

Kindergarten November 2020 Calendar



Special Days

- November 1st – Daylight Savings ends (clock goes back one hour)
- November 11th – Remembrance Day
- November 14th – Diwali
- November 20th – PA Day (all day at Terry Tan)

Skills We Will Be Working On

Pre-Reading Skills

- Making up our own stories through puppets and art work and sharing these stories with our peers
- Recognizing the letter sounds of items in our surroundings

Math Skills

- Sorting objects into categories
- Graphing our favorite things into bar graphs

Motor Skills

- Improving our coordination by throwing balls into the basketball net or through a hula hoop
- Working on balance

Self-Help Skills

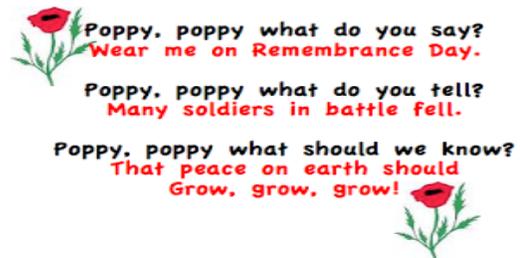
- Practice how to sneeze/cough into our sleeves, use Kleenex to wipe our noses and proper hand washing
- Working on fastening our coats (buttoning/zipping/snapping) for outdoor play

Social Skills

- Listening to our peers when it is their turn to speak
- Recognizing how our friends are feeling and being respectful of those feelings

Science Skills

- Looking at the weather and how it is changing
- Discuss animal habitats and hibernation



Mindfulness Techniques

Teach your child the 'Gimme 5' breath. Holding one hand up, have them trace up and down their fingers with their opposite hand, inhaling as they travel up a finger, exhaling as they travel down. Deep breathing techniques like this one are calming and easy to practice anywhere, any time.

Print pictures of yoga poses and breathing techniques and post them in a space so your child can see and practice them.

Encourage your child to express themselves through drawing or journaling instead of bottling up (or blowing up) uncomfortable emotions. Colouring Mandalas are also great for achieving calm through creative expression.

Things to do at home:

- Practice zipping, buttoning and snapping
- Practice recognizing the letters of your name and the sounds they make
- Practice printing your name