

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