

Family Connect

Connecting families and classrooms...creatively!

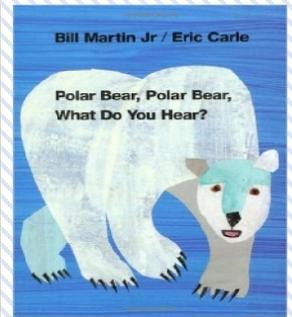
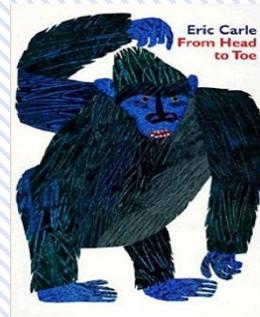
My Wonderful Body and 5 Senses!



Talk with me about...

Read with me!

- * GO foods vs. WHOA foods
- * Tricky body part names: thigh, ankle, calf, elbow, forehead, shoulders, and wrist.
- * Our bodies need healthy food & exercise.
- * Calm body vs. Excited body
- * Concept: Front and back of our body 
- * Concepts: Tall, getting taller, bigger
- * Our bodies sneeze and cough when we're sick.
- * Germs can make us sick.
- * Washing our hands helps get rid of germs.
- * Naming things we see, hear, taste, touch & smell.
- * I smell with my nose. I see with my eyes.
- * I taste with my tongue. I hear with my ears.
- * Some sounds are quiet and some are loud.
- * Give me one, two, four, and all.
- * What do friends do? (play, help, share)



Our letters and numbers

Number of the week:

4 1 2

Letter of the week:

W w N n D d

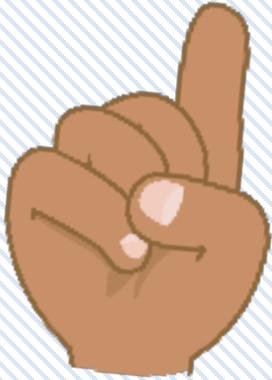
Pull me close...

Let's play!

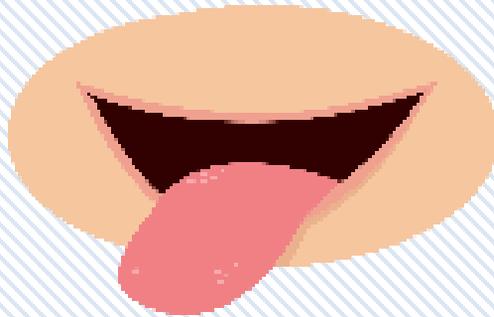
I am learning what it means to have a CALM BODY:
 I can take a DEEP BREATH and pretend to SMELL A FLOWER.
 I can blow my breath out big and pretend to BLOW OUT A CANDLE.
 These are important things I can practice when I'm calm.
 Then, when I feel upset, I can use them to help my body feel less upset and more calm.
 Smiling and giggling after we practice helps this to be fun and also helps me remember this is a good way to help my body feel good!

- * I'm learning some tricky body part names. If you have some lotion, we could put lotion on these parts with tricky names and practice saying the names.
- * Dancing is great exercise for helping my body stay healthy. Let's turn on fun music and dance together. I can do amazing moves! Try imitating me... and I can try to imitate you too!
- * While we're shopping together, let's name foods we see as either WHOA foods or GO foods!

Can you find the number 1? What else do you see?



4



1

