



Language/ Literacy

Understanding Words and Letters

- How to understand and comprehend information in a book
- Learning new words
- Practice in writing our first name



Mathematics

Counting Things

- Collecting, organizing, and interpreting information for a chart
- Learning information in a chart
- Organizing and interpreting information from a chart
- Presenting information for a chart



Self- Regulation

Paying Attention

- Concentrating on our breathing while stretching our bodies
 - Practicing two yoga poses

Focusing & Remembering

- Following requests by watching and taking turns
 - *Mirror, Mirror* game



Social- Emotional

Getting Along with Others

- Ways we can be helpful to others
- Practicing how to give and receive compliments



Creative Expression

Creating Art

- Art in our center and home
- Art in our community
- Art can be stored and displayed in a museum
- Feelings we may have when we look at different kinds of art



Physical/ Health

Moving Our Bodies

- Practicing how to kick a ball toward a target from a stationary position
- Practicing how to kick a ball toward a target from a moving position

Social-
Emotional

Discussing instances of helpfulness and friendliness can deepen your child's understanding of good social skills.

- When you are in social situations with your child, quietly point out another person's actions that demonstrate helpfulness and/or friendliness. Examples: smiles, saying "thank you," holding open a door for someone, giving up a seat for someone who is holding a child or having difficulty moving around.

Support your child's understanding of how books work by discussing book text and illustrations.

- Use a book of interest to your child to ask or discuss what is on the book's front cover, where we find out who wrote and illustrated the book, where we begin to read, where a sentence begins and ends, and how pictures connect to the story.

Language/
LiteracySelf-
Regulation

Taking turns with your child in copying different body movements can promote concentration skills.

- Encourage your child to face you and copy your body movements and facial expressions. Make some large movements and some small movements to encourage your child to focus on details. Reverse roles so your child has experience in planning and making movements that you copy.

Support your child's understanding that the number of items in a group remains the same when the items are moved into different positions (configurations).

- Place 10 or fewer objects of the same type on a table for your child to count. Then move the items into a different configuration and ask whether there are more, fewer, or the same number of items. Repeat this process with a different number of items.

123

Mathematics

Physical/
Health

Practice in kicking a ball toward a target can strengthen skills in coordinating physical movements.

- Provide a soft ball, a starting line, and a target. Encourage your child to attempt to reach the target by kicking a ball from a standing position. Your child also may wish to practice kicking the ball after taking one or two steps toward the ball. Encourage your child to use the side of his/her foot for kicking.

Pointing out and discussing different types of art in your community can enhance your child's awareness of art.

- Look with your child for art in various buildings you visit in your community. The types of art may include stained glass, mosaic tiles, paintings, and weavings. Art, such as sculptures or murals, may be located in parks or playgrounds.

Creative
Expression