

Social-
Emotional

Children benefit from knowing how to identify a sad feeling.

- Talk with your child about how someone may look when feeling sad. Possibilities: frowning, crying, pressing arms toward body, looking down. Invite your child to show you a sad face. Show your child your sad face. Describe your faces to each other. Talk about why someone might feel sad and what we can do to feel better when we are sad.

Identifying rhyming words is a valuable early literacy skill.

- Encourage your child to listen for and say rhyming words in nursery rhymes, such as “Twinkle, Twinkle, Little Star” (star/are, high/sky). Read books together that include rhyming words.

Language/
LiteracySelf-
Regulation

Yoga is a useful way for children to practice focusing on their bodies and breathing.

- Here is a simple yoga pose for your child to try: 1) lie on the floor face down; 2) place palms on the floor by shoulders; 3) push body upward from head to waist and then lock elbows; 4) look upward and breathe deeply in normal breaths; 5) hold this posture for 25–30 seconds; 6) relax.

Creating a group of a target number of objects offers good practice in counting.

- Provide a group of small objects: blocks, stuffed animals, or toy vehicles. Ask your child to use the objects to create a separate group of the objects by counting the number of objects you specify. For example, form a group of four blocks from a larger group of 10 blocks. Practice different target numbers for creating a second group.

123

Mathematics

Social
Studies

Children can learn how homes are unique by comparing your family's home to other homes.

- Discuss with your child some of the ways your home is similar to, and different from, other homes in your neighborhood. Encourage your child to look closely at colors (including roofs), type of construction materials (brick, stone, siding), trees, bushes, flowers, yards, closeness to street, etc.

Dance helps children control their body movements.

- Encourage your child to dance by moving three steps forward, pausing, and then taking three steps backward. Repeat the movements with some slow music that has a clear, steady beat. Taking several steps sideways, or along an imaginary diagonal, can add variation and challenge.

Creative
Expression

Supporting your child in regularly and properly brushing his/her teeth can foster long-term, healthy dental habits.

- Assist your child in properly brushing his/her teeth twice daily for two minutes each time. You may wish to sing a song to promote the routine and mark the time. Proper brushing techniques, songs, and activities may be found at the American Dental Association website.

Physical/
Health