

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

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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.

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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