

Preschool 2 November 2020 Calendar



Special Dates

November 1st - Daylight Savings ends
(clock goes back one hour)
November 11th - Remembrance Day

Enriching the Program

In our “pretend houses” at Terry Tan,
we will work on:
Stretching and movement while
listening to music and stories



Skills we will be Working On:

Pre-reading Skills

- Repeat or echo simple words
- Listening to books and pointing at pictures



Math Skills

- Counting from 1 to 20
- Sorting objects into the appropriate buckets

Motor Skills

- Practise using writing utensils during creative experiences
- Practise balancing along the wooden ledge on the playground



Self Help Skills

- Practice pulling the tongue of our shoes, holding the table and stepping (pushing) into shoes
- Practice sitting closer to the table



Science Skills

- Labelling basic colours and matching them
- Sounds eg. Birds and Wind



Social Skills

- Practise talking to friends using homemade speaker phones
- Using language with friends: eg. “Help/More please and Thank you”

How Does Learning Happen?

Every child has a sense of belonging when he or she is connected to others and contributes to their world. Every child is developing a sense of self, health and well-being. Every child is an active and engaged learner who explores the world with body, mind and senses.

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Mindfulness Activities for Children

The Squish and Relax activity – children are lying down with their eyes closed, ask them to squish and squeeze every muscle in their bodies as tight as they can. Ask them to start with their toes and feet, squish the muscles in their legs, squeeze their stomachs, then their hands into fists and raise their shoulders up to their heads. Ask them to hold themselves squished up for a few seconds and then fully release and relax.

Smell and tell – give something fragrant to each child, such as some fresh orange peel, a flower, a mint leaf etc. Ask them to close their eyes and breathe in the scent, concentrating all their focus on the smell of their object. Scent can help with anxiety-relief as well as relaxation, stress, concentration etc.

The Art of Touch – give an object to each child to touch, such as a ball, a feather, a soft toy, a stone, etc. Ask them to close their eyes and describe what it feels like.

Mindful walks – children will love to do a ‘noticing walk’. We can walk along noticing things we haven’t seen before and then have one minute where we are completely silent and pay attention to all the sounds we can hear, such as birds. This will turn a normal walk into an exciting adventure and teach them to focus all their senses.

Ideas For You To Do At Home

Have your child help where they can around the house. Either self-help skills or chores ie. Washroom, dressing, cleaning using a duster or vacuum and laundry. Praise them for their efforts, offer to help if they ask and most of all, have fun with it!