



Standard	Activity	Home Extension
<p>I. Physical Development A. HEALTH AND WELLBEING a. Active Physical Play 1. Engages in physical activities with increasing balance, coordination, endurance and intensity Benchmark a. Engages in active games or outdoor play and other forms of physical activity for sustained periods of time (e.g., dancing in circle time) B. MOTOR DEVELOPMENT a. Gross Motor Development 1. Demonstrates use of large muscles for movement, position, strength and coordination Benchmark c. Engages in physical activity that requires strength and stamina for brief periods.</p>	<p>Parachute with Bells- The children as a large group will stand in a circle with a parachute and as a group toss and roll jingle bells, learning how moving the parachute in different directions will cause the bells to move in different ways</p>	<p>Take the family outside and using a small blanket, sheet, or round table cloth roll a ball and toss it in the air using the sheet, discussing the cause and effect of the different movements.</p> 
<p>VIII. Creative Expression Through the Arts B. MUSIC 1. Engages in a variety of individual and group musical activities with more coordinated intention 2. Begins to express and represent thought, observations, imagination, feelings, experiences and knowledge in individual and group music activities (e.g., singing, trying musical instruments or marching)</p>	<p>Create their own Christmas Music- The children will be given different instruments and encouraged to create their own Christmas Carols.</p> 	<p>Sit around the Christmas tree with the family and create a new tradition with your own family Christmas Carol created together.</p>
<p>IV. Language and Understanding A. LISTENING AND UNDERSTANDING 1. Demonstrates understanding when listening Benchmark a. Engages in multiple back-and-forth communicative interactions with adults and peers in purposeful and novel situations to reach a goal Benchmark b. Shows understanding by answering factual questions and responding appropriately to what is said 2. Increases knowledge through listening Benchmark a. Tells the main idea or topic of a conversation, story, informational text or creative play, and makes a connection</p>	<p>Meaning of X-Mas The children will learn how the X in X-Mas comes from the Greek letter Chi, which is the first letter of the Greek word Christos, which translates to Christ in English, but we still prefer to say Christmas. We also discuss different ways to say Merry Christmas in different languages.</p>	<p>Discuss where your family came from with your child and how they say “Merry Christmas” in their language.</p> 