



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

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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?

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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