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**Peek at Our Week**

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| **Standard Focus** | **Activity** | **Home Extension Activity** |
| Understanding that feelings can be managed  Expresses 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 Game  Give a child a mirror, ask them to make happy, sad, tired, etc. faces. | Ask your child to identify the different feelings that they may feel throughout the day. Ask them to make the facial expression that matches the emotion. |
| Recognizes sequence of events to establish a sense of order and time  Shows motivation for and appreciation of reading | Do You Want to Be My Friend Sequence Game  Children will be asked to put the story in order from beginning to end. | Pick out a favorite book and read it with your child. After reading the story to your child a few times, ask your child questions like “what happens next in the story?” |
| Uses perceptual information to guide motions and interactions with objects and other people  Begins to act and move with purpose and recognizes differences in direction, distance and location  Demonstrates awareness of own body in relation to others | Calm Down Yoga | Yoga is a great way to de-stress. Join your child in multiple yoga poses early in the morning before school or even after a long day of work. |