

**Week of
November 25, 2024**

**North Kent
(616)696-3990**

Children who understand their emotions and the emotions of others are less impulsive, more focused and do better academically. Start your child out on the right path by helping them learn to name their feelings. Help them understand appropriate ways to deal with their feelings.

- ❖ Play Games – Simon Says, Freeze Happy, Freeze Sad
- ❖ Sing Songs – If You're Happy and You Know It (change the words and motions)
- ❖ Read Stories – Sad Monster Glad Monster, The Feelings Book
- ❖ Introduce New Feeling Words – frustrated, angry, loved, joyful, etc.



November 27-29 – Fall Break
December 23-January 3 – Winter Break
January 6 – Students Return

Giving children a chance to practice self-help skills is a very important part of growth and development. The time and effort you invest into encouraging self-help is a sure way to make your child feel capable. Learning to get dressed, brushing teeth and other simple self-care tasks help children develop a sense of independence and responsibility. These are skills they will carry with them the rest of their lives



**Alligators
can live
to be 80
years old.**

<https://www.facebook.com/pg/hs4kc/events>
www.hs4kc.org

These materials were developed under a grant awarded by the Michigan Department of Lifelong Education, Advancement, and Potential."

 **Head Start
for Kent County**
Connecting Families and Community Resources

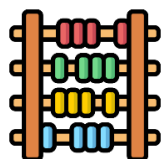
 **Readiness Program**
Michigan's Nationally Recognized Pre-K Program

Learning Experiences: Creative Arts **Learning Experiences | ECLKC**



Children learn by doing. Whether playing in or outdoors, expressing creativity through art and music, or investigating a problem, children's hands-on learning experiences set the stage for new discoveries.

The creative arts help children use their imagination to learn about the world around them. Activities that involve art, dramatic play, dance, and music help children learn across every developmental domain. These activities also foster self-esteem and confidence as children learn to express themselves and their ideas. In these resources, learn how to build the creative arts into your learning environment and how doing so will support children's development and learning.



Learning Experiences: Math and Science **Learning Experiences | ECLKC**

Children learn by doing. Whether playing in or outdoors, expressing creativity through art and music, or investigating a problem, children's hands-on learning experiences set the stage for new discoveries.

Math and science learning happens naturally every day, as children explore, play, and try new things. When young children have the opportunity to investigate the world around them, they learn and experiment with new ideas, putting math and science skills into practice. Children observe, are curious, and investigate to find out more about their world. They gather information as they solve problems and use it to further their understanding of new concepts. Explore these resources to find ideas about how to encourage math and science learning in early childhood settings.

Help Your Child Succeed in Preschool and Kindergarten

Build the Habit of Good Attendance

DID YOU KNOW...

Showing up on time every day is important to your child's success and learning from preschool forward.

WHAT YOU CAN DO

If you are concerned your child may have Covid-19, call your school for advice. Ask for resources to continue learning at home if needed.

Visit Attendance Works at www.attendanceworks.org for free downloadable resources and tools!

4 Ways to Encourage Your Child (and You) To Be Physically Active

1. **Find a fun activity.** Help your child find an activity that she enjoys. The more she enjoys the activity, the more likely she will continue it. Get the entire family involved. It is a great way to spend time together.
2. **Be a Role Model.** Children who regularly see their parents enjoying sports and physical activity are more likely to do so themselves.
3. **Play with your child.** Toss a ball, see who can do the most jumping jacks, have a dance-off!
4. **Turn off the TV.** Limit TV watching and computer use. The American Academy of Pediatrics recommends no more than 1 to 2 hours of total screen time, including TV, videos, computers, and video games, each day. Use the free time for more physical activities.

STRENGTHS AND OPPORTUNITIES

Fall 24-25

This data includes targeted items for children 0-5 years old.

STRENGTHS

3.64

PHYSICAL DEVELOPMENT AND HEALTH

Fine-motor skills

3.54

SOCIAL AND EMOTIONAL
DEVELOPMENT

Building Relationships with
other children

3.47

PHYSICAL DEVELOPMENT AND HEALTH

Gross-motor skills

OPPORTUNITIES

2.24

LANGUAGE, LITERACY, AND
COMMUNICATION

Phonological Awareness

2.55

SOCIAL AND EMOTIONAL
DEVELOPMENT

Emotions

2.58

MATHEMATICS

Patterns