



Lesson Time

Your child is learning how to wait. Calming down and then doing something quiet helps your child wait. Counting things is a quiet thing your child can do while waiting. This helps your child stay calm and not disturb others.

Knowing how to wait helps your child learn at school and at home.

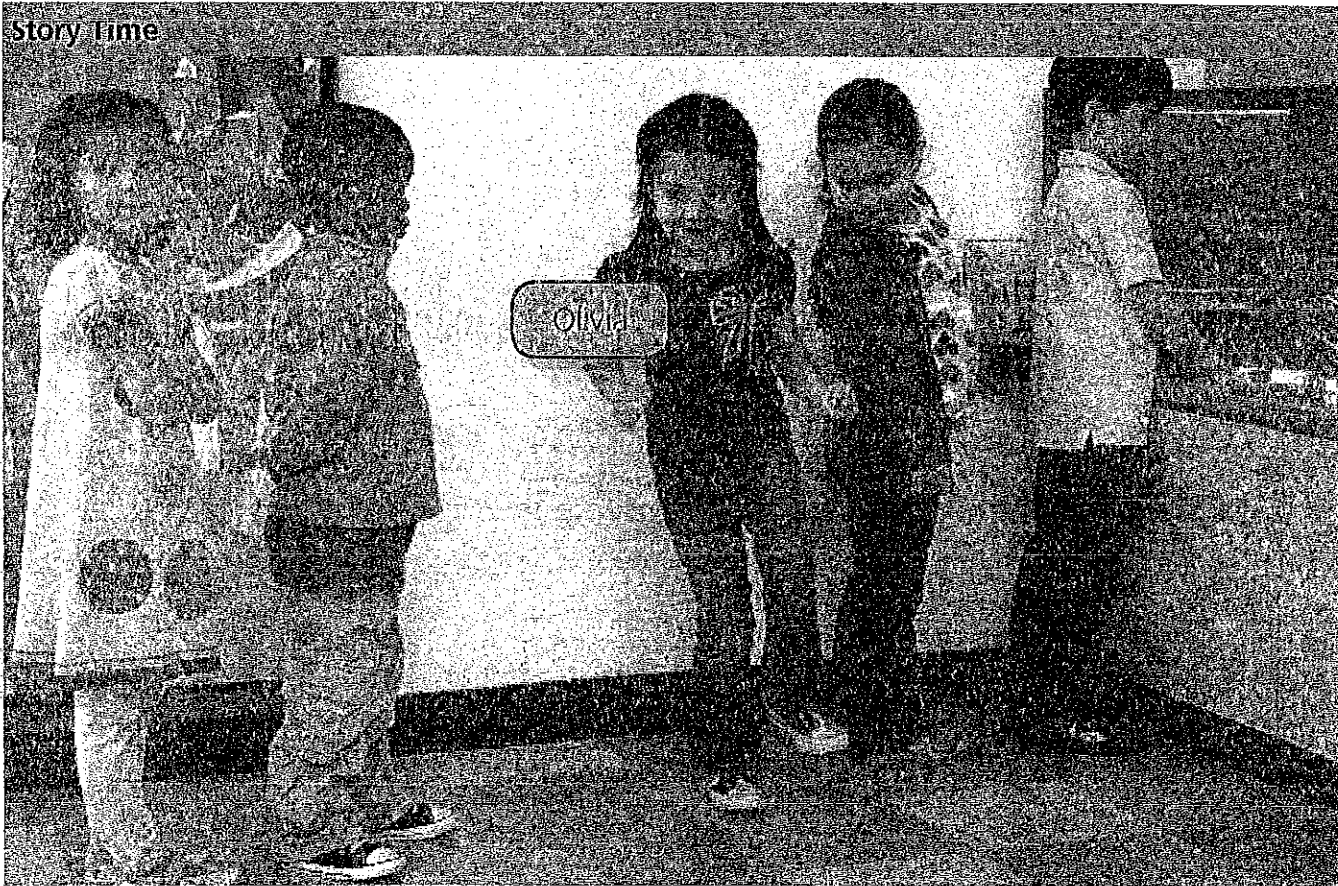
Play Time

Play a game with your child to practice waiting.

Say: **We're going to play Wait and Count. You will wait here while I walk into the kitchen and back** (or into any other room or place in your home). **While you wait, count all the red things you see. When I leave, start counting.** Walk to the other room and come back. When you return, ask: **How many red things did you count?**

Take turns being the one who counts. Continue to play, counting items of other colors or shapes.

Story Time



This week's story is about Olivia. Olivia is having trouble waiting in line. She is hopping on one foot and bumping into the other children. Ask your child about this story.

- **What do you see in this photo?**
- **How is Olivia feeling?** (Excited, impatient, silly.)
- **How can you tell?** (By her body. By what is happening.)
- **What can Olivia do to help her wait?** (Calm down. Belly breathe. Find things to count.)

Let's pretend we're Olivia. Let's belly breathe together and then count things of the same color in the room. Breathe in and out slowly. Then pick a color and count all the things of that color in the room.



Lesson Time

Your child is learning to choose to have fun with friends rather than to get his or her own way. Children have fun when they play in fair ways.

The Fair Ways to Play are:

- Play together
- Trade
- Take turns

Understanding that having fun and playing fairly are more important than getting your own way helps your child get along better with other children.



Play Time

Play a game with your child to practice the Fair Ways to Play. Set out two simple kitchen items, such as a plastic container and a pot. Use the Fair Ways to Play to play with the objects.

Say: **We're going to use the Fair Ways to Play to play a game with these kitchen things. First let's play with the plastic container together.**

Turn over the container and pretend it's a drum. Play the drum together. **Now let's take turns playing the drum. I'll go first. While you wait for your turn, play with the pot.** Take turns playing the drum. **This time, let's trade.** Trade kitchen items with your child.

Story Time



This week's story is about Rico and Dakota. They both want to be the doctor. They are arguing with each other. Ask your child about this story.

- **What do you see in this photo?**
- **How are Rico and Dakota feeling?** (Angry, frustrated, upset.) **What can they do to calm down?** (Put their hands on their tummies and say "Stop." Name their feelings. Take belly breaths.)
- **What is a fair way Rico and Dakota can play and both have fun?** (Both be doctors. Take turns being the doctor.)

Now let's pretend you're Rico and I'm Dakota. Let's ask each other to play in a fair way. (Do you want to take turns being the doctor?)



Lesson Time

Your child is learning how to invite others to play. Inviting others to play is a good way to make friends.

When children invite others to play, they:

- Use a friendly voice
- Ask, "Do you want to play with me?"

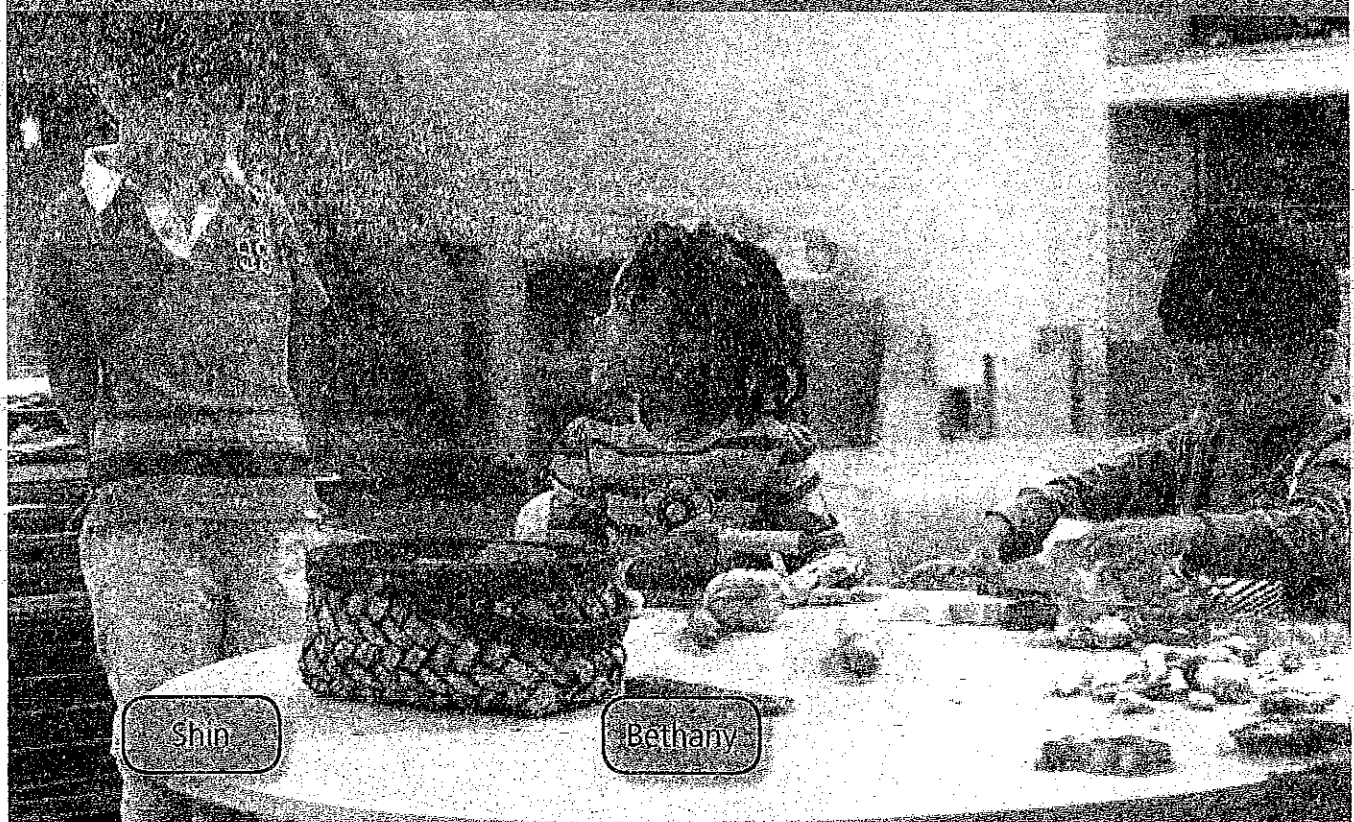
Noticing children who are not playing with anyone and inviting them to play helps everyone feel included at home and at school.

Play Time

Play a game with your child to practice inviting others to play.

Say: **We're going to play Telephone. We each have our own pretend phone. First I'm going to pretend to call you and invite you to play with me.** Make a call on your pretend phone. Make a ringing sound. When your child answers his or her pretend phone, say: **Hello, _____! I am going to play a game. Would you like to play with me?** Talk to each other on your pretend phones. Say good-bye and then have your child call you and invite you to play.

Story Time



Shin

Bethany

This week's story is about Bethany and Shin. Shin is watching Bethany and some other children play with play dough. Ask your child about this story.

- **What do you see in this photo?**
- **Does Bethany see Shin watching her play? (Yes.) Do you think Shin wants to play too? (Yes.)**
- **What should Bethany do? (Invite Shin to play with her.)**

Now let's pretend you're Bethany and I'm Shin. What could you say to me to invite me to play? (Do you want to play with play dough with me?)