

	Central Domains				
	Approaches to Learning	Social and Emotional Development	Language and Literacy	Cognition	Perceptual, Motor, and Physical Development
FACT (Monday)	FACT: Being able to name feelings like happy, sad and angry, helps children understand their emotions. This knowledge helps kids calm down when they're upset.	FACT: Children are excited to learn all about themselves. The more they learn, the more self-esteem and confidence they have to thrive in school.	FACT: Asking your child questions throughout the day builds their language skills. Language skills help kids read, write, talk, and understand others.	FACT: When children count objects 1-by-1, they learn that we count to find out "how many." This is a big step towards learning harder math skills.	FACT: Children are naturally active. They love to run, kick & throw. When you get active every day, you help them develop the muscles to grow & thrive.
TIP (Wednesday)	TIP: During dinner, play "guess how I'm feeling." Make a happy face and ask, "Can you guess how I'm feeling?" Try sad and excited and then have your child try.	TIP: In the morning, look in the mirror together. Take turns naming your child's qualities: You have brown eyes, you are kind, you are smart, you are fast.	TIP: Start your day with a silly question. In the morning, ask, "If you could ride an animal to school, what would you pick? Why?" Share your answer too!	TIP: As you do the laundry, count the socks 1-by-1 with your child. When you're done, ask, "How many socks did we put in the wash?"	TIP: Move like animals all day. Can your child slither out of bed like a snake? Waddle to the bathroom like a penguin? Stretch like a giraffe as they dress?
GROWTH (Friday)	GROWTH: Keep naming emotions to prepare 4K. At bedtime, ask your child to share how they're feeling using words. Can they make a face to show the emotion too?	GROWTH: Keep helping your child build confidence! As you look in the mirror, share things about your family, like where you live and what traditions you share.	GROWTH: Keep asking questions to prepare 4K! After school, ask about your child's day. You can ask: "What's one fun thing that happened at school today?"	GROWTH: Keep counting everyday objects. You're preparing 4K! Now see if your child can count the shirts all on their own as you put them away.	GROWTH: Keep moving. You're getting ready 4K! Now get really active. Head outside and run like different animals. Can your child stay active for 30 minutes?