Ways to Support Learning at Home - K

PRINCETON PUBLIC SCHOOLS

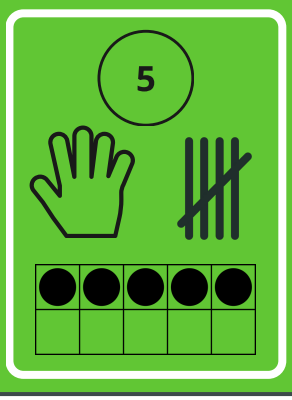
Learning doesn't stop at the classroom door.
These everyday activities are easy ways to support your child's growth at home—through reading, conversation, exploration, and play. Little moments make a big difference.

Literacy



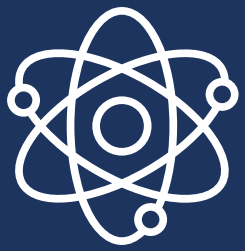
- Play rhyming games
- Read with and to your child every day
- Listen to your child read aloud
- Encourage your child to retell you stories
- Ask questions about the story to build understanding
- Encourage your child to write their first and last name
- Help your child create simple stories with pictures and words
- Show how your writing is used for notes, lists, and reminders
- Practice both social and formal conversations
- Teach how to respond to greetings and join group discussions
- Take your child to experiences and discuss what you see and do together
- Practice letter names and sounds with flashcards
- Practice writing (letters, numbers, shapes), and cutting & gluing items

Math



- Make patterns with body motions (e.g., clap, clap, tap your head)
- Sort laundry by color
- Recognize and name everyday shapes (like cereal boxes, watches, buttons)
- Create shapes using straws, sticks, or string
- Sort items from smallest to largest (or largest to smallest)
- Compare object lengths (e.g., shoelaces, socks) and explain why
- Count everyday items—stairs, toys, snacks, etc.
- Sing counting songs or rhymes
- Read and write numbers on a calendar
- Look for patterns in the environment
- Sort coins by size or value
- Talk about numbers during everyday tasks

Science



- Choose a tree nearby and observe how it changes through the seasons
- Draw a picture and add a few words to describe seasonal changes
- Grow a simple plant and learn what it needs to stay healthy
- Record the plant's growth using pictures, charts, or drawings
- Collect and sort leaves by shape, size, or color—talk about similarities and differences
- Discuss weather, temperature, and seasons during daily routines
- Sort items into "living" and "nonliving" categories—ask what living things need
- Explore motion using balls, marbles, toy cars, and ramps

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Learning is a team effort.
When schools and families work together, children thrive. These suggested activities offer fun, meaningful ways to reinforce key skills at home—all while building routines, relationships, and confidence.

Social Studies



- Talk about rules and create simple rules for home life
- Identify and discuss patriotic symbols like the U.S. flag
- Explore and celebrate different cultures through stories, food, or traditions
- Use and create simple maps—have your child draw a map and "lead the way"
- Talk about wants vs. needs and goods vs. services
- Discuss why people trade and how they help one another
- Use Google Maps to explore routes to familiar places
- Ask your child to draw a place that's important to them and explain why
- Talk about time concepts—past, present, future; beginning, middle, end

Emotional Learning



- Help your child name and talk about feelings calmly
  - **The Zones of Regulation**
  - **Gree Zone:** A calm, happy, focused state where you're ready to learn and problem-solve; your nervous system feels safe and organized
  - **Blue Zone:** Represents low-energy feelings like sadness, tiredness, or feeling sick; a low-alert state.
  - **Yellow Zone:** A higher-energy state with feelings like frustration, anxiety, or excitement; a warning zone for potential escalation.
  - **Red Zone:** An extremely high-energy state of intense emotions like anger, or terror; feeling out of control.
- Validate their feelings. and remind them that all emotions are okay
- Model calm healthy ways to handle big emotions-they learn most from watching you

Speaking



- Practice greeting others and answering questions with turn-taking
- Encourage both casual and polite conversation styles
- Repeat your child's speech using complete sentences and correct grammar
- Narrate your actions to build vocabulary and spark curiosity
- Learn about something new that interest both of you; animals, engines, places, stars, lakes, art
- Model speaking in full sentences and using clear language
- Practice eye contact and listening attentively
- Encourage your child to wait their turn when speaking and model active listening and waiting yourself