Dear Families,

Because there is nothing more important than your child’s well-being, our next theme is all about “Growing Up Healthy.” Children will learn about nutritious eating, exercise, and other positive ways of taking care of themselves. We will also learn what to do in case of an emergency and how to call 911.

Health and safety begin in the home, so please help your child by supporting what our class will be learning.

- Make and discuss healthy food choices during mealtime and when shopping for groceries or eating away from home.
- Cook with your child to teach him/her about the ingredients in foods.
- Review family safety procedures, especially what to do in case of a fire and how to exit the home.
- Teach child-appropriate safety guidelines to use at home, such as never turning on the stove or lighting a match.
- Help your child memorize his or her home address and phone number.

Children must develop self-awareness at a young age in order to be healthy for life. It is one of our year-long goals, but will be a special focus during this theme.

Help your child develop healthy habits that will last a lifetime!

Literacy Tip
Teach your child how to read exit and other emergency signs and symbols.

Connecting School to Home
Tap into the activities your child will be doing during this theme, such as making a self-portrait, to help your child become aware of personal characteristics, strengths, and limitations.
**Letter Recognition**

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**For Parents**

Letter Recognition

Being aware of the connection between sounds and letters is the basis for reading success. Encourage your child to play with letters and sounds. Sing the alphabet song together. Circle the letters that go together in the song. Afterward, name the letters and have your child point them out. For example, find the letter m. Find the letter that starts your name. What letters are next to the k? What is the first letter of the alphabet? What is the last? What is your favorite letter? Invite your child to look for letters in the environment, such as letters and words on menus, posters, street signs, books, and food containers. Talk about the letters and the sounds they make.
Recognizing Numbers

Number recognition is a basic math skill. It is very important for children to be able to talk about mathematics in their everyday life. Explain to your child that numbers are significant in our lives. We see and use them every day. Invite your child to look at the picture. Ask your child to point out and name the numbers that they see. Talk about how numbers help us. For example, numbers on a clock help us to tell time, numbers on street signs and buildings help us find where we are going, and numbers in stores sometimes tell us how much things cost. Challenge your child to find numbers in your home. Help your child write the numbers that he or she sees.
How old are you?

0 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20

Fast or slow, I can count them, the numbers go on and on.
8, 9, 10, and 11, 1, 2, 3, 4, 5, 6, 7.

Know your numbers
Oral Language

Talk with your child about the picture. Create a simple sentence from the picture, such as "The car is parked." Check to see if your child can repeat the sentence exactly the way you said it. Control of oral language is important for self-expression and communicating ideas. Sentence repetition strengthens listening, comprehension, language, and vocabulary. These skills are necessary for becoming a successful reader. As time goes on, make the sentences more complex (for example, "The car is parked in front of the fire hydrant."). Try playing this game with your child when you are together in the car, at the store, or waiting in line.
For Parents

Playing With Sounds

Research shows that children who have a greater degree of sound awareness are better equipped to learn reading. Playing with sounds is a great way to develop this skill. Give your child a head start by doing the activity on this page together. Have your child name the animals in the picture. Then have fun making the sounds together. Encourage your child to identify any letters he or she hears in those sounds (m for meow or r for ribbit). During the day, take time out to talk about words and sounds. While getting dressed, you might ask your child how these words sound the same: shirt and shoes. Singing songs, reciting nursery rhymes, and playing rhyming games are also great ways to spark your child's awareness of sound.
Rhyming Sounds

Research shows that children who can rhyme words are very likely to be successful in learning to read. First, talk with your child about rhyming words. Rhyming words are words that sound the same at the end, such as pig and wig. Now show your child how to make rhyming words. For example you might say, “Cat and bat rhyme because both words end with the /at/.” Now look at the first row of pictures. Ask your child to tell you which picture names rhyme. How can he or she tell? Then look around the house for names of objects that rhyme, such as bed and head or door and floor.
How Many?

A valuable and fundamental math skill is the ability to explore counting and grouping. Ask your child to tell you about the farmer's market. Discuss the signs, scale, cash register, and other objects related to numbers. Encourage your child to count the fruits, vegetables, and other products for sale. Ask, "How many apples do you see?" Help your child write the number 5 on the line under the picture of the apple. Continue counting all of the objects. If possible, visit your local farmer's market or fruit and vegetable stand and practice counting.
Sort and Match Shapes! Make several copies of this page. Help students cut the cards apart. Have them match and sort the different shapes. The shape cards can also be used to form patterns.
Sort and Match Shapes! Make several copies of this page. Help students cut the cards apart. Have them match and sort the different shapes. The shape cards can also be used to form patterns.
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- **Library Visit Day!** Find a book about the letters of the alphabet.
- **First Day of Spring**
- **St. Patrick's Day**
- **Daylight Saving Time - Spring Ahead**
- **Learn to write the letters of family members.**
- Sing the ABC song.
- Practice writing your last name.
- Practice writing your first name.
- Find all the letters in books or magazines.
- Write down all the letters of the alphabet.

**Don't forget to call your school district to check the date for registration and schedule a school visit!**

**Do you know your ABCs?**

**Learning Letters & Writing for March 2020**
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Lyrics for songs found in the calendar.

**Twinkle, Twinkle, Little Star**
Twinkle, twinkle, little star,
how I wonder what you are.
Up above the world so high,
like a diamond in the sky.
Twinkle, twinkle, little star,
how I wonder what you are.

**Hickory Dickory Dock**
Hickory, dickory dock
The mouse ran up the clock.
The clock struck one,
The mouse ran down
Hickory, dickory dock.

**Head, Shoulders, Knees and Toes**
Head, Shoulders, Knees and Toes,
Knees and Toes.
Head, Shoulders, Knees and Toes,
Knees and Toes.
Eyes and Ears and Mouth and Nose.
Head, Shoulders, Knees and Toes,
Knees and Toes.

**A, B, C Song**
A, B, C, D, E, F, G;
H, I, J, K, L, M, N, O, P;
Q, R, S;
T, U, V;
W, X;
Y and Z.
Now I've sung my ABCs,
Next time, won't you sing with me?

Listen to these songs at
readyfreddy.org/media/ready-freddy-songs
Can you name the different parts of your body?
**BALLOON BREATHING**

Sitting in a comfortable position, place your hands around your mouth as if you were about to blow up a balloon. Take a deep breath in through the nose and, as you slowly exhale through your mouth, start to spread your hands out as if you are blowing up a great big balloon. Hold your hand position as you inhale again and then spread your hands further as you exhale. Once your balloon is as big as it can be, gently sway from side to side as you release your balloon up into the sky.

**SHOULDER ROLL BREATHING**

Choose a comfortable sitting position. As you take a slow deep breath in through your nose raise your shoulders up towards your ears. Breathe slowly out through your mouth, lowering your shoulders as you exhale. Repeat slowly, rolling your shoulders up and down in time with your breath.

**TAKE 5 BREATHING**

Sit comfortably, resting one hand in front of you with fingers outstretched like a star and the pointer finger of your other hand ready to trace your hand. Starting at the base of your thumb on the outside of your hand, breathe in slowly through your nose as you slide your pointer finger up to the top of your thumb. Breathe out slowly and slide your pointer finger down the inside of your thumb. Breathe in as you slide your finger up the next finger and out as you slide down. Continue breathing in and out as you trace your whole hand.

**BUMBLEBEE BREATHING**

Sitting comfortably, gently place the tips of your pointer fingers in your ears and close your eyes. Breathe in through your nose and then hum quietly as you slowly breathe out.
BACK TO BACK BREATHING

Find a partner and sit on the floor back to back. Sit tall and close your eyes if you want to. Decide who will start - that person begins by inhaling deeply and then exhaling slowly, and then continues to breathe slowly and deeply. Their partner should feel the expansion in their partner's back each time they breathe in and then try to sync their own breathing so that both partners are breathing in time together.

ELEPHANT BREATHING

Stand with your feet wide apart and your arms dangling in front of your body like an elephant's trunk. As you breathe in deeply through your nose, raise your arms up high above your head. Then slowly swing your arms down again as you breathe out through your mouth.

TUMMY BREATHING

Lie on the floor and place a small stuffed animal on your stomach. Breathe in deeply though your nose and feel the stuffed animal rise, and then feel it lower as you slowly exhale through your mouth. Rock the stuffed animal to sleep using the rise and fall of your stomach.

BUBBLE BREATHING

Sit comfortably with your eyes closed. Begin by imagining you are holding a bubble wand. Breathe in deeply and then, as you breathe out slowly and gently, imagine you are blowing bubbles into the room. Imagine the bubbles are filled with peace or love or happiness and that you are filling the whole room with a peaceful, happy feeling. As you keep breathing slowly and blowing your imaginary bubbles, feel your body become calm and relaxed.
How Are You Feeling Today?

happy
sad
frustrated
confused
okay
surprised
excited
angry
tired

Visit readyfreddy.org for more great ideas.
The ABCs of My Child

Date Completed

Child's Name

Child's Birthday

Allergies (if any)

Afraid of

I am proud that my child knows:

I think my child is good at:

My child really likes:

I am most concerned about:

I am excited for my child to learn:

The people who live with my child are:

My child enjoys when we read this book or sing this song:

My child and/or our family could use help with:

I would like to be involved in my child's education in these ways:

Parent or Guardian Information

Name

Phone

Alternate Phone

Email

Best time(s) to contact me:

Paste a photo of your child here.