ACTIVITY: MONDAY, SEPTEMBER 6

New daily routines

Preparing for a new school year or new family routine can stir up lots of emotions for your child. Talk about what to expect and help your child practice first day routines together a week or so before. Help your child make a picture chart of their new morning and bedtime routines. Older children can dictate or write out phonetically captions for their chart. Having the pictures to refer to might make the routines a bit easier once they understand that it will start all over again tomorrow!

PA STANDARD: AL.2.PK.B – INDEPENDENTLY BREAK SIMPLE TASKS INTO STEPS AND COMPLETE THEM ONE AT A TIME. 6.3 PK.B – RECOGNIZE THERE ARE SOCIALLY ACCEPTABLE WAYS TO BEHAVE IN DIFFERENT PLACES. 1.4 PK.F AND 1.4 PK.R – EMERGING TO…SPELL SIMPLE WORDS PHONETICALLY.

ACTIVITY: TUESDAY, SEPTEMBER 7

Sharing and taking turns

Play games that encourage sharing and taking turns. Create your own game by making instruction cards using index cards or small pieces of paper and a die. With your child, brainstorm activities to write on the cards such as: clap your hands; whisper “No, thank you.”; turn around; touch your toes; shout “Yes, please!”; Say your name; knock on the door; jump up and down, etc. Mix up the cards. Pick a card, then roll a die to see how many times to do what the card says. You can help your child count the dots on the die. For example, if the die lands on three and the card says “Say your name”, your child will then say their name three times.

PA STANDARD: 16.2 PK.A - INTERACT WITH PEERS AND ADULTS IN A SOCIALLY ACCEPTABLE MANNER. 16.2. PK.C- ENGAGE IN RECIPROCAL COMMUNICATION WITH ADULTS AND PEERS.

ACTIVITY: WEDNESDAY, SEPTEMBER 8

Expressing feelings

Encourage your child to use words to say how they feel. Grown-ups can “listen” to young children’s behavior and put a name to their emotions. “Are you sad? You had to leave the park. Are you crying because you still wanted play?” Older children can practice statements “I feel (insert feeling word) when ___(share what this feeling). Try using “Daniel Tiger’s Neighborhood” strategy songs to help your child manage and express how they feel. Here’s just a few: “Use your words and say how you feel”; “When you feel so mad that you want to roar, take a deep breath, and count to four”; “Give a squeeze, nice and slow, take a deep breath…let it go.”

PA STANDARD: 16.1.PK.A– DISTINGUISH BETWEEN EMOTIONS AND IDENTIFY SOCIALLY ACCEPTED WAYS TO EXPRESS THEM. 16.1.PK.B – RECOGNIZE THAT EVERYONE HAS PERSONAL TRAITS WHICH GUIDE BEHAVIOR AND CHOICES.

ACTIVITY: THURSDAY, SEPTEMBER 9

Making Friends

Talk to your child about what it’s like to be a friend and have a good friend. Encourage your child to get involved in play by modeling the behavior for them. Show them how to say hello to someone new and ask for their name. Help them draw the connection between their kind, cooperative behavior and friendship. “Can you share your blocks with your friends? It’s nice to share with friends” or “You gave your friend a hug when she was crying. That helped her feel better”. Making friends takes lots of practice and patience but as the “Daniel Tiger’s Neighborhood” song reminds us: “A friend just wants to play with you.”

PA STANDARD: 16.1.PK.B – RECOGNIZE THAT EVERYONE HAS PERSONAL TRAITS WHICH GUIDE BEHAVIOR AND CHOICES. 16.2 PK.A INTERACT WITH PEERS AND ADULTS IN A SOCIALLY ACCEPTABLE MANNER.

ACTIVITY: FRIDAY, SEPTEMBER 10

First time experiences

Childhood is full of new experiences. Talking about and planning for new experiences can help children manage their fears and expectations. Think of some of your child’s “firsts”—learning how to walk, going down the slide for the first time, getting a haircut, sleeping in a big bed, starting preschool, etc. Then together, make a book of “firsts” using illustrations or photos to show all your child’s “first” accomplishments and write captions. Be sure to read it together when done and leave room to add more.

PA STANDARD: 16.1.PK.A– DISTINGUISH BETWEEN EMOTIONS AND IDENTIFY SOCIALLY ACCEPTED WAYS TO EXPRESS THEM 16.1 PK. C - RECOGNIZE THAT EVERYONE MAKES MISTAKES AND THAT USING POSITIVE COPING SKILLS CAN RESULT IN LEARNING FROM THE EXPERIENCE. 1.4 PK.B – WITH PROMPTING AND SUPPORT, DRAW/DICTATE ABOUT ONE SPECIFIC TOPIC.