



Head Start follows an important rule of Being Kind. Here are some lessons you can do to encourage your child to be Kind this week.

Reading/ Writing:

Draw pictures for friends and family that you can't see right now. You can mail the pictures or take a picture and post or text them to others. Make sure to have your child practice writing their name.

Draw at least one picture per day.

Math Lesson: Kindness Shapes

Trace several shapes on a piece of paper. Heart, Circle, Oval, Triangle, Square, Rectangle

Have your child cut out the shapes, If they are unable to cut you can have them color the shapes and you can cut them out. Review the name of each shape.

Have your child list ways that they can be kind this week and write it on one of the shapes. (Share with their brother, clean up their toys, help with a chore)

Each day give your child a different shape and their goal is to do that Kindness Activity.

Science Lesson: Nature walk

Take a walk with your family. While on your walk observe nature, what kind of birds, animals, bugs and plants do you see. Look for signs of Spring. Can you find flowers or buds on the trees?

Be Kind to the earth and Take along a small plastic bag and pick up garbage that you might see along your walk.

Don't forget your goal to read 15 minutes everyday!