

## 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.

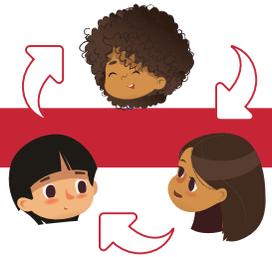
### Keep Them Healthy & Active

In this unit, we focus on the steps involved in making a meal, one important part of which is washing (for example, washing your hands, washing the fruits and vegetables before eating them, washing the dishes). Involve your child in all these processes and talk about why they are all important.



### Develop Their Emotional Well-Being

In this unit, we revisit the theme of kindness. Expand children's understanding of kindness by pointing out and naming acts of kindness. When you observe your child or another person being kind, caring, or helpful, name what they did and how it affected another person or the environment.



### Help Them Communicate

In this unit, we highlight the illustrations of Jan Brett, author of *The Turnip* and many other books. When you read with your child, focus on the illustrations. Talk about what shapes you see, what colors, the sizes of objects in the illustrations, and the expressions on the characters faces. Learning to "read" illustrations and use descriptive words are important skills for children to practice.



### Explore Their World

Start a seed collection. Each time you eat a food with seeds in it, make a big deal out of it. Wash the seeds off and start a seed collection. Invite your child to describe and compare the seeds, count the seeds, put them in size order, and plant some of them.



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