### Language/Literacy
- **Understanding Words and Letters**
  - How to understand, comprehend, and interpret information in a book
  - Learning new words
  - How to blend two initial sounds (body) with the ending sounds (coda) of one-syllable words
  - The name, sound, written form, and uses of the letter W

### Mathematics
- **Measuring Things**
  - Practicing measuring items with our hands and comparing our measurements
  - How to measure and compare items with a ruler

### Self-Regulation
- **Focusing & Remembering**
  - How to follow requests by listening and remembering
    - *Music Marks* game
    - *Musical Simon Says* game

### Social-Emotional
- **Understanding Feelings**
  - Reviewing emotions
  - Identifying how people feel by looking at their face and body
  - Identifying reasons why people feel certain emotions

### Social Studies
- **Exploring Where We Live**
  - How community helpers use different parts of their uniforms
  - Identifying jobs people do based on different kinds of uniforms they wear

### Creative Expression
- **Creating Dance**
  - Creating dance movements using our arms
  - Creating dance movements using our legs
  - Putting arm and leg dance movements together

### Physical/Health
- **Staying Healthy and Safe**
  - Making a pretend pizza with five types of healthy foods
  - Identifying foods in the five types of healthy foods
## Readiness Starts Early: Tips for Promoting Your Child’s Learning (3–5 Years)

### Social-Emotional

Children can benefit from knowing we may feel different types of emotions on the same day.
- Read a book about emotions with your child. Example: *The Way I Feel* by Janan Cain. Talk about the feelings described in the book. Explain that we can experience different types of emotions on the same day. Example: We may be disappointed when rain keeps us from playing outside, but happy when we can play our favorite indoor game.

### Language/Literacy

Encouraging your child to retell a story can build language, literacy, and thinking skills.
- After reading a book with your child, invite your child to describe what the book is about. Who are the main characters (could be an animal)? What happens first? What happens next?

### Self-Regulation

Children can strengthen their behavior control by moving their hand in response to the tempo of music.
- Invite your child to draw smooth, continuous lines when you play slow music; and to draw short, separate lines when you play fast music. Add challenge by changing the rule and/or altering the frequency of changes in fast and slow music.

### Social Studies

Children can deepen their understanding of a helper in your community by pretending to be the helper.
- Help your child pretend to be a favorite helper in your community by providing clothing and props. Example: A bus driver needs a pretend steering wheel and seats behind where he/she sits. Talk with your child about some of the things the helper does. Example: bus driver welcomes people who get on the bus.

### Mathematics

Children can improve their understanding of measurement by using their hands to determine length and height.
- Our hands can be tools for measuring things. Invite your child to find out how many “hands long” or “hands high” different items are by putting his/her hands end to end on the item. Encourage your child to use his/her hands to compare the length or height of two different items. Example: length of a table and length of a couch.

### Creative Expression

Your child can be a dance choreographer by making up movements for arms and legs.
- Invite your child to create and put together several dance movements involving arms and legs. Examples: Move arms forward, backward, to the sides. Move legs forward, backward, and then bend. Combine arm and leg movements in a sequence. Encourage your child to teach you the movements.

### Physical/Health

Involving children in meal planning or preparation can enhance their awareness of healthy eating.
- Encourage your child to help you make decisions about what to serve at a family meal. Focus on dietary guidelines from the U.S. Department of Agriculture. Consider involving your child in preparing some of the meal.