

Active Me

This week, children will be encouraged to be active and exercise to be healthy and fit. Being active helps children develop their muscles and establish balance and coordination.

Word of the Week

exercise

Exercise means to move our bodies to stay healthy and fit.

Use the Word of the Week at home.

You might say:

Let's walk to the park. We need to get some exercise.



Get Up and Move

Limit screen time for your child. Too much screen time causes irritability, fatigue and distraction. It also causes eye strain and weakens the eye muscles that support distance vision. Instead of screen time, choose to read a book together, prepare a healthy snack, play a board game, go for a bike ride, draw a picture together, build a pillow fort, or water the garden.

More Words to Know

active
challenge
heartbeat
passive
pattern
pattern core

Neighborhood Adventure

Take your child on a bike ride or a walk in a local park. Even a walk around the neighborhood is good exercise. If you take the same route once a week, you will begin to notice changes. The changes may be because of weather or construction. Noticing what is happening around you as you walk helps your child develop important observational skills.

Let's Dance

Play some music and dance together. Move to the music with turns and arm and feet movements. Encourage your child to develop new steps and try to copy them. Dancing together can increase bonding, improve fitness, reduce stress, and improve everyone's mood.

Copy My Moves

As you walk short distances with your child, such as to your car or to the bus stop, repeat a sequence of steps or moves that follow a pattern. Say aloud what the moves are, such as: "hop-hop-stop, hop-hop-stop, hop-hop-stop." Encourage your child to make up a new movement pattern on the return trip.

Coming Next Week: We will begin a new theme called "Compare and Contrast." We will first compare living and nonliving things.

Recyclables Needed

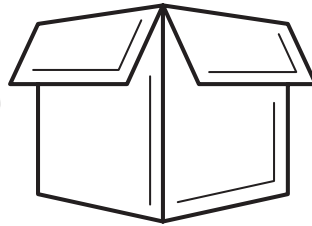
Dear Family,

We will be designing robots in our STEAM center very soon. To do this project, we will need clean, recyclable items to use in our designs. Please recycle any of these items by bringing them to our classroom over the next few weeks.

DONATE



- cardboard boxes (any size or shape)
- cardboard tubes (paper towel, toilet paper, wrapping paper)
- lids (all different kinds and sizes)
- containers/plastic bottles/cartons



Thank You

- cups
- newspaper
- plastic baby wipe containers
- paper plates (clean)
- cans with no sharp edges
- plastic jars

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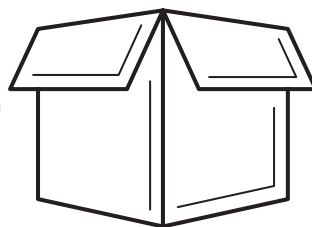
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