

PreK News You Can Use

Exercise: Investigation 3/Celebrate

Week of: November 16, 2020

Reminders

Fall Break: November 23-27, 2020



Sporting goods store.

Conscious Discipline Corner

It is helpful for parents to model the behavior they would like to see by displaying self-control during difficult moments. This is especially important when children's behavior triggers strong emotions in adults.

When we are upset, children mirror our actions. During difficult times practice using a breathing or coping technique. For example, Be a STAR. Stop, take a deep breath and relax.



www.consciousdiscipline.com

What We are Learning

We learned about different types of exercise equipment.

We read the book *The Happiest Tree: A Yoga Story*.

Ask your child to tell you what the book is about.



You can enjoy the book on Youtube.

Looking Ahead

Next week we will learn about balls.

Our new vocabulary will include: rough, bumpy, smooth, soft, bouncy, throw, kick, play, decorate, and discover.

We will enjoy the book *Just Like Josh Gibson* by Angela Johnson.

Fun Things to Try at Home

Trick Rhymes

Play a rhyming game with your child. Start by saying words that rhyme, like "green", "clean", and mean". Then say a word that doesn't rhyme like "boat". Do they notice the word doesn't rhyme? Help them come up with a new rhyming word.

See where fast, fun brain building takes your family today. For more ideas visit:

www.vroom.org