

# How Do You Feel Today?



**Happy**



**Sad**



**Angry**



**Scared**



**Silly**



**Excited**



**Surprised**



**Shy**



**Embarrassed**

## **Social Emotional:**

1. Expressing Feelings 2. Taking Turns 3. Manage Feelings

1. How are you feeling today? Did it snow? Is there enough snow to build a snowman? Make a picture of the snowman you would like to build. Is your snowman frowning or smiling?

**Life Skills:** Growth with Independence

# January



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<b>1</b> New Year's Day
<b>2</b>	<b>3</b> <small>Elijah's Birthday</small>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b> <small>Dennis's Birthday</small>	<b>14</b> <small>Jahdiel's Birthday</small>	<b>15</b>
<b>16</b>	<b>17</b> <small>Martin Luther King Day</small>	<b>18</b>	<b>19</b> <small>Owen's Birthday</small>	<b>20</b>	<b>21</b>	<b>22</b>
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<b>30</b>	<b>31</b>					

**1. Calendar:** Talk about today's date with your child. -Name the month, the number of the day, and the day of the week. Count how many days til Martin Luther King Day, Elijah's Birthday 1/3, Dennis's Birthday 1/13, Jahdiel's Birthday 1/14, and Owen's birthday 1/19. **We use a calendar for counting and recognizing numbers.**

[12 Months of the Year | Exercise Song for Kids | Learn the Months | Jack Hartmann](#) This is a link that we exercise while learning about the 12 Months of the year.

**2. LIFE SKILLS:** Continue with this activity. **Learn Your Address.** Here's another tune to try.

Using a song.  
(Sung to the tune of  
B-I-N-G-O)

Example:

There was a boy

His name was Blake

And this is where he lived

One Three Two

One Three Two

One Three Two

On Pretend in Jackson

Adapt it anyway it will work for your child as a catchy tune.

**HAVE FUN!**

**Learn Your  
Address**

Using a song.  
(Sung to the tune  
of  
Frere Jacques)

Example:

132  
132  
Pretend  
Road  
Pretend  
Road  
Jackson, NJ  
Jackson, NJ  
08527  
08527

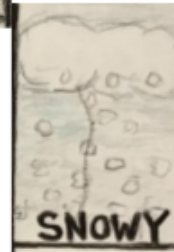
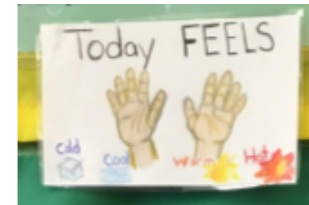
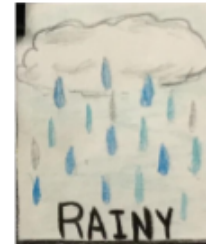
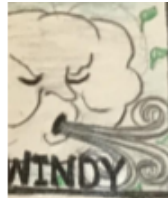
Teach your child  
their address by  
giving it a catchy  
tune.

If your child is older and ready, begin teaching your child his/her address. Preschoolers had some fun doing this in the past. It takes some time and continued practice. Use a catchy tune to sing it.

**3. Life Skills:** Check out the weather and what's going on outside.

# What's the weather?

What's the weather?  
What's the weather?  
What's the weather everyone?  
Is it windy?  
Is it cloudy?  
Is there rain?  
Or is there sun?  
Or is there snow?



Today's weather is \_\_\_\_\_ and \_\_\_\_\_.

## Learning about Each Day

**Weather:** Have your child look out the window or even step outside. Choose the weather together. What's the weather? Is it windy? Is it cloudy? Is there rain? Or is there sun? Or Maybe there's snow?

Continue to track the weather for the week. What's going on outside? Is there snow on the ground? –Animals outside?

**4. Life Skills: Family Bonding Game ( @ Mealtime)** Here's a fun game to play with your preschooler.

## **Modeled Moment: Table Riddles**

Play this guessing game by selecting three items at the dinner table. Talk about some attributes of each one such as shiny, smooth, long, round, etc. Take turns describing one of the items for the other player(s) to guess. For example, "I am thinking of something that is long, shiny, and pointy." A fork!

## **Learning Readiness:**

Write out your child's first name. Have your child state each letter if ready. Younger friends may continue to learn the first letter of their name. Now let's try writing over your lines (Rainbow Writing) or if ready, have your child form the letters of their first name. Some friends have started forming parts of their last names. Have fun. Make it colorful. Each letter may be a different color or gone over in different colors.

## **Motor Development**

\* Most shared activities involve giving or following clear directions.-- Give your child opportunities to practice following clear, multi-step directions

Demonstrate fine-motor strength and coordination-

Demonstrate gross motor strength and coordination

### **Three Corner Catch**

(Game 183)

Play an easy game of toss and catch with your child and another family member available. Your child will improve his/her throwing skills and find that it's fun to take turns and cooperate.

Although your child may miss the ball repeatedly at first, he/she will learn cooperation and turn taking as he/she practices tossing and catching the ball.

Another idea:

Change the game by using a different size ball or increasing the space between you and your child.