Theme 1

My School and Me



Literacy

Learn the letters in your name. Begin with the first letter. Practice finding that letter around your home. Is it in a book? Is it in the kitchen? Try looking for it on a cereal box or on some other food container. Try to find your special letter outdoors. Can you find it on a sign or on a vehicle?

Math

Find something at home that is about the same height as you are. Find something that is shorter than you are. Find something that is taller than you are. Have someone write the same-size object down, so you can remember it. You can measure again in a few months to see if you have grown.

Outdoors

Sit outside and use your nose to discover something that is happening in your neighborhood. Close your eyes and let your ears tell you who or what is nearby. Use your hands to feel the textures on the outside of your house.

Theme Job

Learn the name of your school and the name of your teacher.

Calming Strategy

Show your family how you can be a **S.T.A.R.**

Smile
Take a deep breath
And
Relax

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