

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