

# Hello October

## CALENDAR PRESCHOOL 2

### Skills We Will Be Working on

#### Pre-reading and pre-math skills

- \* count from 1 – 10
- \* tell a story with three picture cards

#### Social Skills

- \* practice using manners at mealtimes
- \* ask questions what, where and why

#### Gross Motor Skills

- \* practice riding a bike
- \* enhance jumping skills using two feet

#### Fine Motor Skills

- \* practice finger dexterity while playing with LEGO
- \* practice copying a line and circle

#### Self Help Skills

- \* practice putting a mask on with little help
- \* practice zipping and unzipping our jackets



### Mindful Movement Experience

#### “Making Lemonade”

We will imagine that we are standing beneath a tree picking Lemons. Stretch both hands in the air and grab imaginary lemons.

#### Squeeze the juice:

Make tight fists and SQUEEZE hard.

Take a break: Put the lemons on the ground & relax. We will repeat until we have enough juice for a glass of lemonade. And after that is time to relax, shake our hands and enjoy yummy LEMONADE! (pretend)



### Important Dates

October 25 - Daylight Saving Time

October 30 – Halloween Party with Fingerplay, Dance and Active Movements.

Due to Covid-19 restrictions we will be unable to wear Halloween costumes this year

### Ideas to do at Home. Hands on Experiences with Leaves.

