



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

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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.

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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