



Language/ Literacy

Understanding Words and Letters

- How to understand, comprehend, and interpret information in a book
- Learning new words
- Identifying the final sound of familiar words
- The name, sound, written form, and uses of the letter Y



Mathematics

Working with Shapes and Counting Things

- Identifying basic shapes and their characteristics
- Practicing making patterns with shapes
- Identifying numerals 1–20 and which of two numerals is the most



Self- Regulation

Paying Attention

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



Social- Emotional

Being Responsible

- Ways we can stay safe at home or somewhere else
- Identifying safe and unsafe situations



Social Studies

Exploring Where We Live

- Making and spending money
- Practicing how to spend pretend money



Creative Expression

Creating Art

- How artists may use different types of lines
 - Straight, curvy, and zigzag lines
 - Thick and thin lines
- How artists can place lines in their art



Physical/ Health

Staying Healthy and Safe

- Identifying different parts of our body
- Identifying the location of our lungs and heart

Social-
Emotional

Understanding reasons for safety rules can help children prevent accidents and injuries.

- Talk with your child about family safety rules and why it is important to follow each rule. Examples: wearing a seat belt in a vehicle; wearing a helmet when riding a bicycle; holding the hand of an adult to go into a street or parking lot; not climbing on open dresser drawers or shelf units.

Encouraging your child to retell a familiar story can bolster memory, word, and listening comprehension skills.

- Invite your child to retell what happens in a favorite storybook. Encourage him/her to describe book illustrations. Ask questions about the sequence of events, if appropriate, and why a character(s) did what he/she did.

Language/
LiteracySelf-
Regulation

Concentrating on breathing during a simple body stretch can help children relax their body.

- Invite your child to lie on the floor on his/her stomach. You may wish to lie near him/her. Ask your child to stretch out his/her arms in front and elbows even with shoulders. Encourage your child to lift chest off the floor and tilt head upward. Inhale and exhale with slow deep breaths. Repeat with three deep breaths, concentrating on each.

Practice in counting two-digit numbers can strengthen children's understanding of larger numbers.

- Write the numbers 11–20 on a piece of paper or on index cards. Support your child in saying each number. Show or point to the numbers in random order. Invite your child to count out small items, such as craft sticks, that represent each number.

123

Mathematics

Social
Studies

Describe a specific consumer purchase to help your child understand the use of money to pay for goods or services.

- The next time your child is with you during a store or restaurant purchase, describe what it means to pay for something. Invite your child to describe the transaction if you anticipate he/she understands what is happening. If you use plastic or a smart phone image for the purchase, explain how this payment form represents money.

Exploring the uses of lines in illustrations or pieces of art can enhance children's understanding of how artists create art.

- With your child, look at illustrations or pictures of art in books. Talk about different types of lines. Examples: straight, curvy, thin, thick, up/down, side-to-side, diagonal. Encourage your child to describe and trace lines with his/her finger.

Creative
Expression

Reinforce your child's understanding of body parts by playing a fun game.

- Play an enjoyable game, such as *Hokey Pokey*, that helps your child remember parts of his/her body. Also, encourage your child to point to the approximate location of his/her heart and lungs and describe what they do.

Physical/
Health