



Weekly Home Learning

Student Name: _____

Dear Family,

In school this week, we are learning about the importance of staying healthy. We are learning to recognize quantities and numerals 0-5. We are also meeting Mr. O and learning about his letter and short o sound. Here are some things you can do at home this week to support your child's learning at school. Happy Learning!

Research

Getting children to try new foods isn't always easy. It may take as many as 15 times before your child will give a new food a try. Encourage your child to explore the food by touching it, licking it, and tasting it. Then be a good role model as you try the food. (Lerner and Parklakian, 2006)

Monday	Tuesday	Wednesday	Thursday	Friday
Focus Question: Why is it important to stay healthy? ☐ Together, make a list of the ways your family stays healthy. Have your child act out these healthy routines. ☐ Have your child practice the letter forms for Oo. Use a crayon, marker, pen and/or pencil. Don't forget to review the /o/ sound and words that start with O. ☐ Discuss the Wow word: cozy	☐ Play "How Many?" Give each player an equal pile of cards. Each player names <i>how many</i> on each of his or her cards. ☐ Find items around the house to count and match to numerals on playing cards for how many, or help your child write numbers on scratch sheets of paper. ☐ Discuss the Wow word: soothe	☐ Play the game "Mr. O's Opposites" with your child. Say or do something and have your child do the opposite. ☐ Read Mr. O's Meeting and Greeting Card with your child. Have your child share the card with someone in the family. ☐ Discuss the Wow word: smidgen	☐ Encourage your child to use creativity in daily tasks, such as picking up all the red toys first. ☐ Before you read <i>My Body</i> have your child name the body part in each photo and point to the same part on his or her body. After reading, practice/discuss ways to stay healthy: wash hands, eat healthy foods, exercise, etc. ☐ Discuss the Wow word: fret	☐ Talk with your child about this week's Wow Words. Ask: "What makes you shiver?" ☐ Do exercises together to stay healthy. Practice directional words: forward, backward, up, down, under, between, etc. ☐ Discuss the Wow word: shiver
Time Spent: 15 30 45	Time Spent: 15 30 45	Time Spent: 15 30 45	Time Spent: 15 30 45	Time Spent: 15 30 45
Circle the time spent each day.				