

Language/
Literacy**Understanding Words and Letters**

- How to understand, comprehend, and interpret information in a book
- Learning new words
- Review how to identify, name, and say the sound of the letters D, L, N, and G

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Mathematics

Counting Things

- Practicing adding two groups by counting on with a peer
- Subtracting items from a group

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**Being Responsible**

- A goal is something we work hard to do
- We can reach a goal by practicing and maybe by asking someone to help us

Social
Studies**Exploring Time**

- How different activities take different amounts of time
- How living things take different amounts of time to grow and change over time



Science

Exploring Habitats

- A polar region is always very cold
- How people get food, stay warm, and play a game in polar regions
- How polar bears stay warm in the North Pole
- How animals and people stay warm in the South Pole

Physical/
Health**Moving Our Bodies**

- Review how to kick and throw a ball
- Practicing different movements
 - *Sleeping, Sleeping, All the Children are Sleeping* game

Social-
Emotional

Helping your child identify and work toward a goal can strengthen personal responsibility.

- Help your child set a realistic goal for the day. Examples: kicking a soccer ball into a net during soccer practice, doing a challenging puzzle, going to bed on time. Discuss how your child can work toward the goal and how he/she will feel in meeting or making progress toward the goal.

Preschool children's knowledge of letters is linked to later reading skills.

- Make a chart containing uppercase and lowercase letters D, L, N, and G. Your child's classroom has introduced these letters. Strengthen your child's familiarity with these letters by asking your child to point to and repeat a letter you say in the order each appears on your chart, then randomly. Are any of the letters in a family member's name?

Language/
LiteracySelf-
Regulation

Pretending to be a starfish can help children relax their bodies and quiet their minds.

- Invite your child to lie on the floor and pretend to be a starfish. Encourage your child to spread his/her legs and arms so the starfish has five extensions. Support your child in breathing deeply and slowly while stretching and relaxing his/her legs, arms, and neck. Repeat several times.

The strategy of "counting on" is important to use in determining the number of items in two groups.

- Form two groups of different amounts of small items, such as coins or small blocks. Encourage your child to count aloud the total number of items by starting with the number of items in the larger group and counting on to the smaller group. Example: If the larger group has four items, begin counting the smaller group with number five.

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Mathematics

Social
Studies

Looking at older family pictures can help your child understand that people and places change over time.

- Look at and talk with your child about your child's baby pictures. Talking about older and current pictures of other family members also can support awareness of change. Pictures of changes in where your family lives may be of interest to your child, too.

Children's understanding of polar regions can be enhanced by learning about things that live in the North or South Pole.

- With your child, look at books from the library or find website pictures of animals that live in the polar regions of earth. Examples: polar bears (North Pole), penguins (South Pole), seals. Talk about how animals survive in extremely cold conditions. If appropriate, compare an animal's heavy fur to your child's winter coat for keeping warm.



Science

Engaging in different physical movements can strengthen children's skills in balance and body control.

- Take turns playing *follow-the-leader* with your child in a large open space. Engage in various movements, such as jumping, galloping, marching, hopping, and walking.

Physical/
Health