

Community Workers

This week, we will learn about the people in our neighborhood and community that help us stay safe and healthy.



Word of the Week
 community
A community is a group of people living or working in the same area.
 Use the Word of Week at home.
 You might say: *The playground in our community is a good place to get together with friends.*

Community Helpers

When you see an ambulance, fire truck, police car, or trash truck during your car rides, name the vehicle and ask your child to name the community workers inside of it. Point out that these workers are community helpers. Their job is to help people and keep the community safe and clean.

What's My Address?

Invite your child to go with you to get the mail in your mailbox. Point out the numerals on the mailbox and explain that they help the mail carrier know which house (or apartment) belongs to you. Help your child read the numerals on the mailbox and check to be sure they match the address written on the mail. Read and compare the numerals on neighbors' mailboxes.

More Words to Know
 coach
 librarian
 mail carrier
 number line
 nurse
 store clerk
 teacher

Left and Right

Putting on shoes is a great way to reinforce the concept of left and right. Draw half of a happy face inside each shoe. Have your child position the shoes correctly before putting them on. Your child will see the happy face smile if the shoes are in the correct position. Say "left foot, left shoe" as your child puts on the shoe.

Bake Cookies

Bake cookies for the firefighters at the local fire station or the police officers at the local precinct. Pick out two or three cookie recipes and show them to your child. Discuss the ingredients to decide which recipe the community workers might like best. Encourage your child to make a thank-you card to go with the cookies. Deliver the special treat.

Coming Next Week: We will explore ways to be kind and helpful to friends and family.

Kind and Helpful Me

This week, we are focusing on being kind and helpful.

We will notice how a kind act can make a difference and practice passing kindness on to others.

Word of the Week

compassion

Compassion means to notice when others are hurting and to want to help them.

Use the Word of Week at home. You might say:
You showed compassion when you helped your little brother get up after he fell at the park.



Show Kindness

Do something nice for a neighbor, friend, or relative and involve your child. You might help to rake the leaves or clear a sidewalk after a snow storm. You might help your neighbor carry bags of groceries into the house. You might even pick some flowers growing in your yard and deliver them to a friend. Discuss the good deed and how it makes you feel.

Positive Words

Brainstorm a list of kind and positive words with your child, such as *please, thank you, way to go, amazing, beautiful, creative, excellent, fabulous, fantastic, happy, kind, nice, perfect, special, smile, terrific, wow, and yes.*

Then notice when your child uses these positive words throughout the day.

More Words to Know

caring
cheer up
compliment
generous
kindness
pass it on
tally marks

10 Items or Less

Before going through the express checkout line at the grocery store, invite your child to help you count the items in your basket to be sure there are ten or fewer. Count together and ask: *Is seven (the number you counted to) less than ten?*

Pass It

Pass a ball or beanbag back and forth with your child. Count each throw. See how many times you can pass it back and forth before a miss. For a greater challenge, increase the distance between the two of you.

Coming Next Week: We will learn about eating nutritious foods.

Eating Well



This week, we are learning about the habit of eating well.

We are practicing making healthy choices about the foods we eat.

Word of the Week

nutritious

Foods that are healthy for our bodies are nutritious.

Use the Word of the Week at home.

You might say:

Let's choose a nutritious snack. What do you suggest?

Kitchen Helper

Invite your child to help you make dinner. Your child can help mix cut-up pieces of fruit for a salad or help measure ingredients. As you eat together, talk about how your child helped prepare the meal: *Sean cut up the banana and mixed it into the fruit salad.*

Food Groups

A healthy diet means eating food from each of the five food groups each day: fruits, grains, vegetables, dairy, protein. Help your child identify the foods from each food group on his or her plate as you eat breakfast or dinner. Encourage your child to choose a variety of foods from each group during the day.

Foods That Go Together

While at the grocery store, ask your child to compare the food displayed in each aisle. Look for similarities that would provide clues about why the items are grouped together. For example, point out all the cans in the canned food aisle or the frozen food in the freezer section.

Shopping Trip

Before going on a trip to the grocery store, invite your child to help you make a list of food you will buy. Talk to your child while shopping. Point out that every food in a box or can has a label that tells what ingredients were used to make it. Look at a label on a cereal box. Check to see how much sugar is in each serving. Remind your child that sugar is not nutritious. Compare cereals and shop for cereal that has only a small amount of sugar.

More Words to Know

dairy
food groups
fruits
grains
ingredients
protein
sort
vegetables

Coming Next Week: Children will learn about how important it is to be active and exercise daily.

Active Me

This week, children will be encouraged to be active and exercise to be healthy and fit. Being active helps children develop their muscles and establish balance and coordination.

Word of the Week

exercise

Exercise means to move our bodies to stay healthy and fit.

Use the Word of the Week at home.

You might say:

Let's walk to the park. We need to get some exercise.



Get Up and Move

Limit screen time for your child. Too much screen time causes irritability, fatigue and distraction. It also causes eye strain and weakens the eye muscles that support distance vision. Instead of screen time, choose to read a book together, prepare a healthy snack, play a board game, go for a bike ride, draw a picture together, build a pillow fort, or water the garden.

More Words to Know

active
challenge
heartbeat
passive
pattern
pattern core

Neighborhood Adventure

Take your child on a bike ride or a walk in a local park. Even a walk around the neighborhood is good exercise. If you take the same route once a week, you will begin to notice changes. The changes may be because of weather or construction. Noticing what is happening around you as you walk helps your child develop important observational skills.

Let's Dance

Play some music and dance together. Move to the music with turns and arm and feet movements. Encourage your child to develop new steps and try to copy them. Dancing together can increase bonding, improve fitness, reduce stress, and improve everyone's mood.

Copy My Moves

As you walk short distances with your child, such as to your car or to the bus stop, repeat a sequence of steps or moves that follow a pattern. Say aloud what the moves are, such as: "hop-hop-stop, hop-hop-stop, hop-hop-stop." Encourage your child to make up a new movement pattern on the return trip.

Coming Next Week: We will begin a new theme called "Compare and Contrast." We will first compare living and nonliving things.

Recyclables Needed

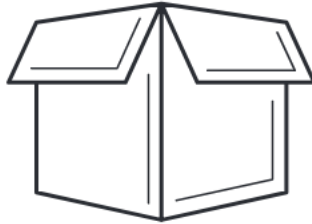
Dear Family,

We will be designing robots in our STEAM center very soon. To do this project, we will need clean, recyclable items to use in our designs. Please recycle any of these items by bringing them to our classroom over the next few weeks.

DONATE



- cardboard boxes (any size or shape)
- cardboard tubes (paper towel, toilet paper, wrapping paper)
- lids (all different kinds and sizes)
- containers/plastic bottles/cartons



Thank You

- cups
- newspaper
- plastic baby wipe containers
- paper plates (clean)
- cans with no sharp edges
- plastic jars

Recyclables Needed

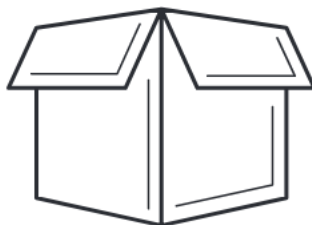
Dear Family,

We will be designing robots in our STEAM center very soon. To do this project, we will need clean, recyclable items to use in our designs. Please recycle any of these items by bringing them to our classroom over the next few weeks.

DONATE



- cardboard boxes (any size or shape)
- cardboard tubes (paper towel, toilet paper, wrapping paper)
- lids (all different kinds and sizes)
- containers/plastic bottles/cartons



Thank You

- cups
- newspaper
- plastic baby wipe containers
- paper plates (clean)
- cans with no sharp edges
- plastic jars