FEELINGS AND FAMILY!

BRAIN BUILDERS

Often ask your child how they are doing. For example: when your child comes home, express how much you missed them and ask how they are doing. If they have a disagreement with a friend, ask them, “how did that make you feel?” so that they learn it is OK to talk about your feelings.

Your child has feelings, too. Teaching a child how and when to express their feelings will help their emotional well-being.

A hug and an “I love you” makes everyone’s day

Recommended Book of the Month: “We Don’t Eat Our Classmates” by Ryan T. Higgins

USE A “WORD OF THE WEEK” TO BUILD YOUR CHILD’S VOCABULARY

LOVE

OFF

SIDEWALK

FRIENDSHIP

FEBRUARY 2020

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<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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<td>A hug and an “I love you” makes everyone’s day</td>
<td>OFF</td>
<td>Let’s Create! Draw a head on a sheet of paper. With PlayDough mold a happy face, angry face, sad face, etc.</td>
<td>Read Aloud: Read a book and acknowledge the different emotions of each character.</td>
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<td>Play different music based on your child’s mood and dance it out!</td>
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<td>Read a story related to love and express to your child how much you love them.</td>
<td>LOVE</td>
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<td>Let’s Cook Together! Make heart-shaped cookies in honor of Valentine’s Day. Help your child measure the ingredients.</td>
<td>Take It Outside! Talk with your child about how they feel while you explore outside.</td>
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<td>Share with your child the people they can trust. Make thank-you cards and mail them to those individuals.</td>
<td>FRIENDSHIP</td>
<td>Read Aloud: Encourage your child to pick their favorite book to read.</td>
<td>Read a book based on your child’s feeling at the time.</td>
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