



Theme 5

Stories and Rhymes



Literacy

Read, read, read! Ask each of your family members to read a favorite story. Tell yourself stories as you take a picture walk through all the books that look interesting to you. Then draw your own story. Add a few words or ask an adult to add the words for you.



Math

Do you know any counting rhymes and stories? Here are two to get you started. Can you find more?

One, two, buckle my shoe.
Three, four, shut the door.
Five, six, pick up sticks.
Seven, eight, lay them straight.
Nine, ten, a big fat hen.
One, two, three, four, five—
Once I caught a fish alive.
Six, seven, eight, nine, ten—
Then I let it go again.
Why did I let it go?
Because it bit my finger so.
Which finger did it bite?
This little finger on the right.



Outdoors

Remember the poem about the boy named Jack who jumped over the candlestick. Practice your jumping so that you can be nimble and quick. Find a safe place on a soft surface (grass or sand). Place one paper cup on the ground and jump over it. Add another cup and try again. How tall can you make your cup tower before you knock it over?



Theme Job

Ask your family to show you photos and tell you true stories about themselves. Start a photo gallery by placing pictures of special family members on your refrigerator. Look at your picture collection as you learn each person's special story.



Calming Strategy

Teach someone how to relax and get rid of stress using the **Kite Breathing** calming strategy.

- Pretend your hands are kites. Your arms will be the string of the kites. You will use your breath to create air for the kites.
- Place your right hand, palm up, in front of your mouth, and exhale to create air.
- Move your kite (hand) up toward the left side of your body and fly your kite from left to right across your body.
- Inhale, and slowly lower your kite (hand).
- Repeat the activity with your left hand.