

Social-
Emotional

Talking about feeling happy is a good way to begin understanding feelings.

- Take turns with your child telling what makes you feel happy. Say "I feel happy when . . ." Point out each other's smiles. Your child may want to draw a picture of something that makes him/her feel happy. Display the picture as a reminder of happiness.

Identifying the two words that make up a compound word can strengthen your child's awareness of word sounds.

- Find pictures of compound words and the two component words. Lay a picture of a compound word in front of your child, and have him/her find the two pictures that make up the compound word. Have your child state the compound word and then the first and last component words.

Language/
LiteracySelf-
Regulation

Concentrating on breathing in and out can help your child relax and practice self-control.

- Encourage your child to sit quietly and focus on breathing in and out. You may want to say quietly "in, out, in, out" as your child breathes. Taking slow, deep breaths can help calm our minds. Noisy thoughts get quiet when we are calm. A calm mind can help us use self-control.

Strengthen your child's knowledge of shapes by describing a basic shape for your child to identify.

- Draw the outline of basic shapes on the same or separate sheets of paper: circle, square, triangle, rectangle. Describe a shape. Ask your child to point to and say the name of the shape you describe. Reverse roles by encouraging your child to describe a shape that you point to and name.

123

Mathematics

Social
Studies

Comparing the outside look of different types of homes can improve your child's understanding of a community.

- As you travel around the community with your child, point out and discuss different types of homes, such as apartment complexes, duplexes or multi-family homes, mobile homes, single-family homes, etc. Talk with your child about how the outside looks similar to, or different from, your home.

Exploring things with a magnifying glass can help your child understand how tools help us learn.

- Encourage your child to use a magnifying glass to look closely at things in your home. Outdoors is also a great place to use a magnifying glass with items found in nature, such as leaves, tree bark, and bugs. Ask your child to describe what he/she can see with and without a magnifying glass.



Science

Maintaining our balance is important in moving our body in different ways.

- Encourage your child to maintain balance while bending different parts of his/her body. Serve as a model. Bend knees by raising them, squatting, raising knee to touch elbow, and bend knee with foot behind you. Bend at the waist by leaning forward, backward, and side to side.

Physical/
Health