

BE YOURSELF

Caregiver Handout



What your child learned this week:

Skills:	Content:
<ul style="list-style-type: none"> • Connecting with Others • Independence • Function in Group • Letter Recognition 	<ul style="list-style-type: none"> • To identify major body parts • To identify letters in name • Appropriate greetings

Activities to do at home to reinforce this week's learning goals:

- Encourage your child to introduce themselves to people by stating their name and using polite greetings.
- Have your child practice writing their name. They can do this in the sand, with beans, on your arm. Be creative!
- Go on a scavenger hunt and encourage your child to find things that begin with the first letter of their name.
- Make a book with your child listing all the ways your child is special.
- Practice being a good listener. Encourage your child to wait for their turn to speak.
- Have your child point to various parts of the body and call out the names.
- Empower your child by letting them try new things!
- Use the Gradual Release method to support your child and shift the responsibility from you to your child.

I Do: Caregiver models the activity.

We Do: Caregiver and child do the activity together.

You Do: Child does activity on their own.

Recommended books to read with your child to reinforce this week's learning goals:

- *It's Okay To Be Different* by Todd Parr (Little, Brown Books for Young Readers, 2009) – This book shows young children the importance of being unique by accepting others and having self-confidence.
- *I Like Me!* by Nancy Carlson (Viking Kestrel, 1988) – A book to help children celebrate themselves.
- *Stand Tall Molly Lou Melon* by Patty Lovell (G.P. Putnam's Sons, 2001) - Even when the class bully at her new school makes fun of her, Molly remembers what her grandmother told her, and she feels good about herself.