



Family Connect

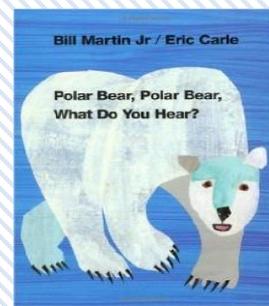
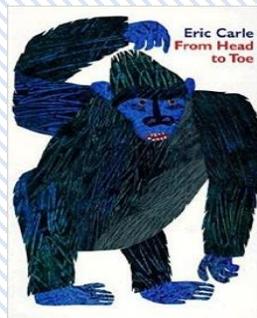
Connecting families and classrooms...creatively!

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, wrist, etc.
- * 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 cause us to get sick
- * Washing our hands gets rid of the germs
- * Pronouns: HIS nose, HER hair etc.
- * Naming things we see, hear, taste, touch & smell
- * We smell with our nose. We see with our eyes.
- * We taste with our tongue. We hear with our...
- * Give me one, two, four, all
- * What do friends do? (playing, helping, sharing)



Our letters and numbers

Numbers of the week:

2, 4, 1

Letters of the week:

Dd Ww Nn

Let's play!

- * I'm learning some tricky body part names: ankle, wrist etc. If you have some lotion, we could practice putting lotion on these parts with tricky names and practice saying the names.
- * Dancing is great exercise for helping my body to stay healthy. Let's turn on some 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 see if we name foods we see as either WHOA or GO foods!

Pull me close...

I am learning about the concept of having a CALM BODY:

I am learning that I can take a DEEP BREATH and pretend to SMELL A FLOWER.

I am learning that I can blow my breath out big and pretend to BLOW OUT A CANDLE.

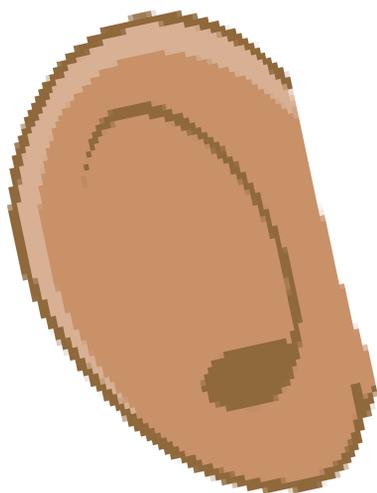
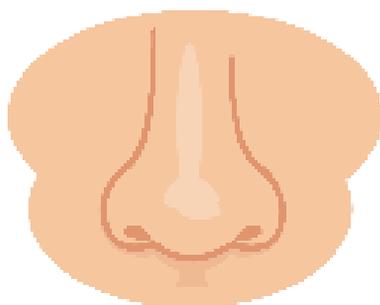
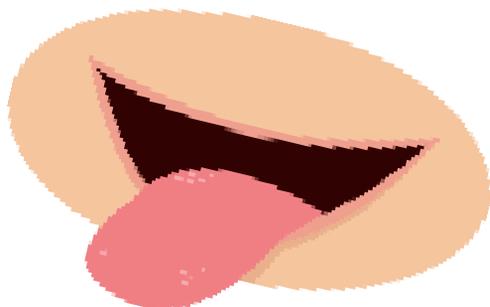
These are important things I can do when I'm calm so that when I feel upset I can use them to help my body feel less upset.

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!

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



4



1

