



## Language/ Literacy

### Understanding Words and Letters

- How to understand, comprehend, and interpret information in a book
- Learning new words
- How to blend the beginning sound (onset) with the remaining sounds (rime) in one-syllable words
- The name, sound, written form, and uses of the letter N



## Mathematics

### Counting Things

- How to sort ourselves by hair color and by favorite animals, then count to find out which group has the most and fewest
- How to count, organize, and present information on a chart



## Self- Regulation

### Paying Attention

- How to concentrate on our breathing while stretching our bodies
  - Practicing two yoga poses



## Social- Emotional

### Understanding Feelings

- How we understand what someone else may be feeling because we have also felt that way
- How some children felt when different things happened



## Social Studies

### Exploring Where We Live

- When we vote, we make a choice together that will affect everyone in our group
- The thing with the most votes is the winner



## Creative Expression

### Doing Drama

- How to imitate the voices of an adult, a baby, and characters in *Goldilocks and the Three Bears*
- How to imitate facial expressions of others
- How to imitate body movements of others



## Physical/ Health

### Moving Our Bodies

- Practicing some different ways to move through a pretend forest
- Practicing how to walk next to and around two lines of pretend trees

Social-  
Emotional

Learning how to show concern for another person's situation can improve children's social skills.

- Use puppets or small stuffed animals to present pretend, but realistic, situations where someone is having a difficult experience. Examples: falling down and getting hurt; being left out of an activity; a favorite toy getting broken. Talk with your child about how he/she could be helpful in the situation.

Children can strengthen their literacy skills by identifying and then saying the two parts of a one-syllable word.

- Offer your child more practice in blending two parts of one-syllable words. Say the beginning sound and main part of a one-syllable word slowly. Pause between the two parts. Use the following beginning sounds (letters) with the ending sound of all: b, w, c, f, h, m, and t. Use the following beginning sounds with in: p, b, w, f, s, and t.

Language/  
LiteracySelf-  
Regulation

Doing yoga poses can help children quiet their minds and focus on controlling their bodies.

- Invite your child to show you his/her favorite yoga pose. Encourage your child to breathe deeply and hold the pose for a reasonable period of time.

Sorting and counting small groups of items is a valuable way to practice important math skills.

- After grocery shopping, take time for your child to sort items into small separate groups, such as fruits, vegetables, bread, meats, snacks. Talk with your child about what items go in which groups. Invite your child to count the number of items in each group. Which group has the most? Which group has the fewest?

123

## Mathematics

Social  
Studies

Children benefit from knowing how members of a group use voting to make choices for the group.

- Involve your child in a family vote (by raising hands) on two or three options for a family activity, such as going on a bike ride together, playing at a local park, or playing a game in the yard at your home. Use a simple rule: the activity that gets the most votes is the activity your family will do together.

Using the voices of characters in a story can enhance your child's skills in creative expression.

- Encourage your child to use voices of familiar storybook characters, such as baby bear and papa bear in *Goldilocks and the Three Bears*. Example: use a high-pitched voice for baby bear. Read portions of the story and encourage your child to repeat what characters say, using their voice.

Creative  
Expression

Children can strengthen control of their body actions by moving around obstacles.

- Set up a simple obstacle course with empty plastic containers, such as used milk bottles. Encourage your child to walk, march, or hop around the bottles without knocking any of them down. Add challenge by making the course more complex.

Physical/  
Health