



	Monday, July 19 <sup>th</sup>	Tuesday, July 20 <sup>th</sup>	Wednesday, July 21 <sup>st</sup>	Thursday, July 22 <sup>nd</sup>	Friday, July 23 <sup>rd</sup>
Literacy	<p><b><u>Annabelle Swift, Kindergartener</u></b> Talk about colors and counting. What colors can your child find? How many objects of certain colors can he count?</p>	<p><b><u>Miss Bindergarten Gets Ready for Kindergarten</u></b> Look back through the pages slowly with your child to identify the <b>punctuation</b> marks found in each sentence.</p>	<p><b><u>Countdown to Kindergarten</u></b> Talk with your child about the silly rules in the book. Ask your child if he feels like there will be similar rules in kindergarten? Together, make a list of rules for the school year.</p>	<p><b><u>First Day</u></b> Discuss about feeling nervous to begin kindergarten. Ask, "What does that feel like? What are some things that might make you nervous? Help your child get prepared by addressing her concerns.</p>	<p><b><u>First Day Jitters</u></b> Discuss how Sarah felt about her new school and remind your child that it's alright to feel a little anxious. Say, "You will feel more comfortable each day."</p>
Phonological Awareness	<p><b><u>Syllables</u></b> Watch and learn. Then think of some summer words and break them down by clapping, snapping, or tapping out the syllables.</p>	<p>Reread <b><u>Miss Bindergarten Gets Ready for Kindergarten</u></b> Ask your child about the rhyming word pairs in the book, challenging her to think of other words that rhyme with each pair.</p>	<p><b><u>The Reading Machine</u></b> Turn the volume down and let your children make the sounds...are you ready?</p>	<p><b><u>Three Letter Blending</u></b> Learn about <b>onset</b> - the initial sound in a word ("c" in cat), and <b>rime</b>- the string of letters that follow ("at" in cat), helps your child decode new words.</p>	<p><b><u>Little Mouse</u></b> Watch and listen for rhyming words to find the sneaky, squeaky Little Mouse...where was he?</p>
Music & Movement	<p><b><u>In Summer</u></b>-dance w/Olaf <b><u>Alphabet Dance</u></b> <b><u>Sunscreen</u></b></p>	<p><b><u>Follow the Leader</u></b> <b><u>Betsy the Banana</u></b> <b><u>Count to 100</u></b></p>	<p><b><u>I Can Follow the Rules</u></b> <b><u>Count to 20</u></b> <b><u>Letters Get Down</u></b></p>	<p><b><u>Move!</u></b> <b><u>Zumba Dance Party</u></b> <b><u>Under the Sea</u></b></p>	<p><b><u>Baby Shark-Moose Tube</u></b> <b><u>Usher's ABC Song</u></b> <b><u>It's Friday!</u></b></p>
Math & Science	<p><b><u>Germs!</u></b> Sid the Science Kid talks about germs and how we should wash our hands often. Ask, "Why do we have to keep washing our hands?"</p>	<p>Have your child spot different shapes in your community. As you talk about the different shapes, have her describe why a shape she spots is a triangle (three sides) or a rectangle (two long and two short sides).</p>	<p><b><u>Pepper &amp; Soap Germ Experiment</u></b> Add black pepper to a bowl of water. (Pepper = germs) Instruct your child to stick his finger in the pepper water &amp; watch the "germs." They will collect on his finger. Then, have him dip his finger in soap before sticking it back into the pepper water. Encourage him to discuss his observations.</p>	<p>When washing clothes, sort clothes with your child into piles of "more" or "less." Ask her to help put a specific number of clothing items into the hamper or basket. Have her match socks.</p>	<p>Arrange favorite fuzzy friends in a circle and give two or three crackers to each toy. Ask your child to predict the total number of crackers needed if another guest(s) is added or if one guest must leave.</p>
Motor Skills	<p>Practice for lunch. Make sure your child can open all lunch items independently. Consider zip top baggies, and other easy open containers.</p>	<p>Help your child learn to write her name. This is an empowering experience and allows your child to begin to identify as a writer.</p>	<p>Use hula hoops or chalk to designate targets on the ground. Have your child aim bean bags or balls to "ring" inside the target.</p>	<p><b><u>Sand Writing</u></b> Write names of family members and friends in the sand. Talk about upper and lowercase letters.</p>	<p><b><u>Paper Plate Skates</u></b> Use paper plates to glide along on a rug or carpet. Encourage your child to pretend he has on roller skates, or is an Olympic speed skater, hockey player or figure skater.</p>
Social & Emotional	<p><b><u>Everybody's Feelings Can Change</u></b> Help your child gain awareness of his feelings and the feelings of others. Ask, "What things can we do to feel <b>GREEN</b> - calm, happy &amp; ready to go?"</p>	<p>Talk to your child about meeting new people when she begins school. Practice making eye contact and introducing herself by saying: "My name is ____; it's nice to meet you."</p>	<p>Make a game out of practicing self-help skills. These skills include unzipping a coat, hanging a coat on a hook, or putting on a backpack. Don't forget to practice how to ask politely for assistance.</p>	<p><b><u>B is for Breathe</u></b> Read along and discuss some of the many ways you heard to help you cope, relax, and relieve the stress your child may be feeling about starting school.</p>	<p>Practice following directions with your child at home in fun ways, starting with <b>two-step</b> and progressing to <b>three-step</b> directions. Some fun ideas are playing games, doing crafts and cooking.</p>

Post pictures of you and your child learning together using #gaprekathome