

## 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.

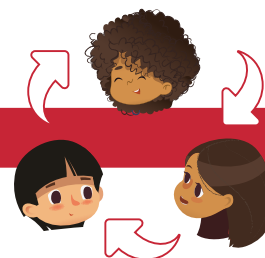
### Keep Them Healthy & Active

Blow bubbles and invite your children to chase and pop them. Bubbles are special because you can't know which way they will go. Children have to jump, reach, and switch directions mid-stream to catch them.



### Develop Their Emotional Well-Being

Self-regulation, the ability to calm down, is an important part of growing up. We teach children several new strategies for learning how to do this, including finding their "calm color," the color that brings them peace. Talk about your calm colors at home. Practice closing your eyes and thinking of your calm color and imagine it flowing through your body.



### Help Them Communicate

Making predictions is an important skill for children to practice. When reading, ask your child, "What do you predict will happen next? Why?" This helps them engage in active reading.



### Explore Their World

We are studying mixing, in part, because it provides children with a great opportunity to use their senses to describe what they see, feel, and hear. It also helps them notice how some things change when they're mixed together and some don't. Play "I Spy" at home and identify all the mixing that takes place in a day. Is the laundry getting mixed together? Is the soup? What can be separated after mixing and what can't?



*WARNING: CHOKING HAZARD - Small objects and parts can become a choking hazard. Adult Supervision Required.*