It was very nice to be able to speak with most of you on the telephone last week—we were so glad to hear that you and your families are all healthy! As you know very well, these times are very challenging for us as adults, but we wanted to share this important reminder with you about your dear children:

Our Children Are Little Heroes, Too!

They are: Missing their grandparents, extended family, friends and school, lacking normal routines and structure, have parents who may be stressed, worried, scared and just “different,” and are overhearing talk and news that they may not understand...

Give your little hero more cuddles, more one-on-one playtime and an extra dose of love, patience and forgiveness. We will get through this together!!

Suggestions for Learning At Home This Week

**Literacy Activities:** Read together every day! Suggested online books: **The Best Nest and Are You My Mother?** After reading, ask your child questions about the stories!

1. **Our Letter of the Week** is Q. Make the letter Qq and have your children copy the letter several times. Pronounce the “Q” sound, and help your child find things around the house that begin with Q (quarter, quilt, for example). Not too many words begin with Q! Please continue to have your child practice writing his/her name (and other letters of the alphabet) every day.

2. **Letter Hunt Game** - Print the letters of the alphabet all over a large sheet of paper in random order. Name a letter and invite your child to circle it with a crayon. Offer positive reinforcement for the letters they are able to find; if they are unable to recognize a letter, make the letter on a card and encourage them to find the matching letter on the chart. (This idea can be also be used to reinforce number and shape recognition skills).

**Math Activities:**

1. **Pizza Shape Game** - Make a large square out of colored paper (12”x12”). Using 2 paper plates leave one whole and cut the other plate into several triangles (wedges). Ask your children to find the shape that looks like a pizza box (square). Then ask them to find the shape that looks like a pizza and place it on the square (circle/plate). Arrange the triangle pieces on top to create their “pizza!” Name the shapes as your children pick them up and ask them to find items with similar shapes around the house.

2. **Number Moves** - Call out a number and invite your child to do different movements that number of times (jump, hop, clap, jog in place, touch their toes, etc).

**Art Activities:**

1. **Family Quilt**—Have the members of your family cut out square shapes of different sizes to decorate, using crayons, markers, pictures cut from magazines and other materials you have at home. Tape them together to create your own family quilt and display it on the refrigerator for all to enjoy!

2. **Sidewalk Art**—If possible, on the sidewalk in front of your home, have your child use chalk to create some art for your neighbors to enjoy!

**Gross Motor Activities:** Limit screen time! Play Freeze Tag, Number Moves (see above)—have fun outside!

Wash your hands, cover your sneezes and coughs, stay home and remember—we love you!

Miss Sheila          Miss Lydia          Miss Diana          Miss Jessica