

Preschool 1 January Calendar 2019



How does Learning Happen?

Self-regulation. The ability to self-regulate it is an important component of children's development. A growing number of studies have identified this ability as central to children's long-term physical, psychological, behavioural, and educational wellbeing. (pg54) Self-regulation is different from self-control (resisting an impulse) or compliance (suppressing behaviour to avoid punishment or attain a reward). Self-regulation is about how a child is able to deal effectively with stressors and then recover.55 When children are calmly focused and alert, they are best able to modulate their emotions, pay attention, ignore distractions, inhibit impulses, assess the consequences of their actions, and understand what others are thinking and feeling.



Important Dates

January 1 Centre Closed

January Librarian

Skills We Will Be Working On



Early Literacy Skills

- 5 Senses – Taste, Sight, Smell, Sound, Touch
- Recognizing our names in a group
- Singing the lyrics of songs



Early Math

- Counting objects from 1 – 10
- Identifying the first three letters of the Alphabet
- Assembling & matching puzzle pieces

Gross Motor & Fine Motor

- Standing on one foot with arms out stretch
- Catching a ball with both hands
- Work on lacing large beads
- Cutting paper with scissors

Self Help

- Eating using utensils
- Remember to wash our hands after blowing and wiping our nose
- Doing up snaps and zippers on sweaters and jackets



Did You Know?

The Cloak Room is an interactive experience which helps to enhance the physical, social, emotional, fine motor and cognitive domain of children. The "Continuum"; stated that children learn the following skills while engaging in cloakroom exercises; skills such as, fine motor, problem solving and sequencing. Another aspect of the continuum they experience include trial and error, full body movement vocabulary and classification

Please bring extra seasonal clothing for you child including socks. Take a few mins to label each child's item.



Author of the Month Dr Seuss