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**Peek at Our Week**

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| **Standard Focus** | **Activity** | **Home Extension Activity** |
| Understanding that feelings can be managedExpresses and represents thoughts, observations, imagination, feelings, experiences and knowledge, verbally or non-verbally, using a variety of objects in own environment | Faces in the Mirror GameGive a child a mirror, ask them to make happy, sad, tired, etc. faces. | Grab a mirror and take turns making different emotion faces, ask your child to identify which feeling matches the face you are making. |
| Uses perceptual information to guide motions and interactions with objects and other peopleBegins to act and move with purpose and recognizes differences in direction, distance and locationDemonstrates awareness of own body in relation to others | Calm Down Yoga | Pull out your yoga mats and join your child in doing some yoga to start off your day. |
| Begins to demonstrate one-to-one correspondence up to 10 during daily routinesRecognizes sequence of events to establish a sense of order and time | Visual Schedule Sequence | Ask your child questions about their daily routine at school. For example, “What do you do after lunch time?” |

Parent Resources

Cosmic kids yoga offers many great videos. Here’s a link to their videos.

https://www.youtube.com/c/CosmicKidsYoga