with the remaining sounds (rime) in one-syllable words
- The name, sound, written form, and uses of the letter N

123

Mathematics

Counting Things

- How to sort ourselves by hair color and by favorite animals, then count to find out which group has the most and fewest
- How to count, organize, and present information on a chart



Self- Regulation

Paying Attention

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



Social- Emotional

Understanding Feelings

- How we understand what someone else may be feeling because we have also felt that way
- How some children felt when different things happened



Social Studies

Exploring Where We Live

- When we vote, we make a choice together that will affect everyone in our group
- The thing with the most votes is the winner



Creative Expression

Doing Drama

- How to imitate the voices of an adult, a baby, and characters in *Goldilocks and the Three Bears*
- How to imitate facial expressions of others
- How to imitate body movements of others



Physical/ Health

Moving Our Bodies

- Practicing some different ways to move through a pretend forest
- Practicing how to walk next to and around two lines of pretend trees

Social-
Emotional

Learning how to show concern for another person's situation can improve children's social skills.

- Use puppets or small stuffed animals to present pretend, but realistic, situations where someone is having a difficult experience. Examples: falling down and getting hurt; being left out of an activity; a favorite toy getting broken. Talk with your child about how he/she could be helpful in the situation.

Children can strengthen their literacy skills by identifying and then saying the two parts of a one-syllable word.

- Offer your child more practice in blending two parts of one-syllable words. Say the beginning sound and main part of a one-syllable word slowly. Pause between the two parts. Use the following beginning sounds (letters) with the ending sound of all: b, w, c, f, h, m, and t. Use the following beginning sounds with in: p, b, w, f, s, and t.

Language/
LiteracySelf-
Regulation

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

- Invite your child to show you his/her favorite yoga pose. Encourage your child to breathe deeply and hold the pose for a reasonable period of time.

Sorting and counting small groups of items is a valuable way to practice important math skills.

- After grocery shopping, take time for your child to sort items into small separate groups, such as fruits, vegetables, bread, meats, snacks. Talk with your child about what items go in which groups. Invite your child to count the number of items in each group. Which group has the most? Which group has the fewest?

123

Mathematics

Social
Studies

Children benefit from knowing how members of a group use voting to make choices for the group.

- Involve your child in a family vote (by raising hands) on two or three options for a family activity, such as going on a bike ride together, playing at a local park, or playing a game in the yard at your home. Use a simple rule: the activity that gets the most votes is the activity your family will do together.

Using the voices of characters in a story can enhance your child's skills in creative expression.

- Encourage your child to use voices of familiar storybook characters, such as baby bear and papa bear in *Goldilocks and the Three Bears*. Example: use a high-pitched voice for baby bear. Read portions of the story and encourage your child to repeat what characters say, using their voice.

Creative
Expression

Children can strengthen control of their body actions by moving around obstacles.

- Set up a simple obstacle course with empty plastic containers, such as used milk bottles. Encourage your child to walk, march, or hop around the bottles without knocking any of them down. Add challenge by making the course more complex.

Physical/
Health



Language/ Literacy

Understanding Words and Letters

- How to understand, comprehend, and interpret information in a book
- Learning new words
- Identifying the letters D, W, L, and N
- Practicing blending sounds
- How to make new words by taking away the beginning sound

123

Mathematics

Counting Things

- How to collect and organize information about our favorite shapes on a chart
- How to sort beads by color and organize information on a chart
- How to measure, organize, and present information on a chart about the length of three different strings (Days 3, 5) and our height



Self- Regulation

Focusing & Remembering

- How to follow requests by watching and remembering
 - *Orange Circle, Purple Circle* game
- How to follow requests by listening, watching, and remembering
 - *The Freeze Game*



Social- Emotional

Understanding Feelings

- What we might say to children who seem upset about something
- What children might think or feel if different things were said to them



Social Studies

Exploring Where We Live

- How to use ballots and a ballot box to vote for a name for our teddy bear and for a toy to play with at center time



Creative Expression

Doing Drama

- How to pretend to be different people
- How to pretend to be an animal
- How to pretend to do different activities



Physical/ Health

Moving Our Bodies

- How our feet and legs move when we skip along a straight line
- Practicing skipping in a circle

Social-
Emotional

Anticipating how someone might respond to our actions is an important part of social skills.

- Talk about pretend or real situations where someone is having a difficult experience. Example: someone is sad or frustrated because he/she has misplaced a favorite toy. Invite your child to think of ways he/she could be helpful in the situation and how the person who is having the difficult experience might react.

Literacy skills can be enhanced when children change the beginning sound of a one-syllable word to create a new word.

- Support your child in changing the beginning (letter) sound of words that end with the *an* sound. Examples: m-an, p-an, c-an, f-an. For more practice, invite your child to create words that end with the *ake* sound. Examples: c-ake, b-ake, l-ake, r-ake.

Language/
LiteracySelf-
Regulation

Children can strengthen their concentration skills by behaving in specific ways to different music tempos.

- Play different tempos of music. Invite your child to dance or move slowly to fast music, and to dance or move fast to a slow music tempo. Increase the challenge by adding an element, such as clapping hands slowly while dancing or moving fast to slow music.

Practice in sorting and counting small groups of items can improve math skills.

- Provide a collection of up to 20 small items, such as blocks or toy cars. Invite your child to sort the items into two or three groups and then count the items in each group. Involve your child in deciding how to sort. Examples: color, shape, size. Which group has the fewest? Repeat with different sorting arrangements.

123

Mathematics

Social
Studies

Broaden your child's understanding of voting by practicing how to vote in secret.

- Draw or print out pictures of two or three favorite family dishes for a meal. Use a secret method for each family member to vote for what to prepare for a special family meal. Create and use a secret ballot, or have each family member privately place a small piece of paper by the picture of their favorite dish.

Pretending to be another person or animal is a fun way to support children's creative expression skills.

- Involve your child in acting out different people or animals in familiar stories. Use different voices, facial expressions, and/or body movements to imitate story characters.

Creative
Expression

Skipping is a challenging movement that can strengthen skills in body coordination.

- Once your child can hop on one foot in place with control, support your child's ability to skip by using the following steps: 1) hop once on one foot, 2) step forward with the other foot, 3) hop once on the foot that stepped forward, and 4) step forward with the other foot. Repeat the hop and step pattern.

Physical/
Health

Language/
Literacy**Understanding Words and Letters**

- How to understand, comprehend, and interpret information in a book
- Learning new words
- How to make new words by taking away the beginning sound (onset) from the remaining sounds (rime)
- The name, sound, written form, and uses of the letter G

123

Mathematics

Counting Things

- Practicing adding items to a group to make it larger
- How to count on by counting blocks in two groups
- Practicing taking away items from a group to make it smaller

Self-
Regulation**Focusing & Remembering**

- How to follow requests by listening and watching
 - *Sleeping, Sleeping, All the Children Are Sleeping* game
- How to follow requests by watching and remembering
 - *Conducting an Orchestra* game

Social-
Emotional**Understanding Feelings**

- How people might have different thoughts or feelings when doing the same thing

Social
Studies**Exploring Time**

- The concepts of yesterday, today, and tomorrow
- The concepts of morning and afternoon

Creative
Expression**Doing Drama**

- How to imitate characters in familiar nursery rhymes
- How to use a prop when imitating characters in familiar nursery rhymes

Physical/
Health**Moving Our Bodies**

- How to kick a ball while standing
- How to take one step toward a ball and then kick it

Social-
Emotional

Focusing on what another person may be thinking or feeling is part of getting along well with others.

- When you read storybooks with your child, encourage your child to consider what the book characters may be thinking or feeling. Focus on a specific situation in the book. Talk about why a character may be thinking or feeling a particular way.

Practice in removing the beginning sound of a one-syllable word can help improve children's early literacy skills.

- Say a familiar one-syllable word. Examples: ball, tall, mall, fall, pin, bin, win, fin, man, pan, can, fan, cake, bake, lake, rake. Invite your child to repeat the word you say. Then encourage your child to say the word's ending sound by removing its beginning (letter) sound. Example: ball, all.

Language/
LiteracySelf-
Regulation

Taking turns with your child in being a conductor of a band can improve skills in paying attention and controlling actions.

- The band can be one person or more. Use homemade instruments. Example: dry beans in a plastic bottle. The musician(s) plays the instrument when the conductor moves his/her hand and stops playing when the conductor stops moving. Important skills are supported by serving in each role. Add challenge by varying the hand movements.

Counting guests at a pretend birthday party can support your child's understanding of adding and subtracting.

- Host a pretend birthday party with your child by using toy animals and/or dolls as the guests. Encourage your child to count the number of guests as they arrive. Emphasize that the party is getting bigger. As guests leave the party, emphasize the party is getting smaller. Invite your child to count the guests who leave and the guests who stay.

123

Mathematics

Social
Studies

The concepts of yesterday, today, and tomorrow are challenging for many children to understand.

- Each day, talk with your child about different things he/she did yesterday and today, and something he/she plans to do tomorrow. Emphasize yesterday, today, and tomorrow in your discussions. Comparing what happened yesterday and today can also support awareness of differences in days.

Using a prop can enrich children's experiences in pretending to be another person.

- Invite your child to imitate a familiar person engaged in a short activity, such as talking on a phone or buying items at a store. Help your child find a prop that supports the imitation. Examples: a phone, play money. Encourage your child to do the imitation with and without the prop.

Creative
Expression

Practice in kicking a ball can strengthen body coordination and concentration skills.

- Provide a large soft ball and safe space for your child to practice kicking a ball. Steps that support important skills include: 1) looking at the ball, 2) deciding which foot to use to kick the ball, 3) placing the non-kicking foot next to the ball, and 4) kicking the ball with the inside of the kicking foot. Determining a target adds more challenge.

Physical/
Health

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 D, L, N, and G

123

Mathematics

Counting Things

- Practicing adding two groups by counting on with a peer
- Subtracting items from a group

Self-
Regulation**Paying Attention**

- How to concentrate on our bodies and breathing by pretending we are a starfish and pretending to rock a stuffed animal to sleep on our stomach

Social-
Emotional**Being Responsible**

- A goal is something we work hard to do
- We can reach a goal by practicing and maybe by asking someone to help us

Social
Studies**Exploring Time**

- How different activities take different amounts of time
- How living things take different amounts of time to grow and change over time



Science

Exploring Habitats

- A polar region is always very cold
- How people get food, stay warm, and play a game in polar regions
- How polar bears stay warm in the North Pole
- How animals and people stay warm in the South Pole

Physical/
Health**Moving Our Bodies**

- Review how to kick and throw a ball
- Practicing different movements
 - *Sleeping, Sleeping, All the Children are Sleeping* game

Social-
Emotional

Helping your child identify and work toward a goal can strengthen personal responsibility.

- Help your child set a realistic goal for the day. Examples: kicking a soccer ball into a net during soccer practice, doing a challenging puzzle, going to bed on time. Discuss how your child can work toward the goal and how he/she will feel in meeting or making progress toward the goal.

Preschool children's knowledge of letters is linked to later reading skills.

- Make a chart containing uppercase and lowercase letters D, L, N, and G. Your child's classroom has introduced these letters. Strengthen your child's familiarity with these letters by asking your child to point to and repeat a letter you say in the order each appears on your chart, then randomly. Are any of the letters in a family member's name?

Language/
LiteracySelf-
Regulation

Pretending to be a starfish can help children relax their bodies and quiet their minds.

- Invite your child to lie on the floor and pretend to be a starfish. Encourage your child to spread his/her legs and arms so the starfish has five extensions. Support your child in breathing deeply and slowly while stretching and relaxing his/her legs, arms, and neck. Repeat several times.

The strategy of "counting on" is important to use in determining the number of items in two groups.

- Form two groups of different amounts of small items, such as coins or small blocks. Encourage your child to count aloud the total number of items by starting with the number of items in the larger group and counting on to the smaller group. Example: If the larger group has four items, begin counting the smaller group with number five.

123

Mathematics

Social
Studies

Looking at older family pictures can help your child understand that people and places change over time.

- Look at and talk with your child about your child's baby pictures. Talking about older and current pictures of other family members also can support awareness of change. Pictures of changes in where your family lives may be of interest to your child, too.

Children's understanding of polar regions can be enhanced by learning about things that live in the North or South Pole.

- With your child, look at books from the library or find website pictures of animals that live in the polar regions of earth. Examples: polar bears (North Pole), penguins (South Pole), seals. Talk about how animals survive in extremely cold conditions. If appropriate, compare an animal's heavy fur to your child's winter coat for keeping warm.



Science

Engaging in different physical movements can strengthen children's skills in balance and body control.

- Take turns playing *follow-the-leader* with your child in a large open space. Engage in various movements, such as jumping, galloping, marching, hopping, and walking.

Physical/
Health

Language/
Literacy**Understanding Words and Letters**

- How to understand, comprehend, and interpret information in a book
- Learning new words
- How to identify the final sound of familiar words
- The name, sound, written form, and uses of the letter K

123

Mathematics

Counting Things

- Practicing adding and subtracting items

Self-
Regulation**Focusing & Remembering**

- How to follow requests by watching and remembering
 - *Orange Circle, Purple Circle* game

Social-
Emotional**Being Responsible**

- What it means to make a decision
- Thinking about choices and making a good decision

Social
Studies**Exploring Time**

- Moving to a new place and building a house long ago
- Comparing how people did things long ago to how we do things now



Science

Exploring Habitats

- Characteristics of a rainforest
- Animals and plants that live in a rainforest
- Types of food eaten by animals in a rainforest

Physical/
Health**Staying Healthy and Safe**

- Ways we can protect our skin from the sun
- Ways to stay healthy and safe in hot weather

Social-
Emotional

Comparing different choices can help children strengthen their decision-making skills.

- Talk with your child about what he/she likes about different realistic choices. Examples: decisions about what to eat, wear, play. Encourage your child to describe why one choice is preferred.

Talking with your child about a book you share together can improve vocabulary and comprehension skills.

- Children benefit from recalling what happened in a book and describing the characters (people and/or animals) in a story. Use book illustrations to help your child recall. Ask questions and follow up on what your child says to keep the conversation going.

Language/
LiteracySelf-
Regulation

Practicing different physical movements in response to visual cues can improve children's skills in behavior control.

- Determine with your child a specific action he/she will do in response to your presenting one of two different objects, such as a block and a small stuffed animal. Example: run in place when you hold up the stuffed animal, clap when you hold up the block, and stop actions when you put the items behind your back.

Practice in taking away items from a larger group can support children's understanding of subtraction.

- Invite your child to count a group of up to 10 small items, such as blocks, coins, or crayons. Then support your child in taking away the number of items specified in the roll of a die (or a number you say). Encourage your child to count how many items are left. Emphasize that a group of items gets smaller when items are taken away.

123

Mathematics

Social
Studies

Looking at older versions of current-day household items can enhance children's awareness of changes in lifestyles.

- Visit antique stores or museums that display older household items. Compare items to what is in your home today. How are items different? Look at pictures of older household items if visiting an antique store or museum is not an option.

Children's understanding of a rainforest can be enhanced by learning about things that live in a rainforest.

- With your child, look at books from the library or find website pictures of rainforests, including plants and animals that live in a rainforest. Prepare and discuss a lunch or a snack that includes foods found in a rainforest. Examples: nuts, berries, bananas, a leafy green salad.



Science

Children can benefit from information on the importance of using sun safety items.

- With your child, collect items at your home that provide safety from the sun when outside. Examples: hats, long sleeves, sunglasses, sunscreen, water bottle. Talk about how each of the items protects our bodies from the sun. Emphasize the importance of them staying hydrated with water when outdoors.

Physical/
Health

Language/
Literacy**Understanding Words and Letters**

- How to understand, comprehend, and interpret information in a book
- Learning new words
- How to identify the final sound of familiar words
- The name, sound, written form, and uses of the letter J

123

Mathematics

Counting Things

- Practicing adding by counting on
- Identifying which group has the most and which has the fewest
- Practicing adding and subtracting

Self-
Regulation**Focusing & Remembering**

- How to follow requests by listening, watching, and remembering
 - *The Freeze Game*
- How to follow requests by listening and watching
 - *Sleeping, Sleeping, All the Children Are Sleeping* game

Social-
Emotional**Being Responsible**

- Different ways we can be responsible

Social
Studies**Exploring Time**

- Games that children played long ago
- How to learn about things that happened long ago



Science

Exploring Habitats

- Characteristics of a mountain
- A volcano is a type of mountain
- Types of animals that live on a mountain

Physical/
Health**Staying Healthy and Safe**

- How a doctor helps us stay healthy
- How a dentist helps our teeth stay healthy

Social-
Emotional

Talking about the right thing to do can improve children's skills in personal responsibility.

- Discuss typical situations where a pretend child refuses or is reluctant to do what is expected of him/her. Example: playing with a favorite toy instead of helping set the table for a family meal. Emphasize how doing the right thing is helpful to others and to the child.

Children's listening comprehension skills can be strengthened when they participate in reading a book that involves complex actions of one or more book characters.

- Read and discuss a book in which the main character (or characters) behaves in ways that would prompt your child to think about why the character did what he/she did. Example: *The Mitten* by Jan Brett. A second reading of the book may enhance discussion of the character(s).

Language/
LiteracySelf-
Regulation

Children can strengthen their concentration skills by making different types of lines in response to music tempos.

- Provide a crayon or marker for your child to draw smooth continuous lines on plain paper when he/she hears slow music that you play. Encourage your child to draw short lines or squiggly lines when he/she hears fast music. Vary the tempo of the music to encourage your child to listen carefully.

Playing store can strengthen children's understanding of addition and subtraction.

- Use 10 play coins or another item, such as craft sticks, to serve as money for pretend purchases at a store you create with your child. Items for purchase need a price. Encourage your child to count remaining money after a purchase and to add costs of buying more than one item at a time. Reverse roles.

123

Mathematics

Social
Studies

Broaden your child's understanding of how people lived long ago by playing games from an earlier era.

- Some game options include *marbles*, *dominoes*, *jumping rope*, *hopscotch*, *Pick-up Sticks*, and *Who Has the Button?* Information on how to play these games can be found on the internet.

Children's understanding of mountains can be enhanced by learning about animals that live on mountains.

- With your child, look at books from the library or find website pictures of animals that live on mountains. Talk about why it would be hard for people to live on mountains. Your child may wish to use clay or play dough to make mountains. Small plastic animals could live on pretend mountains.



Science

Pretend visits to a doctor's office or a dentist's office can help children understand what happens during a health care visit.

- Use a doll to enact a pretend visits to a doctor's office or a dentist's office for a routine checkup. Provide props or a toy doctor's kit, if available. Encourage your child to be the health care provider. Talk about why staff in the office do what they do.

Physical/
Health



Language/ Literacy

Understanding Words and Letters

- How to understand, comprehend, and interpret information in a book
- Learning new words
- Identifying the final sound of familiar words
- The name, sound, written form, and uses of the letter Y



Mathematics

Working with Shapes and Counting Things

- Identifying basic shapes and their characteristics
- Practicing making patterns with shapes
- Identifying numerals 1–20 and which of two numerals is the most



Self- Regulation

Paying Attention

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



Social- Emotional

Being Responsible

- Ways we can stay safe at home or somewhere else
- Identifying safe and unsafe situations



Social Studies

Exploring Where We Live

- Making and spending money
- Practicing how to spend pretend money



Creative Expression

Creating Art

- How artists may use different types of lines
 - Straight, curvy, and zigzag lines
 - Thick and thin lines
- How artists can place lines in their art



Physical/ Health

Staying Healthy and Safe

- Identifying different parts of our body
- Identifying the location of our lungs and heart

Social-
Emotional

Understanding reasons for safety rules can help children prevent accidents and injuries.

- Talk with your child about family safety rules and why it is important to follow each rule. Examples: wearing a seat belt in a vehicle; wearing a helmet when riding a bicycle; holding the hand of an adult to go into a street or parking lot; not climbing on open dresser drawers or shelf units.

Encouraging your child to retell a familiar story can bolster memory, word, and listening comprehension skills.

- Invite your child to retell what happens in a favorite storybook. Encourage him/her to describe book illustrations. Ask questions about the sequence of events, if appropriate, and why a character(s) did what he/she did.

Language/
LiteracySelf-
Regulation

Concentrating on breathing during a simple body stretch can help children relax their body.

- Invite your child to lie on the floor on his/her stomach. You may wish to lie near him/her. Ask your child to stretch out his/her arms in front and elbows even with shoulders. Encourage your child to lift chest off the floor and tilt head upward. Inhale and exhale with slow deep breaths. Repeat with three deep breaths, concentrating on each.

Practice in counting two-digit numbers can strengthen children's understanding of larger numbers.

- Write the numbers 11–20 on a piece of paper or on index cards. Support your child in saying each number. Show or point to the numbers in random order. Invite your child to count out small items, such as craft sticks, that represent each number.

123

Mathematics

Social
Studies

Describe a specific consumer purchase to help your child understand the use of money to pay for goods or services.

- The next time your child is with you during a store or restaurant purchase, describe what it means to pay for something. Invite your child to describe the transaction if you anticipate he/she understands what is happening. If you use plastic or a smart phone image for the purchase, explain how this payment form represents money.

Exploring the uses of lines in illustrations or pieces of art can enhance children's understanding of how artists create art.

- With your child, look at illustrations or pictures of art in books. Talk about different types of lines. Examples: straight, curvy, thin, thick, up/down, side-to-side, diagonal. Encourage your child to describe and trace lines with his/her finger.

Creative
Expression

Reinforce your child's understanding of body parts by playing a fun game.

- Play an enjoyable game, such as *Hokey Pokey*, that helps your child remember parts of his/her body. Also, encourage your child to point to the approximate location of his/her heart and lungs and describe what they do.

Physical/
Health



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 K, J, and Y

123

Mathematics

Counting Things and Working with Shapes

- Practicing collecting, organizing, and presenting information on a chart
- Practicing adding by counting on
- Recognizing numerals 1–20
- Recognizing different types and sizes of shapes



Self- Regulation

Focusing & Remembering

- How to follow requests by watching and remembering
 - *Conducting an Orchestra* game
- How to follow requests by listening and remembering
 - *Drum Beats* game



Social- Emotional

Being Responsible

- How we stay safe at home or somewhere else



Social Studies

Exploring Where We Live

- The difference between a need and a want
- Places in the community that help families meet their needs



Creative Expression

Creating Art

- How shapes can be found in some art
- How to make shape art by using stencils
- How to use color and mix colors to create art



Physical/ Health

Staying Healthy and Safe

- Bones in our body
- Contents and uses of a first aid kit

Social-
Emotional

Children can improve their awareness of safety by identifying safety provisions in their home and neighborhood.

- Encourage your child to point to and describe items in your home and neighborhood that help people stay safe. Examples: helmets, car seats, sidewalks, walk lines on a street. Invite your child to draw a picture of someone using the item.

Preschool children's knowledge of letters is linked to later reading skills.

- Make a chart containing uppercase and lowercase letters K, J, and Y. Your child's classroom has introduced these letters. Strengthen your child's familiarity with these letters by asking your child to point to and repeat a letter you say in the order each appears on your chart—then randomly. Are any of the letters in a family member's name?

Language/
LiteracySelf-
Regulation

Children can strengthen their ability to control their behaviors by listening and responding to cues.

- Use an empty box as a drum to play a fast beat that your child can dance to quickly. Offer a slow beat for your child to dance to slowly. Encourage your child to stop his/her movements when you stop playing. Add challenge by changing the rules. Example: fast beat = slow dance. Take turns with your child to play the drum and dance.

Sorting and counting different types of objects can strengthen basic math skills.

- Provide up to 20 small items that can be sorted into three or four groups. Examples: toy animals, vehicles, dolls, dishes. Encourage your child to sort the items. Offer types of groups, if appropriate. Then invite your child to count the number of items in each group and tell which has the most and which has the fewest.

123

Mathematics

Social
Studies

Identifying items we need versus items we want can help children make priorities.

- Invite your child to pretend he/she is going on a three-day trip, and to place in an empty box or basket the things he/she would absolutely need from home for the trip. Example: clothing. Next, invite your child to collect things he/she would want to take but would not be necessary for making the trip. Example: 10 of the same type of clothing.

Exploring the uses of basic shapes in an illustration or piece of art can enhance children's understanding of how artists create art.

- With your child, look at book illustrations or pictures of art that include one or more basic shapes embedded in the piece. Examples: a circle for the sun, a triangle for a roof. Encourage your child to trace the shape with his/her finger. Your child may wish to create his/her own picture by using one or more shapes.

Creative
Expression

Pointing to and feeling bones in our body can enhance children's understanding of their bodies.

- Encourage your child to feel bones under his/her skin, such as ribs, skull, shoulder area, and in arms, legs, and fingers. Discuss how bones provide support to the body and can also provide protection. Example: our ribs help protect our lungs and heart and other important parts of our body located in the chest cavity.

Physical/
Health

Language/
Literacy**Understanding Words and Letters**

- How to understand, comprehend, and interpret information in a book
- Learning new words
- The name, sound, written form, and uses of the letter Z

123

Mathematics

Counting Things

- Identifying the number that is one more than a given number
- Creating a group of items that is one more than a number given

Social
Studies**Exploring Where We Live**

- The concept of moving from one place to another place
- Reasons why people move from one home to another home
- How some things are different and some things are the same when we move to a new home
- Packing carefully for a move to another place

Creative
Expression**Being Creative**

- Some creative ways to use letters, words, and pictures to help us understand how different animals move
- Some creative ways to organize pictures in a book
- How illustrations can be used to show the actual size of things

Physical/
Health**Moving Our Bodies**

- Practicing galloping
- Practicing hopping

Social
Studies

Talking about a prior family move can strengthen your child's understanding of the moving process.

- Describe how your family moved from one place to another. The primary reason for a move and how things were packed may be of special interest. Show pictures, if available.

Physical/
Health

Galloping to music is an enjoyable way for children to practice controlling body movements.

- Play different tempos of music and encourage your child to gallop to the music tempo. Add challenge by inviting your child to hop or skip when the music tempo changes.

Asking your child to think of words that begin with a sound you say provides useful practice in a key pre-reading skill.

- For starters, invite your child to think of words that begin with a J sound. Letter J is a recent focus in your child's classroom. Examples: jam, jelly, jump. If your child is familiar with months of the year, ask him/her to identify months that begin with a J sound (January, June, July).

Language/
Literacy

Help your child strengthen his/her understanding that when we count, the next number is one more.

- Say numbers your child confidently knows, one at a time. Ask your child how many items he/she would have if you gave him/her one more. Another option is for your child to count a set of small items and say the total number of items if one more is added to the set.

123

Mathematics

Looking closely at the design of a book can broaden your child's understanding of creative efforts.

- With your child, point to and describe creative ways illustrations and text are organized in a favorite book. Illustrations may have bold colors or unique features that draw your attention. Sentences may follow the outline of a pictured object. If possible, look at children's books by Steve Jenkins and Robin Page.

Creative
Expression



Language/ Literacy

Understanding Words and Letters

- How to understand, comprehend, and interpret information in a book
- Learning new words
- The name, sound, written form, and uses of the letter Q

123

Mathematics

Counting Things

- Splitting a group of items into two and three parts
- Making two parts equal
- Determining the missing part of a group of items
- Determining the number of items in a whole group by counting together the items in its two parts



Social Studies

Exploring Where We Live

- People who can help a family move to a different home
- Ways to transport a family's things to another home
- Types of feelings we may have when we move
- Ways to say goodbye when a child leaves a classroom



Science

Exploring Earth and Space

- Difference between daytime and night
- Characteristics of the sun and the moon
- How a shadow is made



Physical/ Health

Moving Our Bodies

- Practicing balancing our bodies
- Practicing turning and bending our bodies

Social
Studies

Children benefit from understanding how things move from one place to another.

- When you are in your community with your child, point out examples of things being loaded or unloaded from a truck or other type of vehicle. Watch and describe how a dolly works. If possible, look at and describe how boxes are organized in the back of a truck. Invite your child to offer ideas about what is in boxes being delivered or loaded.

Physical/
Health

Children can strengthen their balancing skills by pretending to be a statue.

- Name an activity that your child enjoys, such as kicking a ball, running, climbing a ladder on a slide, swinging a bat at a ball. Encourage your child to pretend to do the activity and then hold the action or position he/she is in when you say "statue" or "freeze." Offer tips on how to stay balanced. Lengthen the "statue" time for more challenge.

Your child's word and recall skills can be strengthened when he/she tells you what happened at his/her classroom.

- Ask questions about your child's day at his/her child development center that promote a conversation. "What happened in your classroom today?" promotes more talk than "Did you have a good day?" Follow up on your child's responses with questions or comments that extend a back-and-forth exchange.

Language/
Literacy

Math skills are strengthened when children practice splitting a group of items into two parts and count all items together.

- Provide up to 10 small items for your child to count and then move into two parts. Example: four items in one part, six items in another part. Encourage your child to count how many items are in each part and then all items together. Repeat with different numbers of items.

123

Mathematics

Looking at shadows outdoors can enhance children's understanding of the relationship between earth and sun.

- On a sunny day outside, encourage your child to find shadows of objects (trees, homes, etc.) and of himself/herself. Describe how a shadow is formed when your child or an object blocks the sun. Try to find shadows that are larger or smaller than the actual object. Discuss why this happens. Why are there no shadows on cloudy days?



Science

Language/
Literacy**Understanding Words and Letters**

- How to understand, comprehend, and interpret information in a book
- Learning new words
- The name, sound, written form, and uses of the letter I

123

Mathematics

Counting Things

- Using counting on to add two groups of items

Social
Studies**Exploring Where We Live**

- How rooms can be different when we move to another home
- How family belongings are unpacked and put where they belong
- Ways to become familiar with a new neighborhood and make new friends



Science

Exploring Earth and Space

- Characteristics of rain
- Characteristics of snow
- Characteristics of clouds and wind

Physical/
Health**Moving Our Bodies**

- Practicing throwing a ball up in the air
- Practicing catching a ball

Social
Studies

Children benefit from adult help in learning about places where they live.

- Families with children often move frequently. Provide your child with experiences in learning about a new setting by exploring a part of your current neighborhood or community that is unfamiliar to your child. Go on a walk to see different places and maybe meet people. Talk about how your family might use the places you see.

Physical/
Health

Catching a ball can support your child's skill in coordinating body movements and eye control.

- Gently toss a large soft ball toward the space between your child's waist and shoulders. Examples of soft balls: beach, foam, yarn. Encourage your child to keep his/her eyes on the ball and to use both hands to catch the ball. Roll a ball for your child to catch if your child shows concern about catching a gently-thrown ball.

Creating a story with your child can bolster important language skills.

- Invite your child to make up a story about a topic of interest to your child. Start with "Once upon a time . . ." and take turns adding to the story's plot. This activity can work well while riding in a car. The story does not need to be written. Encourage your child to think of ways to change part of the story.

Language/
Literacy

Practicing simple addition skills can strengthen your child's understanding of numbers.

- There are many ways to engage children in adding items. Form a group of 5-7 small toys, add 2-3 more items, and ask your child how many items are in the group all together. Or form two small groups of items and ask your child how many there are all together. Add challenge by varying the sizes.

123

Mathematics

Exploring characteristics of different types of weather can improve children's understandings of earth and space.

- Library books and web resources can be used to help your child learn about types and origins of weather, especially types of weather that do not occur where you currently live. Consider activities, such as grinding ice cubes in a blender, to create "snow" that can be touched and studied with a magnifying glass.



Science



Language/ Literacy

Understanding Words and Letters

- How to understand, comprehend, and interpret information in a book
- Learning new words
- The name, sound, written form, and uses of the letter U



Mathematics

Counting Things

- Taking away items from a group
- Practicing adding and subtracting items



Self- Regulation

See Social Studies



Social Studies

Exploring Where We Live

- The concept of transportation
- Types of transportation that go on land, on water, and in the air
- Characteristics of automobiles
- Characteristics of trucks



Science

Exploring Earth and Space

- Characteristics of the spring season
- Characteristics of the summer season
- Characteristics of the fall and winter seasons



Physical/ Health

Moving Our Bodies

- Practicing underarm throwing
- Practicing catching

Social
Studies

Children's understanding of transportation is broadened by becoming familiar with travel by land, water, and air.

- Encourage your child to point out types of transportation that move across land, water, and air. Use library or web sources to look at and discuss transportation that is not commonly seen in your community. Talk about how a specific type of transportation moves. Example: rotor blades on a helicopter.

Physical/
Health

Ball throwing practices can strengthen children's coordination of physical movements.

- Encourage your child to throw soft balls (foam, yarn, or rolled socks) to a designated target, such as a small rug or towel. Help your child determine the amount of force needed when standing closer or farther away from the intended target.

Saying or making up rhyming words is helpful practice in identifying sounds in words.

- Invite your child to say a word that rhymes with a word you say. Your child may have fun by offering a silly word that rhymes with the word you say. Say more words for your child to match with rhyming words. Reverse roles. Occasionally "test" your child by saying a word that doesn't rhyme with a word you say.

Language/
Literacy

Practicing simple subtraction skills can strengthen your child's understanding of numbers.

- Form a group of 5-7 small toys and invite your child to take away the number of items you say. Ask how many items are in the group now? Ask how many items we would take away from an existing group to have a group of items you say. Example: A group has seven items. How many items do we take away to have a group of four items?

123

Mathematics

Deepen your child's understanding of different seasons by focusing on clothing worn in each season.

- Help your child sort his/her clothing into different seasons. Discuss why different clothes are needed for various seasons. Example: heavier coats and sweaters keep us warm in winter. Look at clothing catalogs or web sources to discuss clothes worn in seasons that do not occur in your current geographic area.



Science

Language/
Literacy**Understanding Words and Letters**

- How to understand, comprehend, and interpret information in a book
- Learning new words
- The name, sound, written form, and uses of the letter V

123

Mathematics

Counting Things

- Practicing counting numbers of items
- Identifying different numbers of dots
- Identifying small quantities of items without counting
- Making groups of 1–10 items

Social
Studies**Exploring Where We Live**

- Characteristics of buses
- Characteristics of bicycles, tricycles, and motorcycles
- Characteristics of passenger trains and freight trains

Creative
Expression**Doing Drama**

- Understanding the concept of a story plot and recalling parts of a plot
- Using our bodies (and not our voices) to tell a story
- Creating story plots

Physical/
Health**Staying Healthy and Safe**

- Characteristics of vegetables included in a soup
- How cows and goats are sources of milk

Social
Studies

Identifying different types of transportation that move on land can deepen children's understanding of how people and things move from one place to another place.

- With your child, make a list (with pictures) of transportation that moves on land. Examples: buses, bicycles, tricycles, motorcycles, trains. Across several days, invite your child to look for the types as you travel around. Put a mark by items your child identified. Count the marks.

Identifying sentences on the page of a book can bolster children's understanding of how print works.

- Support your child's understanding of a sentence as a string of words that ends with a period, question mark, or exclamation point. Encourage your child to point to (not read) words and sentences on a page. Point out sentences that continue on the next page. Your child may wish to count the number of sentences on a page.

Language/
LiteracyPhysical/
Health

Talking about different fresh vegetables can broaden your child's understanding of healthy foods.

- Help your child identify types of fresh vegetables available in a grocery store. Discuss which vegetables grow above ground and which vegetables grow under soil. Consider buying and trying a vegetable that is unfamiliar to your child.

Practice in forming small groups of items can promote valuable math skills.

- Give your child 10 crayons and one small plate. Encourage your child to pretend the crayons are candles for a make-believe birthday cake and that the plate is a cake. Invite your child to put "candles" on the "cake" for a child who is turning two. Repeat for different ages. Put "candles" on two different "cakes" for children of different ages.

123

Mathematics

Changing the order of events in a familiar story can help children think carefully and creatively about a plot.

- Encourage your child to describe the order of the events in a favorite story. Then ask your child what the story would be like if the second or third event (describe it) happened first or if the first event happened later in the story. Join your child in telling the story with the events in a different order. What does your child think of the "new" story?

Creative
Expression

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 Z, Q, I, U and V

123

Mathematics

Counting Things

- Making groups of 1–4 items
- Identifying and remembering small quantities of items without counting
- Comparing groups of items and using number words

Social
Studies**Exploring Where We Live**

- Characteristics of passenger and cargo airplanes
- Characteristics of medical and cargo helicopters
- Characteristics of rowboats, sailboats, and motorboats
- Characteristics of cruise ships and cargo ships

Creative
Expression**Doing Drama**

- Using a finger puppet to tell a story
- Using a stick puppet to tell a story
- Selecting and using puppets to tell an original story

Physical/
Health**Staying Healthy and Safe**

- Five different types of food that are healthy for us to eat
- Characteristics of rest, sleep, and bedtime routines

Social
Studies

Identifying types of transportation that move on air or water can deepen children's understanding of how people and things can move from one place to another place.

- As you move around your community with your child, encourage your child to point out airplanes, helicopters, and, if possible, boats. Invite your child to guess what the form of transportation is carrying and where it might be going.

Physical/
Health

Establishing and following a bedtime routine can help children prepare for a good rest.

- Work with your child to establish a routine prior to a rest period. Children benefit from a predictable sequence of activities. A routine before bed might include: brush teeth, put on pajamas, exchange goodnight hugs, gather a "snuggly," and listen to and discuss a calming storybook.

Preschool children's knowledge of letters is linked to later reading skills.

- Make a chart containing upper- and lowercase letters Z, Q, I, U, and V. Your child's classroom has introduced these letters. Strengthen your child's familiarity with these letters by asking your child to point to and pronounce the name of a letter you say, in the order each appears on your chart. Repeat the process with the letters in random order. Are any of the letters in a family member's name?

Language/
Literacy

Comparing two groups of items can bolster children's counting skills and use of some math words.

- Form two small groups with different numbers of items in each, or roll two dice and draw attention to dots on the sides that land on top. Invite your child to use words such as "more," "fewer," and "equal" to describe the size of groups. Encourage your child to count each group. Repeat.

123

Mathematics

Retelling a story with puppets can support children's creative expression skills.

- Provide one, or several, puppets for your child to use in retelling a favorite story or making up a new story. Encourage your child to move the puppet(s) and use a voice that sounds like the puppet character. Puppets can be created with fabric covering a hand. Other options: finger puppets, stick puppets, and paper bag puppets.

Creative
Expression



Language/ Literacy

Understanding Words and Letters

- How to understand, comprehend, and interpret information in a book
- Learning new words
- Identifying uppercase letters of the alphabet

123

Mathematics

Working with Shapes

- Describing characteristics of shapes
- Identifying shapes
- Representing shapes or finding shape cutouts around the classroom
- Identifying classroom items that approximate a basic shape



Social Studies

Exploring Where We Live

- How walking is a type of transportation
- How some animals can transport people and items
- How multiple types of transportation move items from where they were made to where they will be used
- How multiple types of transportation may be used for a trip



Science

Exploring Earth and Space

- How landfills are used
- How to recycle items



Physical/ Health

Moving Our Bodies

- Practicing jumping
- Practicing hopping

Social
Studies

Children can broaden their understanding of different forms of transportation by reviewing a recent long trip.

- Talk with your child about a long-distance trip you or your family has taken that involved more than one form of transportation (example: car to airport, then plane to different city). Or talk about how a favorite toy may have moved from a manufacturing plant, to a warehouse, to a store, or to your home.

Changing the plot of a familiar story can support children's listening comprehension skills.

- Read or retell a familiar story with your child. Change a key part of the plot. If your child does not like the change, encourage him/her to retell the original version of the story. If your child likes the change you offered, encourage your child to make up his/her own change or add to your change.

Language/
LiteracyPhysical/
Health

Alternating two different physical movements can strengthen children's balance and coordination skills.

- Encourage your child to jump with both feet—hop, jump, hop, jump, hop—up to 10 times. Create squares to hop and jump to with sidewalk chalk for outside play, or painters' tape for indoor play. Consider playing hopscotch if your child wants to add challenge to the jump-hop-jump-hop routine.

Identifying the shapes of common objects can support children's geometric knowledge.

- Encourage your child to identify things in your home and community that represent different shapes. Examples: tires (circle), a door (often a rectangle), traffic signs (often a square or rectangle, sometimes a triangle).

123

Mathematics

Children's understanding of recycling can broaden their understanding of how people take care of the earth.

- Here are some options for helping your child learn about recycling: Point out recycle bins in your community. If your family recycles, encourage your child to sort recyclables from trash and place into a recycle bin. Show your child how to look for recycle symbols on containers. Look for products made from recycled materials.



Science

Language/
Literacy**Understanding Words**

- Eric Carle's childhood experiences helped him write books for children
- Eric Carle's creative illustrations help readers understand numbers
- How an author gets ideas for a book
- How to use ideas to write a story and create illustrations

123

Mathematics

Working with Shapes

- Review of how basic shapes can be different sizes
- Review of how shapes can be used to make a different shape

Self-
Regulation**Focusing and Remembering**

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

Paying attention

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

Social-
Emotional**Getting Along with Others**

- Review of different ways we can play
- Review of how to ask someone to play
- Review of what we can do when someone does not want to play with us



Science

Exploring Earth and Space

- How to use four of our five senses to describe soil
- How soil helps plants grow
- How soil is a home for some animals

Physical/
Health**Moving Our Bodies**

- Practicing combinations of different physical movements

Social-
Emotional

Understanding that it is okay if someone does not want to play with us is a useful social skill.

- Help your child understand that we do not need to feel bad if someone does not want to play with us. Talk about reasons a child may not want to play and options for responding (ask to play together later, ask another child to play, tell the child you'd like to play with the toy when the child is done with it).

Creating or retelling a story from book illustrations can bolster children's language and thinking skills.

- Provide a book with appealing illustrations that your child can use to make up a story, or retell a story. Encourage your child to describe characters and a sequence of events. For additional challenge, invite your child to change some part of the story.

Language/
LiteracySelf-
Regulation

Concentration skills can be strengthened when children pay attention to an object they can feel but not see.

- Invite your child to put his/her open hands behind his/her back. Put a small familiar item in your child's hands without letting your child see the item. Examples: block, ball, toy car, crayon. Encourage your child to describe characteristics of the object (hard/soft; smooth/rough; short/long; round/straight).

Drawing basic shapes can improve children's understanding of shapes.

- Provide a blank piece of paper and a pencil for your child to draw basic shapes you name: circle, square, rectangle, triangle. Encourage your child to describe the shape after he/she draws it. Provide samples of each shape on a separate piece of paper to support your child's knowledge of shapes.

123

Mathematics

Physical/
Health

Engaging in a sequence of different physical movements can enhance children's coordination and memory skills.

- Encourage your child to do a sequence of three movements. Examples: march, walk, hop; or march, gallop, jump. Add challenge by varying the number of times a specific movement is done. Example: march 10 steps, walk five steps, hop three times.

Exploring the characteristics of soil can strengthen children's understanding of nature.

- Help your child look at, touch, and smell dirt/soil, including wet and dry soil. Encourage your child to describe the soil. Talk about how soil is a home for some animals. Look for holes in the ground created by gophers, moles, ground squirrels, chipmunks, ants, worms, etc.



Science



Language/ Literacy

Understanding Words

- How author Janell Cannon’s interest in animals helped her write books
- How Janell Cannon’s illustrations can help people like animals that may make them feel scared, and her story helps us remember to be kind to people
- How changes in an illustration of the same item can help tell a story

123

Mathematics

Counting Things

- Practicing how to make groups of different numbers of items
- Comparing groups of different amounts of items



Self- Regulation

Paying Attention

- Practicing concentration by looking closely at the color of someone’s eyes
 - *Hello Game*
- Following requests by watching and taking turns
 - “Silly Faces Song”



Social- Emotional

Getting Along with Others

- Reviewing how to take turns
- Reviewing how to cooperate



Science

Exploring Earth and Space

- Different external characteristics of rocks
- Comparing wet and dry rocks
- How water on a rock shows a rock’s colors, spots, and lines



Physical/ Health

Moving Our Bodies

- Practicing how to balance and shift our weight
- Practicing how to roll our bodies

Social-
Emotional

Getting along well with others involves sharing valued items.

- Provide a small set of blocks (or other play items) and invite your child to show and describe different ways to share the blocks. Options include: (1) dividing the blocks in half so each person has some to play with; (2) playing with the blocks together to build something; and (3) taking turns playing with the blocks.

Identifying letters in the first names of family members or friends can strengthen children's letter knowledge.

- Print on a sheet of paper the first names of several members of your family or your child's friends. Write the names in a column, beginning with your child's name. Invite your child to find letters that appear in more than one name. Encourage your child to point to and say the letters he/she finds.

Language/
LiteracySelf-
Regulation

Copying another person's facial expression can enhance children's attention and concentration skills.

- Make a silly facial expression and encourage your child to copy it. Try other facial expressions, such as sad, scared, and surprised. Reverse the activity by copying different facial expressions your child makes. Take turns being the leader and follower.

Using math words can bolster children's skills in counting and comparing different groups of items.

- Create two or three groups of 10 or fewer small items, such as coins. Put different amounts in each group. Invite your child to indicate which group has more or fewer items. Change the numbers of items in each group. Provide practice in comparing groups by using more math words: fewest, equal, less, most.

123

Mathematics

Physical/
Health

Shifting body weight between feet/legs, or to hands/arms, can enhance skills in balancing our bodies.

- Encourage your child to practice shifting his/her weight from side to side while standing, and also by standing on one foot at a time, using arms to help with balance. A frog position can be used to practice shifting weight to hands from feet, and from one hand to another.

Exploring the characteristics of rocks can enrich children's understanding of an important part of our natural world.

- Help your child look at or collect rocks of different sizes and shapes. Encourage your child to describe similarities and differences across rocks. If possible, provide a magnifying glass for making comparisons of colors and textures. Putting water on rocks often reveals interesting lines and colors.



Science

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

123

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.

123

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

Language/
Literacy**Understanding Words and Letters**

- How to understand and comprehend information in a book
- Learning new words
- Recognizing spoken letters in our first names
- Reviewing the name and sound of selected letters

123

Mathematics

Making Patterns

- Making simple patterns (ABAB)
- Making other kinds of patterns (AABAAB, ABCABC)

Self-
Regulation**Paying Attention**

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

Focusing & Remembering

- Following requests by listening and remembering
 - *Drum Beats* game

Social-
Emotional**Understanding Feelings**

- Reviewing the emotions—happy, silly, sad, and angry
- Reviewing ways to feel better when we are sad
- Reviewing how to calm down and manage angry feelings



Science

Exploring Living Things

- Ways dinosaurs were the same and different from each other
- Characteristics of plant-eating dinosaurs
- Characteristics of meat-eating dinosaurs
- How scientists determined whether a dinosaur walked or ran

Social-
Emotional

Understanding different types of feelings is a valuable part of getting along well with others.

- Encourage your child to show facial expressions and body postures for commonly-felt emotions, such as happy, sad, disappointed, and excited. For each emotion, invite your child to say whether we usually feel good or yucky inside.

Self-
Regulation

Help your child practice controlling his/her behaviors by responding to the tempo of a drumbeat.

- Use an empty box to provide faster or slower drumbeats that your child follows by walking (or marching) faster or slower. Change the tempo of drumbeats at different intervals. Example: longer and then shorter periods of faster drumbeats. Add challenge by changing the rules. Example: walk faster when drumbeats are slower.

Children's language and thinking skills can be enhanced when they retell a familiar story.

- Invite your child to "read" a favorite book with you. Encourage your child to use the book's pictures as a reminder of what happens. Using the pictures in the order in which they appear also can support your child's recall of the sequence of events. Ask about details your child may forget to include.

Language/
Literacy

Making patterns with objects can promote important math skills.

- Provide a set of items that differ in color or shape for your child to make a pattern. Example of a simple pattern: red bead, blue bead, red bead, blue bead. Example of a more challenging pattern: red bead, blue bead, orange bead, red bead, blue bead, orange bead.

123

Mathematics

Support your child's understanding of meat- and plant-eating animals by discussing what a dinosaur would have eaten.

- Dinosaurs are of keen interest to many children. At one or more meals with your child, invite your child to identify food items that would and would not have been eaten by (a) dinosaurs that ate meat only, (b) dinosaurs that ate plants only, and (c) dinosaurs that ate both plants and meat.



Science



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



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
- Reviewing the letters in our first names

123

Mathematics

Counting Things

- Reviewing how the last number counted tells how many
- Practicing how to count to a target number
- Making groups equal to a given quantity and to one more than a given quantity



Self- Regulation

Paying Attention

- Concentrating on our bodies and breathing by pretending we are a starfish and pretending to rock a stuffed animal to sleep on our stomach

Focusing & Remembering

- Following requests by watching and taking turns
 - "Silly Faces Song"



Social- Emotional

Understanding Feelings

- Thinking about another person's thoughts and feelings
- Considering what someone else may be feeling



Creative Expression

Creating Art

- An exhibition is a show of art or other items that people can attend
- Selecting art we want to show others in our classroom exhibition
- How to share information about our artwork
- Book illustrations can represent different types of art



Physical/ Health

Moving Our Bodies

- Practicing how to move in different ways around, over, and under an obstacle
- Practicing how to gallop and skip

Social-
Emotional

Getting along well with others involves skill in considering how someone else is feeling or thinking.

- When you read a story or watch a children's television show with your child, talk with your child about what a character in the book or show may be thinking or feeling. Discuss reasons a character may act in certain ways.

Identifying familiar letters in different forms of print in your community can strengthen your child's letter knowledge.

- Encourage your child to point out letters he/she recognizes in billboards, signs and product labels in stores, and restaurant menus. Children especially enjoy finding letters that are in their first names and in the names of friends or family members.

Language/
LiteracySelf-
Regulation

Children's skills in relaxing their bodies can be strengthened by pretending to be quiet starfish.

- Invite your child to lie on the floor and spread his/her legs and arms as five extensions of a pretend starfish. Encourage your child to breathe deeply and slowly, and to also stretch and relax his/her legs, arms, and neck. Repeat several times.

Children benefit from counting small groups of different quantities.

- Form three groups with different amounts (under 10) of small items such as play coins or blocks. Make the groups similar, but not equal, in number. Invite your child to count the number of items in each group. Which group has the most? The fewest? Change the number of items in each and repeat.

123

Mathematics

Physical/
Health

Practice in galloping can promote skills in balance and coordination.

- Set up a simple course for your child to follow while galloping. Including corners or turns in the course can add some challenge to maintaining balance. Consider alternating galloping and marching.

Looking closely at different types of art in your home can support your child's appreciation of creative expression.

- Walk with your child from room to room in your home. Talk about art that you find: photographs, your child's art hanging on the refrigerator, play dough sculptures, finger paintings. Recall the story behind each piece. Discuss how it was made and how art helps make your home a special place.

Creative
Expression



Language/ Literacy

Understanding Words and Letters

- How to understand and comprehend information in a book
- Learning new words
- Practice in writing our first name



Mathematics

Counting Things

- Collecting, organizing, and interpreting information for a chart
- Learning information in a chart
- Organizing and interpreting information from a chart
- Presenting information for a chart



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

- Ways we can be helpful to others
- Practicing how to give and receive compliments



Creative Expression

Creating Art

- Art in our center and home
- Art in our community
- Art can be stored and displayed in a museum
- Feelings we may have when we look at different kinds of art



Physical/ Health

Moving Our Bodies

- Practicing how to kick a ball toward a target from a stationary position
- Practicing how to kick a ball toward a target from a moving position

Social-
Emotional

Discussing instances of helpfulness and friendliness can deepen your child's understanding of good social skills.

- When you are in social situations with your child, quietly point out another person's actions that demonstrate helpfulness and/or friendliness. Examples: smiles, saying "thank you," holding open a door for someone, giving up a seat for someone who is holding a child or having difficulty moving around.

Support your child's understanding of how books work by discussing book text and illustrations.

- Use a book of interest to your child to ask or discuss what is on the book's front cover, where we find out who wrote and illustrated the book, where we begin to read, where a sentence begins and ends, and how pictures connect to the story.

Language/
LiteracySelf-
Regulation

Taking turns with your child in copying different body movements can promote concentration skills.

- Encourage your child to face you and copy your body movements and facial expressions. Make some large movements and some small movements to encourage your child to focus on details. Reverse roles so your child has experience in planning and making movements that you copy.

Support your child's understanding that the number of items in a group remains the same when the items are moved into different positions (configurations).

- Place 10 or fewer objects of the same type on a table for your child to count. Then move the items into a different configuration and ask whether there are more, fewer, or the same number of items. Repeat this process with a different number of items.

123

Mathematics

Physical/
Health

Practice in kicking a ball toward a target can strengthen skills in coordinating physical movements.

- Provide a soft ball, a starting line, and a target. Encourage your child to attempt to reach the target by kicking a ball from a standing position. Your child also may wish to practice kicking the ball after taking one or two steps toward the ball. Encourage your child to use the side of his/her foot for kicking.

Pointing out and discussing different types of art in your community can enhance your child's awareness of art.

- Look with your child for art in various buildings you visit in your community. The types of art may include stained glass, mosaic tiles, paintings, and weavings. Art, such as sculptures or murals, may be located in parks or playgrounds.

Creative
Expression