



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

Reading/ Writing: Making Lists

Encourage your child to make lists. It can be a shopping list, to do list, chore list, list of things they want to do when this is all over. There is no right or wrong way to do it, we are just encouraging them to know that letters have meaning

- Lists can be words or pictures
- It is ok to let your child look at words and copy them
- It is ok if your child is inventing their own spelling of the words.
- It is ok if your child wants to type the list on the computer.
- It is Ok for you to write down what they say.

Math Lesson: Helping with chores

Laundry: sorting and matching is an essential math skill

- Ask your children to sort and stack their laundry by putting all like things together such as underwear in one pile, socks in another.
- Let them sort clothes by "owner" (my shirts, Dad's shirts).
- Let them match socks by color.

Cooking: measuring

- Allow your child to help prepare meals, include them in the measuring and mixing.

Setting the table: 1-1 correspondence

- Have your child count how many people will be eating. Let them figure out how many plates, cups, forks and napkins they will need. Have them place one of each at each setting.

Science Lesson: Make a calm down bottle

Everyone gets upset sometimes, understanding that you are getting upset and need help calming down is responsible. Here is what you need to make a calm down bottle.

- Get a plastic bottle with a lid
- You can add water, food coloring, oil (baby oil, mineral oil, vegetable) or glue to the water.
- You can add extra items such as glitter or small legos
- Put the lid on securely (you may want to tape or glue it)
- Mix it up and watch what happens.

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

