

	Mindful Monday	Talk It Out Tuesday	Wellness Wednesday	Thoughtful Thursday	Feelings Friday
Literacy	<p><b>Belly Breathe</b> Before listening to the story, learn the proper technique for <b>Belly Breathing</b>. After the story, ask your child to recall the way he put his hands on his belly to breathe out the bad feelings.</p>	<p><b>It's Okay to Be Different</b> Listen to this read aloud with your child. Have her identify which characters in the book share similarities with her.</p>	<p><b>Don't Feed the Worry Bug</b> Engage in a discussion about how your child feels when he worries. Ask, "What does a worry face look like? What did Wince do to get rid of the Worry Bug?"</p>	<p><b>You Matter</b> 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?" Talk about your child's responses with her.</p>	<p><b>The Boy with Big, Big Feelings</b> 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>
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 other family members. 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>Don't Worry...Be Happy</b> <b>Sad, Bad, Terrible Day</b> <b>Belly Breathe song</b></p>	<p><b>Jungle Yoga Safari Adventure</b> <b>This Is How I Do It</b> <b>Dr. Knickerbocker</b></p>	<p><b>Mood Walk</b> <b>Kindness</b> <b>Make New Friends</b></p>	<p><b>Have A Good Morning</b> <b>Kindness Is A Muscle</b> <b>Friends Song</b></p>	<p><b>Counting by 5's - march along</b> <b>Run the Red Carpet</b> <b>Celebration</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>Move with Me Monday</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>To Make Me Feel OK</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>Don't Give Up</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>Calming down with Cali</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>I Can Handle It</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>Shake It Off</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>The Color Monster</b> After listening to the story, encourage your child to talk about what makes her feel the many different emotions (colors) that were mentioned in the book.</p>	<p><b>Big Feelings</b> It is helpful for children to learn that others struggle with big feelings, too. Play the <b>Feeling Faces Game</b>.</p>