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# My Family and Friends



## Literacy

Can you find these signs in your neighborhood? Tell someone what each sign means and why it is important.



## Outdoors

Visit a neighborhood park. Enjoy the playground equipment or simply play catch with a partner. Stand facing each other and throw a ball back and forth. Start with a small, soft foam ball and change balls as your throwing and catching skills improve.

## Calming Strategy

Show your family how to do the **Balloon** calming strategy. Do it if you feel upset.

- Place your hands on your head and lock fingers together.
- Breathe in deeply, and raise your hands over your head like your air is filling up a balloon.
- Sniff in more air. Sniff in one more time.
- Then let the air out as you drop your hands back down to your head.
- Make a "ppppbbbbbbb" sound as the air empties from the pretend balloon.

## Math

How many windows are in your house? How many spoons are in the drawer? How many plates are on the table? How many shoes are by the door? Practice counting every day. Sometimes it's fun to count with a partner—you say one number, your partner says the next number.

## Theme Job

Begin to learn your address. Do you know the name of the town and the street where you live? Is there a number on your house or on your apartment? When mail arrives, look at an envelope. Do you know any of the letters or the numerals in the address?