Dear Families,

We hope that you all had a wonderful weekend! We know from our phone calls that you have all been especially busy these days, extending your child’s learning at home, as well as doing your regular daily tasks. We know this can be challenging—you are doing a great job! As we prepare to return to our “normal” lives in the (hopefully) near future, we encourage you all to try to maintain a regular daily routine for your child, including indoor and outdoor learning experiences, meals, bathing and bedtime. The Healthy at Home Toolkit (presented in English and Spanish) can be found on the Teaching Strategies Gold website and is very helpful; it provides practical suggestions on how to maintain a healthy, flexible daily schedule for your children. Establishing a routine now will make the transition easier when we are able to return to Head Start. We found a comforting thought that we’d like to share with all of you at this challenging time:

“Dear Parents, Please don’t stress about school. When we are able to be together again, we will get your children back on track. We are teachers, and that is our superpower! Right now, we just need you to share your calm, share your strength, and share your time and laughter with your child. No kids are ahead, no kids are behind. Your children are exactly where they need to be right now- safe at home with you!”

Suggestions for Learning at Home this Week

📚 **Literacy:** Read together every day! Suggested books for this week can be found on YouTube:

- [Inside, Outside, Upside Down by S. and J. Berenstain](#)
- [My Mom is Magical Unicorn Books by S. Moyle](#)

Our Letter of the Week is **U**. Make Uu’s in several different ways (written on paper, with chalk on the sidewalk or with a stick in the dirt, using string or yarn, play dough, finger paint, shaving cream, etc.). Look for U’s on street signs, in books and magazines, etc. Emphasize the **U** sounds (long and short) when saying words with your child (unicorn, United States-long **U** sound; up, under-short **U** sound). The vowels are challenging because they have 2 different sounds! Encourage your child to practice writing their name and other letters of the alphabet daily.

12** Math:** Learning about positional words is a valuable mathematics skill, which will enhance your child’s spatial awareness. Invite your child to play the game, “Where Does it Go?” Take an object (a ball or book for example) and ask your child to put it in several different positions—for example, you could say, “Can you put the ball (on, under, next to, behind, in front of, near/far from the chair, etc.)? Try this with different objects at different times to help reinforce these concepts. Ask your child to help set the table, using positional directions (“Please put the napkin next to the dish, put the fork on the napkin, place the spoon next to the cup, etc.”)

🖌️ **Art:** Pinterest has some very creative unicorn art projects to try with your child! Our favorites are the handprint and paper plate unicorns. Check the website for the simple directions and create some unique unicorns! Remember to emphasize that **U** is for unicorn when having fun learning together!

🌟 **Gross Motor:** Make a hopscotch game outside on the sidewalk and show your child how to alternate jumping and hopping. Call out the numbers as they jump. This game can be played using letters or shapes in the squares. You can create a hopscotch pattern on your carpet using paper squares or masking tape if you do not have available outside space. Try and get outside with your child every day! Have fun and remember:

Wash your hands, cover your sneezes and coughs, stay home and remember—

We love you!

Miss Sheila  Miss Lydia  Miss Diana  Miss Jessica