

Keep It Going... At Home

Dear Families,

Here are some things that you can do at home to support what your child is learning in school.

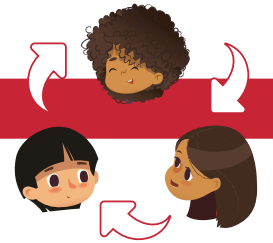
Keep Them Healthy & Active

We read two books (*Jabari Jumps* and *She's Got This*) about children who learn new ways to be active: jumping off a diving board and doing gymnastics. What new skills can you help your children learn?



Develop Their Emotional Well-Being

Children at this age are able to reflect on their own learning, so it can be a powerful practice to invite them to talk about how they have changed and grown since the beginning of the school year. Keep the focus on your child's initiative and persistence, so they begin to develop the understanding that success and learning come as a result of practice and effort in the face of challenges.



Help Them Communicate

In this unit, we will read a biography about Jane Goodall, the environmentalist. Biographies are a terrific type of book to read with your child; they provide interesting information and expand children's knowledge of the world. Look for other biographies to read together.



Explore Their World

We read a book called *10 Things I Can Do to Help My World*. This book focuses on ways children can reduce, reuse, and recycle. Point out ways you do that at home. Ask your children for new ideas they have.

