Dear Families,

What challenging, yet rewarding times we have all been through during the past three months! We have had the very unique opportunity to spend much precious time at home, learning and growing together. We want to commend you all on your strength and endurance as you have taken good care of your families, working hard to keep them safe. Soon, some of the children will be returning to Head Start; others will be at home with their families until the new school year begins. We encourage you all to try to maintain a regular daily schedule for your children, whenever possible. Many activities may have been very relaxed for all of us in the past few months. It will **really** help your children if you can establish regular mealtimes and bedtimes for them now, to help them transition smoothly as they return to school. Continue encouraging their **thorough** hand washing (for at least 20 seconds) and remind them to cover all of their coughs and sneezes with a tissue. Help them get into these healthy habits now for their happy return to Head Start!

**Happy Father’s Day to all of you Super Dads!**

**Suggestions for Learning at Home**

**Literacy:** Remember to read to your child every day! Recommended books this week (on You Tube) are: Put Me in the Zoo by R. Lopshire, 1,2,3 to the Zoo by E. Carle The View at the Zoo by K. Bostrom

Our Letter of the Week is **Z**! We have zoomed through the alphabet! Make letter Z’s and ask your child to trace and copy them. Say the “Z” sound and talk about things that begin with Z (zoo, zebra, zipper). If possible, take a trip to the zoo (nearby Beardsley Zoo has reopened) or you can go on a virtual Zoo Adventure on the websites Kid Vision Pre-K, San Diego Zoo.com, and many others. Talk to your child about different zoo animals and invite them to write the animals’ names. Ask them extended questions, such as, “What can you tell me about the different animals? How are they the same? How are they different? What do you think they eat?” This activity will help extend your child’s conversations and vocabulary, and will stimulate their thinking ability. Please continue to help your child write their names (and other letters of the alphabet) every day!

**Mathematics:** Talk to your child about patterns. Look at a picture of a zebra and say the repeating color pattern of their stripes (black-white, black-white, etc.). Find different patterns in the home (on clothing, floors, etc.) and outside (stripes on crosswalks, picket fences, etc.) Help your child make and extend patterns with a variety of household objects (fork-spoon, fork-spoon, shoe-sock, shoe-sock, block-car, block-car, etc.).

**Art:** Make a zoo! Invite your child to make paper zoo animals-lions, tigers, elephants, giraffes, etc. Color and cut them out—don’t forget to make a striped pattern on the zebra! They’ll create very unique animals—encourage their creativity! Decorate the inside of a shoe box to create the animals’ “habitat”—cut green paper strips to make grass, cotton for clouds, etc. and tape your animals standing up inside the box to create your zoo-have a wild time! Look for other Preschool Art Activities on Pinterest.

**Gross Motor:** Zig Zag Game: Using chalk, make large zig-zag lines on the sidewalk and have your child move on them in a variety of different ways (walk, jump, hop skip, etc.). Ask your child to pretend the lines are a rope they have to walk on (encourage them to walk on the line in a heel-toe pattern to help develop their balancing skills).

*Wash your hands, cover your sneezes and remember, we love you!*

_Miss Sheila  Miss Lydia  Miss Diana  Miss Jessica_