**Peek at Our Week**

|  |  |  |
| --- | --- | --- |
| **Standard**  | **Activity** | **Home Extension** |
| **VII. SOCIAL STUDIES** B. INDIVIDUAL DEVELOPMENT AND IDENTITY VII. B. 1. Identifies characteristics of self as an individual VII. B. 2. Identifies the ways self is similar to and different from peers and others D. SENSE OF IDENTITY AND BELONGING4. Develops sense of self-awareness and independenceBenchmark c.Uses words to demonstrate knowledge of personal information (e.g., hair color, age, gender or size) | A group of children with different colors  Description automatically generatedAll About MeCharting our hair colors Learning aboutthe parts of the body A poster of a book with a group of cartoon characters  Description automatically generatedRhyming with body part wordsA diagram of body parts  Description automatically generated | Have your child discuss different attributes (such as eye color, hair color, what they are good at) that make them an individual. You can help your child compare the attributes with other family members.* Sing songs and play games that help children recognize their own unique characteristics (e.g., riddles…”Who has brown hair in our family? Who has green eyes and likes pizza?”).
 |
| **I. PHYSICAL DEVELOPMENT** A. HEALTH AND WELLBEINGd. Feeding and NutritionI. A. d.1. b. Recognizes nutritious food choices and healthy eating habits | A collage of food and drinks  Description automatically generatedWe will be sorting pretend food into categories of “Healthy/Growing Food” vs “Food that we eat for Treats Sometimes.” | Discuss which foods you eat throughout the week that are healthy “growing” foods, that are important to eat each day. |