

	Mindful Monday	Talk It Out Tuesday	Wellness Wednesday	Thoughtful Thursday	Feelings Friday
Literacy	<p><b><u>Saturday</u></b> by Oge Mora BEFORE listening to the story, ask your child why they think the title of the book is <i>Saturday</i> and not another day of the week. AFTER reading, ask “Why was Saturday such a special day for Ava and her mother?”</p>	<p><b><u>The Boy with Big, Big Feelings</u></b> by Britney Winn Lee After listening to the story, ask, “Why did the boy try to stuff all his feelings deep down? What changed...why did he feel he no longer had to hide his emotions?”</p>	<p><b><u>Belly Breathe</u></b> by Leslie Kimmelman Practice belly breathing together. Think of other ways to calm down. Discuss how Ava and her mother used belly breathing to push out bad feelings in Monday’s book, <i>Saturday</i>.</p>	<p><b><u>You Matter</u></b> by Christian Robinson Discuss the story as you read along. Ask, “Has anyone ever said you were a pest? If you fall, has anyone ever been too busy to help you?” How did it make you feel? Discuss your child’s responses.</p>	<p><b><u>Saturday</u></b> by Oge Mora Make puppets of Ava and her mother from old socks or other available materials. Ask your child to plan a splendid day together with their family. Act out/retell the story and create your own splendid day.</p>
Phonological Awareness	<p><b>Mother Goose Monday</b> Have your child choose his favorite <b>nursery rhyme</b> to see and say together or introduce him to your favorite! Ask him to identify the rhyming words he hears.</p>	<p><b>I Say, You Say</b> I say /H/...you say /elp/ /H/ – /elp/ /H/ – /elp/ What do we do for others? We HELP our friends! (try segmenting and blending other words)</p>	<p><b>Willaby Wallaby Wednesday</b> Help your child make up rhyming words for his name and the names of family &amp; friends. You can also try to rhyme some of the Mental Health vocabulary words like: Kind, Feelings, Sad, etc.</p>	<p><b>What’s that Sound?</b> Go outside with your child. Get comfortable. Be perfectly still, quiet, and close your eyes. See if she can identify sounds, using only her ears.</p>	<p><b>Sentence Segmenting</b> Say a simple sentence, like: “I can handle it.” Using small objects (i.e. pebbles or pennies), count the words by placing one penny in a line for each word. Repeat with other sentences.</p>
Music & Movement	<p><b><u>Don’t Worry...Be Happy</u></b> <b><u>Sad, Bad, Terrible Day</u></b> <b><u>Belly Breathe song</u></b></p>	<p><b><u>Jungle Yoga Safari Adventure</u></b> <b><u>Make New Friends</u></b> <b><u>Mood Walk</u></b></p>	<p><b><u>Belly Breathing: Mindfulness for Children</u></b> <b><u>Kindness</u></b> <b><u>This Is How I Do It</u></b></p>	<p><b><u>Affirmation Song</u></b> <b><u>Kindness is a Muscle</u></b> <b><u>Friends Song</u></b></p>	<p><b><u>CALI’s Feeling Friday Dance Party</u></b> <b><u>What a Wonderful World Celebration</u></b></p>
Math & Science	<p><b>List of Letters</b> Help your child think of words that describe him. Write the words as he says them. Help him count the number of letters in each descriptive word. Find which word has the most/least letters.</p>	<p><b>Pyramid Builders</b> Using plastic cups, challenge your child to build a pyramid as tall as possible. How tall can she build it before it falls?</p>	<p><b>Water Wednesday</b> Fill a bucket with water. Have your child use the water to fill measuring cups or spoons. Discuss which cup or spoon holds the most water? Least? Experiment to see which cups and spoons sink or float?</p>	<p><b>Cloud Shapes</b> Go outside with paper and a writing utensil. Lay down and observe the clouds. Ask, “What shapes do you see in the sky?” Have your child draw the shapes created by the clouds on her paper. Write down what she says as she describes the different clouds.</p>	<p><b>Friday Find and Sort</b> Help your child find 5-10 small objects. Have him sort the objects by color, size, number of holes (buttons), number of legs (toy animals), or other attributes.</p>
Motor Skills	<p><b><u>Move with Me Monday</u></b> After singing and following along, see how long you and your child can balance on one leg. Change legs, try a different pose.</p>	<p><b>Tuesday Tweezer Trek</b> Walk with your child around your yard and see what she can collect using tweezers. Don’t forget a container to put it all in!</p>	<p><b><u>To Make Me Feel OK</u></b> Sing about things your child can do to feel ok...make <b>bubbles</b>, <b>slime</b>, or <b>fingerpaint</b> to play with when things aren’t going his way.</p>	<p><b>Playdough Name Party!</b> Have your child make the letters of her name by rolling and shaping each letter with <b>playdough</b>.</p>	<p><b><u>Don’t Give Up</u></b> Ramp up these gross motor skills: play catch, row a boat, go skating, or practice balancing. Encourage your child to “try, try, and try some more...don’t give up!”</p>
Social Emotional	<p><b>Mindful Monday</b> <b><u>Calming down with Cali</u></b> Cali knows just what to do when it comes to calming down. Have your child recall what to do in various situations.</p>	<p><b>Talk It Out Tuesday</b> <b><u>I Can Handle It</u></b> Discuss how emotions make us feel, and ways your child can handle anything! Her new mantra should be: “I can handle it!”</p>	<p><b>Wellness Wednesday</b> <b><u>Shake It Off</u></b> Help your child learn to shake off those yucky feelings so he can move on with his day. Knowing how to shake it off during the rough moments will help him move forward.</p>	<p><b>Thoughtful Thursday</b> <b><u>The Color Monster</u></b> Encourage your child to talk about what makes her feel the many different emotions (colors) that were mentioned in the book.</p>	<p><b>Feelings Friday</b> <b><u>Big Feelings</u></b> It is helpful for children to learn that others struggle with big feelings, too. Play the <b><u>Feeling Faces Game</u></b>.</p>