

Social-  
Emotional

Guiding children to be friendly to others can help support positive social skills.

- Act out or discuss situations that involve being friendly to another person. Examples: someone having trouble opening a door because their arms are full; someone drops something; playing with a toy that someone else also wants to play with; what to say when leaving a friend's house after playing there.

Finding compound word items at home can strengthen your child's word skills.

- Help your child find items around your home that have compound word names (doorknob, mailbox, backpack, raincoat, bookshelf, etc.). Extend your left hand, palm up, for the first word and your right hand, palm up, for the second word. Clap hands to make the new word. Example: Hair (left hand out) plus brush (right hand out) makes hairbrush (clap).

Language/  
LiteracySelf-  
Regulation

Self-control includes starting and stopping body actions in response to cues.

- Play music and encourage your child to dance or move in a circle when the music plays. Ask your child to stop moving when you pause the music. Start moving again when the music restarts. Vary the length of the music and pauses. Switch rules so the movement occurs during pauses in the music.

The concept of equal is an important part of number skills.

- Encourage your child to create two groups that have an equal number of items. Examples: toy cars, dolls, stuffed animals, crayons, markers. Offer a number of items for your child (1-5 items per group). Create one group and encourage your child to create a second group of an equal number of items.

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## Mathematics

Social  
Studies

Connecting with older family members can deepen a child's appreciation of family.

- Tell your child about grandparents and/or great-grandparents. If possible, help your child use phone calls or social media tools to enable elders to share stories of their childhood with your child.

The five senses help children learn about their worlds.

- Pop and explore popcorn with your child. Talk with your child about hearing and smelling the popping corn. Enjoy the taste of popcorn together.



## Science

Good control of physical movements requires balancing our bodies.

- Encourage your child to pretend he/she is a stork by standing on one foot. Offer your hand for support if needed. Count out loud together to determine how long your child can stand on one foot. Try the other foot.

Physical/  
Health