



Home School Connection

Dear Family Member:

This week our class will be focusing on the shapes they see in nature and in our neighborhood. Children will also be reading about the shapes they see around them.

Here are some resources you can use with your child to help reinforce the skills we will be practicing.

My Learning Goals

Have your child put a check next to [the learning goals](#) he or she completes.

Word Workout

- Vocabulary: materials, nature Invite your child to hunt for shapes found in nature or on materials. Then invite your child to draw pictures of each item.
- My Words to Know

High-Frequency Word: like Write the word like on paper and have your child trace it. Then say sentences and have your child write like each time you say the word.

Category Words: shapes Say simple riddles that include different shape words. Have your child guess each object.

Phonics: t Invite your child to play a game of “I Spy.” Say sentences and have your child find objects whose names begin or end with the letter t, such as I spy a table. I spy a pot.

Comprehension: Key Details

Invite your child to point out details in the park scene, such as a square sign. Then use different colored crayons to color each shape.

Sesame Time

Let's Explore Together: Managing Big Feelings



Your child is learning that we all have big feelings – from very excited to very frustrated. Your child is also learning that we can control these big feelings. Let's share ideas about ways we can calm our big feelings.



"Relax"

A girl helps her friend who is feeling frustrated while waiting in line. Wonder aloud, share ideas, and engage together with [this animated video](#).



I can relax:

- Remember a story.
- Name your Emotions.
- Look for something interesting to watch.
- A song can help pass time.
- Inhale and eXhale slowly.

What is another way we can relax?



Balloon Breathing

Practice these breaths in a calm moment so you're ready when those big feelings come. Inhale Deeply: Place your hands on your belly. Slowly breathe in through your nose. Feel your belly expand like a balloon. Exhale Fully: Now, open your mouth and breath out slowly. Feel your "belly balloon" deflate.



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