



Choices



Literacy

Practice naming the letters that you see around you. What letters do you see on the television set, on your clothes, and in the kitchen? See if you can find every letter of the alphabet.

Math

Snack time is a good time to practice math. Make a pretzel stick counter. Stand a pretzel upright in a dollop of peanut butter or in a cube of cheese. Put loop cereal, one by one, on the pretzel pole. Count the loops or make two pretzel poles and compare the number of loops on the two poles. If the cereal loops are different colors, make a pattern on your pretzel poles.

Outdoors

Commit to some kind of daily exercise. Take a walk, climb the steps to your doorway several times, or stretch tall and breathe the fresh air. Daily exercise is a healthy choice.

Theme Job

Practice good manners, and establish a simple and healthy bedtime routine. Doing both of these jobs will help you be more confident.

Calming Strategy

Show your family how to get rid of stress using the **Drain** calming strategy.

- Extend both arms in front of your body parallel to the floor while making a fist with both hands. Imagine your hands are faucets.
- Tighten your muscles as tight as you can—hands, arms, neck, shoulders, and face.
- Exhale slowly while releasing all of your muscles making a “shhh” sound pretending to release the water in the faucets.
- End with your hands open and your arms relaxed at your sides.
- After a few seconds, tighten your muscles again and close your fists tightly to stop the water from flowing. Then release the water and your tension again.