



# I Build! I Create!



## Literacy

Practice writing letters and words with many different writing tools. Try using your fingers, markers, crayons, paints, and even frosting!



## Math

Build a paper cup tower. Place three cups upside down on a flat surface. Lay a piece of cardboard on top of the cups. Put three more cups on top of the cardboard. Continue alternating cups and cardboard. How tall can you make the tower? How many cups did you use? What happens when you change the number of cups in each layer? What happens if you change the position of the cups? Enjoy building and counting. Don't forget to make a record of your buildings.



## Outdoors

Paint with water. Choose a paintbrush, and fill a small bucket or can with water. Dip the brush in the water and paint walls, trees, fences, gates, mailboxes, and lawn furniture.



## Theme Job

With a member of your family, plan a visit to a construction site. Talk about the equipment you will see. During the visit, think about what is happening and what jobs the different pieces of equipment do. Think about whether any of the giant machines use simple machines. Take photos of your visit. Look at books about the trucks and construction equipment. See if the book shows some of the equipment you saw. Visit the site another time. Has anything changed?



## Calming Strategy

Teach someone in your family how to do the Painter's Reach calming strategy. Pretend to hold a paintbrush in your right hand and paint a pretend canvas.

Start by reaching as high as you can with your right hand to the left side of your canvas. Paint all the way down to the ground on your right side, moving diagonally across your body.

After a few strokes, change hands. Begin painting with your left hand high on the right side of your canvas. Paint all the way down across your body to the ground on your left side.

Inhale as you reach, and exhale as you move your pretend brush toward the ground.