

Social-
Emotional

Children can learn to stop and think when they are angry.

- It is normal for children to sometimes feel angry when they cannot do what they want to do. Show your child a way to calm down and think of an alternative to feeling angry. Pretend you are angry in an argument with another child over a toy. Show how to: 1) stop, 2) tuck—put head down, give yourself a hug, take 3 deep breaths; and 3) think about some ways to solve the conflict.

Preschool children's knowledge of letters is linked to later reading skills.

- Make a chart containing upper and lower case letters B, C, O, and A. Your child's classroom has introduced these letters. Strengthen your child's familiarity with these letters by asking your child to point to and repeat a letter you say in the order each appears on your chart, then randomly. Are any of the letters in a family member's name?

Language/
LiteracySelf-
Regulation

Children's attention skills are strengthened when they practice listening carefully for a key word in a game.

- Encourage your child to pretend to sleep while you use your own tune to sing "sleeping, sleeping, all the children are sleeping. And when they woke up they were. . . ." Say the name of an animal at the end. Encourage your child to pretend to be the animal you name. Repeat the song 2–3 times, each time using the name of a different animal.

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

- Use or make a set of eight cards with one number on each, from two through nine. Scramble the cards and put them face down. Invite your child to select a card and create a group of the same number by counting objects (toy cars, blocks, stuffed animals, etc.). Remove the chosen card and repeat with the remaining cards.

123

Mathematics

Social
Studies

Creating pretend homes can help your child notice how homes can be unique.

- Use play dough, blocks, sheets, or other items for you and your child to each make your own pretend home. Talk with your child about how the two homes are different and similar.

Identifying living and non-living things can strengthen children's understanding of characteristics of living things.

- Your child's classroom is exploring how a living thing needs food and air, grows (gets bigger) over time, and helps make another like itself (a plant seed can grow into another plant). Encourage your child to find things that are living and not living, inside and outside of your home.



Science

Physical exercise strengthens our bodies by making our hearts and lungs move faster.

- What happens to our bodies when we exercise? Ask your child to lie on the floor and place a hand on his/her chest to feel the movement of his/her heart and lungs. Next, stand up and run in place for 1–3 minutes. Then lay on the floor again and feel the rate of heart beats and breathing. What's different?

Physical/
Health